

5 ESSENTIAL CHARACTERISTICS OF INTERDISCIPLINARY TEAMS



GOALS AND OBJECTIVES

Clearly defined technical and tactical goals and objectives at the forefront of all decision-making.

DIVERSITY

A diverse, interdisciplinary sports science and medicine team ready to offer expertise in all technical disciplines.



HOLACRACY

Equal distribution of power that promotes leadership and authority among individuals (i.e., replaces conventional hierarchical management).

ORGANIZATIONAL CULTURE

Established infrastructure equipped to promote knowledge sharing through candid and transparent communication.



RESPECT

Organizational structure in which no discipline is viewed as more or less important than the other.

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Reference: French, D., & Ronda, L. T. (Eds.). (2021). *NSCA's essentials of sport science*. Human Kinetics.

