PROJECT TITLE: **Women Moving Women**

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**Project Description**

1. Area of the research: Filed techniques and assessments and human body  
functional movement exercises and biomechanics for youth female athletes.  
Youth sport development and safety.  
2. Research tasks the student will be performing: For the past five years I  
have been able to create research teams of undergraduate, graduate and high  
school female students (Women Exercise Initiative, aka WEI). The teams have  
generally consisted of two to four members. The focus of the teams has been  
to foster faculty and peer mentoring activities while performing scientific  
research predominately on females, ie., graduate students mentoring  
undergraduate or classmates mentoring each other, etc. For the past two  
summers I have directed a 8-12 week movement camp which focused on youth  
female athletes and helping them develop correct and safe movement patterns  
for sport. I would like to continue my movement camps this summer with the  
support of a team of one or two college females or one or two high school  
female students to assist me with coordinating the movement field assessments  
and corrective interventions for biomechanical flaws in the youth athletes.  
Primarily the students will learn how to establish data collection, perform  
movement assessments and movement interventions, and direct progression  
exercises for specific movement deficits.  
3. Training that the mentor will provide to the WISE student: Students will  
receive biomechanical knowledge and skill sets for field assessments and  
interventions targeting movement dysfunctions specific to youth and female  
athletes. Progressions for biomechanical and maturity development in movement
will be taught to the students. Students will also gain experience in managing excel data sheets and minor graph techniques.

4. Specific requirements, if any, that the mentor expects the student to meet. Students will need to have a scientific background in basic anatomy, basic biomechanics and exercise. I would anticipate the students to be active participants in mentoring and learning. Further, By the end of the summer camp I would expect the collegiate students to be proficient with computer skills for data collection, analysis, and video software to produce a student poster or presentation for a local or department presentation.