

BADGER INQUIRY ON SPORT



FOUR BIG IDEAS: VOLUME 1

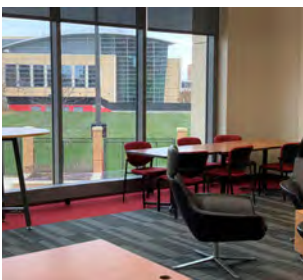
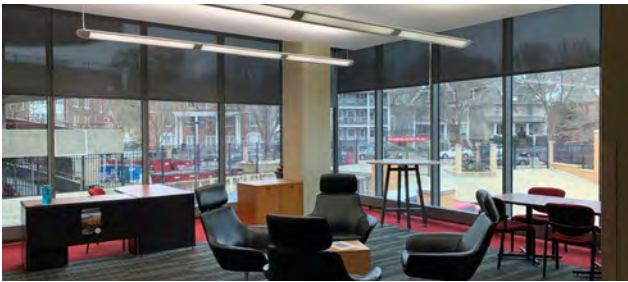
ABOUT

Badger Inquiry on Sport (BIOS) is an exciting research and innovation initiative based at the University of Wisconsin-Madison. We bring together top-level research and athletics for the benefit of the Badgers and the broader state. We use three strategies to carry out our work:

BIOS connects. We serve as a bridge, purposefully connecting athletics, research, and innovation at UW. We're building a robust sports research community in our beautiful Camp Randall Stadium lab! Relationships are at the heart of our work.

BIOS catalyzes. We initiate original research studies to improve the Badgers, the state of Wisconsin, and the field of athletics. Our research is led by some of the world's top scholars. The BIOS-sponsored "How Coaches Connect" study, launched in 2022, is the first of many more empirical studies to come.

BIOS communicates. We share what we've learned. BIOS disseminates our learnings on campus and throughout the state – to the student-athletes, coaches, administrators, staff, families, and communities that make Wisconsin sports so special. We're excited to meet you, learn from you, and share with you.





We invite you to engage with this research... and please reach out to let us know how our research can support your efforts. BIOS is the Badger State's athletics research hub!

Contact:

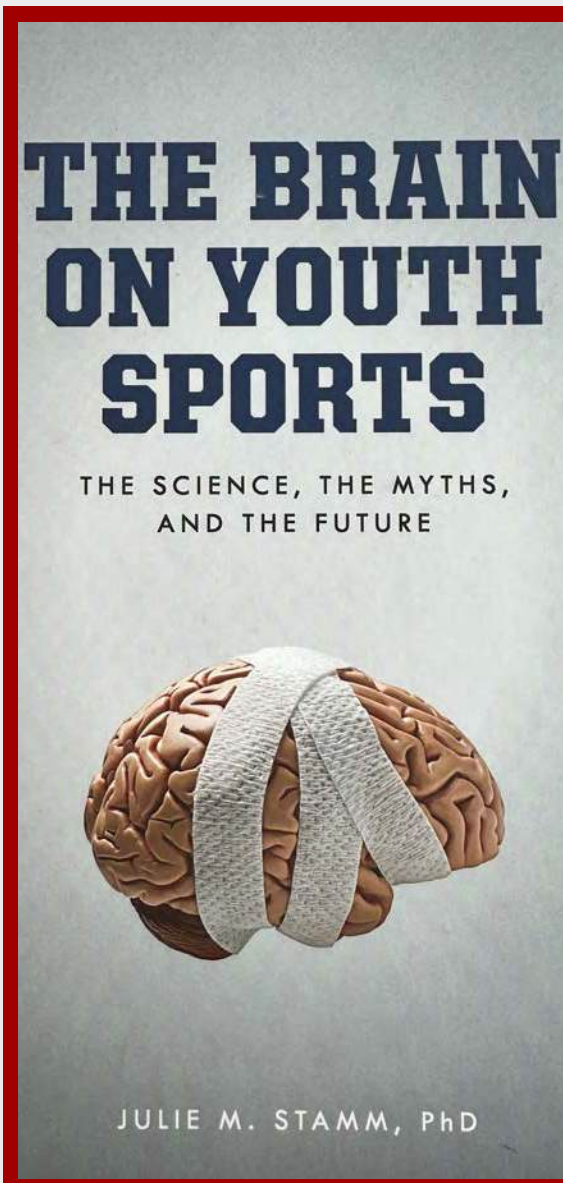
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BIOS is an action-packed lab. We hosted over 25 research seminars, poured over hundreds of research articles, explored cutting-edge sports innovations, initiated a state-wide study of coaching, and picked the brains of leading athletics experts across multiple disciplines. In concert with our aims to improve athletics through research, we've synthesized some of the year's most important learnings into *Four Big Ideas: Volume I*.

1. Coaches can best lead by cultivating meaningful connections.
2. Youth sports can become healthier, more fun, and more accessible.
3. Mental health must be proactively addressed in and through athletics.
4. Collaboration is necessary in promoting brain health and concussion prevention.



THE BRAIN ON YOUTH SPORTS

THE SCIENCE, THE MYTHS, AND THE FUTURE

JULIE M. STAMM, PhD

Different Perceptions of Parents and Children on Factors Influencing Sport Specialization

Mayrena I Hernandez, Kevin M Biese, Dan A Schaefer, Eric G Post, David R Bell, M Alison Brooks
PMID: 32335526 DOI: 10.1123/jsr.2019-0357
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Abstract

Context: Sport specialization among youth athletes has been associated with increased risk of overuse injuries. Previous research demonstrates that children perceive specialization to be beneficial in making their high school team and receiving athletic college scholarships. Previous research demonstrates that parents play a significant role in their child's sport experience. However, it is unknown if parents and children answer questions related to specialization factors in a similar manner.

