**RUGBY CODES RESEARCH GROUP – MEMBER**

Dr Trevor Clark



# PhD, MSc, BA (Hons)

## Research Specialisations:

Sport performance, injury epidemiology and strength and conditioning

## Experience:

Currently Dean (Undergraduate) at the International College of Management Sydney. Trevor has 35 years’ experience in sport, education, and coaching. Previously worked with the NZ Warriors (High Performance Coach), North Harbour Rugby (Strength and Conditioning), and Windsor Wolves (NSW Cup, Defence Coach / Strength and Conditioning). ASCA Accredited L3 Elite Strength and Conditioning Coach and ESSA Accredited L2 Sport Science, Exercise Science and High-Performance Management.

Played rugby league professionally in England (12 years) amassing 275 games for Leeds, Featherstone, and Bradford.

## 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. In recent years Trevor has been involved with several concussion papers in contact sport. His doctoral thesis was the first health study looking specifically at Māori players retired from competitive rugby league participation.

## Research publications:

* King, D., Hume, P., **Clark, T**., Foskett, A, & Barnes, M. (2021). Training injury incidence in an amateur women’s rugby union team in
* New Zealand over two consecutive seasons. Journal of Science and Medicine in Sport 24 (2021) 544–548.
* King, D., Hume, P., **Clark, T**., Hind, K & Hardaker, N. (2020). Concussion Reporting and Return to Play over Two Years for an Amateur Women’s Rugby Union Team in New Zealand. Advances in Orthopaedics and Sports Medicine, Volume 2020, Issue 04.
* King, D., Hume, P., **Clark, T**., Foskett, A, & Barnes, M. (2020). Incidence of Match Injuries in an Amateur Women’s Rugby Union Team

in New Zealand over Two Consecutive Seasons. Advances in Orthopaedics and Sports Medicine, Volume 2020, Issue 02.

* King, D., Hume, P., **Clark, T**. & Pearce, A. (2020). Use of the King-Devick test for the identification of concussion in an amateur domestic women's rugby union team over two competition seasons in New Zealand. Journal of the Neurological Sciences 418 (2020) 117162
* King, D., Hume, P., Cummins, C., Pearce, A., **Clark, T**., Foskett, A., & Barnes, M. (2019). Match and Training Injuries in Women’s Rugby Union: A Systematic Review of Published Studies. Sports Medicine (2019) 49:1559–1574 https://doi.org/10.1007/s40279-019- 01151-4
* 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



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* 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 Sports. 22 (2019) 532-537
* 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
* **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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