



***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**