

SHP Student Interns for Research and Scholarly Activities Project Proposal Form

Instructions:

Please fill each box to the right of the required fields, obtain the required signature and return via email to Michele Sisco (mcoral@shp.rutgers.edu) by **March 24, 2025**.

If you are sending attachments, please ensure your contact information is added to all your forms.

Faculty Contact Information:

Date submitted:	3/27/25
Faculty Name:	Allison Brown
Department/Program:	Rehabilitation and Movement Sciences/Doctoral Program in Physical Therapy
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Project Detail:

Project Title: (56 characters max)	Clinical and biomechanical risk factors in high school runners.
Hypothesis:	<p>Our group has examined high school runners across two seasons of their cross-country participation. Runners were followed prospectively for incidence of running injury.</p> <p>PHYSICAL PERFORMANCE: We hypothesize that high school runners will demonstrate associations between body strength and running related injury.</p> <p>INJURY CHARACTERISTICS: As compared to healthy runners, we hypothesize that runners who go on to sustain injury in the cross-country season will demonstrate (1) Altered running patterns potentially including longer strides and fewer strides per minute (decreased cadence)</p> <p>(2) Increases in loading parameters such as braking force and impact compared to their peers who complete the season without injury. (3) Decreases in total body strength and lower body neuromuscular control</p>
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation)	This study collected data on 86 runners from across the state of New Jersey in the summer and fall of 2022 and 2023. Runners underwent baseline testing and were followed remotely during their fall cross-country seasons. Data collection included lower extremity functional and total body strength measures (lateral step

methodology for research component)	down and isometric mid-thigh pull) and running biomechanics (RunScribe).
Specific Student Responsibilities:	The summer intern will assist with manuscript preparation for 1-2 unique manuscripts. This will include literature review and outline/summary for the introduction, outline/write up of methodology and results (with assistance if desired). Additional responsibilities may include preparation of an abstract for submission to the ACSM annual conference.
Start / end date of project:	July-August (6-8 weeks, depending on intern's availability)

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)	N/A
WHERE DO YOU PLAN TO PRESENT OR PUBLISH THE FINDINGS WITH THE STUDENT? (e.g., national or state meetings, newsletter or journal, SHP poster day)	These data are planned to be submitted to the ACSM Annual Conference for spring 2026 as well as preparing for manuscript submission in competitive Journals (eg. JOSPT).

CHECK ALL APPROPRIATE BOXES BELOW AND PROVIDE REQUESTED INFORMATION.

This project is: ☒ clinical ☐ laboratory ☐ behavioral ☐ survey ☐ educational
☐ Other: please specify _____

☒ This project involves the use of human subjects (including chart review, retrospective studies and questionnaires).

Pending ☐ Approved ☒ IRB Protocol Number: Pro2021000895

IRB approval must be obtained by June 2025

 PT, DPT, PhD.

 Signature of Department Chair

March 27, 2025

 Date

3/31/2025