

# Interdisciplinary Collaboration in Sports Performance

Panel Discussion

Friday February 21, 2025

6:00-7:00pm (CST)

Moderator: Brandon Lee, MS, RD, CSSD, CCRP



# Brandon Lee, MS, RD, CSSD, CCRP

## Specialty:

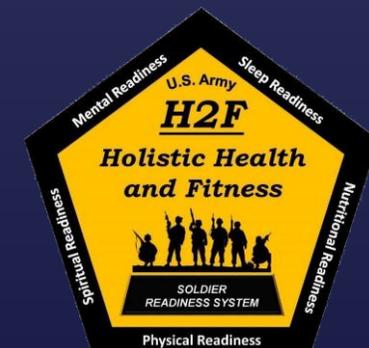
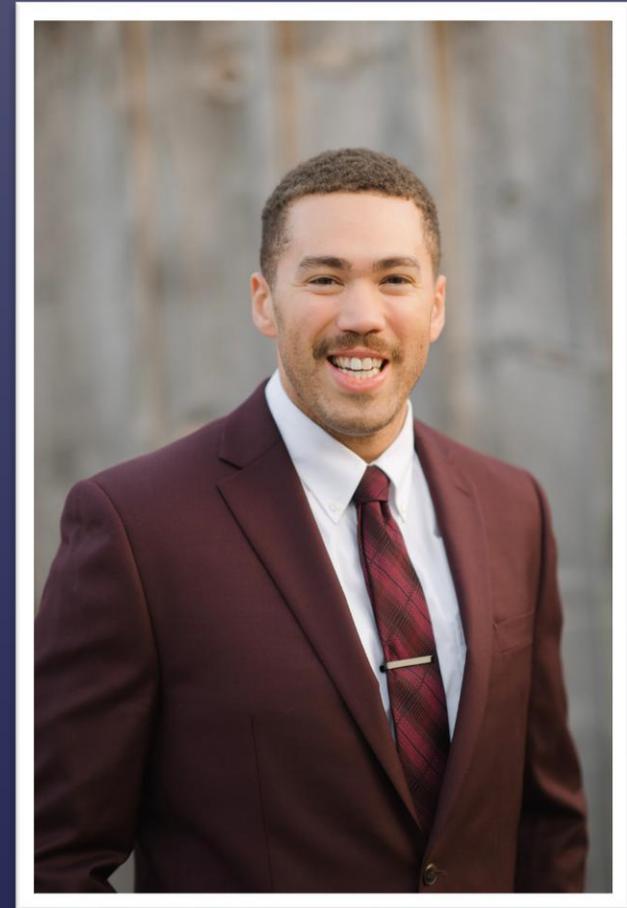
- Performance nutrition
- Body composition assessment and analysis
- Sports nutrition and performance writing

## Experience:

- Military (tactical) performance
- Professional baseball
- Energy availability research

## Education:

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



# Learning Objectives

After this panel discussion all attendees will...

1. Understand the difference between multidisciplinary and interdisciplinary collaboration.
2. Be able to list three athlete-focused benefits of interdisciplinary collaboration.
3. Be able to list three methods for implementing interdisciplinary collaboration in their practice.
4. Be able to list two barriers to interdisciplinary collaboration and how to overcome them.

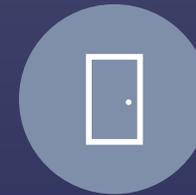
# Agenda



Benefits



Importance



Panel Experience



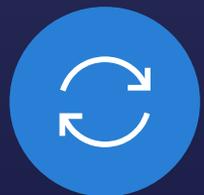
Injury Prevention  
and Rehabilitation



Human  
Performance



Barriers



Organizational  
Culture



Soft Skills



# Expert Panel

Collegiate

Professional

Military

General  
Population

# Jessica G. Anderson, MS, RD, CSSD, LD, ACSM EP-C

## Specialty:

- Performance nutrition
- Exercise physiology
- Body composition assessment and analysis
- Health and nutrition writing

## Experience:

- Military (tactical) performance
- Private practice- cardiovascular health, mental health, and cognitive health and wellness

## Education:

- MS in Kinesiology- University of Georgia
- BS in Nutrition & Dietetics- Miami University of Ohio

Instagram: @atpsportsnutrition

Website: [atpsportsnutrition.com](http://atpsportsnutrition.com)



# Owen Mainord, MAT, LAT, ATC, CSCS

## Specialty:

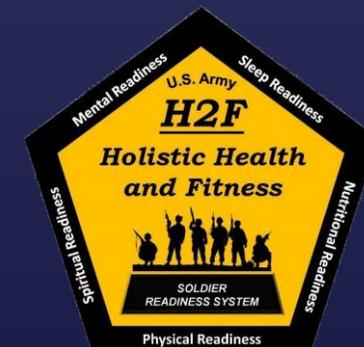
- Pre-hospital emergency medicine
- Injury prevention and performance - running and rucking
- Primary care - naturopathic lens

## Experience:

- Military (tactical) performance
- Football, volleyball, basketball, soccer, and gymnastics (Boise State University)

## Education:

- Master of Athletic Training (MAT)- Boise State University
- BS in Kinesiology- Boise State University



# Nicole Fioretti, MS, RD, CSSD

## Specialty:

- Baseball nutrition
- Nutrition counseling and mindfulness practices for disordered eating clientele
- Body composition assessment and analysis
- Medical nutrition therapy for chronic diseases and weight management

## Experience:

- College-level health and wellness counseling
- Professional baseball performance nutrition
- Telehealth counseling
- Clinical nutrition care

## Education:

- MS in Sports Nutrition- University of Colorado at Colorado Springs
- BS in Dietetics- SUNY Oneonta



# Alēc Herbert, M.Ed

## Specialty:

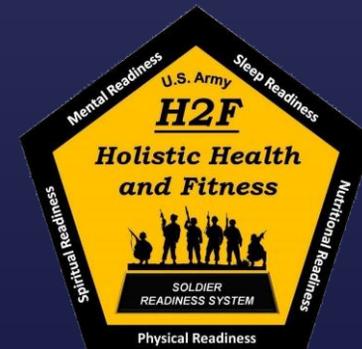
- Extreme and high-risk sports psychology
- Vision and goal setting
- Self-efficacy enhancement

## Experience:

- U.S. Army soldiers
- Collegiate skiers and snowboarders (e.g., Liberty University)
- CrossFit athletes
- Olympic weightlifters

## Education:

- M.Ed. in Sport and Exercise Psychology- Springfield College
- B.A. in Communications and Marketing- SUNY Albany



# Shea Connell, MS, CSCS

## Specialty:

- Baseball performance training
- Strength, speed, conditioning, and recovery programming
- Sports science technology (e.g., GymAware, Teambuilder, Nordbords)

## Experience:

- Professional Baseball
- Division I sports- Women's Soccer, Men's Soccer, Track & Field, and Baseball

## Education:

- MS in Sports Physiology and Performance Coaching- Carroll University
- BS in Exercise Science and Spanish- Carroll University

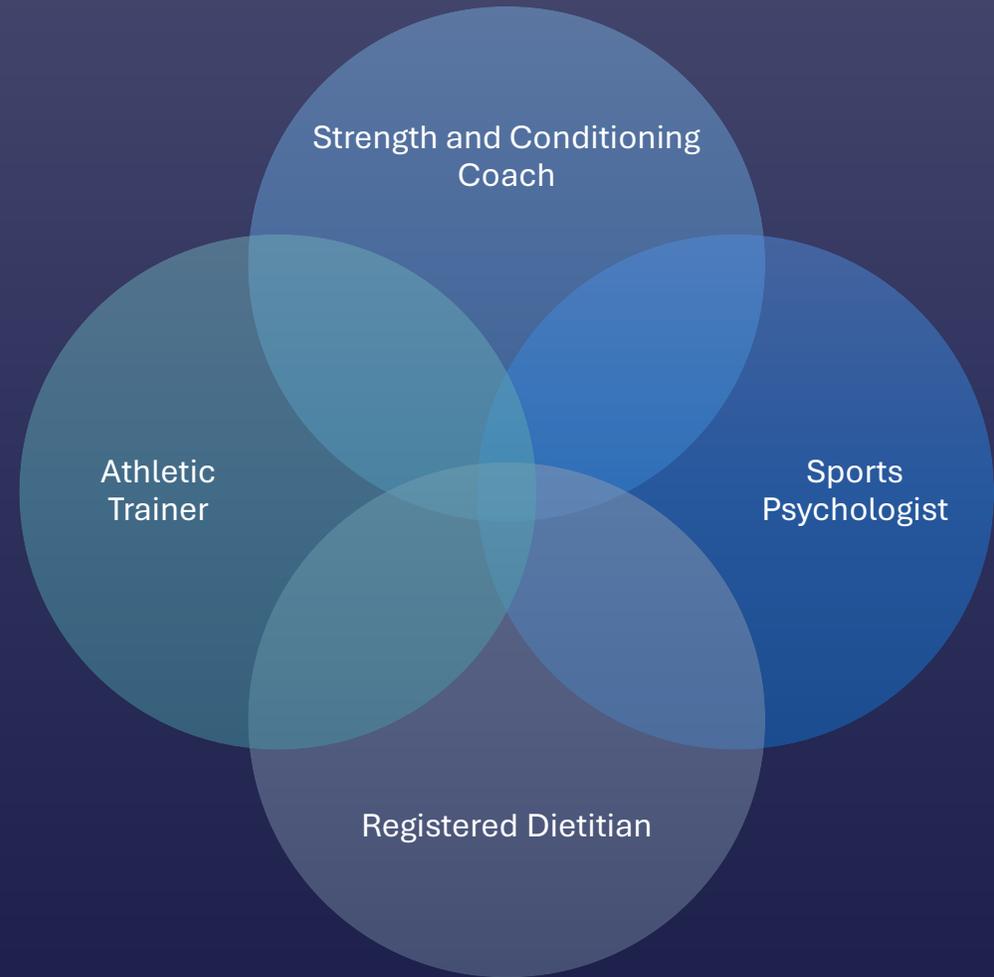


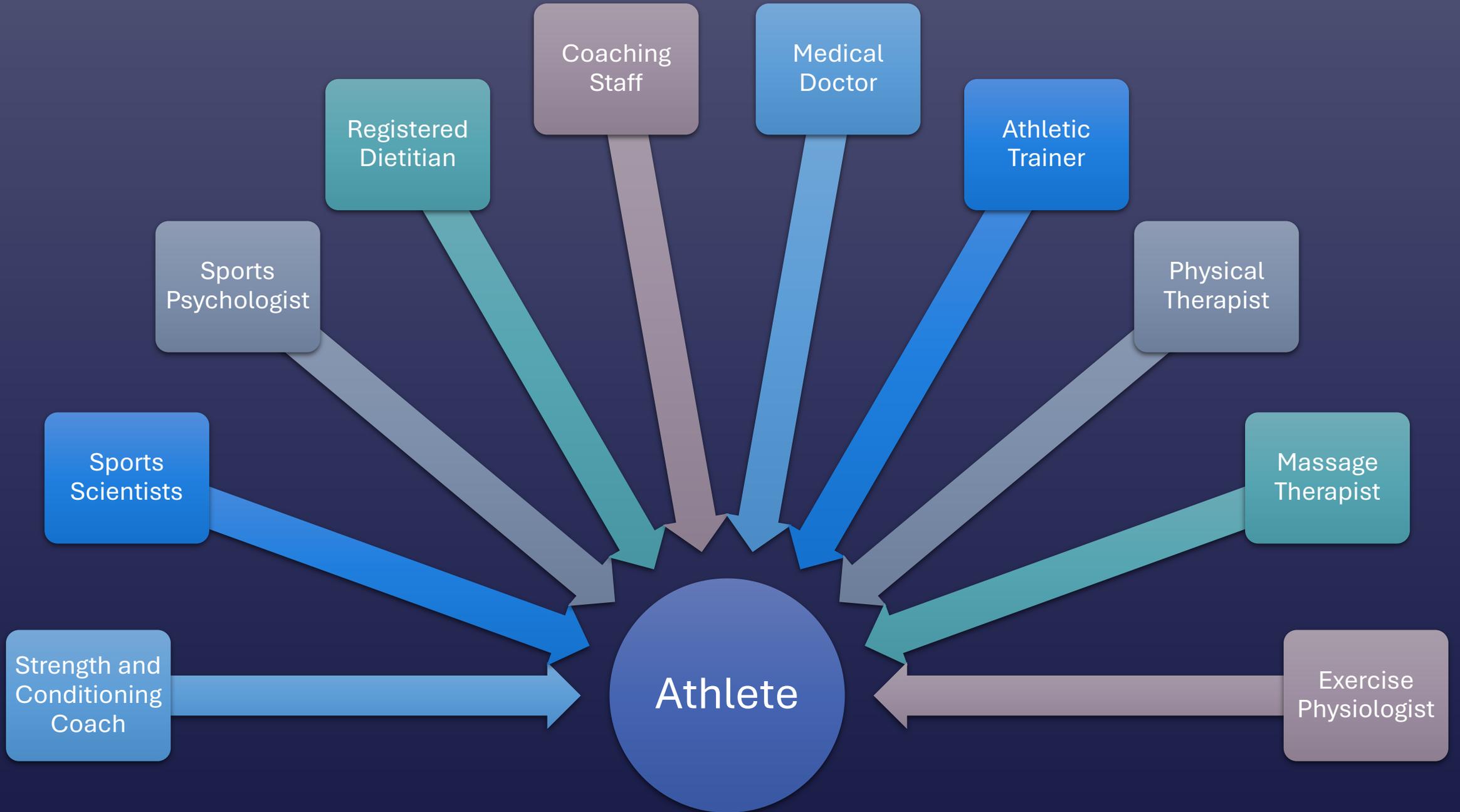
# Interdisciplinary Collaboration

Teams or individuals that **integrate information**, data, techniques, tools, perspective, 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.



# Multidisciplinary vs. Interdisciplinary







Alēc Herbert  
Cognitive Performance  
Specialist

What are the benefits  
of working with other  
disciplines versus  
working alone?



Shea Connell  
Strength and  
Conditioning Specialist

What are the benefits  
of working with other  
disciplines versus  
working alone?



Jessica Anderson  
Exercise Physiologist &  
Registered Dietitian

How important is it that  
fitness and nutrition  
professionals  
collaborate regularly?



Owen Mainord  
Athletic Trainer

How important is it that strength coaches and athletic trainers collaborate in a tactical setting?



Nikki Fioretti  
Registered Dietitian

How did your sports  
medicine team  
collaborate to support  
the team?



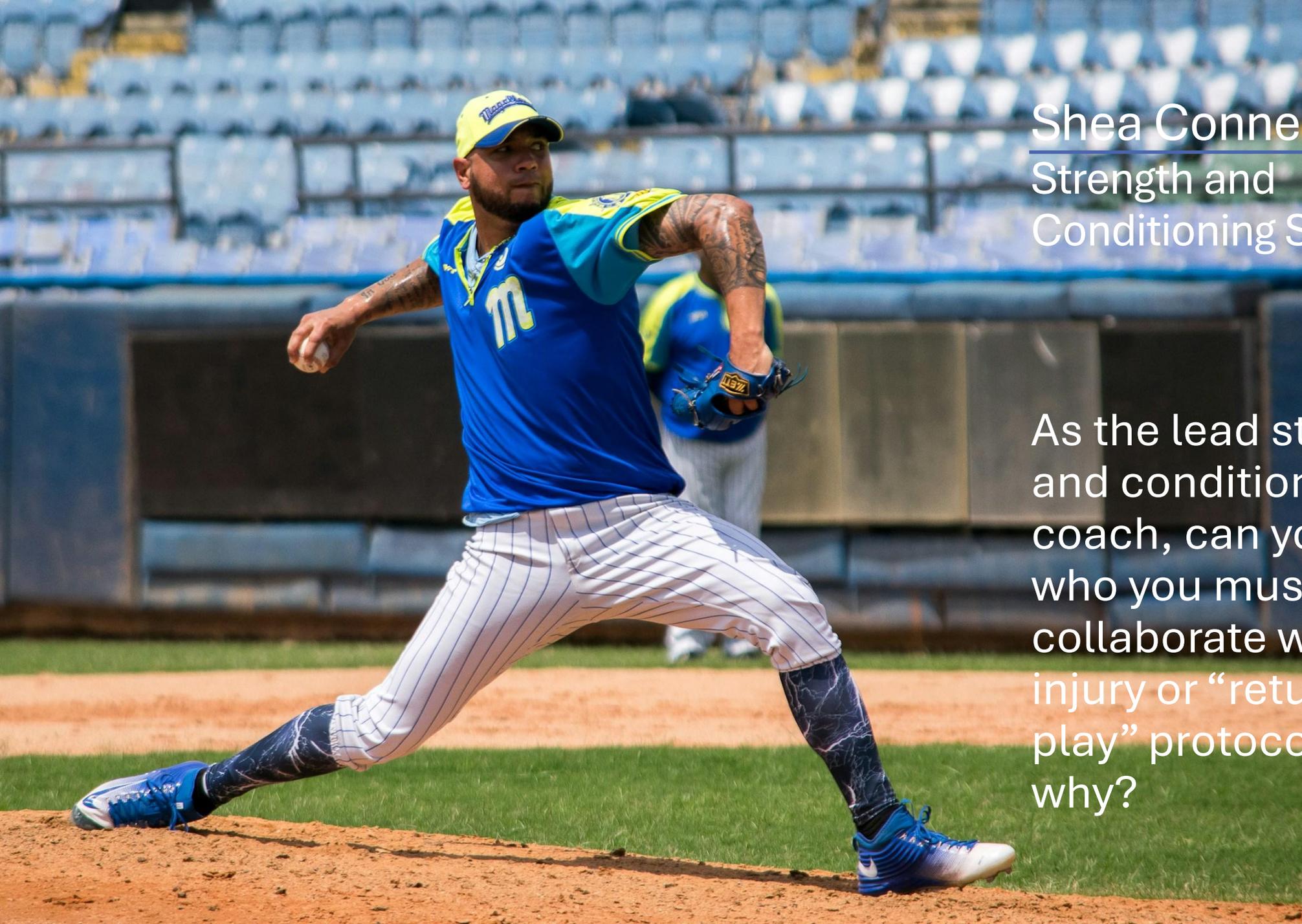
Alēc Herbert  
Cognitive Performance  
Specialist

With the U.S. Army,  
how do you and the  
human performance  
team collaborate to  
support the team?



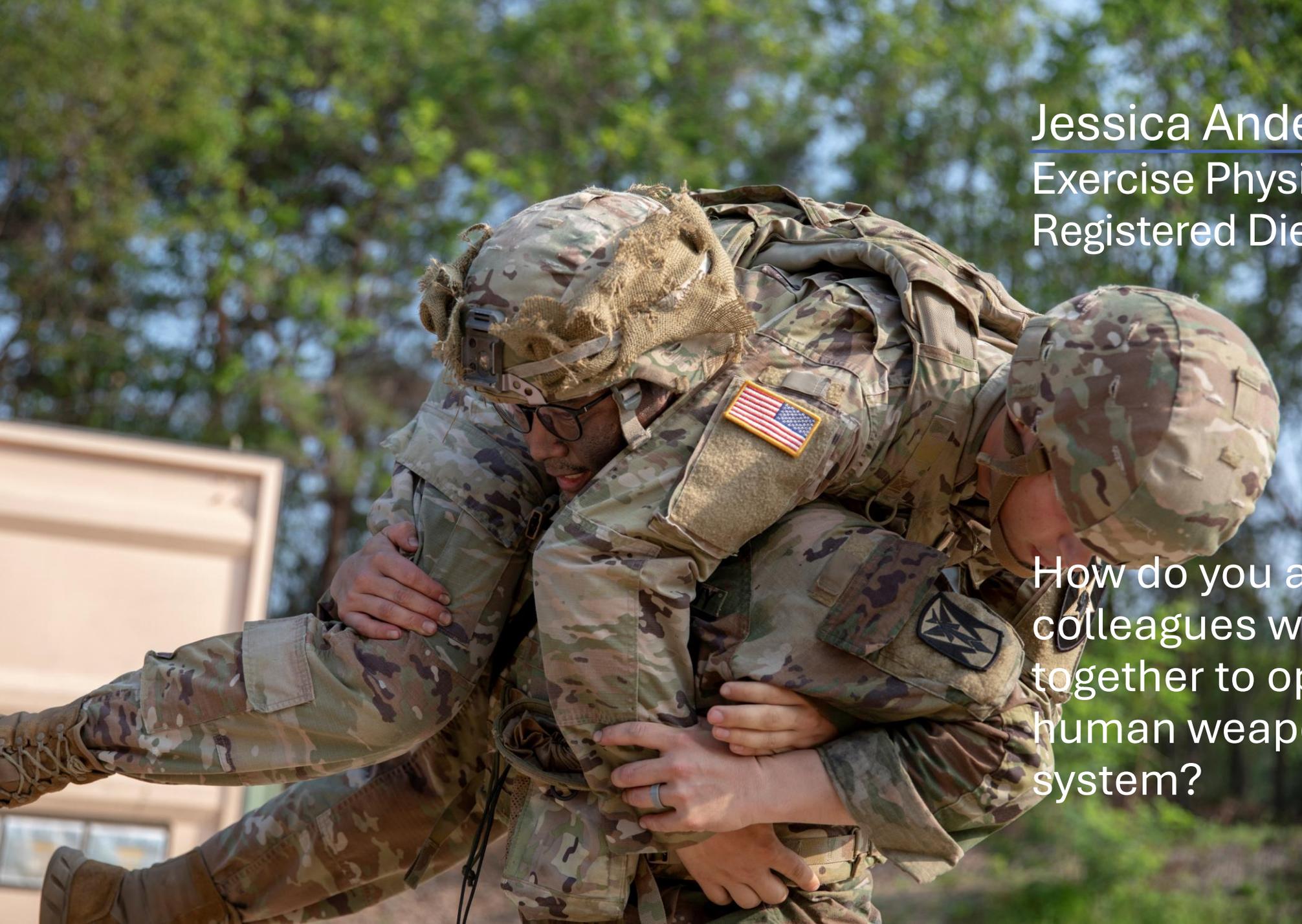
Owen Mainord  
Athletic Trainer

As an athletic trainer, who must you collaborate with for injury prevention and why?



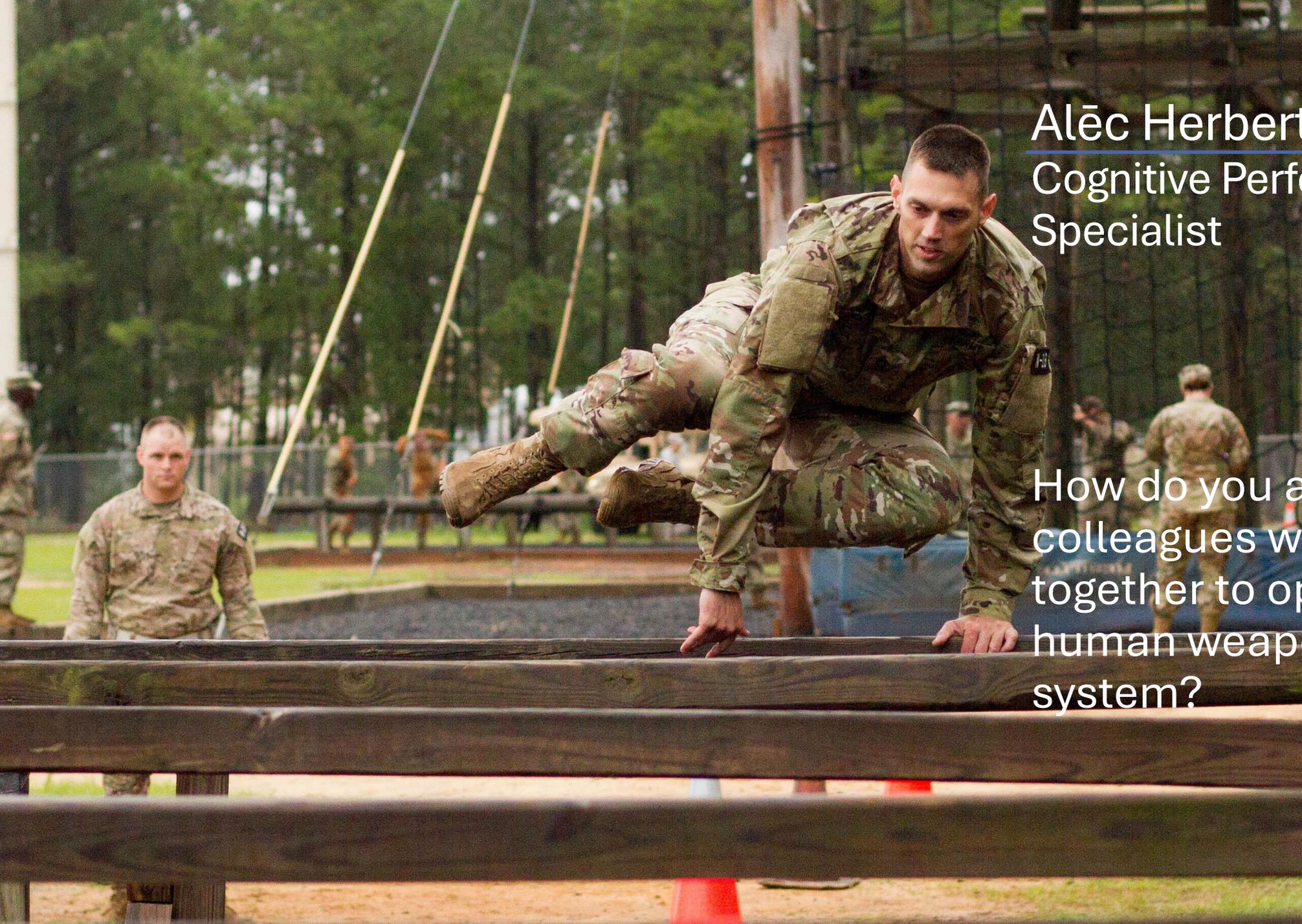
## Shea Connell Strength and Conditioning Specialist

As the lead strength and conditioning coach, can you explain who you must collaborate with for injury or “return-to-play” protocols and why?



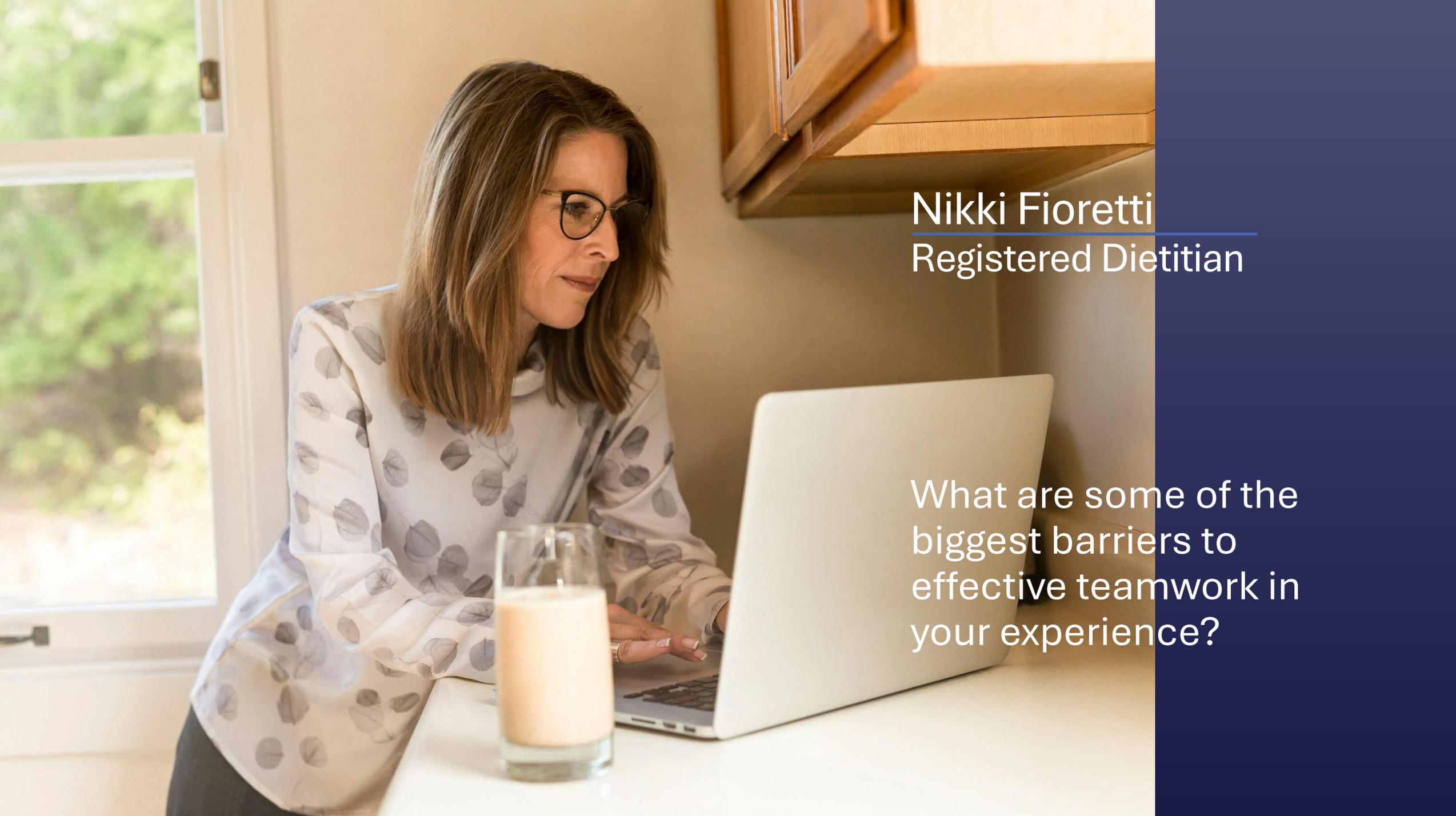
Jessica Anderson  
Exercise Physiologist &  
Registered Dietitian

How do you and your  
colleagues work  
together to optimize the  
human weapon  
system?



Alēc Herbert  
Cognitive Performance  
Specialist

How do you and your  
colleagues work  
together to optimize the  
human weapon  
system?



Nikki Fioretti  
Registered Dietitian

What are some of the biggest barriers to effective teamwork in your experience?



Shea Connell  
Strength and  
Conditioning Specialist

In your experience at the collegiate and professional levels, what are some of the biggest barriers to effective teamwork?



Owen Mainord  
Athletic Trainer

Can you give us one or two tips on how health and fitness professionals can create a collaborative environment (even if they are not the boss)?



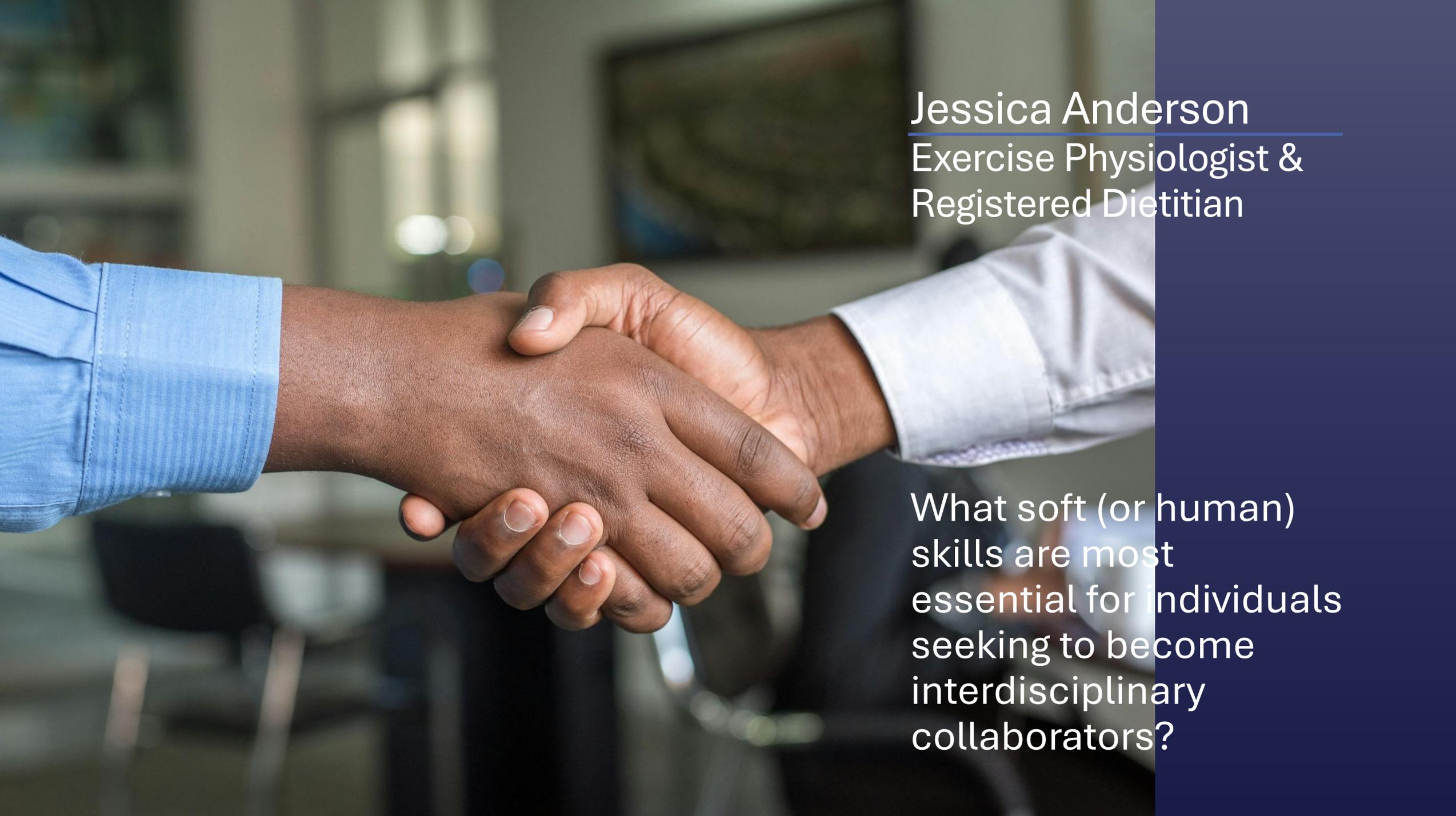
Shea Connell  
Strength and  
Conditioning Specialist

Can you provide us with one or two tips on how health and fitness professionals can create a collaborative environment (when they are the boss)?



Nikki Fioretti  
Registered Dietitian

What soft (or human) skills are essential for individuals seeking to become interdisciplinary collaborators?



Jessica Anderson  
Exercise Physiologist &  
Registered Dietitian

What soft (or human) skills are most essential for individuals seeking to become interdisciplinary collaborators?

# Thank You!

“If you could get all the people in an organization rowing in the same direction, you could dominate any industry, in any market, against any competition, at any time.”

- Patrick Lencioni



# References

- *Facilitating interdisciplinary research* (1st ed.). (2005). The National Academies Press.
- French, D., & Ronda, L. T. (Eds.). (2021). *NSCA's essentials of sport science*. Human Kinetics.
- Manolakelli, A. (2022, September 5). Inter, Multi, Cross, trans, & intra-disciplinary: What is the difference and why is it important?. *ArchPsych*. <https://www.archpsych.co.uk/post/disciplinarity-definitions>
- Schary, D. P., & Cardinal, B. J. (2015). Interdisciplinary and Intradisciplinary Research and Teaching in Kinesiology: Continuing the Conversation. *Quest (National Association for Kinesiology in Higher Education)*, 67(2), 173–184. <https://doi.org/10.1080/00336297.2015.1017586>