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| Project Title: Heading type and frequency during National Premier League youth football matches in Australia | | Code: FHS7 |
| Host School / Institute: Faculty of Health Sciences | | Address: O block, Cumberland Campus ,75 East Street , Lidcombe NSW |
| Certificates & Clearances required: No | | |
| Primary Supervisor: Dr Kerry Peek | | |
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| Co-Supervisor/team: Marnee McKay | | |
| Project Type: Data Analysis | | |
| Project Category: Physiotherapy; Exercise and sports science | | |
| <p>Skills / Attributes of a successful student: The student will need to enjoy watching football/soccer games and have a good understanding of the game and player positions. The student will also need to be good at concentrating as the study will involve watching videos of youth football matches from the National Premier League and counting number of headers performed per team per game as well as coding headers for defensive and attacking headers etc. A data coding sheet will be provided. Experience with Excel is preferred.</p> | | |
| Project Keywords: football/soccer; youth; heading | | |
| <p>Project Description: Aims: The aims of this project are to investigate heading type and frequency in National Premier League (NPL) football (soccer) matches in Australia from teams in the under 13 to under 18 age groups.</p> <p>Project description: Heading in football has been linked to sports related concussion (SRC) with research indicating that adolescent players are more prone to sustaining a SRC and take longer to recover. US Soccer recently placed heading restrictions on adolescent players, with the Professional Footballers' Association (UK) also calling for a similar strategy to protect young players from potential harm.</p> <p>This summer research project will sit within a much larger project being conducted by researchers from The University of Sydney. Quantifying the number of headers performed during usual match play for an adolescent cohort will provide important evidence related to player risk identification. A similar study was conducted in Europe which has recently been submitted for publication by a member of the wider research team. Heading data has also been published from US football leagues. However, no data is currently available regarding Australian players. This summer project will bridge this research gap and enable us to compare heading type and frequency with players of similar ages in Europe and the US. The evidence this project provides will inform the larger project regarding the potential need for a SRC preventative strategy for adolescent players.</p> <p>Students will be provided with a coding sheet (informed from the European study) and will be asked to watch supplied videos of NPL football matches and code each header identified as per the coding guideline.</p> | | |