



Andrew Thornton

Thesis Defense
College of Health Sciences
Department of Kinesiology
M.S., Kinesiology

**Evaluating Training and Competition Volume in
Women's Collegiate Lacrosse**

Coaches, athletic trainers, and sport scientists utilize microtechnology consisting of global positioning systems and heart rate monitors as a means for monitoring and managing athlete workload. This journal model thesis will have three main areas of focus concerning Division I collegiate women's lacrosse: 1) analyzing differences between key players and bench players during training and games, 2) comparing game volume between playing two halves versus four quarters, and 3) investigating the unique load and movements of lacrosse goalies. Participants will be from a collegiate varsity women's lacrosse team.

Event Information

03/06/2023

9:00AM CST

Zoom

Committee Members

Jennifer Bunn, PhD

Yvette Figueroa, PhD

Patrick Davis, PhD



Sam Houston State University

PUBLIC DEFENSE ANNOUNCEMENT