

P1: The Prevalence of Athletic Burnout and Overtraining in Rural and Remote Adolescent Athletes

- Supervisor:** Dr Andrea Lamont-Mills
Phone: 07 4631 1703
Email: lamontm@usq.edu.au
- Research Purpose:** This project examines burnout and overtraining in non-elite and pre-elite adolescent athletes.
- Research Description:** This project extends work by Gustafsson, Kenttä, Hassmén, and Lundqvist (2007) that examined the prevalence of burnout in elite adolescent athletes and builds upon the thesis work undertaken by Page (2008). It does this by examining the prevalence of burnout and overtraining in Australian adolescent athletes who live in rural and remote areas and who are competing at non-elite or pre-elite levels. It will also examine how training load and individual/team sport participation influences burnout and overtraining prevalence in this particular population.
- The particular burnout theories that will be drawn upon in this project include Smith's (1986) cognitive–affective model of athlete burnout, the biopsychosocial perspective of stress and recovery (Kallus & Kellmann, 2000), the failure-adaptation model (Tenenbaum, Jones, Krisantas, Sacks, & Berwick, 2003), and the total-quality-recovery model (Kentta & Hassmen, 1998).
- Participants:** Approximately 150-200 pre-elite and non-elite athletes from the Darling Downs area and various regional NSW Academies of Sport will be invited to participate in this project. The supervisor will arrange access to all appropriate sporting and school organisations. Students will be expected to contact various Darling Downs sport stakeholders to discuss the project further, to organise how adolescent athletes will be invited to participate in the study, and to arrange for data collection. Should the student have access to sporting organisations in other rural and remote areas, these organisations may be considered for inclusion after discussion with the supervisor.
- Methodology:** The following questionnaires will be used in this project:
- (a) Athlete Burnout Questionnaire (Raedeke & Smith, 2001)
 - (b) Short Overtraining Symptoms Questionnaire (Lemyre, Roberts, & Stray-Gundersen, 2007)
 - (c) Demographic questionnaire that includes items related to training load and individual/team sport participation.
- There will be one data collection point per participant group in this project. Data collection from the NSW Regional Academies of Sport will be organised and conducted by the supervisor unless the student is willing and able to travel to the NSW Regional Academies of Sport Games in Armidale in early 2009. Data collection from the Darling Downs area is expected to be conducted by the student. The student will be expected to arrange times for data collection sessions with various sporting groups and schools. Should the student have access to sporting organisations in other rural and remote areas, the student will be responsible for

this data collection. This project is related to three other projects, thus sharing data collection duties with another students is possible and encouraged.

Data and Analysis:

Quantitative analyses will be used in this project. The student will be expected to work relatively independently on the data analysis section of this project. Students will be expected to determine the prevalence of burnout and staleness using an appropriate approach. Further, the student will be required to assess the psychometric properties of each questionnaire including factor structure as well as examine group differences and the training load relationship using appropriate statistical analyses and how these are related to various indices.

Student friendliness:

This project is suitable for external/on campus students who live in South East Queensland or in the Northern NSW/Armidale region. External students will need to travel to Toowoomba on a relatively regular basis during the data collection period given that data collection will occur primarily in the Darling Downs area. Fortnightly supervision sessions will be required during the project. These can be phone supervision sessions and will differ in length and content to reflect student progress. Please Note: That any travel costs associated with data collection are the responsibility of the student.

Further reading:

Goodger, K., Gorley, T., Lavallee, D., & Harwood, C. (2007). Burnout in sport: A systematic review. *The Sport Psychologists, 21*, 127-151.

Gustafsson, H., Kenttä, G., Hassmén, P., & Lundqvist, C. (2007). Prevalence of burnout in competitive adolescent athletes. *The Sport Psychologist, 21*, 21-37

Lemyre, P., Roberts, G.C., & Stray-Gundersen, J. (2007). Motivation, overtraining, and burnout: Can self-determined motivation predict overtraining and burnout in elite athletes? *European Journal of Sport Science, 7*, 115-126.

Expected research outcomes: SMA Conference Presentation/Paper 2010
Co-authored journal article for submission at the end of 2009/early 2010

Ethics:

- Ethical approval will be sought by supervisor; or
- Ethics approved – number

Resources:

- Project able to be funded within \$150 departmental limit
- Project not able to be funded within \$150 departmental limit – additional funds will come from:

Filename: CBE90DE0.doc
Directory: C:\Documents and Settings\User\Local
Settings\Temporary Internet Files\Content.MSO
Template: C:\Documents and Settings\User\Application
Data\Microsoft\Templates\Normal.dotm
Title: Getting Inside Heads: Using Cognitive Mapping to
Enhance Learning and Teaching
Subject:
Author: Faculty of Sciences
Keywords:
Comments:
Creation Date: 12/22/2008 2:43:00 PM
Change Number: 25
Last Saved On: 1/7/2009 3:28:00 PM
Last Saved By: Division of Information, Communication & Technolog
Total Editing Time: 37 Minutes
Last Printed On: 2/6/2009 4:03:00 PM
As of Last Complete Printing
Number of Pages: 2
Number of Words: 796 (approx.)
Number of Characters: 4,541 (approx.)