

Erin Coughlan

HONOURS RESEARCH



Research Focus:

Erin's honours thesis explores the experiences and education undertaken by youth sports referees in Nova Scotia related to sports-related concussions, to determine if they could play a meaningful role in concussion safety by stopping play for the medical evaluation of a potential concussion. Allowing referees to be included in the SRC conversation and empowering them with further knowledge may mitigate further injury after a young athlete has sustained an SRC.

About Erin:

Erin is a fourth year Kinesiology Honours student from Timberlea, NS. Throughout the past four years, she has been actively involved in the Acadia Community and Athletics. She is the President of the Acadia Kinesiology Society and loves volunteering with SMILE and KinderSkills. I also volunteer with Acadia Community Outreach and is an executive member on the Pre-Health Society. Erin has taken on the role of Captain & President of the Acadia Women's Field Hockey Team, as well as an avid skier in the Winter. She is part of the SIAM program and has experienced first-hand the challenges of concussion diagnosis and management working with the Varsity Women's Soccer Team. Following graduation, Erin hopes to pursue a Masters of Physiotherapy.



Erin's interest in concussion education and referees stems from her personal experiences as a young referee and lifelong athlete, as well as her time in the SIAM Program. Erin hopes with this study to share the findings with local sporting organizations and government to encourage the implementation of concussion education strategies for referees.

Supervisor: Dr. Colin King