Lianne Boudreau

HONOURS RESEARCH

Research Focus:

Lianne's first-hand experience with the competitive stress and anxiety that the sport of competitive cheerleading can create is what has driven her to pursue this research project. Lianne's research is focused on using the coping mechanism of progressive muscular relaxation. Progressive muscular relaxation is a relaxation technique that a participant can learn on their own time in order to calm the mind by calming the major muscle groups in their body. The goal of the progressive muscular relaxation in her research is to reduce the level of pre-competitive anxiety before a cheerleading competition. The sport of competitive cheerleading has very little research associated with it, emphasising the reason why she wanted to focus on this sport.

About Lianne:

Lianne is a 4th year Kinesiology with Psychology student from New Brunswick. Outside of school work, she works part-time at the Axe Bar & Grill, and she is the Vice-President of the Acadia Competitive Cheerleading team. Lianne spends her Monday & Friday's with her adorable KinderSkills buddy, and TA's for 2 Kinesiology courses. Throughout the last 4 years she has also taken part of the Global Brigades Medical/Dental team, volunteered with S.M.I.L.E., volunteered as a physio-assistant, and has been the Kinesiology representative for the Women in Science and Engineering (W.I.S.E.) organization here at Acadia.

Lianne's passion for the sport of cheerleading began at the age of 11 when she first joined the sport. It is a sport where athletes are constantly moving and has so many different sections of a routine that different people can thrive in. The pure adrenaline that surges through her body while performing a routine on the mat is the reason she fell in love with this sport. Her dream is to pursue a career in Occupational Therapy in order to help a variety of patients live their everyday life pursuing their passions to the best of their abilities in the best mental health condition they can be in.

Supervisor: Dr. Darren Kruisselbrink