

## Dr Trevor Clark

PhD, MSc, BA (Hons), BTEC Dip

### Research Specialisation:

Sport performance, injury epidemiology and strength and conditioning

### Experience:

Currently Head of Department, Sport Performance and Sport Business at the Australian College of Physical Education. Has 35 years' experience in sport, education and coaching. Previously worked with the NZ Warriors (assistant coach), North Harbour Rugby (strength and conditioning), and Windsor Wolves (NSW Cup, defence coach / strength and conditioning). ASCA Accredited L2 (L3 Pending) Elite Strength and Conditioning Coach. ESSA Accredited (L2 Sport Science, Exercise Science and High Performance Management). Completed the first Doctoral thesis focussing on "health changes that occur in Māori males after retirement from participation in rugby league".



### Research overview:

Main area of interest is focussed on improving sport performance and on reducing sporting injuries and investigating mechanisms of injury. Technology is transforming the way coaches, teams and individual athletes track, monitor and improve performance. Whilst sports performance receives attention from multiple sources of funding at the state and national level there is a paucity of research evidence available looking specifically at the recovery, regeneration and well-being of athletes at all levels of engagement. This is an area where more investigations are required to help improve mental well-being, reduce stress, anxiety and feelings of depression for athletes in competitive environments and/or transitioning into retirement from sport.

### Research publications:

- King, D., Hume, P., Hardaker, N., Cummins, C., Pearce, A. & **Clark, T.** (2019). Traumatic brain injuries in New Zealand: National Insurance (Accident Compensation Corporation) claims from 2012 to 2016. *Journal of the Neurological Sciences*. <https://doi.org/10.1016/j.jns.2019.01.049>
- King, D., Hume, P., Hardaker, N., Cummins, C., **Clark, T.**, Pearce, A. & Gissane, C. (2019). Female rugby union injuries in New Zealand: A review of five years of Accident Compensation Corporation moderate to severe claims and costs. *Journal of Science Medicine in Sports*. 22 (2019) 532-537
- King, D., Cummins, C., Hume, P., **Clark, T.** & Pearce, A. (2018). Physical demands of amateur senior domestic rugby union players over one round of competition matches in New Zealand assessed using heart rate and movement analysis. *International Journal of Sports Science Medicine* 2018. 2(3): 66-71
- King, D., Hume, P., Gissane, C., **Clark, T.** & Cummins, C. (2018). Injuries in a senior amateur rugby union team over two competition seasons resulted in a ratio of 1:5 witnessed to unwitnessed concussions. *NZ Journal Sports Medicine*. 2018. 45(1):22-33
- King, D., Cummins, C., Hume, P. & **Clark, T.** (2018). Physical demands of amateur domestic and representative netball in one season in New Zealand assessed using heart rate and movement analysis. *Journal of Strength Conditioning Research*. 2018. doi: 10.1519/JSC.0000000000002605
- King, D., Hume, P., Hardaker, N., Cummins, C., Gissane, C. & **Clark, T.** (2018). Sports related injuries in New Zealand: National insurance (Accident Compensation Corporation) claims for five sporting codes from 2012 to 2016. *British Journal of Sports Medicine*. 2018. doi: 10.1136/bjsports-2017-098533
- King, D., Hume, P. Cummins, C., **Clark, T.** & Gissane, C. (2018). Concussion incidence for two levels of senior amateur rugby league in New Zealand, 2008-2011. *Sports Medicine Rehabilitation Journal*. 2018. 3(1):1026
- Clark, TN.**, & King, D. (2017). Incidence of training injuries in a New Zealand amateur rugby league team over three consecutive years. *Australian Journal of Strength Conditioning*. 25 (7) 26-31.



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