**Associate Professor Chris Whatman**

Dip Phys (Auckland), Mapp Sc (Sports Physiotherapy, Australia), PhD AUT

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**Research specialisation:** Injury prevention in youth sport with special interest in neuromuscular training, early specialisation, and the impact of growth and maturation.

**Experience:** Originally a sports physiotherapist for 10 years before becoming an academic. Involved in research related to injury prevention in youth sport for the last 10 years. Senior research member of the AUT Millennium Sports Performance Research Institute and former leader of the Sports Kinesiology and Injury Prevention (SKIP) research group. Published >50 peer-reviewed journal articles and made 30 plus conference presentations. International Advisory Board member, Physical Therapy in Sport. Editor New Zealand Journal of Sports Medicine.

**Research overview:** Focus on reducing injuries in youth sports and promoting positive youth sport experiences. Most recently investigating benefits of neuromuscular warm-up (collaboration with Netball NZ and NZ Football) and appropriate player development pathways (specialisation versus diversification) and the impact of growth and maturation. Additionally, a collaborator on projects with New Zealand Rugby developing a secondary school concussion management pathway and ACC investigating knowledge, attitudes and behaviours to concussion in secondary school sports.

**Postgraduate supervision:** 11 Masters and 5 PhD students supervised to completion and currently supervising 4 Masters and 3 PhD students.

**Recent research publications (2020->)**

Salmon, D. M., Badenhorst, M., Walters, S., Clacy, A., Chua, J., Register-Mihalik, J., . . . Whatman, C. (2021). The rugby tug-of-war: Exploring concussion-related behavioural intentions and behaviours in youth community rugby union in New Zealand. *International Journal of Sports Science & Coaching*. doi:[10.1177/17479541211047661](http://doi.org/10.1177/17479541211047661)

Zoellner, A., Whatman, C., Read, P., & Sheerin, K. (2021). The association between sport specialisation and movement competency in youth: A systematic review. *International Journal of Sports Science & Coaching*, *16*(4), 1045-1059. doi:[10.1177/1747954121998456](http://doi.org/10.1177/1747954121998456)

Belcher, S., Whatman, C., Brughelli, M., & Borotkanics, R. (2021). Short and long versions of a 12-week netball specific neuromuscular warm-up improves landing technique in youth netballers. *Physical Therapy in Sport*, *49*, 31-36. doi:[10.1016/j.ptsp.2021.01.016](http://doi.org/10.1016/j.ptsp.2021.01.016)

Tomsovsky, L., Reid, D., Whatman, C., Borotkanics, R., & Fulcher, M. (2021). The effect of a neuromuscular warm-up on the injury rates in New Zealand amateur futsal players. *Physical Therapy in Sport*, *48*, 128-135. doi:[10.1016/j.ptsp.2020.12.015](http://doi.org/10.1016/j.ptsp.2020.12.015)

Salmon, D. M., Romanchuk, J., Sullivan, S. J., Walters, S., Clacy, A., Register-Mihalik, J. K., . . . Keung, S. (2021). Concussion knowledge, attitude and reporting intention in rugby coaches and high school rugby players. *International Journal of Sports Science & Coaching*, *16*(1), 54-69. doi:[10.1177/1747954120961200](http://doi.org/10.1177/1747954120961200)

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Tomsovsky, L., Reid, D., Whatman, C., & Fulcher, M. (2020). Futsal: The nature of the game, injury epidemiology and injury prevention - a narrative review. *New Zealand Journal of Sports Medicine*, *41*(1), 8-14.

Tomsovsky, L., Reid, D., Whatman, C., Fulcher, M., & Walters, S. (2020). Futsal FastStart: The development of a futsal specific warm-up. *New Zealand Journal of Sports Medicine*, *47*(1), 15-19.

Sommerfield, L. M., Whatman, C. S., Harrison, C. B., Maulder, P. S., & Borotkanics, R. J. (2021). The effect of a school based injury prevention program on physical performance in youth females. *International Journal of Sports Science and Coaching*, *16*(1), 81-90. doi:[10.1177/1747954120952211](http://doi.org/10.1177/1747954120952211)

Sommerfield, L. M., Harrison, C. B., Whatman, C. S., & Maulder, P. S. (2020). Injury prevention programs in youth: A narrative review targeting females. *Strength and Conditioning Journal*, *42*(4), 36-49. doi:[10.1519/SSC.0000000000000499](http://doi.org/10.1519/SSC.0000000000000499)

Belcher, S., Whatman, C., Brughelli, M., & Borotkanics, R. (2020). Ten-year nationwide review of netball ankle and knee injuries in New Zealand. *Journal of Science and Medicine in Sport*, *23*(10), 937-942. doi:[10.1016/j.jsams.2020.04.004](http://doi.org/10.1016/j.jsams.2020.04.004)

Sommerfield, L. M., Harrison, C. B., Whatman, C. S., & Maulder, P. S. (2020). A prospective study of sport injuries in youth females. *Physical Therapy in Sport*, *44*, 24-32. doi:[10.1016/j.ptsp.2020.04.005](http://doi.org/10.1016/j.ptsp.2020.04.005)

Reid, D., Hume, P., Whatman, C., Theadom, A., Walters, S., Hardacker, N., & Fulcher, M. (2020). Knowledge, attitudes, and behaviours of New Zealand physiotherapists to sports-related concussion. *New Zealand Journal of Physiotherapy*, *48*(1), 19-28. doi:[10.15619/NZJP/48.1.03](http://doi.org/10.15619/NZJP/48.1.03)

Salmon, D. M., McGowan, J., Sullivan, S. J., Murphy, I., Walters, S., Whatman, C., . . . Romanchuk, J. (2020). What they know and who they are telling: Concussion knowledge and disclosure behaviour in New Zealand adolescent rugby union players. *Journal of Sports Sciences*, *38*(14), 1585-1594. doi:[10.1080/02640414.2020.1749409](http://doi.org/10.1080/02640414.2020.1749409)

Sommerfield, L. M., Harrison, C. B., Whatman, C. S., & Maulder, P. S. (2020). Relationship between strength, athletic performance, and movement skill in adolescent girls. *Journal of Strength and Conditioning Research*. doi:[10.1519/JSC.0000000000003512](http://doi.org/10.1519/JSC.0000000000003512)

Whatman, C., Toomey, C., & Emery, C. (2020). Visual rating of movement quality in individuals with and without a history of intra-articular knee injury. *Physiotherapy Theory and Practice*, *37*(12), 1474-1480. doi:[10.1080/09593985.2019.1703229](http://doi.org/10.1080/09593985.2019.1703229)