Dr Zingisa Nyawose Research outputs

Lecturer (Sport studies)

Research output

Conference presentations:

- 2017: The effect of therapeutic horseback riding on heart rate variability of children with disabilities, presented at South African Sports Medicine Association Congress (Western Cape).

- 2014: The effect of therapeutic horseback riding on heart rate variability of children with disabilities, presented at Life Through Movement International Conference (North West).

- 2013: Acute heart rate variability responses to a therapeutic horseback riding session in children with autism spectrum disorders, paper presented at Leisure and Recreation of South Africa conference (KwaZulu-Natal).

- 2012: Acute heart rate variability responses to a therapeutic horseback riding session in children with autism spectrum disorders, paper presented at Life Through Movement International Conference (Western Cape).

Journal publications:

1. **Nyawose, Zingisa Z**. and Naidoo, R. (2020). The effect of an eight-week shoulder rehabilitation intervention programme on pain and function, range of motion and muscle strength among teachers: A pilot study, Journal of Back and Musculoskeletal Rehabilitation. DOI: 10.3233/BMR-200142.

2. **Zingisa, Z. Nyawose** and Rowena Naidoo (2020). The Prevalence and Associated Risk Factors of Shoulder Injuries in Primary School Teachers, Durban, South Africa, Global Journal of health Science, 12(7): 64-71.

3. **Zingisa, Z. Nyawose** and Rowena Naidoo (2019). Prevalence of shoulder musculoskeletal disorders among school teachers: a systematic review, South African Journal for Research in Sport, Physical Education and Recreation, 41(3): 51-61.

4. **Nqwena, Z**. and Naidoo, R. (2016). The effect of therapeutic horseback riding on heart rate variability of children with disabilities, African Journal of Disability 5(1), http://dx.doi.org/10.4102/ajod.v5i1.248.

5. Rowena Naidoo, **Zingisa, Z. Nqwena**, Lauren Reimers, Kate Peters, Takshita Sookan and Andrew J McKune (2014). Acute heart rate variability responses to a therapeutic horseback riding session in children with autism spectrum disorders: a pilot study, Scientific and Educational Journal of Therapeutic Riding, 19: 10-24.