



Alexis Rodriguez

Thesis Proposal
College of Health Sciences
Department of Kinesiology
M.S. Sport and Human
Performance

Exploring the Impact of Psychological Variables on Return to Sport Post ACL-R

This study aims to compare psychological readiness and kinesiophobia (fear of reinjury) in collegiate athletes who have been cleared to return to sport (RTS) protocol following anterior cruciate ligament reconstruction (ACL-R). Differences can provide insight into the importance of addressing psychological factors beyond RTS. They can allow for interventions that enhance psychological readiness and reduce kinesiophobia, supporting more practical athletic performance outcomes.

Event Information

September 27th, 2024
11:00 A.M.
Lee Drain Building 107 &
Zoom

Committee Members

Dr. Erica Pasquini
Dr. Mary Williams
Dr. Ryan Marek



Sam Houston State University

PUBLIC DEFENSE ANNOUNCEMENT