

# Nick Cooke

## HONOURS RESEARCH



### Research Focus:

Female athletes are known to be 4-6 times more likely to injure their Anterior Cruciate Ligaments (ACL) than their male athlete counterparts and females exhibit different movement and joint loading characteristics which place them at this greater risk of injury. Little is known about the effect of an athlete's sport background on their lower extremity mechanics which is the focus of Nick's study.

His work with Dr. Landry will shed light on how movement patterns in young athletes differ between sex and across court and field sports. Nick is graduating in the spring of 2020 and hopes to take his passion for kinesiology towards pursuing further education in either sports management or teaching.

### About Nick:

Nick Cooke is from Ottawa, Ontario and is completing his honours research under the supervision of Dr. Scott Landry.



He grew up playing hockey and volleyball and quickly developed a curiosity for how the human body works. This, along with the hope of one day meeting Sidney Crosby, led him to Acadia. An avid sports enthusiast with a passion for biomechanics, Nick decided to undertake a research project investigating the mechanical differences of athletes from various sport backgrounds when completing a drop jump task.

Supervisor: Dr. Scott Landry