

**School of Health Sciences  
Honours Research Project**

**Title** (*approximate*)

**Dynamic knee joint loading during side-stepping and landing movements in sport**

**Supervisors Name:** Julie Steele &/or Bridget Munro &/or Karen Mickle

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**Project Details** (*Brief Description of the Project*)

The proposed study is part of the successful "Landing mechanics and injury prevention" research area within the Biomechanics Research Laboratory (BRL). Over the last 20+ years we have been exploring mechanisms of non-contact knee injuries, such as ACL ruptures and patellar tendinopathy, particularly those that occur during abrupt or repetitive landing movements. The results of this study will provide an important foundation upon which to develop focused injury prevention training programs that reduce knee joint loading and injury risk while still allowing individuals to enjoy the benefits of sports participation.

**Number of Students:** 1

**Special requirements**

Flexible hours

Other requirements to be determined once details of the project have been finalised

**Skills required**

Biomechanics laboratory skills

A passion for research