

Summary of Linkage Projects Proposals for Funding to Commence in 2007

New South Wales

Australian Catholic University

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Approved Project Title **Tracking the musculoskeletal health and performance of talented adolescent female athletes**

2007 : \$ 39,309

2008 : \$ 52,122

2009 : \$ 25,827

2010 : \$ 13,013

Primary RFCD 3214 HUMAN MOVEMENT AND SPORTS SCIENCE

APA(I) Award(s): 1

Collaborating/Partner Organisation(s)

New South Wales Institute of Sport

New South Wales Sporting Injuries Committee

Gymnastics Australia

Athletics Australia

Water Polo New South Wales

Administering Organisation Australian Catholic University

Project Summary

The vision is to gain an innovative understanding of risk factors for the early detection or prevention of injury, and to identify factors that promote participation longevity in young athletes. The biomechanics explored in this study will provide a basis for larger studies in future years. Large economic and social benefits can be gained from increased knowledge of injury prevention early in life. Lowered injury costs provide immediate cost benefits to the nation.

Ultimately, in a nation familiar with the high costs of cardiovascular and musculoskeletal diseases, the health sector of Australia will be the greatest benefactor of this project.