

Brief Overview of the System

Our system is a web application that will help determine the effectiveness of workouts in preventing ACL injuries. It will be in the form of an assessment with 5-6 items of interest. A user's score will be given at the end of the assessment. For all questions that a user answers no to information will be displayed about that item and how it will help prevent ACL Injuries. The score on the assessment as well as the answers to the items will then be sent to a database. The scientists will be able to access the database to view the results and to gather information.