

**The Effectiveness and Implementation of  
the BokSmart *Safe Six*  
Injury Prevention Programme**

Nicola Ann Sewry

© 2019 Nicola Ann Sewry

ISBN: 978-94-6332-438-0

Design and lay-out: Ferdinand van Nispen tot Pannerden,  
Citraenvlinder DTP&Vormgeving, [my-thesis.nl](http://my-thesis.nl)

Print: GVO drukkers & vormgevers, Ede, The Netherlands

The research was jointly carried out at the Division of Exercise Science and Sports Medicine, University of Cape Town and at the Department of Public and Occupational Health, Amsterdam UMC, location VU University Medical Center, Amsterdam, The Netherlands, as part of the Desmond Tutu scholarship programme leading to a joint doctorate degree.

This PhD was funded by the Desmond Tutu Doctoral Programme of SAVUSA (South Africa – VU University – Strategic Alliance).

VRIJE UNIVERSITEIT

**Effectiveness and implementation of  
the BokSmart *Safe Six* injury prevention  
programme**

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor of Philosophy  
aan de Vrije Universiteit Amsterdam,  
op gezag van de rector magnificus  
prof.dr. V. Subramaniam,  
in het openbaar te verdedigen  
ten overstaan van de promotiecommissie  
van de Faculteit der Geneeskunde  
op vrijdag 25 januari 2019 om 11.45 uur  
in de aula van de universiteit,  
De Boelelaan 1105

door

Nicola Ann Sewry

geboren te Grahamstown, Zuid-Afrika

promotoren:

prof.dr. W. van Mechelen

prof.dr. M.I. Lambert

copromotoren:

prof.dr. E.A.L.M. Verhagen

dr. J.C. Brown

*This book is dedicated to my incredible mom and dad, Joyce and David Sewry,  
who have been the biggest supporters of my academic ambitions,  
and epitomise true academics in South Africa.*