

# 2008 SIRC Research Award Winners



# 2008 SIRC Research Development Award Winners



The SIRC Research Award recognizes outstanding Canadian sport research in two categories:

- The Impact of Applied Research on Athletic Excellence—High Performance category
- The Impact of Sport on the Community—Community category

The SIRC Research Development Award is designed to encourage development of research writing skills, with an emphasis on preparing research reports in two categories:

- Health and Sport
- Participation and Sport

**Congratulations** to all of the participants. We would like to extend our thanks and appreciation to our Sponsors and Judges for their tremendous support.

To check out the winning papers, visit [www.sirc.ca/researchaward](http://www.sirc.ca/researchaward)

## SIRC Research Award Winners

### Dr. Davinder S. Jassal

University of Manitoba

The Impact of Applied Research on Athletic Excellence – High Performance Category: *Right Ventricular Dysfunction and Injury Following Marathon Running: Correlating Biomarkers with Cardiac MRI*

The purpose of this study was to demonstrate the cardiac changes associated with participation in a marathon using serial cardiac biomarkers, echocardiography and CMR.

Dr. Davinder S. Jassal currently holds numerous academic and administrative positions at the University of Manitoba and is the Principle Investigator of the Cardiovascular Imaging Laboratory in the Institute of Cardiovascular Sciences at the St. Boniface General Hospital and Research Centre.

### Dr. Robert Schinke

Laurentian University

The Impact of Sport on the Community – Community Category: *The Adaptation Challenges and Strategies of Adolescent Aboriginal Athletes Competing Off Reserve*

Through a cultural sport psychology approach, the adaptation challenges and strategies of Canadian Aboriginal adolescent athletes from one community (Wikwemikong) are described as they travelled off reserve to compete in mainstream sporting events.

Dr. Robert Schinke is an associate professor of sport psychology in the School of Human Kinetics at Laurentian University; his research interests are applied practice with amateur and professional athletes, and also within the area of cultural sport psychology.

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### Tracey Teasdale

Canadian College of Naturopathic Medicine

Health and Sport Category: *Safety, Effectiveness and Impact of Dry Needling Trigger Points in Athletes: a systematic review*

This research will systematically review the literature the effect and impact of dry needling of myofascial trigger points, and the applications of the technique to the sporting community.

Ms. Tracey Teasdale is a fourth year clinical intern at the Canadian College of Naturopathic Medicine and practices on a sports medicine rotation. With a kinesiology and science background from McMaster University, she treats and educates athletes to promote optimal health and performance.

### Theresa Beesley

University of Toronto

Participation and Sport Category: *School Travel Plans: Barriers and Underlying Causes, Relating Active School Transport to Increased Physical Activity*

This paper determines and discusses (1) barriers to active school transport (AST), (2) the underlying cause for the barriers to active school transport, and (3) the relationship of active school transport to increased physical activity in children.

Ms. Theresa Beesley is currently an undergraduate Physical Education and Health student at the University of Toronto where she is a member of the Exercise Psychology Unit. Ms. Beesley is currently working towards her Masters of Exercise Science.

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