

Journal of Athletic Training

Official Publication of the National Athletic Trainers' Association, Inc

Volume 55, Number 9, September 2020

Editorial

Training Load, Recovery, and Injury: A Simple or Complex Relationship?

Darin A. Padua, PhD, ATC; James A. Oñate, PhD, ATC, FNATA 873

Current Concepts

The Training-Performance Puzzle: How Can the Past Inform Future Training Directions?

Tim J. Gabbett, PhD 874

Training Load and Its Role in Injury Prevention, Part I: Back to the Future

Franco M. Impellizzeri, PhD; Paolo Menaspà, PhD; Aaron J. Coutts, PhD; Judd Kalkhoven, BScSportExSc(Hons);
Miranda J. Menaspà, M. Sports Physio, FACP 885

Training Load and Its Role in Injury Prevention, Part 2: Conceptual and Methodologic Pitfalls

Franco M. Impellizzeri, PhD; Alan McCall, PhD; Patrick Ward, PhD; Luke Bornn, PhD; Aaron J. Coutts, PhD 893

“To Tech or Not to Tech?” A Critical Decision-Making Framework for Implementing Technology in Sport

Johann Windt, PhD, CSCS; Kerry MacDonald, PhD; David Taylor, MSc; Bruno D. Zumbo, PhD; Ben C. Sporer, PhD;
David T. Martin, PhD 902

A Review of Workload-Monitoring Considerations for Baseball Pitchers

Brittany Dowling, MS; Michael P. McNally, PhD; Ajit M.W. Chaudhari, PhD; James A. Oñate, PhD, ATC, FNATA .. 911

Nutritional Considerations and Strategies to Facilitate Injury Recovery and Rehabilitation

Abbie E. Smith-Ryan, PhD, CSCS*D; Katie R. Hirsch, MA; Hannah E. Saylor, MS, RD; Lacey M. Gould, BS; Malia
N.M. Blue, MA 918

Systematic Reviews

Global Positioning System–Derived Workload Metrics and Injury Risk in Team-Based Field Sports: A Systematic Review

Natalie Kupperman, MEd, ATC; Jay Hertel, PhD, ATC, FNATA 931

Single-Item Self-Report Measures of Team-Sport Athlete Wellbeing and Their Relationship With Training Load: A Systematic Review

Ciara Duignan, PhD; Cailbhe Doherty, PhD, BSc; Brian Caulfield, PhD, MSc, BSc; Catherine Blake, PhD 944

Original Research

Training Load and Injury Among Middle School–Aged Athletes

Joseph Albrecht; Kevin M. Biese, MA, ATC; David R. Bell, PhD, LAT, ATC; Daniel A. Schaefer, MS, RSCC;
Andrew M. Watson, MD, MS 954

Training Load, Injury Burden, and Team Success in Professional Rugby Union: Risk Versus Reward

Stephen W. West, BSc, PhD; Sean Williams, BSc, PhD; Simon P.T. Kemp, MD, MSc, MRCP, FFSEM; Robin
Eager, MSc; Matthew J. Cross, BSc, MSc, PhD; Keith A. Stokes, BSc, PhD 960

Injury, Illness, and Training Load in a Professional Contemporary Dance Company: A Prospective Study

Annie C. Jeffries, BSES (Hons1), MCEP; Lee Wallace, PhD; Aaron J. Coutts, PhD; Ashlea Mary Cohen, MPhys; Alan
McCall, PhD; Franco M. Impellizzeri, PhD 967

Training Load and Recovery During a Pre-Olympic Season in Professional Rhythmic Gymnasts

Paula Barreiros Debien, MSc; Bernardo Miloski, PhD; Francisco Zacaron Werneck, PhD; Thiago Ferreira Timoteo, MSc; Camila Ferezin, BS; Maurício Gattás Bara Filho, PhD; Tim J. Gabbett, PhD 977

Influence of Baseball Training Load on Clinical Reach Tests and Grip Strength in Collegiate Baseball Players

Brett Pexa, PhD, LAT, ATC; Eric D. Ryan, PhD; J. Troy Blackburn, PhD, ATC; Darin A. Padua, PhD, ATC; J. Craig Garrison, PhD, PT, ATC, SCS; Joseph B. Myers, PhD, ATC 984

Assessment of Free-Living Cadence Using ActiGraph Accelerometers Between Individuals With and Without Anterior Cruciate Ligament Reconstruction

Caroline M. Lisee, PhD, LAT, ATC; Alexander H.K. Montoye, PhD; Noble F. Lewallen, BS; Mayrena Hernandez, MPH, LAT, ATC; David R. Bell, PhD, LAT, ATC; Christopher M. Kuenze, PhD, LAT, ATC 994

Contribution of the Autonomic Nervous System to Recovery in Firefighters

Kyle T. Ebersole, PhD, LAT, ATC; David J. Cornell, PhD, DPT, CSCS, TSAC-F; Robert J. Flees, MS, CSCS; Corey M. Shemelya, PhD; Sabrina E. Noel, PhD, RD 1001

CEU Quiz

The CEU quiz for the current issue
of the *Journal of Athletic Training*
is located online at
www.nata.org/quiz-center

40th Annual Student Writing Contest

All materials must be received on or before March 1, 2021

The electronic file is to be submitted to LLDewald@gmail.com and
hard copy materials mailed to

NATA Undergraduate Student Writing Contest

Attention: Angela Deleon

1620 Valwood Parkway, Suite 115

Carrollton, TX 75006

Details of the contest are located at

<http://www.nata.org/undergraduate-student-writing-contest>

For questions about the contest, contact

Dr. Lori Dewald, EdD, ATC, MCHES, F-AAHE

LLDewald@gmail.com