

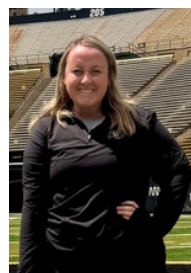
“Preliminary Validation of the 10-M Protocol for the Dynamic Exertion Test (EXiT) Among Healthy Male and Female Adults”

PROJECT SUMMARY

The Dynamic Exertion Test (EXiT) was recently developed to assess physical readiness for unrestricted sport participation following a concussion. This study aims to compare physiological (heart rate and blood pressure), performance (completion time and errors), and clinical (symptom endorsement and perceived effort) outcomes between two versions of the Aerobic Component of the EXiT. Healthy male and female adults will complete the EXiT twice: once using the traditional treadmill-based protocol, and once using an alternative 10-meter protocol guided by an audio file. By analyzing outcomes across both formats, this study will provide preliminary validation for the 10-M protocol as a practical alternative for clinicians without access to a treadmill.

IMPACT ON THE ATHLETIC TRAINING PROFESSION

By completing this study, I aim to support our team’s mission of improving access to clinical exercise testing for concussion management. Since deciding in high school to pursue a career in athletic training, I’ve been driven by a desire to enhance athlete well-being and contribute to the advancement of our profession. With a background in contact sports, I’ve witnessed firsthand the need for more objective tools in concussion evaluation. Validating the 10-M protocol for the EXiT can empower athletic trainers – especially those without access to treadmills – with a practical and effective way to assess physical readiness and promote safer return-to-sport decisions



PRINCIPAL INVESTIGATOR:

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Jordan Daye Thomas is a second-year Master of Science in Athletic Training student at the University of Miami. Originally from Fort Myers, Florida, she earned her bachelor’s degree in Kinesiology from Lipscomb University in Nashville, Tennessee, and a master’s degree in Exercise Science from Northeastern University in Boston, Massachusetts. Her clinical experience spans NCAA Division I football, Olympic sports, and clinical practices. She finds fulfillment not just in treatment and rehab, but in the small moments – taping a wrist before a big game, checking in after class, and being a steady source of support through it all.

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