



“Modeling the Impact of Youth Sport Specialization on Youth Athlete Health throughout the Year”

NATA FOUNDATION NEW INVESTIGATOR
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STEPHEN E. BAIR

PROJECT SUMMARY

Athletic trainers in the secondary school setting are increasingly serving patients that are specializing in sport at a young age. The process of sport specialization usually entails youth athletes participating in a high school sport season and ad club season at some point during the year. Girls volleyball is a sport that has consistently been linked with youth sport specialization and injury risk. In a youth sport environment where these girls play all year round, how does the athletic trainer educate and serve this patient? That is the aim of this study on sport specialization and yearly training load in girls volleyball. In this study, girls volleyball athletes will have their training load tracked via wearable technologies through their high school and club volleyball sport season. Athletes will report their injuries, mood states, and sleep weekly. This study will determine the links between sport specialization, training load, wellbeing, and injury risk.

IMPACT ON THE ATHLETIC TRAINING PROFESSION

With these findings, the study will guide better recommendations that athletic trainers can use when serving highly specialized athletes to improve the health and wellness of their patients.



PRINCIPAL INVESTIGATOR:

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Kevin Biese, PhD, LAT, ATC received his Master of Science in athletic training at the University of North Carolina-Chapel Hill and his doctorate in kinesiology at the University of Wisconsin-Madison. Dr. Biese is an assistant professor at the University of Wisconsin Oshkosh and teaches in the undergraduate kinesiology program and the Master of Science athletic training program. Dr. Biese is a contributing member to his department’s Sport Performance and Injury Research Laboratory. Dr. Biese’s expertise is in pediatric sport-related injuries as well as understanding the sociological phenomenon of pediatric sport specialization.