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ESS460 Health Promotion and Education

Final Project

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Sports Performance & Injury Prevention Program for Judson University Athletes

1. Program Mission Statement

Judson University is composed of talented athletes, but their path to success is often caught by a lack of resources and knowledge. The Sports Performance & Injury Prevention Program is designed to empower these athletes by providing a comprehensive program that addresses these challenges. Our mission is to help them achieve their full potential by enhancing athletic performance, preventing injuries, and fostering a culture of healthy training habits. While it is also open to everyone in the fitness community.

1. Goals and Objectives

 This program has two central goals: to reduce sports-related injuries among Judson University athletes and to improve athletic performance across various sports offered at the university. To achieve these goals, we have set specific objectives. We aim to increase access to structured training programs tailored to each sport, equipping athletes with valuable knowledge on injury prevention strategies, proper techniques, and sports nutrition. Additionally, the program will be offered at convenient locations and times to maximize participation. We will cultivate a supportive environment that motivates athletes to adhere to the program and establish collaborative relationships with sports organizations and community resources to leverage expertise and resources for a well-rounded program.

1. Statement of Problem and Assessment of Need

Several challenges currently hinder the success and well-being of Judson University athletes. One critical issue is the lack of structured training programs tailored to each sport. This forces athletes to rely on inefficient methods, hindering their ability to refine skills and reach peak performance. The consequence is often a high number of sports-related injuries, sidelining them from competition and potentially causing long-term health issues. Furthermore, a gap exists in their knowledge about proper training techniques, injury prevention strategies, and the importance of nutrition for athletic performance. This lack of education puts them at even greater risk and limits their ability to optimize their performance.

1. Statement of Problem and Assessment of Need

The Sports Performance & Injury Prevention Program is a multi-week intervention designed to address the challenges faced by Judson University athletes. This program offers several key components to empower them. Structured training sessions, led by certified professionals, will be tailored to each sport, focusing on safe and effective techniques to optimize performance and minimize injury risk. This program can also serve a dual purpose by providing valuable training grounds for Health Promotion and Performance students. Here, they can gain practical experience while contributing their expertise to the program itself. Education is another cornerstone. Athletes will be equipped with knowledge to prevent injuries, master proper training techniques, and understand the crucial role of sports nutrition in achieving optimal performance and recovery. This educational component will empower them to take ownership of their training and well-being. Recognizing the demands on student athletes' schedules, the program will offer flexible scheduling options and convenient locations within the university, ensuring maximum participation and seamless integration into their busy lives. Staying motivated is key. Throughout the program, coaches and program staff will provide ongoing support and encouragement. This will promote adherence, athlete engagement, and help participants stay on track to achieve their goals. Collaboration is central to the program's success. Partnerships will be established with sports teams, the Health Promotion and Performance program, the athletic director, and the entire fitness community at Judson University. This will leverage the expertise and resources of all stakeholders, fostering a well-rounded program with a combined effort.

1. Intervention Identification. Implementation Plan

The Sports Performance & Injury Prevention Program will be brought to life through a clear, five-step implementation plan. First, we'll establish strong partnerships by collaborating with sports teams, athletic clubs, and Judson University administration. This initial phase secures program space within the university and expands our reach to potential participants, maximizing program impact. Next comes the development of a comprehensive program. We'll build a detailed curriculum outlining the program's structure. This includes sport-specific training routines, educational topics on injury prevention and performance optimization, and a clear progression system catering to athletes of varying skill levels. To ensure a strong turnout, we'll then focus on spreading the word and attracting participants. Promotional materials highlighting the program's benefits will be designed. Social media platforms will be utilized, and informational sessions will be hosted to raise awareness and attract a diverse group of athletes. Once launched, the program will be implemented as planned with a focus on creating a safe and supportive environment that welcomes participants of all skill levels. Active feedback collection will occur through surveys and questionnaires. This feedback will be crucial for continuous program improvement, ensuring it adapts to the evolving needs of Judson University athletes. The final step involves evaluation and ensuring sustainability. To measure effectiveness, participant attendance and completion rates will be tracked. Additionally, pre- and post-program assessments will gauge progress in areas like mobility, strength, and sports-specific performance. Feedback surveys will be collected from participants and coaches to assess program satisfaction and identify areas for improvement. Finally, to secure the program's long-term service to the Judson University athletic community, grant funding and community sponsorship opportunities will be explored.

1. Identification and Allocation of Funds/Resources

While leveraging existing university facilities and health promotion student expertise is a cost-effective starting point, securing additional funding and resources is crucial for the Sports Performance & Injury Prevention Program's long-term success. We will pursue a multifaceted approach. Grant opportunities from Judson University itself and external organizations focused on athletics, ESS program, or youth development will be explored. Corporate sponsorships can be established with local businesses interested in supporting athletics and youth development. We will also launch fundraising campaigns targeting Judson University alumni with a passion for athletics and leverage crowdfunding platforms to engage the broader community. Resource sharing and collaboration are key. We will partner with local institutions to share equipment or negotiate discounted rental rates. Recruiting volunteers with relevant expertise and exploring work-study or internship opportunities for health promotion students can further optimize resource utilization. Finally, seeking in-kind donations from local businesses and implementing cost-effective alternatives for program components will further solidify the program's financial foundation. By combining these strategies, we can ensure the program has the resources necessary to empower Judson University athletes and elevate their performance.

1. Methods of Evaluation/ Interpretation and Analysis of Data

To evaluate the Sports Performance & Injury Prevention Program's effectiveness in achieving its goals, a comprehensive data analysis plan will be implemented. This analysis will look at various metrics collected throughout the program. High attendance rates and program completion rates will be strong indicators of athlete engagement and program buy-in. Conversely, lower rates might prompt adjustments to scheduling, content, or accessibility to optimize participation. Additionally, pre- and post-program assessments for mobility, strength, and sports-specific skills will be conducted. Improvements in these areas will be a key indicator of the program's success in enhancing athletic performance. Furthermore, feedback surveys from both participants and coaches will be crucial in understanding athlete experience, program satisfaction, and areas for improvement. Finally, the program will monitor reported sports injuries. A decrease in injuries would validate the program's effectiveness in keeping athletes healthy. By meticulously analyzing this data, we can continuously refine the program, ensuring it delivers maximum benefit to Judson University athletes. This data-driven approach will allow the program to evolve and adapt to the ever-changing needs of Judson's athletic community, guaranteeing its long-term success.

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