

School of Health and Rehabilitation Sciences - 2024 Winter Research

Project Description

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

Project title:	How Runners Stay Injury-Free: A Study Comparing Self-Regulation Strategies to Prevent Running Injuries
Hours of engagement & delivery mode	<p>For the Winter program, students will be engaged for 4 weeks only. For the Summer program, students will be engaged for 6 weeks only.</p> <p>Hours of engagement must be between 20 – 36 hrs per week and must fall within the official program dates.</p> <p>The project will be offered through a hybrid arrangement (on-site AND remotely).</p>
Description:	<p>Because running injuries are complex, there is limited empirical evidence and understanding of the etiology, management, and prevention of running-related injuries. Even with a huge amount of data on risk factors for RRIs, there may still be a lack of understanding of the precise role that psychological factors like self-regulation play in preventing running-related injuries.</p> <p>This project aims to compare the self-regulation processes and factors influencing injury management and prevention in injury prone and injury resilient runners. This study can contribute to the advancement of knowledge of how and why some runners are able to self-manage, self-regulate, and prevent injuries.</p> <p>Specific research objectives are to explore the variations in self-regulation strategies between injury prone and injury resilient runners that they believe are successful or unsuccessful in managing or preventing their injuries. Additionally, the role of experience embedded in the runner’s perceptions will be explored.</p> <p>The results will help to identify specific self-regulation strategies that contribute to injury resistance or proneness in runners. The findings could be used to develop more effective injury management and prevention strategies to enhance the overall running experience while reducing the risk of injuries in runners. This study will assist in the creation of focused interventions to promote the healthy practice of running and, ultimately, recommend running as a form of physical activity among the general population.</p>
Expected learning outcomes and deliverables:	Please highlight what applicants can expect to gain/learn from participating in the project, and what they will be expected to complete as a part of the project.

	<p>For example, scholars may gain skills in data collection, be involved in specific tasks, or have an opportunity to generate publications from their research. Students may also be asked to produce a report or oral presentation at the end of their project.</p> <p>By participating in this project, students can expect to gain a multifaceted range of skills and experiences that are crucial for personal and professional growth, including but limited to:</p> <ol style="list-style-type: none"> 1. Research and Data Collection: The project will offer ample scope for refining students' skills in research and data collection, an indispensable asset in numerous academic and professional pursuits. 2. Critical Analysis and Interpretation: The project will necessitate a keen eye for detail and the ability to analyse information critically. 3. Collaboration and Teamwork: Working on a project of this nature will provide a conducive environment for students to enhance their teamwork skills, vital in both academic and professional settings. 4. Report and Oral Presentation: At the culmination of the project, candidates will be expected to produce a comprehensive report or deliver an oral presentation (e.g., at our lab meetings). This exercise will enable them to improve their written and oral communication skills. 5. Networking: Working on this project will facilitate networking opportunities, allowing students to build connections with peers, mentors, and other academics. 6. Publication Opportunities: The project may yield opportunities for publication, adding to the candidate's academic and professional portfolio.
Suitable for:	This project is open to applications from students with a background in health and sports sciences, who are keen to learn and participate in a collaborative research project.
Primary Supervisor:	Manuela Besomi
Further info:	Students can contact me via email at m.besomimolina@uq.edu.au , at any point in their application process.