BRETT PEXA, PHD, LAT, ATC

PRIMARY INVESTIGATOR

Dr. Brett Pexa, PhD, ATC is an Assistant Professor in the Department of Athletic Training in the Congdon School of Health Sciences at High Point University in North Carolina. Brett received his undergraduate degree from Minnesota State University –Mankato and both his MS and PhD from the University of North Carolina at Chapel Hill. Brett performs research in the Human Biomechanics and Physiology Laboratory, of athlete health, wellness, and training loads. Brett's research aims at understanding how sport participation influences athlete's injury risk, mental health, and performance outcomes. The goal is to create a comprehensive athlete management system that limits injury risk, enhances subjective well-being, and improves sport performance. Brett works with the HPU athletics teams to develop, implement, and refine these athlete management solutions to have an immediate impact on HPU Athletes. Brett works with graduate and undergraduate students to help foster an understanding and appreciation of research through sports science research.

"VALIDATION AND COMPLIANCE OF DAILY SELF-REPORTED ATHLETE HEALTH VARIABLES IN COLLEGIATE STUDENT-ATHLETES"

PROFESSIONAL GRANT PROGRAM: NEW INVESTIGATOR CATEGORY

Funding: $22,990

STUDY SUMMARY:

The goal of our study is to determine the validity of daily single-item athlete health measures. Daily wellness measures are becoming more common, despite the lack of research on the validity of these measures. For our study, we are recruiting 100 college student-athletes to complete daily measures of athlete health, including readiness to train, stress, sleep quality, and fatigue. We will also have these student-athletes take validated surveys that measure the same constructs listed above. To determine the validity, we will compare if the scores from the daily measures match the validated surveys.

IMPACT ON THE AT PROFESSION

With appropriate validity, daily measures of athlete health allow athletic trainers to make more immediate interventions when negative changes occur within our patients. These surveys are also very cost-effective, flexible, and clinically feasible sport science methods to implement, thus expanding injury and illness prevention initiatives to a larger number of student-athletes.

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