

# HONOURS

## Haley McDonald

Supervisor: Dr. Colin King

### Research Focus

Haley's honours research focuses on exploring trends found within data produced by wearable technology as well as the perceived usefulness of wearable technology within varsity sport. Wearable technology is widely available within the consumer market. Due to its growing popularity, it's becoming a useful tool within varsity athletics to monitor performance and tailor training regimes. However, there is a gap in the literature pertaining to the acceptance and practicality of the data that is produced.

Furthermore, there are many other factors that play a role in the tolerance of the feedback provided. These factors include but are not limited to who is monitoring the technology, future aspirations of the athlete, life outside of sport, as well as how the data is applied.

To investigate these matters, a mixed-methods study was designed to identify trends within variables produced by the WHOOP band over a 2-year period, a subjective questionnaire from past and present users, and an interview portion to further explain the emerging themes found within the questionnaire. This research will provide future users with an insight into what to expect and possible concerns to consider when using wearable technology in a university team setting.

### The Researcher

Haley is a 5<sup>th</sup> year Kinesiology Honours Conversion student from Port Williams, NS. Upon her graduation in 2020, she decided to return to Acadia to complete an honours thesis. Through her years at Acadia, she was an integral part of the women's basketball team, winning 2 AUS Championships. She is a 4-time USports Academic All Canadian and a 2-time USports Second team All Canadian.

She was a volunteer with the Acadia SMILE program, along with the Kinderskills program. She was a SIAM student serving as a student athletic therapist for the women's basketball team from 2018-2020. As an active member in the athletic department, she was a member of the Acadia Players Association for 4 years and a member of the executive in her final year. She actively coaches youth in the community and was the head coach for the Acadia Basketball Sports Academy in the Fall of 2020.

Currently, she is a professional basketball player in Germany and plays for the Bad Homburg Falcons while completing her research. Her future aspirations include a Masters in Sport Data Analytics and Technology and playing the sport she loves. Haley hopes to use her acquired knowledge from her thesis to help educate and make wearable technology as efficient as possible while still preserving the privacy and external aspects found within the life of an athlete.

