

# HONOURS

## Anna Brogan

Supervisors: Dr. Matthew Vierimaa

### Research Focus

Sport specialization is becoming more widespread among youth despite growing evidence surrounding the associated physiological and psychosocial health risks including injury, burnout, and excessive psychological stress. To date, sport specialization has only been studied among able-bodied athletes, while much less is known about the sport specialization experiences of athletes in disability sport. Anna's research is focused on analyzing the gap of sport specialization in parasport in hopes of better understanding the developmental experiences of athletes with a physical disability as they specialize in parasport. This qualitative project utilized a retrospective narrative approach. An online survey was used to collect participants' demographic information, and then semi-structured interviews were conducted on ten elite Canadian parasport athletes to better understand their developmental experiences and sport specialization trajectory. This project aims to help enhance the experiences of athletes with a disability by better understanding their developmental experiences and identifying the unique factors that influence burnout and specialization in disability sport.

### The Researcher



Anna Brogan is currently a fourth-year student at Acadia University from Dartmouth, Nova Scotia. She will graduate in the spring of 2022 with a Bachelor of Honours with Kinesiology. Throughout her time at Acadia University, Anna has been a teaching assistant in exercise physiology and has been involved in many organizations on campus including the S.M.I.L.E. program, the Hannah Miller Memorial Hockey Tournament, Kings Special Olympics program, Acadia Kinesiology Mentorship program, and the Cardiac Rehabilitation Program. Outside of academics and volunteering she enjoys teaching children how to skate and loves to ski or play hockey. Upon graduation, Anna is planning to complete a BSc in nursing science and then a Masters in cardiovascular perfusion.