



University of
**Southern
Queensland**



2 WIN 2032

Olympic Legacy
Student-Athlete Empowerment Project
Educational Research Initiative

School of Health, Psychological and Medical Sciences

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Contents

<u>Student-Athlete Empowerment Project: 2 WIN 2032</u>	<u>2</u>
2 WIN Programs	3
Eat 2 WIN	4
Girls 2 WIN	4
Mind 2 WIN	4
Protect 2 WIN	5
Prep 2 WIN	5
Sleep 2 WIN	5
<u>Student-Athlete Higher Degree Research Projects</u>	<u>6</u>
AI-Empowered Athlete	6
Sleep Challenges in Student-Athletes	6
Sleep Hygiene Knowledge and Basketball Performance	6
<u>Recent Publications</u>	<u>7</u>
<u>Contact Details</u>	<u>8</u>
Professor Stephen Bird	8
<u>Information Flyers</u>	<u>9</u>
Eat 2 WIN	10
Girls 2 WIN	11
Mind 2 WIN	12
Protect 2 WIN	13
Sleep 2 WIN	14

Student-Athlete Empowerment

2 WIN 2032 Olympic Legacy

With the Brisbane 2032 Olympic and Paralympic Games fast approaching, the School of Health, Psychological and Medical Sciences' high-performance sport initiative is strengthening its commitment to student-athlete development across the region. Through the 2 WIN suite of programs, we aim to elevate the health, well-being, and performance of young athletes by providing evidence-based education, practical skill development, and meaningful research opportunities. Our dedicated staff are passionate about shaping the next generation of champions – supporting schools, coaches, and communities to create environments where student-athletes can thrive both on and off the field.

2 WIN Educational Research Programs

The 2 WIN Programs represent a collaborative, school-focused approach to support the health, well-being, and performance of student-athletes. Each program, spanning nutrition, mental performance, physical preparation, recovery, injury prevention and female athlete health – provides evidence-based education and practical tools designed for the school environment.

Our goal is simple: **Help student-athletes 2 WIN, in both sport and in life.**

<https://www.unisq.edu.au/student-athlete>



Eat 2 WIN

'Eat 2 Win' is a nutrition education research program designed to help student-athletes understand how proper nutrition and hydration can boost their health and performance. The program includes three interactive nutrition workshops, access to online nutrition modules, and hands-on cooking classroom activities, that teach the essentials of sports nutrition. Students learn how to fuel their body for training and competition, unpack the Athlete's Plate, and discover game-day nutrition and hydration strategies. Led by UniSQ sports nutrition experts, this program will empower students to feel confident in the kitchen, with easy to prepare nutritious meals that will keep them performing at their best.



"The Eat 2 Win program offers student-athletes a unique educational opportunity to actively explore the critical role of nutrition in supporting their health and performance. A key component of the program is learning practical cooking skills, empowering students to feel confident in the kitchen."

– Professor Stephen Bird

Girls 2 WIN

'Girls 2 Win' is a student-athlete education program designed to help young female athletes understand the unique aspects of their physiology and how it may impact their health and performance. The program provides an overview of the menstrual cycle, hormonal contraception, and the relationship between female physiology and athletic performance. Led by UniSQ experts in female athlete health and performance, 'Girls 2 Win' empowers student-athletes to make informed decisions about their health, ensuring they are equipped to optimise their wellbeing and performance on and off the field.



"While the menstrual cycle and hormonal contraception can undoubtedly be difficult conversation topics, it is imperative that an open environment is fostered within high-performance sport that allows female athletes to discuss their MC, particularly if issues arise."

– Dr. Brianna Larsen, UniSQ

Mind 2 WIN

'Mind 2 Win' is a student-athlete education program designed to empower young athletes with a deeper understanding of the mind's role in health, well-being, and performance. This program explores key psychological skills, including focus, resilience, self-awareness, and mindset strategies, equipping athletes with tools to optimize their mental approach to training and competition. Through interactive workshops, practical exercises, and real-world applications, students will learn how to enhance concentration, manage stress, and build confidence – ultimately strengthening their ability to perform under pressure. 'Mind 2 Win' fosters a holistic approach to mental health, helping student-athletes cultivate a mindset that supports sustained success both on and off the field.



"In a time when staying present and focused is increasingly challenging for student-athletes, the Mind 2 Win program provides psychological tools for young athletes to calm their mind, manage emotional stress, create self-awareness and enhance their ability to perform under pressure."

– Professor Stephen Bird, UniSQ

Protect 2 WIN

'Protect 2 Win' is a neck strength and concussion education program designed to help student-athletes reduce their risk of concussive events. The program focuses on targeted neck strength training and concussion education, equipping athletes with practical tools to enhance neck stability and manage concussion risks. Led by UniSQ strength and conditioning experts, the program aims to provide student-athletes with the training and knowledge to support their neck safety and performance.



"The Protect 2 Win program offers student-athletes a comprehensive approach to reducing their risk of concussions, blending evidence-based neck strength training with essential concussion education. By focusing on both physical resilience and knowledge, we aim to empower young athletes to take proactive steps toward their neck safety and performance."

– Dr. Chris Gaviglio, UniSQ

Prep 2 WIN

'Prep 2 Win' is an injury-prevention educational research program designed to help student-athletes reduce their injury risk and improve their physical readiness for training and competition. Delivered by experts in strength and conditioning, biomechanics, physiotherapy, exercise physiology, and sport rehabilitation, the program centres on an evidence-based neuromuscular warm-up. Its goal is to support safer, more positive experiences for athletes at all levels by equipping them with the skills to warm up effectively, move efficiently, and build long-term athletic development.

Prep 2 Win is a multidisciplinary collaboration between the University of Southern Queensland, Flinders University and Basketball SA.



"From a movement preparation perspective, the Prep 2 Win neuromuscular warm-up may enhance proprioceptive input and kinesthetic awareness, improving an athlete's ability to regain stability during sporting contexts and result in safer, more controlled athletic performance."

– Professor Stephen Bird, UniSQ

Sleep 2 WIN

'Sleep 2 Win' is an educational research program designed to provide student-athletes with a fundamental understanding of sleep hygiene and its critical role in health and performance. The program provides an overview of sleep science, the connection between sleep and athletic performance, and how insufficient sleep can increase injury risk and impair athletic performance. Led by UniSQ experts in sleep and performance, 'Sleep 2 Win' provides practical tools for student-athletes to unlock the power of sleep and improve their sleep hygiene, optimise health and recovery, and enhance performance both in sport and the classroom.



"Sleep hygiene strategies should be incorporated into student-athletes sleep routines and used every night before bed to promote optimal sleep conditions. It is imperative that student-athletes recognise how fundamental sleep is to overall health and performance and constantly strive to improve their sleep hygiene practices." – Professor Stephen Bird, UniSQ

Student-Athlete Higher Degree Research Projects

AI-Empowered Athlete: *Enhancing student-athletes' movement skills with AI*

This project aims to create a low-cost, objective, and automated system for screening the movements of pre-elite student-athletes using artificial intelligence (AI) and markerless motion capture technologies. It is particularly relevant for athlete talent identification and injury prevention programs leading up to the 2032 Brisbane Olympic Games, and it has broader applications in sports science, rehabilitation, and biomechanics. The system will enhance student-athlete movement skills by facilitating the development of tailored intervention strategies based on individual movement patterns. Mastering proper movement skills is essential for student-athletes. As Kobe Bryant famously said, "I NEVER GET BORED WITH THE BASICS."

For more information, contact Dr Ben Hoffman

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Sleep Challenges in Student-Athletes: *Sleep and nutrition*

Sleep is critical for maintaining both physical and mental health, particularly in student-athletes who contend with unique demands. Research has consistently shown that poor sleep negatively impacts overall health and athletic performance, cognitive function, and psychological readiness to perform, and increases injury risk. Student-athletes are particularly vulnerable to sleep challenges due to the competing demands of balancing intense training schedules, academic pressures, and social stressors. As a result, many student-athletes fail to meet the recommended sleep duration, leading to impaired recovery and suboptimal performance. Additionally, nutrition is suggested to play a crucial role in the sleep of student-athletes. Poor dietary habits, such as irregular meal timing, high caffeine intake, and/or inadequate intake of macronutrients, can disrupt sleep and hinder recovery. Collectively understanding the relationship between nutrition and sleep in student-athletes can offer valuable insights for improving health, wellbeing, and performance.

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Sleep Hygiene Knowledge and Basketball Performance in Student-Athletes

The aim of this study is to evaluate the feasibility and acceptability of implementing a 4-week, group-based Sleep 2 Win education program in high school basketball student-athletes. Specifically, the study will examine whether the intervention can be feasibly delivered within a high school team-sport setting, assess participant engagement and acceptability, and determine whether participation is associated with measurable changes in sleep hygiene knowledge, sleep-related behaviours, and on-court basketball performance.

For more information, contact Professor Stephen Bird

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This research is being conducted under the CSC-UniSQ Joint Funding Program in collaboration with Professor Qiu Peng, School of Physical Education, Jilin University (China).

Investigator: Yu Yao Sun (Master of Research Student)

Recent Publications

- Bird, S.P., Parsons-Smith, R.L., King, R., & Terry, P.C. (2025). Wellness, mood, sleep and performance in a women's national basketball team during international competition. *Journal of Human Kinetics*, 96, 163-175.
- Fuller, A., & Bird, S.P. (2025). A strengths-based approach to increasing nutrition knowledge in student-athletes: The 'Eat 2 Win' pilot program. *Nutrients*, 17(2), 361.
- Gaviglio, C., & Bird, S.P. (2025). Accelerating an Olympic decathlete's return to competition using high-frequency blood flow restriction training: A case report. *Sports*, 13(12), 436.
- Harris, A., Gabbett, T.J., King, R., Bird, S.P., & Terry, P. (2025). Influence of acute and chronic load on perceived wellbeing, neuromuscular performance, and immune function in male professional football players. *Sports*, 13(6):176.
- Kung, J., Whatman, C., McGuigan, M., Harrison, C., & Bird, S.P. (2025). Maturation and physical performance in national level youth basketballers: Implications for strength and conditioning coaches. *International Journal of Strength and Conditioning*, 5(1), e1-11.
- Larsen, B., Greet, E., Bird, S.P., Quinn, K., McNamara, A., & Osborne, J.O. (2025). The development of a valid and reliable questionnaire to measure menstrual cycle and hormonal contraceptive knowledge amongst athletes and sports performance support staff. *Scandinavian Journal of Medicine and Science in Sports*, 35(11), e70167.
- Madrugá-Parera, M., Esteves, P., Fernandes, J.F.T., Beltrán-Garrido, V., Bird, S.P., Leite, N., Romero-Rodriguez, D., & Arede, J. (2025). Inclusion of game-based stimulus during resistance training positively influences physical performance in national level handball players. *Research Quarterly for Exercise and Sport*, 96(1), 1-10.
- Smith, H.K., Bird, S.P., Olsen, P., Kavanagh, T., & Hamlin, M. J. (2025). Effectiveness of blood flow training during a taper phase in basketball players. *Journal of Sport Science*, 43(19), 2145-2156.

Contact



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W: [2 WIN 2032 Student-Athlete Empowerment](#)

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Student-Athlete Empowerment

www.unisq.edu.au/student-athlete

High-Performance Sport Initiative
School of Health, Psychological and Medical Sciences



Information Flyers



2 WIN 2032

Olympic Research Legacy

Student-Athlete Empowerment Project

With the Brisbane 2032 Olympic and Paralympic Games fast approaching, UniSQ is shaping the next generation of champions through diverse education and research programs.



What is 'Eat 2 Win'?

The Eat 2 Win program consists of three modules. Each module has a nutrition education workshop and a hands-on "Athletes in the Kitchen" cooking class. During the nutrition education workshops, students will access the UniSQ Eat 2 Win online study portal and complete interactive activities.

Program Duration

Each workshop and cooking session are generally delivered in 60-minute timeslots. Note that the kitchen needs to be available at least 45 minutes prior to allow for kitchen set-up. There should be a 10-minute break between the workshop and cooking session to allow time for students to move from the workshop venue to the kitchen.

Eat 2 Win modules

Module 1 – Winning Nutrition

Basics around energy, 5 food groups, macronutrients.

Module 2 – Fuelling Performance

Sports nutrition – carbohydrate and protein before and after training and competition.

Module 3 – Hydrate to Dominate

Importance of hydration for performance and recovery and choosing the right drinks.

Athletes in the Kitchen

Each module includes hands-on cooking classes with easy to follow recipes.

Athletes in the Kitchen: Cooking class

Athletes in the Kitchen cooking class empowers students with essential nutrition knowledge and practical cooking skills.

- The school will need to provide at least one staff member to assist with the class.
- The school will be responsible for ensuring all students have received the required kitchen safety training.
- There is not enough time within the one-hour class for students to measure their own ingredients. As such, all ingredients need to be measured out for each group ahead of time. 45 minutes prior to the start of class is recommended to allow time for this.
- The 60-min cooking session includes washing dishes, cleaning bench tops and putting everything away.
- Students will not be consuming the food during the cooking session. Takeaway containers need to be available for the students to portion food and take with them.



2 WIN 2032

GIRLS 2 WIN PROGRAM

Student-Athlete Empowerment Project



What is 'Girls 2 Win'?

'Girls 2 Win' is a student-athlete education program designed to help young female athletes understand unique aspects of their physiology and how it may impact health and performance. The program covers topics such as the menstrual cycle, breast and pelvic health, nutrition, and effective communication strategies.

Program Duration

The 'Girls 2 Win' program comprises three workshops and runs for 6 hours. This can be delivered as a whole day session, two half-day sessions (2 x 3-hour), or three individual sessions (3 x 2-hour sessions). The workshop topics are listed below.

Girls 2 Win: Workshops

Workshop 1

Periods and hormonal contraception

Learn about the menstrual cycle, potential effects on exercise and recovery and hormonal contraceptive options.



Workshop 2

Knowing your body: Health and Nutrition

Learn about breast health, bone health, and nutrition to fuel successful exercise performance.



Workshop 3

Communicating with confidence

Learn how to communicate confidently by using voice, effective body language, and adapting your communication style.



For more information:

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Student-Athlete Empowerment Project



Student-Athlete Empowerment Project '2 WIN 2032'

MIND 2 WIN PROGRAM

HOW TO DEVELOP A HIGH-PERFORMANCE MINDSET

A University of Southern Queensland initiative offered by the School of Psychology and Wellbeing and School of Health and Medical Sciences.

What is Mind 2 Win?

MIND 2 WIN is a student-athlete mental performance and emotional wellbeing program designed to help young athletes strengthen their mindset, build resilience, and perform under pressure. Across six modules, the program empowers participants with evidence based practices used by high-performers, including mindfulness, visualisation, anchoring and EFT Tapping.

Program Aims & Duration

Mind 2 Win aims to equip young athletes with game-changing mental strategies to improve focus, reduce stress, and boost confidence. The program runs over 6 consecutive weeks with one session per week. Each session is 60 minutes. Mind 2 Win is designed for high school students and delivered in schools through the UniSQ Student-Athlete Empowerment Project '2 WIN 2032'.

Module Topics

- Module 1. The Athlete Mindset
- Module 2. Focus & Concentration
- Module 3. Managing Pressure Moments
- Module 4. Resilience & Mental Toughness
- Module 5. Belief Builds Confidence
- Module 6. Performance Routines & Mental Preparation

Research

In addition to attending six 45 minute Mind2Win sessions, participation will involve completing pre- and post-program questionnaires (approx. 15 mins), and a brief 1:1 interview in the week following; and the end of the program (approx. 15 minutes)
This project has received Ethical approval (ETH2025-0387 HREC)

For more information

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Student-Athlete Empowerment Project
Mind 2 Win



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Student-Athlete Empowerment Project

PROTECT 2 WIN

NECK STRENGTH & CONCUSSION PROGRAM



What is 'Protect 2 Win'?

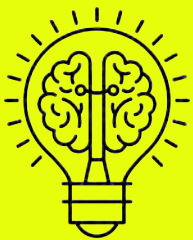
'Protect 2 Win' is a neck strength and concussion educational research program designed to help student-athletes reduce their risk of concussive events.

- The program focuses on targeted neck strength training and concussion education, equipping athletes with practical tools to enhance neck stability and manage concussion risks.
- Led by UniSQ strength and conditioning experts, the program aims to provide student-athletes with the training and knowledge to support their performance and safety on the field.

Program Duration

The 'Protect 2 Win' program is a **6-week** neck strength and concussion educational research program.

- Delivered at your school or on-campus at UniSQ.
- Includes two education sessions, physical testing of neck and grip strength.
- Neck strengthening program to be completed three times per week under teacher supervision.



PART 1

Neck Strong

Enhancing neck strength and stability to reduce the potential for concussions through an evidence-based neck strengthening program.

PART 2

Neck Smart

The second part of the program provides athletes with neck strength and concussion education.

Disclaimer:

While Protect 2 Win focuses on neck strength training and concussion education, no training program can fully prevent concussions or eliminate all risks of head injury. The goal of this program is to reduce risk factors and improve awareness, but external factors such as the nature of contact sports and individual circumstances can still result in concussions.

For more information:

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What is Sleep 2 WIN?

'Sleep 2 WIN' is a student-athlete education program designed to provide fundamental understanding of sleep hygiene and its critical role in health, wellbeing, and performance. The program provides an overview of sleep science, the connection between sleep and athletic performance, and how insufficient sleep can impair learning, increase injury risk and decrease athletic performance.

Program Delivery

The Sleep 2 WIN program is delivered across three interactive 90-minute workshops (4.5 hours total), offered on-site or at a UniSQ campus. Workshops combine real-world examples with practical activities to actively engage student learning. Workshop topics are outlined below.

Workshop Topics

Workshop 1

Sleep Science

Learn the basics of sleep, including sleep stages, circadian rhythms, and how sleep deficits can increase the risk of injury, reducing overall health and recovery.

Workshop 2

Sleep Smart

Unpacks the relationship between sleep duration and quality, cognitive function, and athletic performance, emphasising the benefits of optimal sleep on reaction time, focus, and recovery

Workshop 3

Sleep Hygiene

Learn principles of sleep hygiene and practical steps to improve pre-sleep routines. Students will apply to design a personalised pre-sleep routine that supports recovery and performance.

Building winning sleep habits, one night at a time. During the workshops, students link the content to their own sleep health. They explore how sleep habits influence their focus and concentration, physical performance, and overall health, applying practical strategies to improve their routines.

Research

The Sleep 2 WIN research investigates how targeted sleep hygiene education can improve sleep health and promote positive sleep practices in student-athletes. Conducted over a 5-week period, the study examines the effects of sleep education on sleep outcomes, including sleep duration and quality, as well as perceived recovery and performance in high school student-athletes.



For more information

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2 WIN 2032 Student-Athlete Empowerment

Enhancing Student-Athletes' Sleep

**The thing I prioritise
before everything
else is sleep**

- LeBron James



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