

RESULTS: Significant changes were found in the proportion of "stressed" subjects in the physiological responses of HR and SC, and a trend towards significance in EMG throughout the evaluation. The indicators that most approached the expected response (increase with stressor and decrease at rest) during the evaluation were HR and SC; EMG tended to approach. The significant differences observed in the proportion of subjects "stressed" by stages and by indicators were in BASELINE, 1st REST and 2nd REST, and with a trend towards significance in COGNITIVE, being Resp the indicator that showed the highest proportion. The effect size for significant differences was moderate to high (Table)

CONCLUSIONS: The subjects obtained expected responses (increase/decrease) over time in most of the indicators, except in Resp, so in our sample, it was not an indicator related to stress. The proportion of subjects "stressed" during stressing stages were not significant but were different during rests, which may mean that the greater proportion of subjects increased their physiological responses in a similar way to stressors but could recover differently during rests.

Table. Proportion of "Stressed" subjects by physiological response and stage.

	Baseline	Physiological	1st rest	Cognitive	2nd rest	Emotional	3rd rest	p-value (Cochran's Q)
HR	2 (10%) a	7 (35%)	5 (25%) ab	18 (90%)	3 (15%) a	9 (45%)	6 (30%)	<0.001
EMG	10 (50%) bc	7 (35%)	13 (65%) b	14 (70%)	8 (40%) ab	12 (60%)	10 (50%)	0.053
SC	3 (15%) ac	5 (25%)	3 (15%) a	12 (60%)	11 (55%) b	13 (65%)	12 (60%)	<0.001
RESP	11 (55%) b	10 (50%)	10 (50%) ab	11 (55%)	10 (50%) ab	15 (75%)	10 (50%)	0.632
p-value (X ²)	0.002	0.430	0.004	0.082	0.048	0.267	0.283	
Phi	0.430	0.186	0.406	0.289	0.315	0.222	0.218	

Data expressed as frequencies (%), unless otherwise stated. Different letters denote significant differences between physiological responses within each stage (p<0.05). HR: Heart rate; SC: Skin conductance; RESP: Respiration; EMG: Electromyography.

2634 Board #298 May 31 9:30 AM - 11:00 AM

The Effect Of Crossfit On Self-talk And Goal Setting In At-risk Youth: A Pilot Study.

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At-risk youth experience limited support, lack consistency, and depend on governmental programs and could benefit from structured programs. CrossFit participants are encouraged to discuss workout goals and strategies and are reminded about workout efficiency.

PURPOSE: Examine the effects that CrossFit has on the use of self-talk and goal setting techniques.

METHODS: Sixteen participants identified as at-risk (e.g. living in single-parent homes or in low-income environments) participated in a CrossFit program. Participants ranging from 11 to 14 years old completed 12 weeks of CrossFit for one hour, three days per week. Participants completed two Likert-type questionnaires (Goal Setting questionnaire and Self-talk questionnaire). Survey scores served as dependent variables. Paired samples t-tests were calculated to examine changes over time on both surveys. All statistical analyses were conducted using SPSS 25.0 (IBM, Armonk, NY). Significance level was set *a priori* at 0.05.

RESULTS: 16 participants (84%) completed both pre and post Goal Setting surveys, while 10 (52%) completed both pre and post Self-Talk questionnaire surveys. Significant differences were found between scores for total score (Mean Pre: 14.4 ± 2.9, Mean Post: 17.9 ± 2.5; $t_{(1,15)} = 3.13, p = 0.007$); question 2, "Once I set a goal, I don't give up until I achieve it" (Mean Pre: 1.4 ± .13, Mean Post: 2.2 ± .24; $t_{(1,15)} = 2.42, p = 0.029$) and question 6 "When I set a goal, I think about what I need to do to achieve that goal" (Mean Pre: 2.9 ± .23; Mean Post: 3.7 ± .70; $t_{(1,15)} = 2.82, p = 0.013$) with scores improving after the intervention. No significant differences were found for the Self-Talk questionnaire (n=10), total score (p>0.05).

CONCLUSION: This pilot study provides preliminary evidence that CrossFit for at-risk youth enhances goal setting skills. The introduction of CrossFit classes appears to create structure for goal setting as strategies/goals are discussed before workouts and accomplishments/results are recorded and reviewed. However, it does not appear that CrossFit increases self-talk which could be due to no formal instruction in the current format of CrossFit classes. Future investigations should include impacts of self-talk and goal setting with intentional training, a larger participant pool, and qualitative methods.

2635 Board #299 May 31 9:30 AM - 11:00 AM

Preliminary Evidence Of A Relationship Between Injury And Sport Camera Use In Winter Sliding Sports

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PURPOSE: The accessibility of digital technologies has led to an increased use of video cameras in sliding winter sports. However, very little is known on the risks associated with the use of such equipment. In other contexts, camera use was associated with a social facilitation effect involving an increase in performance (Yu et al., 2015). In winter sliding sports like snowboard and alpine skiing, the culture is characterized by a valorization of risk taking (Anderson, 1999). This effect could translate in greater risk taking when a camera is around (Rodrigue et al, 2012). The aim of this study was to explore the relationship between camera use and injury risk in winter sliding sports, while considering psychosocial factors associated with injuries including age, sex, perceived skill level, intentional risk taking and personality traits (impulsivity and sensation seeking).

METHODS: The study was a self-reported follow-up survey conducted online among canadian winter sliding sports athletes before and after a winter ski season within an interval of 4 months.

RESULTS: Among the 224 adolescents and adults (121 men and 103 women) who completed the surveys, 32,6% were aged 14-25 years, 32,3% aged 26-25 years and 36,2% aged 36 years +. Descriptive statistics indicates that 37,1% were filmed during sports practice at least once during past 12 months prior to the study an 42,0% were filmed at least once during the follow-up ski season. Among them, 25,7% reported that they take more risks when they are filmed "sometimes", "often" or "always". A logistic regression analysis predicting the occurrence of an injury by the end of the ski season indicates that camera use during the ski season is significantly associated with injury risk (OR = 0,25 $p < 0,001$) even after including psychosocial factors usually associated with injury risk in the model, including intentional risk taking, perceived skill level and sensation seeking also being significant predictors of injury.

CONCLUSIONS: These results suggest a possible injury risk associated with the use of a camera on the slopes, partially explained by a social facilitation effect, but it is unclear at this moment if this risk could also involve the camera itself depending on the type of use (i.e. on a selfie stick). These results should be supported by objective data from an experimental design.