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Content Creation

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Professor Hastings

Annotated Bibliography

Books

Ashare, A. (2000). *Safety in Ice Hockey* (Vol. 3).

This ASTM publication is a collection of peer-reviewed research focused on injury prevention and safety in ice hockey. Its topics include injury monitoring, protective equipment certification, helmet design and standards, spinal injuries, and concussions. This was one of the most useful sources because it provided academic information about the technology and safety standards behind hockey equipment. It was particularly useful when researching helmets and protective equipment.

Castaldi, C. R. (1989). *Safety in Ice Hockey*. ASTM International.

This early volume of Safety in Ice Hockey goes over the safety challenges associated with hockey and the development of protective equipment and safety standards. This includes research on hockey equipment, injury prevention, helmet and face protection, and skate-blade safety. The source was useful for understanding the development of hockey safety through the years. It helped establish many of the safety features found in modern equipment nowadays.

Castaldi, C., Bishop, P., & Hoerner, E. (1993). *Safety in Ice Hockey* (Vol. 2).

Safety in Ice Hockey: Second Volume goes over the causes, devices, and prevention of injuries in hockey. The main argument throughout the book is that hockey injuries are not caused by a one singular factor, but by a whole range of things, such as player behavior, preparation, equipment, and rink conditions. Castaldi, Bishop, and Hoerner emphasize that if safety wants to be improved, the leagues would need to invest in better equipment, stronger education, and stronger rule enforcement. This was an extension on the first part and gave very useful information for every video.

Murch, W. (2001). *In the Blink of an Eye: A Perspective on Film Editing* (2nd ed., p. 18). Silman-James Press, Cop. (Original work published 1995)

Murch's book talks about the principles and creative decisions involved in film editing, including pacing, rhythm, continuity, and the relationship between picture and sound. This sources was very relevant when it came to the production side of Beyond the Boards. The book helped see different editing approach used when combining voiceover, B-roll, and graphics into short-form videos.

Sheila Curran Bernard. (2016). *Documentary Storytelling : Creative Nonfiction on Screen*. Focal Press.

This book goes over the process of turning factual information into compelling stories. Some examples are narrative structure, character, point of view, research, and the relationship between actual facts and storytelling. This was useful for the

channel because it showed different ways to portray the information in interesting ways.

Journals

Anderson, G., Melugin, H., & Stuart, M. (2019). Epidemiology of Injuries in Ice Hockey. *Sports Health*, *11*(6), 514–519. https://doi.org/10.1177/1941738119849105

This journal article talks about the frequency, types, and circumstances of hockey injuries. It provides evidence on these injuries and the factors that contribute to them. This was useful for creating and gathering the safety context for the project.

Benson, B., Mohtadi, N., Rose, M., & Meeuwisse, W. (1999). Head and Neck Injuries Among Ice Hockey Players Wearing Full Face Shields vs Half Face Shields. *JAMA*, *282*(24), 2328–2332. https://doi.org/10.1001/jama.282.24.2328

This study shows the relationship between facial protection and head and neck injuries that hockey players face. It provides evidence demonstrating the protective effects and limitations of different types of face protection. This was useful for understanding how the equipment design and injury prevention were related.

Biasca, N., Wirth, S., & Tegner, Y. (2003). The Avoidability of Head and Neck Injuries in Ice Hockey: An Historical Review [Review of *The Avoidability of Head and Neck Injuries in Ice Hockey: An Historical Review*]. *British Journal of Sports Medicine*, *36*, 410–427. https://doi.org/10.1136/bjsm.36.6.410

This historical review goes over head and neck injuries in hockey and sees how if changes in equipment, rules, and safety practices could have influenced injury

prevention. The source was useful for the historical side of Beyond the Boards, especially showing how hockey safety practices have changed over time.

Bishop, P. J. (2020). 50 Years of Safety in Ice Hockey: What Have We Learned and Where Do We Need to Go? [Review of *50 Years of Safety in Ice Hockey: What Have We Learned and Where Do We Need to Go?*]. In *Safety in Ice Hockey: 6th Volume*.

This ASTM article goes over 50 years of hockey-safety research and how standards have developed. It discusses the evolution of safety standards and shows areas where further development could grow, including concussion reduction and goalie head and face protection. These topics directly correlated back to two of the video topics and was very useful for research and scriptwriting.

Chen, Z., Liu, P., Piao, J., Xu, F., & Li, Y. (2024). Shorter is Different: Characterizing the dynamics of Short-Form video platforms. *arXiv (Cornell University)*. https://doi.org/10.48550/arxiv.2410.16058

This research shows the characteristics of short-form video platforms and how they are different from long form videos online. For Beyond the Boards, this was relevant for understanding the medium itself. The project was designed for short-form video, so understanding how it differs from traditional video helped when developing the concept.

Coker, K. K., Flight, R., & Baima, D. M. (2017). Skip It or View It: The Role of Video Storytelling in Social Media Marketing. In *ResearchGate*.

https://www.researchgate.net/publication/327755028_Skip_it_or_View_it_The_Role_of_Video_Storytelling_in_Social_Media_Marketing

This journal shows how storytelling affects viewer engagement through social media videos in comparison to traditional videos based around facts. Their findings show that narrative-driven videos are preferred by viewers. They found this information out based on views, shares, and engagement rates. This was useful when creating Beyond the Boards' style of content.

Emery, C., Hagel, B., Decloe, M., & Carly, M. (2010). Risk Factors for Injury and Severe Injury in Youth Ice Hockey: A Systematic Review of the Literature. *Inj Prev*, *16*(2), 113–118. https://doi.org/10.1136/ip.2009.022764

This systematic review shows research concerning injuries within youth hockey players. The source was useful for understanding the risk factors associated with hockey participation, especially at a young age. This would be one of the channel's target audiences so it's important to see that perspective as well.

Liu, K., Aponte, D. I., Greencorn, D. J., Robbins, S. M., & Pearsall, D. J. (2019). Are Headforms a Poor Surrogate for Helmet Fit? *Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology*, *234*(2), 109–124. https://doi.org/10.1177/1754337119882836

This study talks about whether standardized head protection accurately shows the way hockey helmets fit on actual people. The research focuses on helmet fit and the limitations of using standardized equipment. This was particularly relevant to the

helmets and concussions video as it talked about all the safety and technology behind helmets.

MacAlister, A. (2013, April 3). Surrogate Head Forms for the Evaluation of Head Injury Risk. *Brain Injuries and Biomechanics Symposium*.

This presentation shows the use of surrogate head protection in research designed to decrease head injuries. It provides information into the testing methods used to study impacts and protective equipment. The source was useful for understanding how hockey helmets are evaluated and was also useful for the helmets and concussions video.

Odelgard, B. (n.d.). *The Development of Head, Face, and Neck Protectors for Ice Hockey Players*.

This ASTM paper goes over the development of hockey head, face, and neck protection, including changes in design, materials, testing, and safety requirements. It discusses specific information on how protective equipment and standards have evolved as hockey-safety knowledge increased. This was particularly useful to see the progression of the gear over the years and how it differs from today.

Standard Performance Specification for Ice Hockey Helmets. (n.d.-c).

This establishes performance requirements used to evaluate hockey helmets. The source was useful because it provided official information about how hockey helmets are tested and what they are designed to withstand. In addition, it was useful for the research and information within the helmets and concussions video.

Standard Specification for Head and Face Protective Equipment for Ice Hockey Goaltenders. (n.d.-e).

This standard goes over the performance and safety requirements for head and face protection specifically goaltenders. It was particularly useful for the goaltender equipment video because goalie masks have different requirements than a normal player helmets. The source helped understand, and later portray, the technical and safety requirements behind goalie head protection.

Standard Specification for Throat Protective Equipment for Hockey Goaltenders. (n.d.-f).

This technical standard talks about the requirements for the neck and throat protective equipment for goaltender. The source was useful for understanding the specific safety requirements associated with goalie throat protection and how protective equipment is evaluated. In addition, it also had some useful information for the neck protector video.

Telg, R., Raulerson, R. G., Telg, B., & Jones, J. (2021). Storytelling through social media. *Ask IFAS - Powered by EDIS*. https://doi.org/10.32473/edis-wc218-2015

This resource demonstrates how storytelling can be used to communicate information and engage audiences through social media. It was useful for the when coming up with the concept behind Beyond the Boards and how I planned on executing the videos. The project required taking research-heavy information and transforming it into stories that would capture peoples' attention on social media.

Violot, C., Elmas, T., Bilogrevic, I., & Humbert, M. (2024). Shorts vs. Regular Videos on YouTube: A comparative analysis of user engagement and content creation trends. *arXiv (Cornell University)*. https://doi.org/10.1145/3614419.3644023

This research compares short-form YouTube Shorts with traditional long form YouTube videos and examines differences in user engagement and content. Although the research is about YouTube rather than TikTok, it was useful for understanding the short-form video industry as a whole.

Websites

Hockey Canada Safety Downloads and Resources. (n.d.-a). HockeyCanada.Ca. Retrieved July 13, 2026, from https://www.hockeycanada.ca/en-ca/hockey-programs/safety/essentials/downloads

Hockey Canada's safety resources provide educational materials and information related to injury prevention, equipment, and safe participation in hockey. This was useful as an official hockey-specific resource for the entire country of Canada. It helped compare the safety standards for the youth players of Canada compared to pro players in the same country.

Hockey Equipment Certification Council. (2024, September 4). Hockey Equipment Certification Council. https://hecc.org/

The Hockey Equipment Certification Council (HECC) is responsible for certification standards related to hockey protective equipment in the United States. This source

was particularly useful when researching hockey helmets and protective equipment. I used a good amount of their information and footage inside of the helmet and concussion video.

Hockey Injury Prevention - Hockey Safety - OrthoInfo - AAOS. (2026a). Orthoinfo.Org. https://www.orthoinfo.org/staying-healthy/hockey-injury-prevention/

This resource from the American Academy of Orthopedic Surgeons provides information about preventing hockey injuries and maintaining player safety. It was a useful perspective, coming from the medical and injury-prevention side of things. This information helped provide context for the risks that come with playing hockey and explained the importance of safety equipment.

Hockey Safety Tips. (n.d.-b). Mayo Clinic Orthopedics & Sports Medicine. Retrieved July 13, 2026, from https://sportsmedicine.mayoclinic.org/news/hockey-safety-tips/

This resource from Mayo Clinic Sports Medicine provides real recommendations for reducing the risk of injury while playing hockey. The source was useful for connecting the technical research used to information and safety considerations that is more practical for hockey players and families.

NOCSAE. (2019). *NOCSAE*. Nocsae. https://nocsae.org/

The National Operating Committee on Standards for Athletic Equipment (NOCSAE) develops standards for athletic equipment intended to reduce injuries. This resource was useful for understanding the broader standards and testing of protective sports equipment. It also helped provide additional context for how safety equipment is evaluated and designed.

Player Safety & Health. (2022). USAHockey.Com. https://www.usahockey.com/playersafety

USA Hockey's player safety resources provide information related to injury prevention, protective equipment, and player health. USA Hockey is directly involved in establishing rules and safety requirements for hockey players in the United States, so seeing their standards for youth players is very important. It was also interesting to see how this compared to the safety rules created by Hockey Canada.

Schwab, N., Wennberg, R., Grenier, K., Tartaglia, C., Tator, C., & Hazrati, L. (2021). Association of Position Played and Career Duration and Chronic Traumatic Encephalopathy at Autopsy in Elite Football and Hockey Players. *Neurology*, *96*(14), e1835–e1843. https://doi.org/10.1212/WNL.0000000000011668

This study shows the relationship between position, career duration, and chronic traumatic encephalopathy (CTE) among football and hockey players who unfortunately passed away. The research demonstrated broader context for the long-term neurological concerns associated with repeated head impacts in hockey.

Volume 5, Chapter 45. The Eye and Sports Medicine. (2026b). Oculist.Net. http://www.oculist.net/downaton502/prof/ebook/duanes/pages/v5/v5c045.html

This chapter discusses eye injuries and sports medicine, including injuries and protective considerations associated with athletic participation. It provided additional medical context for injuries in sports and the important role of protective

equipment. Even though this information didn't get used on TikTok, it contributed to the wide stream research surrounding hockey safety.

Documentaries/Videos

Hockey: A People's History. (n.d.-a). https://www.imdb.com/title/tt0818640/

This documentary series examines the history of hockey, including the people, events, and cultural developments that happened in the sport. The source was useful for understanding the historical context of hockey. It provided a demonstration of how hockey changed, which was an important part of some Beyond the Boards' videos.

TED. (2012). Andrew Stanton: The Clues to a Great Story [YouTube Video]. In *YouTube*. https://www.youtube.com/watch?v=KxDwieKpawg

In this TED Talk, filmmaker Andrew Stanton discusses the principles behind effective storytelling and how creators can structure information to keep audience interest. This was useful for the storytelling component of the TikTok page. The project required presenting technical information in a way that seemed interesting and kept viewers engaged. This is especially tricky for short-form content, where people get bored much quicker.

Podcasts

The Rough Cut - The Film and Video Editing Podcast. (2026, July 13). The Rough Cut. https://theroughcutpod.com/

The Rough Cut is a podcast about filming and video editing, featuring discissions about the editing process and the creative decisions made in professional post-production. The podcast was useful as a way to see different styles and to decide what style I wanted for Beyond the Boards. In addition, it provided information about editing, storytelling, pacing, and post-production decisions that helped me create the voiceover, B-roll, and graphics that were seen in the final videos.