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perceived exertion was collected (scale 6-20 basis). The resting and sleeping period were analyzed using a Lickert pattern scale (0-10) as also. All were exposed to 60minutes session of cold-compression (0oC) wraps on the main muscle-skeletal groups before sleep. RESULTS: CK levels before sessions were 200±73mg/dL increasing to 375±98mg/dL after. The subjective perceived exertion suggested a heavy day of training (BORG 16). After 12h of resting and sleep (Lickert 6), CK levels were 305.7±83mg/dL. CONCLUSION: Professional surfers are constantly travelling, and all the issues regarding resting and sleeping pattern, and performance should be focussed, besides the challenging to accomplish. Surfing it self is a multitask demand, and to perform at cutting edge limits of performance, science background should link the gap between science and the application of it. Depending on surfing sessions and resting period, tools should guide muscle-recovery improvements for safety and performance.

### A-37 Free Communication/Poster - Behavioral and Psychological Aspects of Sport

Wednesday, June 1, 2016, 7:30 AM - 12:30 PM

Room: Exhibit Hall A/B

#### 203 Board #40 June 1, 9:30 AM - 11:00 AM Perceptions Of Appropriate Relationships Between Athletic Training Students And Student-athletes In The University/college Setting

Mallory N. Gomes<sup>1</sup>, Suzanne M. Konz<sup>2</sup>, Liz Casey<sup>1</sup>, W. Zach Garrett<sup>1</sup>. <sup>1</sup>Marshall, Huntington, WV. <sup>2</sup>Marshall University, Huntington, WV.

Email: konz@marshall.edu

(No relationships reported)

Dual relationships are an issue in healthcare professions. Dual relationships develop between athletic training students and student-athletes are of concern in the university and college setting. Policies regarding ethical relationships are in place for most institutions. However, dual relationships between athletic training students and student-athletes continue to occur. PURPOSE: To understand the perceptions of appropriate ethical relationships between athletic training students and athletes while promoting ethical knowledge. METHODS: NATA Survey Service sent survey to 1,000 random NATA student membership participants from the inclusion criteria. 106 undergraduate and graduate athletic training students participated. Participants evaluated scenarios detailing ethical dilemmas typically faced as student athletic trainers. Participants then chose from preset answers to gain perspective on their choice. Statistical analysis included Chi-square set at the .05 level and phi. Since this is the first study within athletic training program student, items with a significance to .06 were considered. RESULTS: Scenario 1 detailed a conflict of interest scenario asking if the athletic training student would re-evaluate an injury of a significant other. Females were more likely to re-evaluate the injury ( $\chi^2 (1, N = 106) = .027 p = 4.896$ ) than males. Phi indicated the strength of association is very weak ( $\phi c = -0.019$ ). Undergraduates ( $\chi^2 = (1, N = 106) = 0.055 p = 3.686$ ) were more likely to re-evaluate the injury. Phi indicated the strength of association of education level is very weak ( $\phi c = -0.186$ ). Scenario 5 detailed the ethical dilemma of revealing HIPPA related information to another athletic training student. Students with ethics education were less likely to reveal sensitive HIPPA information ( $\chi^2 = (1, N = 106) = 3.621 p = 0.057$ ) than those without. Phi indicated the strength of association of education level is very weak ( $\phi c = -0.094$ ). CONCLUSION: Ethics education is needed early and often during athletic training education to help promote proper ethical practice in practicing athletic trainers.

#### 204 Board #41 June 1, 9:30 AM - 11:00 AM Perceived Social Context Factors As Indicators Of Sporting Excellence: Comparison Between Gender And Countries

Nancy Ponce-Carbajal<sup>1</sup>, Jeanette M. López-Walle<sup>1</sup>, José Leandro Tristán Rodríguez<sup>1</sup>, José Carlos Jaenes Sanchez<sup>2</sup>, Abril Cantú-Berrueto<sup>1</sup>. <sup>1</sup>UNIVERSIDAD AUTÓNOMA DE NUEVO LEÓN, Nuevo León, Mexico. <sup>2</sup>UNIVERSIDAD PABLO DE OLAVIDE, Sevilla, Spain.

Email: nancyponce@yahoo.com.mx

(No relationships reported)

<Excellence in the sport depends on many psychological and social factors that strengthen or hinder athletic performance.

PURPOSE: Determine the differences between the perceptions of the social context factors related to athletic excellence in athletes between gender and countries.

METHODS: Participated 405 athletes (251 men and 152 women) from nine countries was gathered through convenience sampling during the Central American and Caribbean Games 2014 in Veracruz, México. Age varied between 18 and 47 years

(M = 24.2; SD = 5.07). The Mean of competitive experience in their sport was 11.13 years (SD = 5.43). Athletes answered the following questionnaire: Perception factors related to Sports Excellence Questionnaire, consisting of 54 items, which measure six factors of social context: coach, environment and resources, athlete, family, nature and characteristics of training workout. RESULTS: The internal consistency analysis was performed using Cronbach's alpha values resulting adequate (alpha .87 to .95). The results of the Kruskal-Wallis test statistics indicate that there are significant differences in the perception of the six factors of social context among nine countries: coach (K = 59,048,  $p < .01$ ), environment and resources (K = 39,330,  $p < .01$ ), sportsman (K = 35,687,  $p < .01$ ), family (K = 25,700,  $p < .01$ ), nature of the training (K = 26,000,  $p < .01$ ) and training characteristics (K = 42,610,  $p < .01$ ). Also specific differences between pairs countries: Coach (Guatemala = 6.8 and Cuba = 9.1); Environment and Resources (Colombia = 6.06 and República Dominicana = 8.4); Family (Costa Rica = 8.4 and Cuba = 9.4); nature of Training (Costa Rica = 6.0 and México = 7.3) and characteristics of training (Guatemala = 7.2 and Cuba = 9.1). Moreover, Man-Whitney U test was used for comparison of two samples between social and gender factors, resulting that women in training factor characteristics obtained higher values than males (U = 22 919,  $p < .01$ ). CONCLUSION: We conclude based on the cross-cultural comparison, those athletes from Cuba perceive the coach features; the family atmosphere and characteristics of training are major factors as determinants of social context to achieve their sporting success. Also, according to gender, women involved as a determinant the factor of characteristics of workout.

#### 205 Board #42 June 1, 9:30 AM - 11:00 AM Time Commitment In Youth Sports: A Survey Of Youth Lacrosse Families

Richard Ginsburg<sup>1</sup>, Lisa Hepburn<sup>2</sup>, Andrew Lincoln<sup>2</sup>, Shane Caswell<sup>3</sup>, Bruce Griffin<sup>4</sup>. <sup>1</sup>Massachusetts General Hospital, Boston, MA. <sup>2</sup>MedStar Sports Medicine, Baltimore, MD. <sup>3</sup>George Mason University, Manassas, VA. <sup>4</sup>US Lacrosse, Baltimore, MD.

(No relationships reported)

Purpose: To describe the time and type of involvement in sport among youth lacrosse players.

Methods: Parents of youth lacrosse players throughout the United States answered an online survey about their child's involvement in lacrosse within the last 12 months. The survey included questions about the number and types of teams their child played on, practice and game frequency, tournament participation, private training, as well as involvement in other sports, age their child began playing lacrosse and questions about lacrosse-related injuries.

Results: 1580 parents of youth lacrosse players from 47 states completed the survey. The age of youth players ranged from 9 to 15 (mean=12). Seventy percent of the responses (n=1090) described male players. Eighty-two percent (n=1295) of players also participated in other sports. The average age children began playing lacrosse was 8.7 years. Sixty-seven percent played on club or travel teams, 58% played on recreational teams. Participation in club or travel teams increased with age. Forty-four percent of players age 9 played on a club or travel team compared to 75% of athletes age 14 or 15. Sixty-eight percent of youth players (n=1075) had participated in private lacrosse skill training either alone or as part of a small group. Both male and female athletes participated in private training at equal rates. Ninety-four percent of players (n=1466) participated in lacrosse during the spring season. Among these players, 24% (n=351) played on more than one team at the same time and 47% (n=689) participated in two or more weekend tournaments during the spring season.

Conclusions: Youth lacrosse is a growing sport throughout the United States. Two-thirds of youth lacrosse players have engaged in private skill training outside of team practice, 1/3 play on more than one team during a season and 1/2 participate in weekend tournaments.

Youth lacrosse often involves a significant time commitment for parents and families. Further research is needed to assess the benefits associated with participation as well as mental and physical health risks.

This research was funded by a grant from US Lacrosse

#### 206 Board #43 June 1, 9:30 AM - 11:00 AM Knowledge and Experience of Placebo Effects Modifies Athletes' Intentions to Use Sport Supplements

Philip Hurst<sup>1</sup>, Chris J. Beedie<sup>2</sup>, Damian A. Coleman<sup>1</sup>, Abby J. Foad<sup>1</sup>. <sup>1</sup>Canterbury Christ Church University, Canterbury, United Kingdom. <sup>2</sup>University of Essex, Colchester, United Kingdom.

Email: philip.hurst@canterbury.ac.uk

(No relationships reported)

The gateway hypothesis posits that athletes who use legal sports supplements may be at risk of transitioning to doping (Backhouse *et al.*, 2013). Anti-doping interventions focused on reducing *legal* substance use could therefore be effective. Several authors have argued that if athletes were made aware through either direct experience or