

# Introduction to Interdisciplinary Collaboration in Health and Human Performance

Presented by Brandon Lee, MS, RD, CSSD, CCRP

Doctor of Health Science (DHSc) Candidate

Pennsylvania Western University | EXSC 7500: Performance Enhancement Program  
Design

# Learning Objectives

By the end of the presentation, attendees will...

1. Be able to list at four members of an integrated sports performance team.
2. Be able to distinguish between intra-, cross-, multi-, inter-, and trans-disciplinary collaboration.
3. Be able to list at least one benefit of interdisciplinary collaboration for the client, healthcare professional, or organization.

# Many Hats!



Practitioner



Speaker



Researcher



Writer

**SUNY  
ONEONTA**

**PennWest**   
GLOBAL ONLINE

## Education

- Bachelor of Science (BS) in Dietetics | SUNY Oneonta
- Master of Science (MS) in Dietetics | SUNY Oneonta
- Doctor of Health Science (DHSc) Candidate | Pennsylvania Western University

# Current Position

- ◆ Holistic Health and Fitness (H2F) Dietitian
  - ◆ U.S. Army Forces Command
- ◆ Freelance Writer
  - ◆ Tactical Training and Conditioning Magazine



**TACTICAL**  
**TRAINING & CONDITIONING**

# Experience



# Revolution in Peak Performance



# Integrated Sports Performance Team

Collaborates to analyze, synthesize, and harmonize links between the disciplines to create a coordinated and coherent whole-team approach.

# Integrated Sports Performance Team (ISPT)

- ◆ The Athlete(s)
- ◆ Performance Director
- ◆ Sport Coaches
- ◆ Sports Physicians
- ◆ Physical Therapist
- ◆ Athletic Trainers
- ◆ Registered Dietitians
- ◆ Licensed Massage Therapists
- ◆ Sports Psychologists or Mental Performance Coaches
- ◆ Sports Scientists
- ◆ Exercise Physiologist
- ◆ Strength and Conditioning Specialist



# Performance Director

Role: Create an environment for success through collaboration with other team members. They typically have extensive knowledge of elite-level programs, coaching, and athletes.

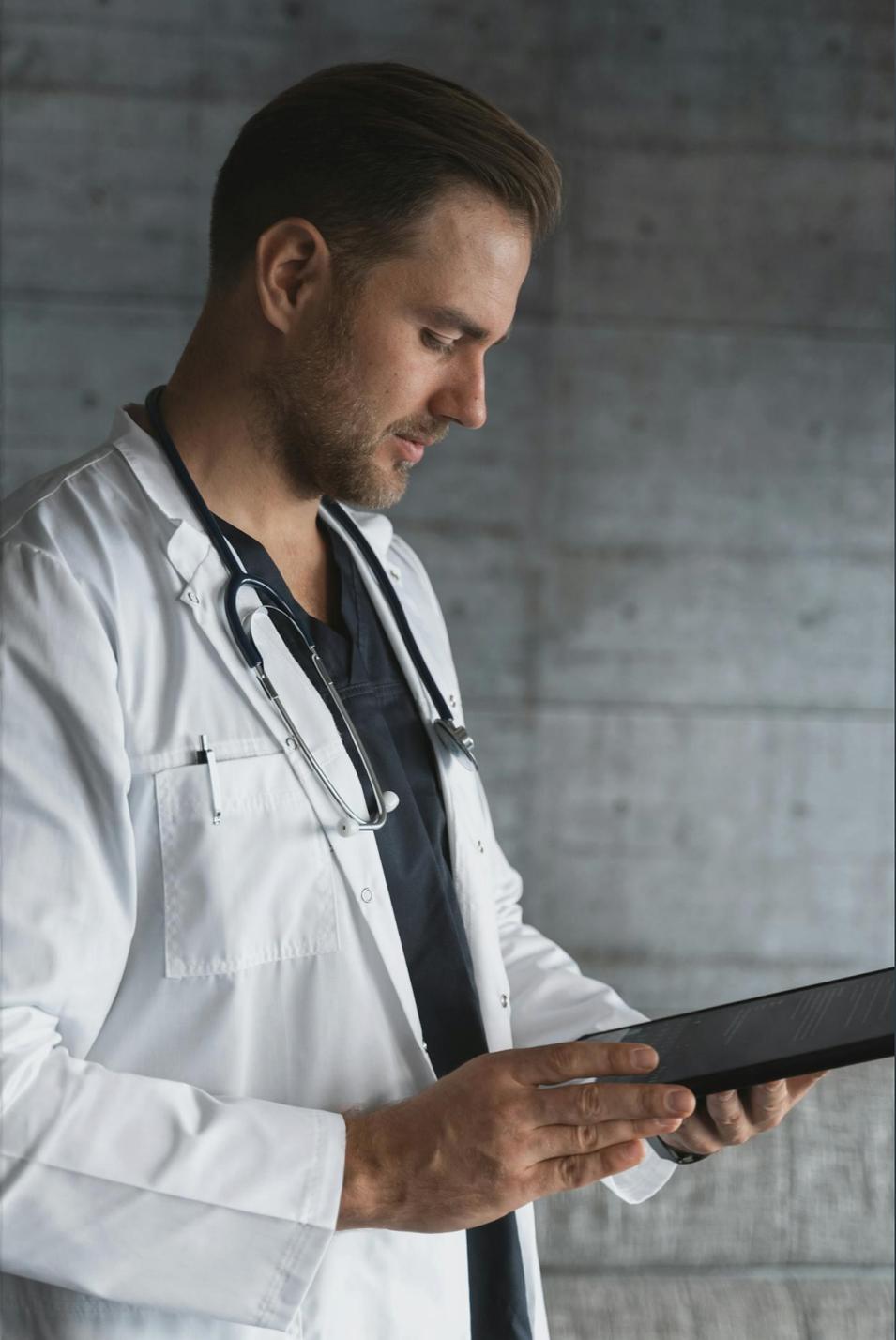
- ◆ Also, they must possess a high level of self-motivation, effective time management skills, and strong work ethic.



# Sport Coaches

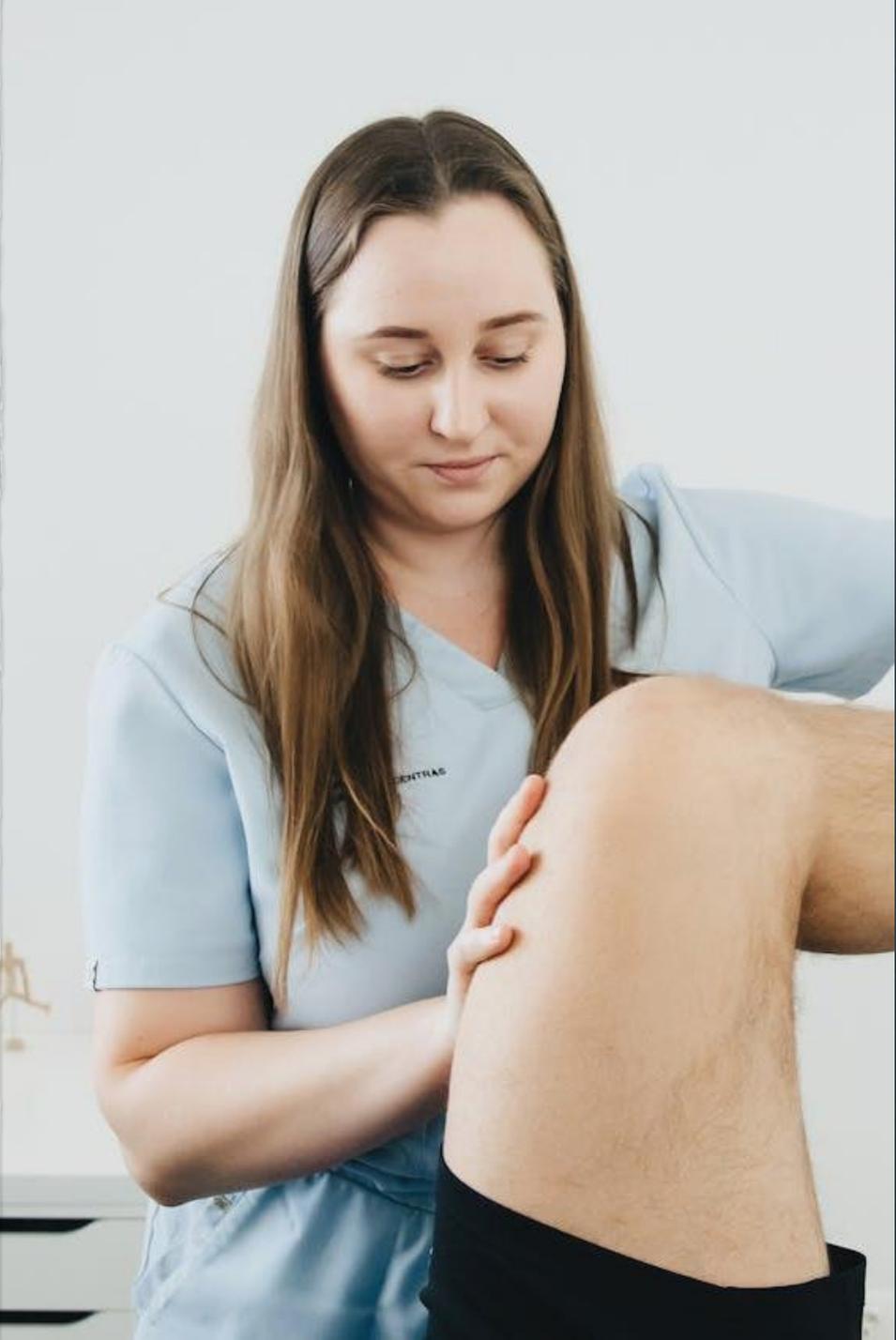
- ◆ Head Coach: Expert in the tactical and strategic methods needed to elicit the best performance from an athlete. Also, able to recruit talented athletes and assemble a cohesive and competent coaching staff.
- ◆ Also, includes assistant coaches and position-specific coaches.





# Sports Physicians

- ◆ Role: Sports Physicians diagnose, treat and manage injuries to your musculoskeletal system and underlying conditions that can affect your physical performance.
- ◆ They also educate athletes and non-athletes about injury prevention, nutrition and safe ways to exercise, condition, and build strength.



# Physical Therapist (PT)

- ◆ Role: Licensed doctors who work with multiple patient populations impacted by disease, injury, and movement dysfunction.
- ◆ PTs examine each patient, develop a treatment plan to improve movement, reduce or manage pain, restore function, and prevent disability.
- ◆ PTs will work with patients to implement the treatment plan or ask a physical therapist assistant to carry out the treatment plan.

# Athletic Trainers, Certified (ATC)

- ◆ Role: ATs Highly qualified, multi-skilled health care professionals that provide various services including primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.



# Licensed Massage Therapists (LMT)

- ◆ Role: LMTs complement the work of the athletic trainer and physical therapist in providing enhanced mobility and recovery tactics to reduce the risk of injury.





## Strength and Conditioning Specialist

- ◆ Role: Conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.



# Sports Scientists

- ◇ Role: A practitioner with training and applied experiences across the scientific disciplines applicable to sport science and athletic performance (i.e., generalist) or predominantly within a select few (i.e., specialist).
- ◇ They are typically familiar with various sports performance disciplines such as biomechanics, data science, nutrition, physiology, psychology, research methods, and strength and conditioning.



# Exercise Physiologist

- ◇ A degreed health and fitness professional that conducts risk stratification and physical fitness assessments, construct appropriate exercise prescriptions, and interview and counsel clients for behavior change.



# Registered Dietitians (RD)

- ◆ Also called Registered Dietitian Nutritionist (RDN)
- ◆ Role: food and nutrition experts with a minimum of a graduate degree and who completed a supervised practice requirement, passed a national exam.
- ◆ Board-Certified Specialist in Sports Dietetics
  - ◆ Primary responsibilities include counseling individuals and groups on daily nutrition performance and health; translating the latest scientific evidence into practical sports nutrition recommendations; tracking and documenting outcomes of nutrition services, serving as a food and nutrition resource for coaches, sports performance, support staff and families.

# Sports Psychologists (SP) or Mental Performance Coaches (MPC)

- ◆ Role: They focus on understanding people's performance, mental processes, and well-being in sports setting. They help athletes to manage anxiety, use mental strategies to build motivation and self-confidence, develop mental toughness, and increase concentration.



# Intradisciplinary

Any group of practices (or studies) from two or more distinct subdisciplines within the same parent discipline.

# Cross Disciplinary

A viewing of one discipline from the perspective of another.

# Multidisciplinary

The aggregation of many different technical disciplines together.

# Interdisciplinary

Teams or individuals that integrates information, data, techniques, tools, perspectives concepts, and/or theories from two or more disciplines or bodies of specialized knowledge to advance fundamental under-standing or to solve problems whose solutions are beyond the scope of a single discipline or area of research practice.

# Interdisciplinary: Cross-boundary teaming

A strategy that brings teams spanning organizational and functional boundaries together to innovate and solve complex problems.



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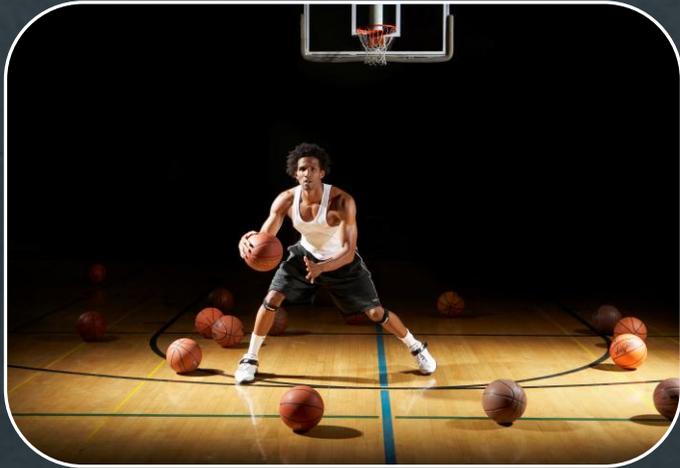


NATIONAL  
WELLNESS  
INSTITUTE

# Transdisciplinary

The unity of intellectual frameworks beyond the disciplinary perspectives.

# Benefits of Interdisciplinary Collaboration



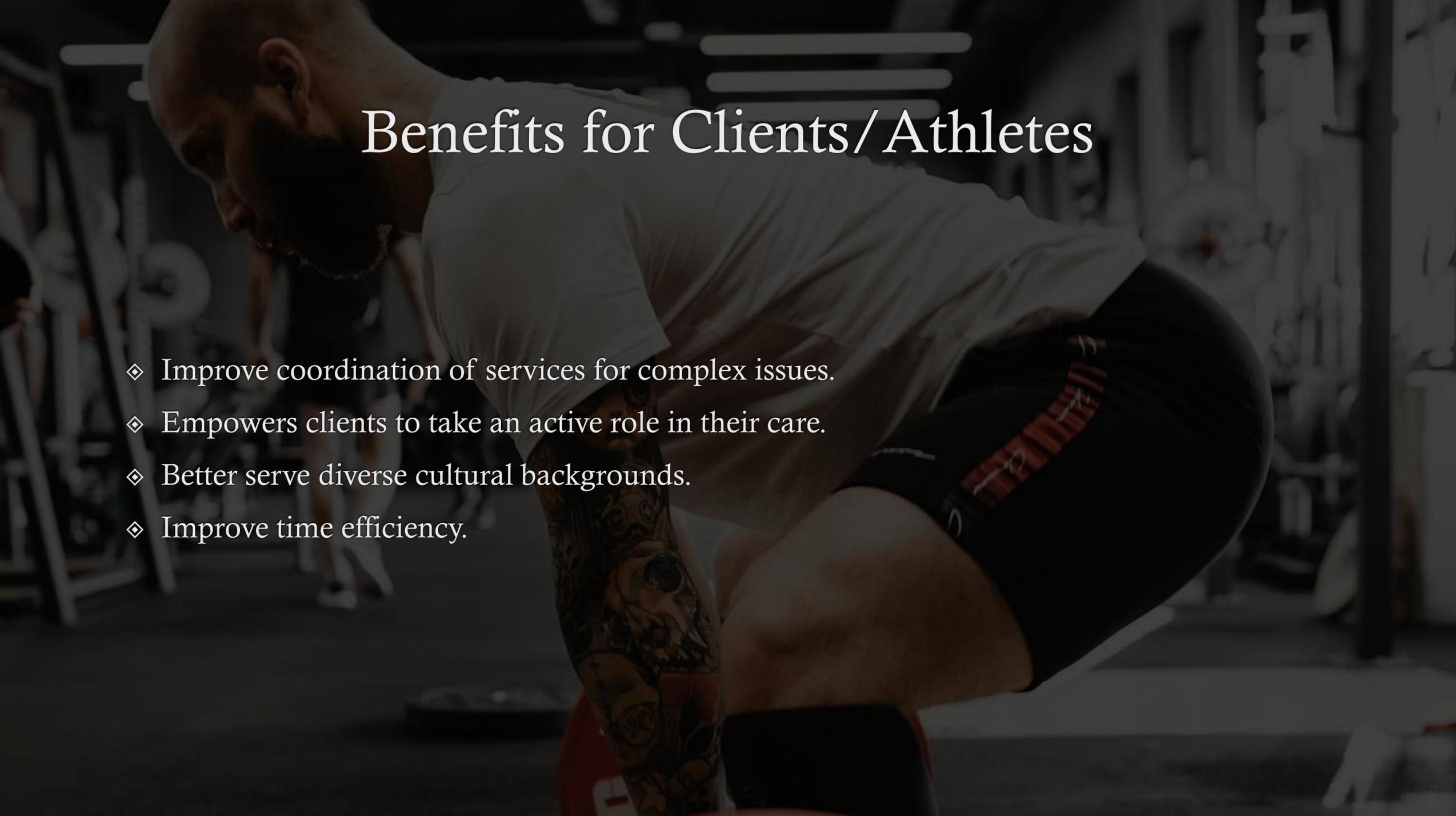
Clients/  
Athletes



Healthcare  
Professional



Organization



# Benefits for Clients/Athletes

- ◆ Improve coordination of services for complex issues.
- ◆ Empowers clients to take an active role in their care.
- ◆ Better serve diverse cultural backgrounds.
- ◆ Improve time efficiency.

# Benefits for Health Care Professionals

A man and a woman in business attire are sitting at a conference table, high-fiving each other. The man is on the left, wearing a light blue shirt and a striped tie, and the woman is on the right, wearing a dark blazer over a white shirt. They are both smiling and looking at each other. In the background, there is a whiteboard with some diagrams and a brick wall. The scene is dimly lit, suggesting an indoor office or meeting room environment.

- ◆ Increased professional satisfaction.
- ◆ Practitioners encouraged to learn news and approaches (e.g., cross-training).
- ◆ Improved innovation.
- ◆ Enables practitioners to be subject matter experts.

# Benefits for the Organization

- ◆ Maximizes resources and facilities.
- ◆ Improved quality of care provided to client.

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# Suggested Reading

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# Contact Information



EMAIL:  
LEE03390@PENNWEST.EDU  
LEEEL18@OUTLOOK.COM



LINKEDIN:  
"BRANDON LEE, MS, RD,  
CSSD, CCRP"

