

- **Project Title:** Comparison of hip and knee EMG and ground reaction forces between the unilateral and bilateral squat

Investigator: Kevin McCurdy

Department: HPER

Project Summary:

The data comparing the muscle activation of the hamstrings, gluteus medius, and quadriceps between the single-leg and two-leg squat has been collected and analyzed. A manuscript was submitted in April to the Journal of Sport Rehabilitation for review. The review process takes 6-8 weeks for the first review. The data was also accepted for presentation at the National Strength and Conditioning Association annual national conference in Las Vegas, Nevada. The conference is July 12-14th.

Student Number: 10