

APPLICATION CHECKLIST & BUDGET FORM

Research, Scholarship, and Creativity Grant

Deadline Monday, February 13th

Please complete this checklist and attach it as the cover page of your grant application.

Faculty Information

Name: Hayley Russell

Department: Health & Exercise Science

Email: hrussell@gustavus.edu

Rank: Assistant Professor

Checklist

- **Description of previous projects (and outcomes) funded by RSC grants**
- **Complete project description, including separate statements of:**
 1. **Purpose.** What are the intellectual, conceptual, or artistic issues? How does your work fit into other endeavors being done in this field?
 2. **Feasibility.** What qualifications do you bring to this project? What have you done/will you do to prepare for this project? What is the time period, i.e. summer, summer and academic year, academic year only? Is the work's scope commensurate with the time period of the project?
 3. **Project Design.** This should include a specific description of the project design and activities, including location, staff, schedules or itineraries, and desired outcomes.
- **RSC Budget Proposal Form**
- If successful, my proposal can be used as an example to assist future faculty applications. This decision will not in any way influence the evaluation of my application. Check box to give permission.

Submit electronically as a PDF to cblaukat@gustavus.edu at the John S. Kendall Center for Engaged Learning.

1. Enter your **Name**
2. Enter the **Stipend Costs**
3. Enter the Project Costs (both individual costs and **Total Project Cost**)
4. Enter **Total Amount Requested** (Total Project Cost + Stipend)

Name Hayley Russell

Stipend (Please check one box to indicate your distribution preference)

*Note: The RSC grant will fund up to 1,500 towards **Project Costs**. If your project costs will exceed this amount, you may opt to apply a portion (or all) of your stipend to cover these additional costs. If this option is your preference, please select "Partial Amount".*

- Full Amount** (\$700- assistant professor; \$600-associate professor; \$500-full professor)
- Partial Amount** (apply a portion of the full amount to project costs)

Project Costs: List each item individually with its cost. Attach additional sheets if necessary.

I. Equipment (e.g. transcription machine, camera, digital recorder, but not computer hardware)

- | | |
|--|---------------------|
| 1. Qualtrics Survey Software (QLite – up to 300 surveys) | Amount <u>\$300</u> |
| 2. | Amount _____ |
| 3. | Amount _____ |

II. Materials (e.g. books, printing, software, lab supplies)

- | | |
|------------------------------|----------------------|
| 1. Gift cards for incentives | Amount; <u>\$200</u> |
| 2. | Amount _____ |
| 3. | Amount _____ |

III. Personnel (e.g. typist, transcriptionist, student assistant)

- | | |
|----------------------|---------------------|
| 1. Student Assistant | Amount <u>\$700</u> |
| 2. | Amount _____ |
| 3. | Amount _____ |

IV. Travel (cannot include conference travel, allowable expenses listed at:

<http://gustavus.edu/finance/travel.php>.

- | | |
|----|--------------|
| 1. | Amount _____ |
| 2. | Amount _____ |
| 3. | Amount _____ |
| 4. | Amount _____ |

Total Project Cost: \$1200

Total Amount Requested (Total Project Costs + Stipend) \$1900

Note: The RSC grant will fund up to an amount equal to your Project Stipend + \$1500 for Project Costs.

OTHER SOURCES OF FUNDING

Have you applied for, or received funding from, another source to help support this project?

Yes

No

If no, skip a, b, and c below.

- a. Funding Source:
- b. Amount
- c. Please explain how the Research, Scholarship, and Creativity grant will be used in addition to the other funding, and (if relevant), how the RSC grant project would be impacted if external funding is not approved.

Runners and injury: Knowledge, beliefs, and behaviors

Purpose

Much of what we know about athletes' knowledge and beliefs about injury comes from competitive sport contexts wherein athletes have immediate access to health care professionals such as athletic trainers or physicians. This information, however, may not be transferable to other physical activity contexts. Recreational runners, for example, are in a unique situation where they often demonstrate a strong commitment to running while not being formally coached or having access to health care professionals through the sport. Yet, running is a high injury sport with as many as 79% of runners experiencing at least one running related injury each training year (Lun, Meeuwisse, Stergiou, & Stefanyshyn, 2004).

Previous has demonstrated that runners often have inaccurate beliefs about injury (Saragiotto, Lopes, & Yamato, 2014). Moreover, runners note that despite experiencing a great deal of physical distress associated with running related injuries they rarely sought formal medical care, instead they looked for information about treatment and prevention of running related injuries from the internet, running publications, or fellow runners (Russell & Wiese-Bjornstal, 2015). This is consistent with Finch's (2006, 2011) injury prevention framework in which she notes the key to positive health behavior in sport is knowledge of evidence-based injury prevention strategies. In her injury prevention framework Finch (2006, 2011) notes that evidence-based strategies for injury treatment and

prevention have not necessarily been translated into athlete knowledge. Despite the body of evidence-based injury prevention and treatment strategies they can have no impact if they are not accepted and adopted by their target athletes (Finch, 2011). If athletes have inaccurate beliefs about how to treat and prevent running-related injuries, we can logically conclude they are apt to engage in non-evidence based behavior for the treatment and prevention of injuries; potentially at the expense of healthy running objectives.

Therefore, the purpose of this study is to extend and address limitations of previous research I have conducted on runners' experiences with injury. My previous research in this area was a narrative study examining the experiences of 11 novice runners with injury contacted during my Ph.D. Although this study added to the limited body of knowledge on runners' beliefs and behaviors surrounding injury it was limited in a number of ways. First, many of the participants in the study were truly novice runners meaning they had limited experience with running and with running injury. Second, the limited sample size means the results of this study are not necessarily generalizable to border running population. Finally, the expressed purpose of the previous study was not to look specifically at beliefs and behaviors surrounding running related injury, instead it was to look at the overall experience of injury and these themes emerged. Because of this, knowledge, beliefs, and behaviors surrounding running related injury were not fully explored. The purpose of the proposed study is to explore runner's knowledge and beliefs about running related injury and if knowledge and beliefs inform injury prevention and treatment behavior. A secondary purpose will be to examine if knowledge, beliefs and behavior vary by running experience, injury history, and motives for running.

Feasibility

I have extensive background in the psychology of sport-related injury from master's and doctoral level research and course work as well as research I have conducted since completing my Ph.D. This project is an extension of previous research in this area that was presented at a national conference and published in a peer reviewed journal (i.e., Russell & Wiese-Bjornstal, 2015). I also have a strong background in running research having spent 4 years working on a

multidisciplinary project examining physical and psychological adaptations to marathon training at the University of Minnesota. A common challenge in working with such a specific population is recruitment. I have good connections in the running community in Minneapolis/St. Paul in order to recruit for the study.

I will begin this study in June of 2017. I intend to spend my summer focusing on research since I do not have teaching commitments. I plan to have data collection completed by December 2017. I aim to have preliminary data analysis completed by February 2018 which is the due date for conference paper submissions for my national conference – the *Association for Applied Sport Psychology*. I will complete the project and corresponding paper by May 2018.

Project design

This study will employ a cross-sectional design using an online survey. Participants will be recruited through running stores and recreational running groups from Minneapolis/St. Paul and Mankato. Participants will complete a demographics form, an injury history questionnaire, a running history questionnaire, and a motivation for running questionnaire. Participants will then respond to questions on 3 case vignettes created based on evidence-based treatment and prevention strategies for running related injuries (which will be validated by a panel of experts). Questions on these case vignettes will assess participants' knowledge of running related injuries and treatment and prevention strategies, it will also assess behavioral intentions. Data from the initial questions will determine runner's previous injury related behavior. This study protocol will follow a model by Cormier and Zizzi (2015) who assessed knowledge and intentions of athletic trainers assessing psychological response to sport related injuries. Based on this protocol the case vignettes will be assessed for validity by 5 experts in the care and prevention of running injuries and prior to data collection a pilot study will be conducted.

I will employ a student research assistant to assist with recruitment and data management in order to complete the study. My intended outcomes for this project would be a presentation at the Association for Applied Sport Psychology Conference and a publication in a sport psychology or sport health journal such as *Sport Health* and *Journal of Sport and Exercise Psychology*.