

## Trevor Clark

**BA (Hons) & MSc Leeds Beckett, ASCA Level 2 Elite Coach, High Performance Coach NRL**

### Research specialisation:

Sport performance, injury epidemiology and strength conditioning

### Experience:

I am currently Head of Department, Sport Performance at the Australian College of Physical Education. I am responsible for the Bachelor of Sport Coaching (Strength & Conditioning) and Bachelor of Applied Fitness degree programs. I completed an MSc in Sport & Exercise Science at Leeds Beckett University whilst playing professional rugby league in England. Previously coached the NZ Warriors (assistant coach/strength & conditioning), North Harbour Rugby (strength and conditioning), and Windsor Wolves (NSW Cup) (defence coach / strength and conditioning). I've lectured in sport science at Wintec, Unitec and Massey University, with my recently completed doctoral thesis titled "Health changes that occur in Māori males after retirement from participation in rugby league". I have been employed in professional sport and tertiary education for over 35 years as a player, coach, lecturer and researcher.



### Research overview:

My main area of interest is focussed on improving sport performance and on reducing sporting injuries and investigating mechanisms of injury. Most of the recent focus has been geared toward sport concussion and technology is transforming the way coaches, teams and individual athletes track, monitor and identify injury. By analysing factors – such as movement speed, force, distance and possession, it is possible to track and measure with detailed analysis and statistics potential mechanisms of injury. Therefore coaches and athletes can develop a better understanding of the mechanisms of injury through the use of specialised linear and rotational force transducers applied directly on to athletes. We are also striving to develop better methods of managing injuries once identified and diagnosed. Guided by evidence and best practice we are aiming to develop protocols for the long-term management of concussion injuries sustained in sport.

### Research publications:

- Clark, TN., & King, DA. (2017). Incidence of training injuries in a New Zealand amateur rugby league team over three consecutive years. *Australian Journal Strength Conditioning*. In Print.
- King, D., Hume, P., Gissane, C. & Clark, TN. (2016). Head impacts in a junior rugby league team measured with a wireless head impact sensor: An exploratory analysis. *Journal Neurosurgery: Pediatrics*. doi: 10.3171/2016.7.PEDS1684
- King, D., & Hume, P., Gissane, C., & Clark, TN. (2016). Similar head impact acceleration measured using instrumented ear patches in a junior rugby union team during matches in comparison with other sports. *Journal Neurosurgery: Pediatrics* 18(1):65-72
- King, DA, Hume, PA., Gissane, C., & Clark, TN. Semi-Professional Rugby League Players have Higher Concussion Risk than Professional or Amateur Participants: A Pooled Analysis. *Sports Medicine* (2016) DOI 10.1007/s40279-016-0576-z
- King, DA., Hume, PA., Gissane, C., Brughelli, M., & Clark, TN. The influence of head impact threshold for reporting data in contact and collision sports: Consensus needed. *Sports Medicine* (2016) 46:151-16
- King, DA, Hume, PA., Gissane, C., & Clark, TN. Use of the King-Devick test for sideline concussion screening in junior rugby league. *Journal Neurological Science*. (2015) 357
- King, DA., Gissane, C., & Clark, TN. Concussion in amateur rugby league players in New Zealand: A review of player concussion history *NZ Journal Sports Medicine* 2014, 40(2): 64-69
- King, DA., Gissane, C., Clark, TN. & Marshall, S.W. The incidence of match and training injuries in rugby league: A pooled data analysis of published studies *International Journal Sports Science Coach* 2014 9(2): 417-431\



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