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## PHED 2216: Research Methods in Human Kinetics

### The Challenges Faced by Type I Diabetic Students Attending University in Ontario

Sydney Coles, Sarah Heaney, Caitlin Rodgerson, Christina Rorison & Hannah Warriner

**Objectives:** There is limited knowledge about the challenges that students with Type One diabetes face when attending university. Although there is research on students with Type One Diabetes in Ontario who are in their fourth year of university, our research is focused on the challenges that these students face and how their negotiations in a University setting. We hope to gain resources and training within Ontario universities to administer more education to peers and faculty on what Type One Diabetes is, how to avoid stigmatizing Type One Diabetics, and how to deal with it in particular settings and situations.

**Design:** A qualitative approach will be used to explore the challenges faced by Type One Diabetic students and to recognize the issues these students are being presented. This study will take on a descriptive research design to describe the phenomenon of this stigmatization.

**Method:** During this research in person interviews will be conducted with individual students from various universities within Ontario. Roughly one to two students in fourth year from each university will be asked a series of questions to see their personal experiences and what they faced throughout their University experience reveal a stigma about Type One Diabetes. The interviewers will not directly ask the subject about stigma until the end of the interview to avoid bias.



### Analyzing the Impacts of Daily Smartphone Use on Childhood Obesity within the Rainbow District School Board

Dylan E. S. Kryskow, Alisha N. H. Litt, Jaimee E. MacDonald, Laura C. Simms, Alexis M. Smith & Kaela J. Villeneuve

**Objective:** Research has shown an increase in childhood obesity rates within the Greater Sudbury District. Although there is much research on childhood obesity, the majority of this is focused on the lack of physical activity resulting in weight gain. We hope to acquire knowledge on the influence of daily smartphone use contributing to childhood obesity within the Rainbow District School Board.

**Design:** A quantitative approach will be used to explore the correlation between daily smartphone use and the Body Mass Index (BMI) of participants 12-14 years of age.

**Method:** A quantitative analysis of 190 Rainbow District School Board participants during a one hour session will be conducted. Laurentian Human Kinetic students will gather the height and weight of each participant to determine their BMI status category. Daily smartphone use data will be collected through a survey method.

## Exploring the Effects and Socio Normative Stigmas Associated with Sexual Activity before Game Time

Lucas J. Amendola, Emily T. Bolan & Parker B. Sampson

**Objectives:** It has long been suggested that athletes withstanding from sexual activity before high level athletic competition since before the first Olympics, with the thought that it will improve their athletic performance. However, there was little to no scientific evidence to prove this. This study is debunking this long running stigma in the world of sport to find the true effects that sexual activity can have on an athlete's performance.

**Design:** Quantitative and qualitative research were used in this study to collect blood samples, strength testing values, and questionnaires on the athletes' mental state post sexual activity, before their competition.

**Method:** The study will be conducted using athletes who have been previously deemed as eligible to participate in the study. An eligible participant was athletes of various levels of competition that were sexually active and were practicing any sports discipline. The athletes will be divided in to two groups: 1) athletes engaging in sexual activity with their partner/spouse or masturbation whenever they choose, 2) athletes only engaging in sexual activity other than direct intercourse after an allotted time had passed. The athletes will be examined through a wide variety of tests both physical and mental, to determine the effects sexual activity had on performance.



## Jersey Colour Affecting Visibility in Ice Hockey within Women's Ontario University Athletics

James Carlin & Alystra Riddle

**Objectives:** Visibility within the sport of ice hockey is dependent on the colour of the player's jerseys and the contrast between jersey colour and the ice colour. The purpose of this study was to investigate the effects of light versus dark coloured jerseys in relation to players passing accuracy.

**Design:** A mixed method, observational approach will be used to explore the passing accuracy of players during a series of game plays and on ice dills.

**Method:** 318 players from the Ontario University Athletics (OUA) performed a set of three drills on ice, testing the accuracy of their passing skills. Players will be equipped with head mounted eye movement and gaze recorders to analyse eye movement and gaze. Teams will be observed during game play rotating the players' jersey colour between light and dark jerseys were video recorded for further observation. Players' accuracy will be measured by analysing their target precision in both drills and game play.



## Optimal Time to Return to Sea Level to Improve Elite Marathon Runners Performance

Ryan Fournier, Logan Medeiros, Madelaine Mills, Leah Moore, Sarah Swance & Sarah Thackeray

**Objectives:** Training at high altitudes is becoming a standard that many elite athletes are following in order to substantially improve their endurance and achieve peak performance. The aim of this study is to analyze the effects of altitude training and identifying when the most optimal time to return to sea level before a competition is, looking specifically at male and female elite runners who compete in marathons.

**Design:** A quantitative method will be used to measure elite athletes VO2 max, cardiac output and carrying capacity. This will be observed prior to altitude training, during the four weeks at altitude and lastly when athletes returned to sea level leading up to performance.

**Methods:** An exploratory data analysis is used to analyse data and improve and explore relationships between when the best time to return to sea level before a competition is after altitude training. Encompassing elite Canadian and American male and female distance runners.



## The Effect of Mental Toughness on Professional Soccer Players' Success Rates in Penalty Shootouts

Cody Appell, Nicholas Esperanca, Roman Lovrencec & Adam Scanlon

**Objectives:** There is a lack of research examining the most effective technique that works to maximize penalty kick performance and success rates in male professional soccer players. The aim of this study is to determine the most effective approach to building mental toughness that allows professional soccer players to improve their penalty kick success rates.

**Design:** A mixed methods approach will be used to explore the impacts of different psychological training techniques on a professional soccer player's mental toughness through correlational research design.

**Method:** Male professional soccer players between the ages of 20 and 29 who currently play in the top four leagues in England will be monitored throughout their respective seasons. They will be divided into focus groups with each group focusing on a different component of mental toughness. Penalty kick success rates in training as well as in games will be evaluated and the respective mental toughness technique will be analyzed and compared amongst the groups.



## Solution to Forced Sedentary Lifestyle on Undergraduates

Madison Buttenham, Sarah Istvandi & Meghan Sippel

**Objectives:** To answer the question if standing desks counteract the increase in Body Mass Index (BMI) that normally results with the transition into university. After this study the goal is for a change in policy at Canadian Universities, such as Laurentian University, that will ultimately be positive factor in relation to first year undergraduate students to maintaining a healthy BMI.

**Design:** This will be explored through research in sedentary time and behaviour in undergraduates and health risks associated with sedentary behavior, the phenomenon of the "Freshman 15," weight gain common in first year, undergraduate students, health risks associated with weight gain, and lastly the benefits of standing desk in relation to health and weight.

**Methods:** This will be investigated through a three-year study with three different first year classes measuring participants Sedentary Behaviour in the SIT-Q Sedentary Behaviour Questionnaire, and their Basal Metabolic Rate. Participants will also record for how many hours they use standing desks in lectures as intervention.

## Understanding the Effects of Parental Pressure on Youth Athletes to Specialize in Sport and How They Contribute to Academic Achievement

Quintin Boyd, Jared Scott, Alex Smith & Joseph Sutton

**Objective:** There are currently significant amounts of data and knowledge available which identify the benefits and disadvantages of youth specialization in sport and the parental pressures that are experienced by these athletes in their pursuit of collegiate or professional athletic careers. There are also considerable amounts of information that recognize that parental pressure affects athletic performance, mental health, and social engagement. However, there is minimal understanding of how parental pressure on their children to specialize in one sport at an early age, affects their athletic and academic achievement. The aim of this study is to increase this level of understanding by exploring, analyzing, and determining whether this pressure has any affect or influence on a young athlete's specialized sport or academic success.

**Design:** A qualitative approach will be used to obtain a greater understanding of the social-cultural and physical standards (created by individual athletes and/or parents), that specialized youth athletes strive to meet, and how the pressures of trying to uphold these standards affects the athlete's ability to successfully balance both an athletic and academic career.

**Method:** In-depth interviews will be conducted with athletes that have either begun to specialize in a sport for a minimum of 1 year or that have already specialized in a sport with a minimum of 3 years. Parents of the athletes will also be interviewed, thus providing more than one perspective.



## Effects on Para Sports Participation Related to Availability of Resources Needed for Para Kids Who Are Interested in Sports

Jake Ellsworth-Hewson, Dean Gauvreau, Gabrielle McGowan, Danielle McPhee & Isaac Snider

**Objectives:** Little is known about the effects on sports participation for para kids, when resources are not a problem. The purpose of this study is to evaluate the effects of para-sports participation in Ontario, when para children, ages six to nine, are provided with all the necessary resources to participate in sports. The end goal of this study is to try to understand that if para kids who are interested in sports, are given the resources they need, if they will be physically active their entire life.

**Design:** Qualitative method design is used to investigate how the provision of sporting prosthetics affect the athletic career of the para-child athletes.

**Methods:** We will be utilizing a longitudinal study to view specific variables over time. Surveys will be used to evaluate these variables. As the main objective of the study is to understand whether being provided with all necessary resources creates life-long physical activity for para kids who are interested in sports, we will conduct exit interviews for participants who stop participating in sport. These exit surveys will help us understand exactly when and why the participants stopped participating in sports.

## The Effects of a Fitness Program Intervention on the Quality of Life of Myelodysplastic Syndrome Patients undergoing Non-Intensive Chemotherapy

Vanessa A. De Coppi

**Objectives:** The current literature fails to address a therapeutic model that functions to improve the poor quality of life associated with male Myelodysplastic Syndrome (MDS) patients undergoing non-intensive chemotherapy. The aim of this study is to address this need by determining the effects of a fitness program and pharmaceutical co-treatment approach on the multiple dimensions of quality of life of male MDS patients.

**Design:** A mixed methods approach will be used to examine the effects of a fitness program intervention on the multiple dimensions of quality of life of MDS patients undergoing non-intensive chemotherapy specifically.

**Method:** Male MDS patients between 65 to 70 years of age will undergo a 20-week fitness program intervention provided by Wellspring while receiving a form of non-intensive chemotherapy. An in-depth, semi-structured, face-to-face interview, as well as the QUALMS-1 questionnaire developed by Abel et al. (2014), will be administered to participants both before and after the completion of the fitness program.



## Deconstructing the Young Mind: An Exploration of E-cigarette Use among Female and Male University Ice Hockey Players

Anna L. Baker, Lauren D. Robertson, Maria Y. La Rosa, Jamila D. Sargeant, Amalia M. Secenj & Mickey K. Sotalbo

**Objectives:** The goal of this study is to create an understanding of why Ontario University Athletics (OUA) ice-hockey players use e-cigarettes. Research conducted on nicotine consumption in sports is absent in large scale comprehensive studies. The information collected will be used to create future support programs as this is relevant to help athletes cope with any factors provoking use.

**Design:** Descriptive research will be used as a qualitative approach to explore the use of e-cigarettes by male and female OUA ice hockey players.

**Method:** The study requires 30 to 50 participants and the recruitment for potential participants will commence in September, the beginning of the ice hockey season. Then, private interviews will be conducted and analyzed from January to April 2022. Contact information for mental health professionals will be provided if any participants wish to consult with them throughout the duration of the study.



## Kindergarten Return to Learn: An Analysis of Post-Concussion Practices

Megan Desormeaux, Emma Dockray, George Flagler, Alexi Lamb, Calla Legue & Megan McDonald

**Objectives:** Little is known about the impact of learning post-concussion on kindergarten-aged students. This study aims to analyze and address the gaps in Return to Learn policy in the Rainbow District School Board to provide best practice knowledge for parents and educators.

**Design:** A mixed methods approach will be used to examine the symptoms of kindergarten student's post-concussion in the classroom setting.

**Method:** An analysis of two questionnaires (Child SCAT-5, and Glasgow Coma Scale), completed by independent observers of kindergarten classrooms in the Rainbow District School Board, will be used to conclude severity of symptoms post-concussion over the duration of one year.



### [Taking Flight: How Travel across Time Zones Impacts the Performance of University Basketball Players](#)

Thomas Gilbert, Emily Jocius & Brent Patterson

**Objective:** Little is known about how travel impacts the performance of university athletes. The aim of this study is to explore the impact of flying across time zones on the performance of male and female Canadian university basketball players.

**Design:** A quantitative approach was used to measure performance of male and female university basketball players when they play games at home versus when they fly across two time zones.

**Method:** Male and female basketball players from three universities located in Manitoba and three universities located in British Columbia participated. The performance of individual players will be compared on a weekend when they play at home versus on a weekend when they fly three hours across two time zones requiring a two-hour time change. Manitoba teams travelled westward to play in BC and BC teams travelled eastward to play in Manitoba. Player performance will be measured by sprint time, free throws, three point shots and mood during practice before the two games on each weekend.



### [How to Detect and Prevent the Signs and Symptoms of Chronic Traumatic Encephalopathy](#)

Kianna Camsell & James Hamilton

**Objectives:** Chronic Traumatic Encephalopathy (CTE) is a common result from years of constant head trauma. Although there is research on CTE, the majority of the research is focused on how the injury is caused, as well as the outcomes from it. We hope to gain more research on the CTE aspect and find a way to prevent it, as well as cure the illness before the effects get too serious.

**Design:** A quantitative approach will be used to explore CTE an overwhelming amount of athlete's had/have CTE. A diagnostic research design will be used in the study. We will be looking at the signs and symptoms of CTE to further understand it. As well as how we can determine a solution/cure to either prevent it entirely or to reduce the risk of CTE.

**Method:** Further analysis of the signs and symptoms of CTE. 200 football players will be watched for early signs of CTE.



### [Effects of Smartwatch Interface Analytics on Motivation for Physical Activity Participation in First Year College Students](#)

Emma Chamberland, Ashlynn Phillion, Nicholas Rumford & Megan Wickie

**Objectives:** Smartwatches are becoming more and more prevalent within society as an aid in performing physical activity. Studies have been done on the effects of smartwatches on performing physical activity, however little is known regarding how various smartwatch interface physical activity analytics impact an individuals' motivation to engage in regular physical activity. This study aims to address this issue in first year college students as they are known to suffer from weight increase when beginning post-secondary

education. We aim to determine how physical activity analytics should be provided via smartwatch in order to obtain the most significant results in motivation regarding physical activity.

**Design:** A quantitative experimental approach will be used to explore the effects of various smartwatch interface physical activity analytics on physically inactive first year college students' motivation towards performing regular physical activity.

**Method:** The Global Physical Activity Questionnaire developed by the World Health Organization for physical activity observation will be issued before and after the study to document the subjects' physical activity levels as well as progress. A software program will be downloaded into the smartwatch that tracked the subjects' analytics. It measured how much physical activity each subject engaged in.



## PHED 4217: Sports in Society

### Breaking Barriers: Indigenous Youth in Sports and Physical Activity

Claire Cashman & Charlotte Revell

**Objectives:** There is a lack of literature on Inuit, Metis, and First Nation youth that struggle with participation in sport and physical activity due to the marginalization between their definition of activity and the acceptance of the multiple Indigenous cultures in Canada. The aim of this study was to examine what needs to be done to diminish the marginalization that persistently exists towards youth among Indigenous communities when participating in sport and physical activity.

**Design:** A qualitative approach was used to explore the barriers which various Indigenous youth must face and overcome when participating in sport and physical activity.

**Method:** A textual analysis of current research surrounding the topic of Indigenous youth participation in sport and physical activity was conducted. Articles that focus on the current policies and acknowledge the barriers that Indigenous youth face in relation to sport participation were the main sources of research.



### Examining Racism throughout the Italian Football Federation

Nico Correa, Adam Scanlon & Dylan Sheehan

**Objectives:** There has been continuous awareness of racism in sport with many countries tackling this issue head-on. Although many countries are dealing with these issues of racism, Italy has not brought enough attention to the issue, making the problem most prevalent in their country. The goal of our study is to bring awareness to the effects that a toxic culture and an outdated federation surrounded by racism have on a professional sports league and players.

**Design:** A qualitative research approach examining the socio-cultural racism in Italy and the effects it has on the Italian football federation

**Method:** A textual analysis of various scholarly articles surrounding socio-cultural and racists within the Italian culture and football federation. Visual data analysis of images and videos further contextualize the racists' incidents.



### The Impact of Injuries on Student-Athletes' Mental Health

Kayla Deschatelets, Katryna Klipa & Francesca Zammit-Maempel

**Objectives:** Little is known about student-athletes, injuries, and the effects on their mental health. Student-athletes that are trying to perform in the classroom and on the field require high demands and expectations, making it more difficult than the general population. Since injuries appear to be increasing in frequency, the potential negative emotional effects of athletic injury have become an increasing concern. The aim of this study is to examine the link between injuries and student-athletes' mental health.

**Design:** A qualitative approach was used to explore injuries such as concussions and physical injuries and their impact on student-athletes' mental health.

**Method:** A textual analysis of current research surrounding the topic of student-athletes, injuries, and mental health was conducted. Analysis was done on various studies involving physical and mental injuries in order to understand the impacts they have on an individual's mental health.



### Sexualisation of Female Athletes in the Media

Lou Harris & Taylor Richard

**Objectives:** Much has changed and progressed in a positive direction in regard to women claiming their own identities and voicing their opinions within the past few decades. Unfortunately, not much progress has been made in the way the media depicts and portrays female athletes in the media. The aim of this research was to understand how the sexualisation of elite female athletes by the media impacted the younger generation of female athletes.

**Design:** A qualitative approach was used to explore the relationship between the sexualisation of elite female athletes in the media with the tendency for young female athletes to self-objectify and their levels of body self-esteem.

**Method:** To analyze this relationship we examined how images of sexualized athletes, performance athletes, and sexualized models affected adolescent girls' and college women's tendency to self-objectify. After viewing photographs, participants completed a measure of body objectification.



### Psychological Effects of an Acquired Physical Disability on a Paralympic Athletes Progression in Sport

Julia Frappier, Allison Reynolds & Paul Wilkinson

**Objectives:** To determine how people that have acquired a physical disability are affected in relation to their mental health state. As well as examine how sport can then be a method in which some individuals are able to regain back a positive mental health state. The purpose is to learn more about how the incident affects one's mental health and how participation in organized sport and possible participation in the Paralympics changed individuals' outlook on how to live positively with their disabilities and then utilize the findings to help people in similar situations in the future.

**Design:** Analyzing various research articles describing mental changes and effects of acquiring physical disability, as well as the experiences of being a Paralympian. By combining the information and results in order to support the objective of the paper.

**Method:** Gathering of qualitative research was completed to gain information about individuals with acquired physical disabilities. The analysis was done from reviewing the attitudes documented about the different stages with mental health experienced from becoming physically disabled to transitioning into a Para-athlete.

## Assessing the ‘Enforcer’ Role in the National Hockey League: Adverse Impacts on Athletes’ Mental Health

Jordan M.D. Clancy & Taylor G. Staden

**Objectives:** Researchers have yet to thoroughly explore the negative consequences of the enforcer role in the National Hockey League (NHL). The aim of this study is to expand on the adverse impacts of fitting this role, through a discussion surrounding the interrelatedness of mental health, suicide, addictions and traumatic brain injuries (TBI’s).

**Design:** A qualitative approach will be used to investigate the adverse mental health complications (i.e., substance abuse and addiction, TBI’s) that potentially arise as a result of playing the role of enforcer in the NHL.

**Method:** A literature review comprised mainly of peer-reviewed journal articles will be utilized to summarize the understanding of the current knowledge surrounding the implications of adopting the enforcer role, as it relates to mental health.



## The Instagram Matrix: Trapping the Easily Influenced

Cassandra Drescher & Josie Edwards

**Objectives:** Social media is a growing phenomenon, and the general population is constantly consumed by online presences, who display societal ideals and ways in which this general population can achieve these ideals. The aim of this study was to use this current phenomenon of social media to try and understand the effect of the hashtag fitspiration on a vulnerable population of women.

**Design:** A qualitative approach was used to discuss the hashtag fitspiration, as used by Instagram influencers, in reference to women and their mental health (ie. eating disorders and body satisfaction).

**Method:** An analysis of five pieces of literature by various authors and surrounding the negative connotations made through the hashtag “fitspiration”, from within the last five years, was conducted.



## Brock Turner: Effects of Athletic Status on Rape and Other Sexual Crimes

John M. Bell, Alyssa JM. Denyer & Erika I. Savage

**Objectives:** To examine the effects that athletic status in collegiate level athletes has on their sentencing of rape and other sexual crimes. This will be using Brock Turner’s case and cases similar to it.

**Design:** A literature review will be used to examine the effects of a collegiate athlete’s status on their jail time in relation to rape and other sexual crimes.

**Method:** An investigation of literature involving Brock Turner and cases similar to his, such as Osa Masina, Allen Artis, and Sam Ukwuachu, will be used to compare jail sentence times in other rape and other sexual crime cases.

