

VU Research Portal

Safer rugby through BokSmart? Evaluation of a nationwide injury prevention programme for rugby union in South Africa

Brown, J.

2015

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Brown, J. (2015). *Safer rugby through BokSmart? Evaluation of a nationwide injury prevention programme for rugby union in South Africa*. [PhD-Thesis – Research external, graduation internal, Vrije Universiteit Amsterdam].

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

Cover: Painting 'Rugby Match' by Belgian artist Otto Landsberg, considered by rugby historians to be the first documented version of a rugby match in South Africa. The venue of the depicted match is Rondebosch, Cape Town. The painting is currently housed in a permanent exhibition of the painter, Otto Landsberg, at the Potchefstroom Museum, in Potchefstroom, South Africa and the author was kindly granted permission to use the painting by the museum.

This PhD was funded by the Desmond Tutu Doctoral Programme of SAVUSA (South Africa – VU University - Strategic Alliance). The research was jointly carried out at the Division of Exercise Science and Sports Medicine, Faculty of Health Sciences, University of Cape Town and at VU University Medical Centre (VUmc), Amsterdam, The Netherlands.

Financial support for printing of this thesis and related costs were kindly provided by: **BokSmart* programme of the South African Rugby Union *The Chris Burger Petro Jackson Players' Fund *The Desmond Tutu Doctoral Programme of the South Africa Vrije Universiteit Strategic Alliance (SAVUSA)*

Printing: Digital Print Solutions, Cape Town, South Africa

ISBN: 978-0-620-64816-5

© J.C Brown, Cape Town.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage and retrieval without written permission from the author, or, when appropriate, the publishers of the papers.

VRIJE UNIVERSITEIT

Safer rugby through BokSmart? Evaluation of a nationwide injury prevention programme for rugby union in South Africa

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor aan
de Vrije Universiteit Amsterdam,
op gezag van de rector magnificus
prof.dr. F.A. van der Duyn Schouten,
in het openbaar te verdedigen
ten overstaan van de promotiecommissie
van de Faculteit der Geneeskunde
op donderdag 9 April 2015 om 15.45 uur
in de aula van de universiteit,
De Boelelaan 1105

door

James Craig Brown

geboren te Kaapstad, Zuid Afrika

promotoren: prof.dr. W. van Mechelen
prof.dr. M. Lambert
copromotoren: dr. E.A.L.M. Verhagen
dr. C. Draper

Dit proefschrift is tot stand gekomen op basis van een daartoe tussen de Vrije Universiteit en University of Cape Town, Zuid-Afrika, overeengekomen samenwerkingsverband ter regeling van een dubbelpromotie als bedoeld in het Promotiereglement Vrije Universiteit, hetgeen mede tot uiting wordt gebracht door de weergave van de beeldmerken van beide universiteiten op deze titelpagina.

