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Nationwide Children's Hospital Sports Performance

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Nationwide Children's Hospital Sports Performance

Mackenzie Meyers
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Site Information

Site Name: Nationwide Children's Hospital

Site Address: 700 Childrens Drive
Columbus, OH 43205

Site Supervisor:
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Sports Performance Specialist
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Starting Goals

- 1. Improve athletic performance**
Athletes' speed, strength and power
- 2. Gain experience on reducing athletic injuries**
Developing a program using different accessory movements to prevent injury
- 3. Gain personal skills and abilities to succeed in strength and conditioning**
Working alongside different coaches who have different ways of doing things and being in different facilities with different athletes
- 4. Using in-person interactions to gain hours of experience towards obtaining a certification**
Applying what I have learned from the book and class to real life
- 5. Work with a wide variety of patient/client populations**
Getting more experience working with different sports and age groups

Goal Summary/Achievement

Goal Summary

Goal 1

Improving athletic performance

Learning to improve athletic performance, including athletes' speed, strength, and power (specifics vary according to athlete, age and sport). Using what I learned in MSAH Advanced Strength and Conditioning my goal is to help develop systematic training programs for all teams and individual athletes and working closely with the coaches. This includes teaching proper lifting techniques, supervising and motivating athletes as they work out and assessing their performance before and after the program. The nature of the conditioning program will vary depending on whether the sport is in season or not. Conditioning programs also vary by sport and even by position within the sport.

Goal 2

Gaining experience on reducing athletic injuries

Conditioning coaches often design regimens to strengthen body parts that are prone to injury in a particular sport. To prevent athletes from getting injured during training, conditioning coaches must know the correct exercise and lifting techniques and be able to teach them to the athletes.

Goal 3

Gain personal skills and abilities to succeed in strength and conditioning

Because exercise programs can be fairly rigorous and can be difficult to get athletes to train as hard as they should, conditioning coaches must be good motivators. Because there is such a diversity in clientele, coaches must be organized in how they administer each conditioning program and be detail oriented in terms of record keeping. Much like a personal trainer, a conditioning coach must be a good teacher because they will be trying to educate athletes on how to execute weightlifting and other exercises correctly. Conditioning coaches must also be perceptive; they will be monitoring athletes as they train, correcting any errors they make. Finally, to work successfully with an array of athletes, coaches, and maybe even parents, the conditioning coach requires above-average interpersonal skills.

Goal 4

Using in-person interaction to gain hours of experience towards obtaining a certification

By working toward being a Certified Strength and Conditioning Specialist (CSCS), I will be more marketable to employers and be able to deliver care to patients/clients. Practical hands-on experience is expected by all coaches, but certification adds a necessary level of confidence. In addition to academic education and professional certification, a modern strength and conditioning coach should only apply the services or training they are educated to do.

Goal 5

Work with a wide variety of patient/client populations

With this practicum experience I will have gained hands-on experience working with different age and sport populations. Along with this is gaining a better skill of being a teacher and learning to lead small group sessions and coaching large group sessions.

Goal Achievement

Goal 1

I learned to improve athletic performance by working on speed with speed and agility drills I was shown and taught at the different facilities. As well as strength and power I learned quite a few different methods and types of training. I also got to dive deeper into programming and focusing on the training year including preseason, competitive season, peak season and post season.

Goal 2

I gained experience on reducing athletic injuries by developing a Needs Analysis for individuals/sports teams in terms of both their unique performance characteristics and the general demands of the sport. A deeper understanding of the physiological basis of sports performance will lead to improved performance through increased physical capacity, reduced fatigue and a decrease in the likelihood of injury and illness. Evaluation of the sport can be broken down into forms of movement, physiological and injury analysis. Physical testing and evaluation, should cover several components of fitness and be relevant to the needs of the sport.

Goal 3

I gained many skills and abilities to succeed in strength and conditioning that pushed me out of my comfort zone. I gained the ability and confidence to demonstrate and teach exercise technique properly, the ability and confidence to communicate to individuals and groups, a keen attention to detail, and an untiring level of initiative. I paid a lot of attention to each of the coaches different coaching cues which I learned is very important.

Goal 4

During this internship I gained in-person interaction at Bexley High School, New Albany High School and Elite Volleyball Training Center. I believe these hours of experience have helped me gain the confidence and knowledge/application I need to take the exam to become a Certified Strength and Conditioning Specialist. Practical, hands-on experience is a requirement for the strength and conditioning profession and is vital to success and longevity in the field. Experience I gained included executing and coaching various exercises and routines that are implemented in the profession, leadership, along with the familiarity of the weight room management and working within an athletic department.

Goal 5

During this internship I gained a lot of hands-on experience working with different age and sport populations as well as gaining a better skill of being a teacher and learning to lead small group sessions and coaching large group sessions. I got to work with a handful of elementary/middle school athletes and primarily high school/college athletes in the sports of basketball, soccer, baseball, volleyball, gymnastics and lacrosse. I also got to be involved in a strength class at New Albany High School which consisted of a wide range of skill levels and not everyone played a sport or had lifted before at all. Observation and practice enhanced my ability and confidence to teach technique, but also my ability to recognize and correct mistakes. I also learned how to communicate effectively, and my integrity will contribute greatly to my leadership potential.

Practicum Activities

- Worked directly with high school, collegiate and private sector athletes (ranging from 6-22 years of age)
- Involved in leading small group sessions and coaching large group sessions, as well as one on one
- Participated in several teaching/learning sessions per week
- Involved in research, data collection and program design
- Involved in developing Needs Analysis for different sports
- Taking part of a project for an Exercise Database

Photos

