
Women in Sport & Exercise (WiSE) Conference 2021

Redressing the Balance

hosted by the University of Worcester
19-22 April 2021

Conference Programme and Abstracts



GENDER EQUALITY TOOLKIT FOR
GENERATION Z



Foreword

We are delighted to welcome you to the 3rd Women in Sport & Exercise conference hosted by the University of Worcester, UK, 19th – 22nd April 2021. We are unfortunately not all together in one place this year, but this has meant that our reach has strengthened the programme with delegates and invited speakers joining us from all over the globe.

This conference aims to bring together practitioners and academics from a range of disciplines including physiology, coaching, performance, strength and conditioning to socio-cultural, leadership and management to debate and discuss women's participation in sport, exercise and physical activity. The purpose of this year's conference is to raise awareness and address inequalities, and therefore the 3rd WiSEAN conference theme is 'Redressing the Balance' to focus our attention to excellent research and sport industry practice and to assess any impacts which have future implications for both policy and practice.

In addition to this year's conference there will be a parallel conference, on day four, as part of a European Commission funded Erasmus+ project which the University of Worcester is leading with six other international partners. The project is entitled the Gender Equality Toolkit for generation Z (GETZ) (an educational online resource via a MOOC) which aims to educate Generation Z in issues of equality in sport with the aim of increasing the number of women and girls in all forms of sport leadership and management. The impact and implications for practice from this three-year project will be shared along with key research studies focusing on Gen Z perceptions of gender (in)equalities in sport. We have two exciting keynotes for this conference in Maggie Alphonsi OBE, and Håvard Øvregård, Senior Adviser with the Norwegian Olympic and Paralympic Committee. We also have an international student panel representing Generation Z to share their thoughts and aspirations for gender equality in sport.

As we are online and global this year, we have turned the programme upside down and are holding our keynote sessions and round the table discussions in the evening (UK time) to try to capture as much interest internationally. Therefore, we are delighted to welcome some inspiring keynotes including Professor Kim Toffoletti from Deakin University, Australia, Professor Leanne Norman from Carnegie School of Sport at Leeds Beckett University, UK and Mark Bullingham, Chief Executive Officer, the Football Association (FA).

We are also thrilled that five leading lights in management and leadership in sport are joining us to debate and discuss negotiating new identities in sport: Jo Yapp, Director of Rugby, Worcester Warriors' Women; Marianne Spacey-Cale MBE, Head of Girls' and Women's Football/Head Coach, Southampton FC; Dr Don Vinson, Principal Lecturer in Sports Coaching, University of Worcester; Di Lewis, England and Wales Cricket Board (ECB) National Talent Manager for Women's Cricket and Josie Janz-Dawson, Executive Leader of Education Programs at Wirrpanda Foundation, Western Australia.

As this year's conference is fully virtual there will be multiple sessions per day, providing attendees a wide choice of presentations. This year we have over 70 abstracts in the programme, reflecting the continued growth and development in women in sport and exercise. There are a few new additions to the WiSEAN conference this year, the first being Images of Research which aims to inform, engage and intrigue, offering a visual perspective of research. These images will be shown in a range of ways over the four days of the conference. The second is utilising the power of social platforms using #redressingthebalance and Twitter @wiseconf for an alternative to poster presentations. Finally, podcast interviews focusing on female sport coaches are available through the conference website.

This conference represents the efforts of many people and so we would like to thank all of those who have submitted abstracts, our invited speakers, session chairs, our partners, and our brilliant organising conference committee for their hard work in planning and organising the event.

We wish you an enjoyable and interesting four days.

Vanessa Jones and Gill Renfree

University of Worcester, Henwick Grove, Worcester, WR2 6AJ

Conference Twitter: @WISEConf

Conference Email: wise@worc.ac.uk

Conference Website: cutt.ly/ve8Z1z2



Routledge Books are supporting the Women in Sport and Exercise Conference 2021 hosted by the University of Worcester by providing prizes for best Twitter presentation, 5 in 5 presentation and images of research. Awards will be chosen by the delegates of the conference through an online polling system and announced on the final evening of the conference on Thursday 22nd April 2021.

Routledge publish a range of texts on [women and sport](#) including one by our Day 1 evening keynote address Professor Kim Toffoletti on Women Sport Fans: Identification, Participation, Representation.

Promoted by:



Joining the Women in Sport and Exercise Academic Network (WiSEAN)

The WiSEAN is a research-oriented interdisciplinary group that aims to grow, strengthen and promote research on women in sport and exercise. If you are interested in joining, please see the website.

WiSEAN Website: <https://www.wisean.net/>

WiSEAN Twitter: @WISEAN

WiSEAN Facebook: @WISEAcademicNetwork



Conference Organising Committee



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**Maria Dermendzhieva and Deon Patel
(Placement Students)**

Presenters have been asked to either give:

- **an oral presentation** – each one will be 15 minutes and 5 minutes for questions.
- **a '5 in 5' presentation** – each one will be 5 minutes and consist of five slides, then 5 minutes for questions.
- **a Twitter poster** – each presenter is allocated a specific time slot of 15 minutes to make three Tweets. Tweet one will include their research problem and a very brief method. Tweet two will focus on their key findings and main discussion. Tweet three will indicate a practical application or a new direction or future implications.

Day 1: Monday 19th April 2021

Time Sessions – All times are UK (British Summer Time – BST)

Session 1 – Conference Opening

Welcome

Professor David Green CBE, Vice Chancellor and Chief Executive, University of Worcester

Opening Address

13.00 – Clare Balding OBE, Broadcaster and Author
15.00

Welcome from the Conference Co-Chairs

Vanessa Jones and Gill Renfree

Welcome from the WiSEAN

Dr Jacky J. Forsyth, Dr Claire-Marie Roberts, Dr Rachael Bullingham, Dr Nicola Brown

Session 2a – Women's Experiences in Coaching (Oral Presentations)

Chair: Gavin Thomas

A qualitative analysis of women rugby coaches' lived experiences of coaching and coach education in England – Gareth M Barrett

16.00 –
17.00 Caring as a feature of effective coaching in women's and girls' football in England – Jess Boyd

'I didn't plan it, but I found myself here': Women's access to high-performance coaching – Marta Borrueco

Session 2b – Injury in Women's Rugby (Oral Presentations)

Chair: Dr Andrea Faull-Brown

Sex differences in neck strength and head impact kinematics in university rugby union – Freja J. Petrie

The burden of injury from amateur to elite women's rugby union – Dr Caithriona Yeomans

Injury coding trends among women's US rugby 7s tournament players over five years – Som P. Singh

Session 2c – Participation (Oral Presentations)

Chair: Gavin Thomas

Perceptions of physical activity changes due to Covid-19 restrictions among women in the UK – Dr Jacky J. Forsyth

17.00 –
18.00 Coaching and training in 2D: Female coaches' and players' experiences of a live online coaching programme – Michael Ayres

Establishing appropriate velocity thresholds for quantifying and interpreting physical performance of elite youth female soccer players – Alice Harkness-Armstrong

Keynote Address by Professor Kim Toffoletti

Chair: Vanessa Jones

20.30 –
22.00 Digital platforms and women's sport: Implications for gender equity

Day 2: Tuesday 20th April 2021

Time Sessions – All times are UK (BST)

Time	Sessions – All times are UK (BST)
	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Session 3a – Sporting Inclusion (Oral Presentations) Chair: Dr Rachael Bullingham</p> <p>Beyond the bottom line? Gender, branding and the Australia/New Zealand AsOne 2023 bid strategy for the 2023 FIFA Women’s World Cup – Dr Verity Postlethwaite</p> <p>Evaluating the impact of inclusive sporting opportunities for disabled individuals within Wales – Rachael A. Newport</p> <p>Women’s cycling in Qatar – Dr Thomas Ross Griffin</p> </div> <div style="width: 48%;"> <p>Session 3b – Performance Analysis (Oral Presentations) Chair: Gareth Jones</p> <p>Side-to-side asymmetry of single-leg repeated deceleration-acceleration performance is related to deterioration of running change-of-direction performance in amateur adult female netball players – Dr Nicholas C. Clark</p> <p>Locomotor effort: An observational study in elite women’s rugby 7s – Bethany Smith</p> <p>It's not all about power: A systematic review and meta-analysis comparing kicking biomechanics in male and female athletes in field-based sports – Molly Boyne</p> </div> </div>
	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Session 3c – Identity (Oral Presentations) Chair: Dr Győző Molnár</p> <p>'I guess I'll just climb high enough that I can't hear them anymore': Exploring alternative trans* narratives in the world of mountaineering and beyond – Dr Kate Russell</p> <p>Women in boxing – Seeking to understand barriers to inclusion, identity conflict and empowerment of women, using ethnographic methods: How does digital technology change the landscape? – Elaine de Vos</p> <p>Cultural and environmental associations with body image, diet and wellbeing in NCAA DI female distance runners: A qualitative analysis – Traci Lyn Carson</p> </div> <div style="width: 48%;"> <p>Session 3d – 5 in 5 Chair: Gareth Jones</p> <p>Qualitative analysis of female para powerlifting competitive process – Jenny Ortiz Cárdenas</p> <p>The race to the chequered flag: The representations of women racing drivers in British printed newspapers between 2010 and 2020 – Desiree Campbell</p> <p>Getting into the zone: Preliminary insights as an outsider researcher in women's bodybuilding and physique athletes – Ainel T. Abarra</p> <p>Homogenizing dual identities in women’s rugby: A socio-cultural interpretation of RFU 'Inner Warrior' camps – Alex Gardener</p> </div> </div>
	<p>Twitter Posters</p> <p>Differentiating trait and context-specific self-objectification in stereotypically feminine and non-feminine sports – Dr Megan Hurst</p> <p>Effective coaching in women's performance football: A case study approach from various perspectives within a semi-professional team in England – Dani Taylor</p> <p>Barriers to women progressing to leadership positions within sports governing bodies – Haanii Lorea binti Mohd Azmi</p>

Session 4a – Coaching and Performance (Oral Presentations)**Chair: Dr Andy Cale**

Can universities lead the change for women in sport science? An Irish context – Dr Domenico Crognale

16.00 – 17.00 The use of gratitude to develop greater coach athlete relationships and player feelings of wellbeing – Nic Evans

Going beyond visibility: Theorising a framework of visibility, recognition and voice to understand elite women cricketers' perceptions of social media – Hannah Thompson

Session 4b – Injury (Oral Presentations)**Chair: Gareth Jones**

Female African football players are at high risk of injury: A study of functional movement screening (FMS), range of motion and muscle endurance – Dr Nonhlanhla S. Mkumbuzi

Non-contact knee injury prevention in adult recreational female netball players: A review of current understanding with future research directions – Elaine Mullally

Effect of functional fatigue on knee force sense in amateur adult female football players – Dr Nicholas C. Clark

Session 4c – Binary (Oral Presentations)**Chair: Beth Burgess**

Sex-segregation in sports: The continuation of historical inequities – Grace Athanas-Linden

17.00 – 18.00 A dangerous playing field: Sexual harassment of female athletes in sport – Rachel Huggett

Henley Women's Regatta and cultural preservationism – Olivia R. Howe

Session 4d – Changing Female Bodies (Oral Presentations)**Chair: Dr Andy Cale**

'It's hard to find balance when you're broken': Exploring female endurance athletes' psychological experience of recovery from relative energy deficiency in sport (RED-S) – Rachel K. Langbein

Knowledge of triad and RED-S in female cross-country athletes and support staff – Melissa T. Lodge

Covid-19 self-isolation period increases adherence to exercise intervention in pregnant women – Dr Olga Roldan-Reoyo

Round the Table Discussion: 'Making our mark...'

Dr Claire-Marie Roberts (Chair), Learning and Development Manager at the Premier League

Di Lewis, ECB National Talent Manager for Women's Cricket

19.00 – 20.30 **Josie Janz-Dawson**, Leader of Education Programs at Wirrpanda Foundation, Western Australia, and Western Australian Institute of Sport Board Member

Jo Yapp, Director of Rugby, Worcester Warriors' Women

Dr Don Vinson, Principal Lecturer in Sports Coaching, University of Worcester

Marianne Spacey-Cale MBE, Head of Girls' and Women's Football/Head Coach, Southampton FC

Day 3: Wednesday 21st April 2021

Time	Sessions – All times are UK (BST)	
13.00 – 14.00	Session 5a – Thinking Beyond the Binary (Oral Presentations) Chair: Dr Rachael Bullingham	Session 5b – Women’s Health (Oral Presentations) Chair: Dr Nicola Brown
	Exploring the experiences of non-heterosexual women within individual sports – Beth Burgess	Motherhood, gender and postpartum physical activity – Dr Jaime DeLuca
	Unisex sports: Tackling the male/female binary in sport – Dr Irena Martínková	Physiotherapy to manage urinary incontinence in athletic women: A feasibility study (the Positive Study) – Dr Gillian Campbell
	Lesbian coaches’ perceptions of sports governing bodies’ (lack of) support in Catalonia – Judith Solanas Sánchez	Preliminary findings of the MOBILE study: Menopause, osteoporosis and bone intervention using lifestyle exercise – Dr Jacky J. Forsyth
14.00 – 15.00	Session 5c – 5 in 5 Chair: Michelle Morgan	Session 5d – Social Change (Oral Presentations) Chair: Dr Nicola Brown
	Impact of resting metabolic rate and physical activity on weight loss during postpartum period – Dr Nicolas D. Knuth	Gender inequality faced by female athletes, with special reference to the Sabaragamuwa University of Sri Lanka – Nayana Amarathunga
	Distinction between women’s and men’s amateur rugby union match injury: A three-year examination – Patrick Dolan	Redressing the balance in girls’ and women’s football: Gender justice as a platform for social change – Dr Hanya Pielichaty
	Preliminary findings from a global women’s rugby union survey – Dr Elisabeth Williams	‘Not quite a lady’s expedition’: Introducing Anne Lister’s mountaineering excursions to inspire greater engagement, discourse and understanding in women’s sporting achievements – Marlene Oliveira
	The speed and countermovement jump height characteristics of elite inter-county camogie players – Philip M. Connors	
	She can lift: Perception of barriers and facilitators of female technical officials in the sport of para powerlifting – Dillon Richardson	
	Twitter Posters	
15.00 – 16.00	Exploring women's leadership in China's sport national governing bodies – Han Zheng	
	US women’s university rugby 7s contact injuries over five years – Kiera G. Borthwick	

Session 6a – Menstrual Cycle (Oral Presentations)**Chair: Dr Andrea Faull-Brown**

The effects of menstrual cycle phase on exercise performance in eumenorrheic women: A systematic review and meta-analysis – Kelly Lee McNulty

16.00 –
17.00

Menstrual cycle education provision in schools relating to participation in physical activity – Dr Natalie Brown

Menstruation and football: The experiences of female football players from low and middle income countries – Dr Nonhlanhla S. Mkumbuzi

Session 6b – Sporting Experiences (Oral Presentations)**Chair: Dr Claire-Marie Roberts**

'We got next': Understanding the experiences of women collegiate athletic administrators in Division III NCAA-member institutions in Mississippi – LeKesha L. Perry

Gender and sports: Experiences of the Surinamese Olympic Committee with safeguarding measures – Dr Kirtie Algoe

Reframing the narrative: Examining men's attitudes towards women's participation in sport and physical activity – Milly Blundell

Session 6c – 5 in 5**Chair: Michelle Morgan**

Effects of home-based combined exercise training in Covid-19 pandemic on physical performance and body composition in Iranian overweight pregnant women – Dr Mahdieh Molanouri Shamsi

17.00 –
18.00

The mental health of rugby players: Systematic review and meta-analysis – Shakiba Oftadeh-Moghadam

'A mother's work': An exploration of the maternity rights of elite athletes – Tenille Burnside

Cycle and elite sport: An orientation guide – Adrian Rothenbühler and Maja Neuenschwander

CrossFit, mood states and menstrual symptoms – Jamie Lincoln

Keynote Address by Professor Leanne Norman**Chair: Dr Győző Molnár**

19.00 –
20.30

How can we redress the gender (im)balance in sports coaching?

Day 4: Thursday 22nd April 2021

Time **Sessions** – All times are UK (BST)

<p>10.00 – 12.00</p>	<p>Session G1 – Conference Opening for Gender Equality Toolkit for generation Z (GETZ) Inaugural Conference</p> <p>Welcome and Introduction Mick Donovan, Deputy Pro Vice Chancellor and Head of School of Sport and Exercise Science, University of Worcester</p> <p>Keynote Address by Maggie Alphonsi MBE Creating a Winning Mindset</p> <p>Welcome from Vanessa Jones, GETZ Project Co-ordinator, University of Worcester GETZ – The Project, Reflection and Outcomes</p>	 <p>Co-funded by</p> 
<p>13.00 – 14.00</p>	<p>Session 7a – Mental Health (Oral Presentations) Chair: Dr Clare Rhoden</p> <p>Mental health of elite female cricketers – Dr Hassan Mahmood</p> <p>Mental health literacy, help-seeking and mental health outcomes in women rugby players – Shakiba Oftadeh-Moghadam</p> <p>An investigation into the effect of Zumba® and ZumbaGold® on non-specific, pre-existing musculoskeletal pain – Lorna Mackay</p>	<p>Session G2 – GETZ Working in Partnership – Developing the Toolkit (Oral Presentations) Chair: Vanessa Jones</p> <p>Educating and engaging Gen Z through a Massive Open Online Course (MOOC) – Gill Renfree and Beth Burgess</p> <p>What Gen Z students know and don't know about gender inequality in sports – Hebe Schailleé and Inge Derom</p> <p>Leadership and governance seminar and reflections from the sport sector – Alma Papić and Sunčica Bartoluci</p>
<p>14.00 – 15.00</p>	<p>Session 7b – Strategies for Changing Bodies (Oral Presentations) Chair: Dr Clare Rhoden</p> <p>Support for organised sport as a strategy to close the gender gap in physical activity in youth – Dr Aoife Lane</p> <p>Injury, illness and medications' use surveillance during the 2020 COSAFA women's championship – Dr Nonhlanhla S. Mkumbuzi</p> <p>From washing boots to motor racing champions: Women affected by dementia and their relationship with sport reminiscence – Rebecca Oatley</p>	<p>Session G3 – Disseminating, Monitoring and Evaluating GETZ (Oral Presentations) Chair: Vanessa Jones</p> <p>Communication, dissemination and sustainability of the GETZ project – Ola Svensson</p> <p>Dissemination activities through the student sport body in Europe – Sara Rozman and Andrej Pišl</p> <p>GETZ project monitoring and student involvement – Solveig Straume and Oskar Solenes</p> <p>Insights into the learning gains of the GETZ MOOC: Evaluation, impact and intentions – Sam Geijer</p>

Twitter Posters

Coach like a girl: US collegiate athletes' views of women as coaches – Elizabeth Norene Lutz

15.00 –
16.00

Does increased simulated breast mass change posterior trunk muscular activity? – Hannah Divall

Historical perspective on women's rugby merging with male-orientated governing bodies: A costs/benefits analysis – Lydia Furse

Session 8a – Hormonal Cycle (Oral Presentations)

Chair: Dr Jacky J. Forsyth

Focus-group discussions of the female hormonal cycle as a tool for increasing knowledge and communication among elite endurance athletes and their coaches – Martina Höök

The effects of oral contraceptives on exercise performance in women: A systematic review and meta-analysis – Kelly Lee McNulty

16.00 –
17.00

Inspiring women to be active during midlife and menopause – Liz Prinz

Session G4 – GETZ Student Seminar Panel Discussion

Generation Z – exploring the issues of gender equality in sport

Oskar Solenes (Chair), Associate Professor in Sport Management, Molde University College, Norway

Anna Edes, European University Sports Association (EUSA) Student Commission

Anthony Vrij, Bachelors Sport, Management and Business Student, Amsterdam University of Applied Sciences (AUAS), Netherlands

Beth Burgess, GETZ Research Assistant and PhD Student, University of Worcester

Maria Hendar, GETZ Project Student Representative and BSc (Hons) Student, Umeå University, Sweden

Nika Jukić, Graduate, University of Zagreb, Croatia and Elite Athlete Programme with the Croatian Olympic Committee

Seada Šaldić, GETZ Assistant and Masters Graduate, Molde University College, Norway

Tiphaine Clerincx, Masters Student, Vrije Universiteit Brussel, Belgium

Keynote Address by Mark Bullingham

Chair: Dr Rachael Bullingham

17.00 –
18.00

An Interview with Mark Bullingham, Chief Executive Officer, the Football Association (FA)

Keynote Address by Håvard Øvregård

Chair: Vanessa Jones

You Cannot Be Neutral – addressing issues of gender equity in sport for future generations

Followed by Generation Z Closing Remarks (18.00 – 18.30) – Beth Burgess, Seada Šaldić and Maria Hendar

Awards Ceremony and Closing Remarks

Chairs: Dr Rachael Bullingham and Vanessa Jones

19.00 –
20.30

Prizes are being awarded for:
Best Overall Presentation, Images of Research, 5 in 5, Twitter Poster

Keynote Speakers



Professor Kim Toffoletti
Deakin University, Australia

Digital platforms and women's sport: implications for gender equity

(Monday, 20.30 – 22.00)

Associate Professor of Sociology, Faculty of Arts and Education, Deakin University, Australia

Her research applies feminist and sociological paradigms to understanding women's experiences of sport and physical activity amidst a rapidly changing gender and sport landscape. Her research has advanced novel theoretical and conceptual frameworks for addressing new challenges arising from the increased attention on women's sport and leisure activities. Her books include *Women Sport Fans: Identification, Representation, Participation* (2017, Routledge) and the co-edited collections *New Sporting Femininities: Embodied Politics in Postfeminist Times* (2018, Palgrave) and *Sport and Its Female Fans* (2012, Routledge).

Professor Leanne Norman
Leeds Beckett University, UK



How can we redress the gender (im)balance in sports coaching?

(Wednesday, 19.00 – 20.30)

Professor of Sport and Sociocultural Studies and Director of the Research Centre for Social Justice in Sport and Society, Carnegie School of Sport, Leeds Beckett University, UK

Leanne is an internationally recognised researcher for her research and writing within the area of gender equality and issues of diversity related to sports coaching, sports leadership and organisations. Her work is driven towards improving the participation, performance, and leadership pathways for diverse social groups, principally, different groups of women. Leanne has written for academic and practitioner textbooks, written educational resources for coaches, and has published widely in academic journals related to sport and social issues. She has led national and international research projects as well as acted as academic expert and consultant for research funded by sport councils, governing bodies, and charities. Leanne utilises such research as the evidence for impactful engagement activities including leading the delivery of programmes towards supporting women to enhance their experience of sports coaching as a credible and valuable profession, as well as working with organisations to support them towards creating diverse leadership and coaching workforces.



Maggie Alphonsi MBE

Creating a winning mindset

(Thursday, 10.00 – 12.00)

International Rugby Player, Broadcaster and Journalist

Maggie is the face of international women's rugby and arguably one of the most well-known names in women's team sports on the planet.

Before announcing her international retirement in 2014, she represented her country an impressive 74 times, scored 28 tries, and helped England win a record breaking seven consecutive Six Nations crowns. She was also a crucial member of the team that won the 2014 Rugby World Cup for the first time in 20 years and was part of the team that was crowned the BBC's Sports Personality Team of the Year.

Through her England rugby career she has become a household name but also a media professional, and since retiring she has commentated on live rugby matches for Sky Sports, BT Sport and the BBC. In 2015 she became the first ever former female player to commentate on men's international rugby when she was signed up by ITV for the Rugby World Cup, and she continues to work with ITV Sport across their rugby coverage.

Maggie is also the first ever former female player to become a columnist for a national newspaper, and you can regularly read her thoughts and opinions in The Telegraph. In 2016, Maggie made history by becoming the first England Women's player to be elected as a National Member of the Rugby Football Union's Council. She is one of just four females on the 56-strong Council and her role is to be a person of experience and influence in the game, which includes a leading role in the Diversity and Inclusion steering group.

Maggie is also an excellent speaker and is well qualified to share her experiences. Certainly, when she shares those experiences, you don't need to be a rugby, or even a sports fan, to be interested or inspired by how she has become a prominent figure in the challenging world of a male dominated sport. From South East London, Maggie has taken her education as seriously as her rugby obtaining a MSc in Sports and Exercise at Roehampton University, a BSc in the same subjects at De Montfort University and a BTEC National Diploma in Leisure Studies at Hertford Regional College. Additionally, she has been awarded an Honorary Doctor of Arts from the University of Bedfordshire.

Mark Bullingham
The FA



An interview with Mark Bullingham **(Thursday, 17.00 – 18.00)**

Chief Executive Officer, the Football Association (FA)

Mark became CEO of The FA on 1 August 2019, heading up the team of 900 and taking full responsibility for the National Governing Body. The FA has a broad range of responsibilities across football in England, including the 28 national teams, FA Cups, the FA Women's Super League, all grass roots football, all rules and regulations and the running of English football. It has an annual turnover of £440m.

He joined The FA in August 2016 as Chief Commercial and Football Development Officer where he was responsible for the commercial, marketing, digital and participation functions at the organisation. These include responsibility for all revenue streams across The FA and Wembley, such as broadcast, sponsorship, licensing, hospitality, and diversified revenue streams. In his time annual revenue at The FA rose by over £100m. Mark was also responsible for all marketing output across the organisation, including award winning campaigns for the England football teams.

Mark has received wide industry recognition including being recognised as one of the 100 most influential marketers by the Global Marketing Congress in 2015, the Drum Digerati 2018 and UK Sponsorship Personality of the Year in 2015.

He previously held the position of CEO EMEA for Fuse Sports and Entertainment, responsible for running one of the fastest growing businesses in the sector. During his five years of leadership the team grew from 18 people to 245 across 17 offices with an annual fee income of over €30m. The client portfolio included 10 of the top 30 global brands.

Mark joined Fuse in 2011 from his position as Director of Marketing for the America's Cup Event Authority in San Francisco, where he helped transform the global event.

Mark has negotiated over \$2bn of partnerships across a variety of platforms in sports, arts and music. He has an MBA with a track in International Marketing from ESLSCA in Paris where he became the first person to record a summa cum laude for an MBA.



Håvard Øvregård
Norges Idrettsforbund, Norway

You cannot be neutral – addressing issues of gender equity in sport for future generations

(Thursday, 17.00 – 18.00)

Senior Adviser to Norges Idrettsforbund (NIF), the Norwegian Olympic and Paralympic Committee and Confederation of Sports, Norway

Håvard has worked for the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF) since 2007. He started as project manager for 'With Sports Against Homophobia' 2007-2010, and has since the end of this project been adviser on NIF's LGBTIQ-related work. From 2011 he has been responsible for NIF's work to prevent and handle sexual harassment and abuse, and since 2013 he has also worked with diversity, equality and safeguarding in general, including gender equality and gender-based violence/gender harassment in Norwegian sport. He has been part of establishing the 'Gender Barometer' in 2017, an annual report by NIF on gender equality in the leadership of organised sport in Norway.

Starting at age 19 as president of the Norwegian School-Student Union in 1995, he has had numerous responsibilities in youth and student organisations at national and international level. As board member of The Norwegian Children and Youth Council 1996-1998 and the European Youth Forum 1998-2002, as well as adviser for The Norwegian Ombudsperson for Children 1997-1998, he was especially occupied with children and youth's participation in society. After being bureau member responsible for Equality and Human Rights in the European Youth Forum 1998-2000, this interest developed into a general interest in the mechanisms of inequality, discrimination and exclusion, and how organisations can work to counter these mechanisms.

Håvard has extensive experience from roles and responsibilities at international level, including UN World Summit on Sustainable Development, UN Special Session on Children, UN Expert Group Meeting on Global Priorities for Youth, the Pool of European Experts on Sexual Violence in Sports, and as speaker at numerous events on the topics of gender equality, LGBTIQ and sexual harassment and abuse in sport, including the IOC Athlete Safeguarding webinar series for International Federations and the IOC Gender Equality webinars for International Federations.

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Abstracts Day 1

Oral Presentations

Session 2a – Women’s Experiences in Coaching (Monday, 16.00 – 17.00)

A qualitative analysis of women rugby coaches’ lived experiences of coaching and coach education in England

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In the UK there has been a significant increase of participants within women’s rugby and therefore an increase in the provision of formal coach education. Moreover, according to UK Coaching, numbers have improved, although the balance and representation within the UK, coaching workforce has not and therefore women remain peripheral figures on the coaching landscape. This underrepresentation is most notable in rugby union within the UK and Ireland and is present across grassroots to elite domains. Subsequently, there is a need to understand why this underrepresentation exists. Therefore, this study investigated and analysed the lived experiences of ten women coaches with emphasis on coach education and CPD (continued professional development). Ensuing interpretive analysis and data was collected through semi-structured interviews that revealed both positive and negative experiences within the coaching landscape. Findings to emerge highlighted there remain barriers that prevent women entering rugby coaching environments, such as traditionalist attitudes, self-belief and opportunities. However, most of the women coaches identified that coach education programmes are beneficial in supporting their coaching development. Therefore, recommendations for future coach education courses to support women coaches, identified an early introduction of mentoring, more female educators, and contextualising the course content to offer an interpersonal approach to meet individual coaching needs.

Caring as a feature of effective coaching in women’s and girls’ football in England

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Although it is recognised that care plays an essential role in player wellbeing, there is still an emphasis on players’ physical performance in terms of training and development. Recent studies have found that care contributes to sustainable coaching and that if this is not understood, it can negatively impact on the athlete performance and create conflict. By understanding female players’ perceptions of care and its relationship with effective coaching, reflection on practice is needed to ensure that empathy, appreciation and mutual understanding is at the heart of all dialogue undertaken. An action research methodology was undertaken which adopted mixed qualitative methods. Data was collected from participants (n=236, age 9-61 years) attending coach/player diversity workshops (n=24) throughout England. This included thematic analysis of group discussions, individual worksheets and task-based artefacts. Noddings’ (1984) concept of caring was used as a theoretical framework to explore the connection between the carer (coach) and cared-for (player). Findings demonstrated that across all tiers, care was an integral characteristic of effective coaching; highlighting how across all tiers of women’s and girls’ game, relational care within coaching needs to focus on the human first to be deemed effective. Care should be recognized as a core component of coaching within women and girls’ football and should be a focus within coach development to place the human at the heart of the process.

‘I didn’t plan it, but I found myself here’: Women’s access to high-performance coaching

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The existing research in the athlete-to-coach transition has drawn mainly from a male perspective, partly due to the underrepresentation of women occupying coaching positions. The main objective of this study was to explore the demands, barriers, and resources experienced by thirteen women in their transition from athletes to coaches. Participants were high-performance coaches ranging between 28 and 46 years old ($M = 36.7$). All of them were involved in high-performance settings (e.g. high-performance centres, first level teams) and had been coaches for more than five years on average. Data were collected through in-depth semi-structured interviews and analysed using content thematic analysis. We identified four main themes: (a) reasons, or the absence of conscious reasons, behind the decision of becoming coaches, (b) adjustment to the new role as coaches, (c) the role played by their support groups and (d) opportunities provided by their sports environment. Specifically, our findings established that women found themselves in coaching positions without making a deliberate decision, almost as if it was the next natural step to continue being linked to sport after athletic retirement. Despite being satisfied with their new position, most participants reported problems related to the loss of their athletic identity. Moreover, women coaches perceived their support groups (e.g. family, peers) and the sports environment (e.g. club, federations) as key facilitators in their first steps into the profession of coaching. Moreover, recommendations for supporting women through their transition from competing as athletes to coaching are presented.

Session 2b – Injury in Women’s Rugby (Monday, 16.00 – 17.00)

Sex differences in neck strength and head impact kinematics in university rugby union

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Globally, the empowering physicality of women’s rugby has encouraged unprecedented growth; participation now exceeds three million. Existing injury prevention strategies, based on predominantly androcentric data, may have limited generalisability to females. The cervical spine is less adept at resisting inertial loading, with greater susceptibility to whiplash. There is a dearth of literature linking sex-specific head kinematics to brain injury risk. In this pilot study, isometric neck strength was measured in male and female university rugby players. Head impact magnitude in six male and six female competitive matches was recorded using bespoke instrumented mouthguards. Average female maximal isometric neck strength ($131.7 \text{ N} \pm 25.2$) was 47% lower than male ($251.9 \text{ N} \pm 58.3$). No significant differences were observed for peak linear head acceleration (male: median 12.5 g , IQR 7.0 g ; female: median 11.7 g , IQR 7.9 g , $p = 0.23$) or peak rotational head acceleration (male: median $849.4 \text{ rad}\cdot\text{s}^2$, IQR $479.8 \text{ rad}\cdot\text{s}^2$; female: median $800.2 \text{ rad}\cdot\text{s}^2$, IQR $677.7 \text{ rad}\cdot\text{s}^2$, $p=0.76$). Uncontrolled whiplash was observed in 51% of all recorded female impact events but only once in a male. Direct head-to-ground kinematics accounted for 38.5% of female and 9.7% of male recorded head impacts. However, whiplash dominated 78% of these occurrences in females and 0.5% in males. These substantial biomechanical head impact differences are consistent with previous reports of cervical spine dimorphisms compromising neck and head stability. To safely grow the women’s game, a significant research effort focusing on female-specific injury mechanisms and epidemiology is required.

The burden of injury from amateur to elite women’s rugby union

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Background: Women’s rugby participation rates are rising with female players currently accounting for approximately 30% of all registered players worldwide. Despite this recent growth, little is known about injuries occurring at the elite and amateur level of play. Aim: To compare injury incidence and burden in amateur and elite women’s rugby. Methods: A review of match injury data collected over three rugby seasons (2017-18 – 2019-20) from the Irish Rugby Injury Surveillance Project ($n=8$ amateur teams) and one elite national squad ($n=1$). Results: Elite players had a higher injury rate compared to amateur players,

with respective incidence rates of 81.7/1,000 player hours and 35.5/1,000 player hours. Concussion was the most common injury in both amateur and elite cohorts, with respective incidence rates of 5.5/1,000 player hours and 11.7/1,000 player hours. The ankle (20%) was the most common injury location in elite players, followed by the shoulder (16%) and head (16%). In the amateur game the knee (18%), head (18%) and ankle (14%) were most commonly injured. In elite players, the ankle carried the highest injury burden, with syndesmosis injuries the highest burden overall (average 123 days absence). In comparison the knee carried the highest burden in amateur players, with anterior cruciate ligament injuries resulting in the highest burden (average 354 days absence). Conclusion: While concussion injuries were the most common injury in both cohorts, the high burden of ankle and knee joint injuries in the elite and amateur game should be investigated to reduce injury risk and maximise performance.

Injury coding trends among women's US rugby 7s tournament players over five years

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Introduction: Women's rugby 7s is an Olympic sport associated with a high injury rate (Fuller, Taylor, and Molloy, 2010). Despite similar injury exposure, the research in this playing population lags its male counterpart (King et al., 2019). Let alone, the financial impact that US rugby 7s injuries have on women players have limited quantification. Our study aims to quantify injured player medical costs sustained in adult US women's rugby 7s. Methods: A prospective epidemiology study of injuries during a USA Rugby-sanctioned Northeast Territorial series (2010-2015), using the Rugby Injury Survey and Evaluation (RISE) Report methodology (Lopez et al., 2012), following the rugby consensus statement (Fuller et al., 2007). Data was evaluated provisional diagnosis, severity, and follow-up. Analysis used diagnostic (ICD-10-CM) and procedural billing (CPT/HCPCS) programmes using institutional charges in US dollars (US\$). Results: The average annual medical costs of injuries (n=249) over five years was \$7,443, with over a 2.3x increase between 2011 and 2012. Ankle sprains, concussions, and fractures were among the most frequent ICD-10-CM diagnosis coding in women players. The highest costs were fractures (\$6,006) and ankle sprains (\$3,717). Conclusion: The elevated trend of costs in 2012 indicates growth of rugby prior to its 2016 Olympic inclusion. Injuries with the highest costs were also likely to have a longer reported absence period and used more medical interventions. Further investigations of injury codes after Olympic inclusion will provide further understanding of medical costs for female participants and will help provide data to improve emergency preparedness and injury response implications among this cohort.

Session 2c – Participation (Monday, 17.00 – 18.00)

Perceptions of physical activity changes due to Covid-19 restrictions among women in the UK

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As a result of Covid-19, measures to curb the virus have included closure of gyms and sports centres, mandatory bans on both indoor and outdoor gatherings, and closure of public spaces of any kind, including parks and recreational grounds. Such restrictions have invariably impacted people's exercise and physical activity habits, with previously published research suggesting that Covid-19 has impacted more adversely on women's physical activity levels than it has on men. The consequences of Covid-19 on women's exercise behaviours have yet to be elucidated via interview. The purpose of the current study was, therefore, to explore, via interview, how and why women felt their physical activity levels and active

lifestyles had been affected by Covid-19. Telephone interviews were conducted with 23 women, aged between 28 and 52 years from a variety of ethnicities and social-economic backgrounds in the UK. Data were analysed using reflexive thematic analysis. Key motivators for a change in exercise and sedentary behaviour were felt to be because of the physical restrictions imposed through gym and leisure-facility closure and as a result of a change in circumstance (work and home life), but also because of the perceived risks associated with exercising during a pandemic and because of a lack of peer support. The public health message for women, based on the current findings, is to remove as many of the physical barriers as possible, to promote appropriately socially distanced exercise with others and to provide opportunities for safe exercise.

Coaching and training in 2D: Female coaches' and players' experiences of a live online coaching programme

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It has been suggested that the current pandemic will have a far-reaching consequence that will impact sport participation for the foreseeable future. Current physical activity data suggests that since the onset of the Covid-19 pandemic young people's activity rates, especially young and adolescent girls, have fallen (Sport England, 2020). Current restrictions have also led to the suspension of grassroots football leaving many young girls without opportunities to be physically active and to develop their technical skills. A range of temporary 'novel arrangements' have been established to overcome these sporting restrictions. One solution to mediate this lack of training time has been to use online video conferencing tools such as Zoom and Microsoft Teams. However, very little is known about the 'coaching' and 'playing' experiences of using such technologies. The study aimed to explore and examine these experiences throughout an eight-week online football coaching programme for adolescent female grassroots football players. A variety of qualitative methods were utilised in the study. Using Schulman's (2005) signature pedagogies as a conceptual framework semi structured interviews were used to understand two neophyte female coaches' experiences of coaching online. In addition, two focus groups of adolescent female players (24 players in total) were established to examine their empirical experiences of online coaching. The study is in its final data collection stage and the main findings will be presented at the conference.

Establishing appropriate velocity thresholds for quantifying and interpreting physical performance of elite youth female soccer players

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Research quantifying physical characteristics of youth female soccer have adopted senior-derived velocity thresholds. This is problematic, as age-related improvements in physical performance may lead to erroneous interpretation of physical data when senior-derived velocity thresholds are applied to youth populations. Research has yet to propose age-specific velocity thresholds for youth female soccer. Thus, the aim was to establish age-specific velocity thresholds for U14 and U16 elite youth female soccer players. GPS data was collected from 187 players (U14 n=89; U16 n=98) representing six regional talent centres in The Football Association's Girls' England Talent Pathway League, during 50 matches within the 2018-19 and 2019-20 seasons. Spectral clustering computed velocity thresholds for high-speed running (HSR), very high-speed running (VHSR), and sprinting (SPR), for 699 half-match observations (U14 n=369; U16 n=330). Linear mixed modelling estimated youth (U14 and U16) and age-group (U14 or U16) velocity thresholds, and compared HSR, VHSR and SPR distances covered when adopting youth, age-group and existing senior velocity thresholds. The model estimated youth velocity thresholds of HSR ($\geq 3.00 \text{ m}\cdot\text{s}^{-1}$), VHSR ($\geq 4.83 \text{ m}\cdot\text{s}^{-1}$), and SPR ($\geq 5.76 \text{ m}\cdot\text{s}^{-1}$). When adopting these thresholds, both age-groups covered significantly greater distance at HSR, VHSR and SPR ($p < 0.001$; moderate-large ESs=0.86-1.97) compared to existing senior thresholds, and similar distances compared to age-group thresholds (trivial-small ESs=0.002-0.23). The youth velocity thresholds are the first age-appropriate thresholds for quantifying physical characteristics within youth female soccer. They provide practitioners and researchers an alternative to existing arbitrary thresholds from senior or male populations, to facilitate appropriate quantification and interpretation of physical data.

Abstracts Day 2

Oral Presentations

Session 3a – Sporting Inclusion (Tuesday, 13.00 – 14.00)

Beyond the bottom line? Gender, branding and the Australia/New Zealand AsOne 2023 bid strategy for the 2023 FIFA Women's World Cup

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The hosting rights for the 2023 FIFA Women's World Cup (WWC) were awarded in 2020 to a joint bid from Australia and New Zealand. The Trans-Tasman bid, known as AsOne 2023, will be one of several firsts for the tournament: the first to be held in the southern hemisphere; the first to be hosted under an expanded 32-team format; and the first time hosting rights have been shared by two nations. This paper critically interrogates the conjectural politics of the AsOne 2023 bid's digital-media-focused public relations and branding campaign that emphasized themes of women's empowerment and global collaboration. We do so through a multiperspectival approach which combines aspects from quantitative content analysis with qualitative discourse analysis to explore the AsOne joint bid strategy. Quantitatively we use more than six weeks of AsOne 2023-related tweets through the #GetOnside hashtag between June and July 2020, to consider the reach, use and negotiation of a popular social media posts. Qualitatively we critically interrogate media coverage from major news publications from Australia and New Zealand and around the world to further supplement the contextual and discursive elements of our analysis. Despite inconsistencies in the 2023 messaging across diverse constituencies, what is readily apparent is the growing role played by (contextually specific) digital and mobile brand strategies, and wider discourses about gender equality and change in women's sport, in gaining momentum and support for international sport event hosting bids.

Evaluating the impact of inclusive sporting opportunities for disabled individuals within Wales

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Background: Disability Sport Wales (DSW) aims to create inclusive sporting opportunities for disabled people to have a lifelong enjoyment of physical activity. The 22 local authorities within Wales are provided with support and investment to create and enhance the inclusive opportunities that are provided to disabled people through the delivery of key objectives. In the majority of Local Authorities (LAs) there is a DSW Development Officer who facilitates, coordinates or leads local delivery. Each LA is required to produce case studies as evidence of projects impacts and progression linked to DSW's Strategic Priorities. Aim: The aim was to understand the impact of the support and investment provided to each LA through analysis of case studies. Method: For the first half of the 2020-2021 financial year, 26 case studies were collected from LAs. These case studies were analysed using Braun and Clarke's (2006) thematic analysis. Findings: The impact centred around, adapting to Covid-19, considering design and approach to ensure inclusivity, valuing social contact, being insight-led, plus recognising the benefits for participants and volunteers. The benefits for the participants included: improved confidence, enhanced physical and mental health, created friendships, and developed independence. The benefits for the volunteers were: provided them with structure and a focus to their week, increased their confidence and communication skills, and gave them a sense of belonging. Conclusion: In conclusion, despite Covid-19 the LAs within Wales were able to adapt and provide inclusive and positive experiences for individuals with a disability to take part in physical activity.

Women's cycling in Qatar

Dr Thomas Ross Griffin
Qatar University

This project focuses on women's cycling in Qatar and how this has often been the stage where tensions between modernity and tradition are brought to the fore. Although in many ways still a conservative Muslim country, the project argues that Qatar has made tangible contributions to women's cycling both overall and regionally by launching the Ladies' Tour of Qatar in 2009 to run alongside the men's race, and by creating the short-lived ladies' national team, the first of its kind at the time in the Gulf. The research then examines the trickle-down effects of such efforts to understand the impact they may have had on amateur women's cycling in Qatar. In a series of one-to-one interviews, Qatari, Arab and expat riders living in Qatar are asked about how and why they participate and engage with cycling as a sport. What kinds of barriers and obstacles they face in taking part in cycling, what top-down infrastructural supports they receive, and what changes should be enacted to grow the sport in Qatar are also discussed. The project looks to build on work by Toffoletti and Palmer on how Muslim women consume sport, both traditionally and in a digital fashion. In doing so, the project hopes to continue the move away from traditional portrayals of sportswomen in the Arab world as victims or rebels, focusing more on the riders as athletes whose agency is comparable to their male counterparts.

Session 3b – Performance Analysis **(Tuesday, 13.00 – 14.00)**

Side-to-side asymmetry of single-leg repeated deceleration-acceleration performance is related to deterioration of running change-of-direction performance in amateur adult female netball players

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Background: Side-to-side asymmetry of single-leg motor-performance is hypothetically linked to deterioration of running change-of-direction (CoD) performance in games-players. Currently, asymmetry research biases single-leg motor-performance in elite male and female athletes. Asymmetry issues that influence performance and have implications for practice have not been examined for amateur adult female games-players. Aim: To determine the relationships between triple-hop-for-distance (THD) absolute-asymmetry (THD-AA) and Illinois-agility-test (IAT) performance, and single-hop-for-distance (SHD) absolute-asymmetry (SHD-AA) and IAT performance, in amateur adult female netball players. Methods: Twenty-three players participated (mean±SD: age 28.7±6.2yr; height 171.6±7.0cm; mass 68.2±9.8kg). Test order was THD (cm), SHD (cm), IAT (s). For THD and SHD, leg order was right, left. Practice trials preceded three measured trials. For THD and SHD, trial means were used to compute a limb-symmetry-index (LSI; %): (right ÷ left) × 100. Absolute-asymmetry (%) was calculated: 100 – LSI. Negative signs were removed. Normality of data was tested (Shapiro-Wilk). Spearman's correlation (rs) assessed relationships. Coefficient of determination (rs²) assessed the proportion (%) of variance shared between variables. Alpha was set a priori (0.05). Results: Data were (median, range): THD-AA 3.3%, 0.2-15.8%; SHD-AA 2.4%, 0.0-17.3%; IAT 19.6s, 17.8-22.9s. Relationships were: THD-AA/IAT, rs=0.54, rs²=0.29, p=0.01; SHD-AA/IAT, rs=0.31, rs²=0.10, p=0.07. Conclusion: As THD-AA increased, IAT performance deteriorated. Approaching one-third (29%) of the variance in IAT performance was explained by THD-AA. Therefore, to enhance repetitive running CoD performance in amateur adult female netball players, training efforts may need to consider mitigating right-left asymmetries in sagittal plane single-leg repeated deceleration-acceleration performance as represented by the THD.

Locomotor effort: An observational study in elite women's rugby 7s

Bethany Smith¹, Nicolette Bishop²

¹Irish Rugby Football Union; ²Loughborough University, UK

Background: Technology such as Global Positioning Systems (GPS) are regularly used to improve team performance and drive positive match involvements. Locomotor effort may be objectively measured as: $\text{Intent}(\%) = [\text{Acceleration Distance}(\text{m}) / \text{Total Distance}(\text{m})] \times 100$. Aim: To establish locomotor effort in elite women's rugby 7s. Methods: Retrospective analysis of sixteen female international rugby 7s players during

the 2019-20 World Rugby 7s Series. Results: Between the first and second half of match play locomotor decline was minimal, suggesting appropriate substitute use to maintain game intensity. Between first and second round tournaments, a percentage decline in locomotor activity was observed; relative total distance (-11.3%), relative acceleration distance (-14.2%), locomotor effort (-6.7%) and positive involvements (-5.5%). A greater negative points difference was observed for second round tournaments compared to first, with an additional four points (average) scored against the team. Positive match involvements for individual players did not substantially correlate with locomotor metrics. On a team level, relative acceleration distance and locomotor team effort had large, positive correlations with positive match involvements ($r = 0.616$ and $r = 0.633$, respectively) and relative total distance had a moderate, positive correlation ($r = 0.453$). Conclusion: Locomotor metrics in isolation provided limited insight into individual positive match involvements however, locomotor efforts on a team level showed positive correlations with positive match involvements. Physical performance staff should drive performance improvements using both locomotor and performance analysis metrics within a team, with emphasis on movement quality as quantity is often limited by match opportunities.

It's not all about power: A systematic review and meta-analysis comparing kicking biomechanics in male and female athletes in field-based sports

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Kicking is a fundamental action in many field-based sports. Understanding the mechanism by which athletes produce optimal kicks is important for performance and injury prevention. Most studies investigating kicking have been conducted with male athletes, despite the recent exponential growth in women's sport. This has resulted in a dearth of specific data to inform the coaching of this skill in females. The aim of this systematic review was to compare the kicking biomechanics of male and female athletes in field-based sports. As per PRISMA guidelines, articles were retrieved from searches across five online databases. Studies investigating kicking biomechanics in field-based athletes of both sexes were eligible for inclusion. Articles were screened using Covidence and data extracted based on STROBE recommendations. Methodological quality was assessed using the AXIS Tool. The review yielded 23 studies, featuring 455 soccer players. Male athletes produced significantly greater peak ball velocities (mean difference (MD) 4.32m/s) and linear velocities of the ankle (MD 2.02m/s), foot (MD 1.60m/s), and toe (MD 2.79m/s) during kicks than females. Women exhibited greater trunk flexion range of motion, as well as decreased ankle plantarflexion at ball contact and peak distal joint velocities compared to males. The findings of this review indicate that variations in kicking biomechanics between the sexes are caused by differences, not only in power, but in technique. This paper highlights the need to redress the balance of research in this area by investigating kicking performance in female athletes across the spectrum of sports to inform women-specific coaching programmes.

Session 3c – Identity (Tuesday, 14.00 – 15.00)

'I guess I'll just climb high enough that I can't hear them anymore': Exploring alternative trans* narratives in the world of mountaineering and beyond

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Erin Parisi is a mountaineer attempting to become the first trans* person to ascent the highest mountain on each of the seven continents, through her project TranSending7. Part of Erin's efforts is to create alternative trans* narratives that are based on the possibility of positive futures, as opposed to negative tropes of a limited life from the decision to transition. Multiple semi-structured interviews were conducted with Erin to understand her experiences and how narratives she hopes to present, not only impact upon her own sense of self, health, and wellbeing, but also present the opportunity for others to follow. Data were

analysed via reflexive thematic analysis. Preliminary analysis highlighted for Erin how there exists a paradox for many trans* people in the movement from one closet to another, where being invisible as a trans* person is the ultimate goal. Erin's desire to shape positive trans* narratives acknowledge the gendering practices that take place within the climbing community and a sense of her having to 'earn the right to climb'. In drawing upon theoretical concepts informed by post-structural explorations of sport and education, this research seeks to untangle the gendered space of the mountain for shaping positive and transformational trans* narratives that can be essential to individuals positioned within these gendered boundaries. Suggestions for supporting young trans* people in sport, health and education through the use of trans* positive role modelling and alternative futures are also given.

Women in boxing – Seeking to understand barriers to inclusion, identity conflict and empowerment of women, using ethnographic methods: How does digital technology change the landscape?

Elaine de Vos

Brunel University, London, UK

Background: We can build understanding of human experience through conceptualising an object or event through use of language. However, sensory embodied or 'lived' experience cannot be reduced to language. Ethnographic research seeks to investigate embodied experience using a combination of participant-observation, interview and documentary analysis. This presentation seeks to consider the significance of the researcher's positionality on the field of study during an ethnography of women in boxing and how ethnographic methods are suited to the study of inclusion, identity and empowerment. It will also address the possible impact of using digital technologies to conduct ethnographic research. Materials and methods: Using participant-observation at one of two field-sites, detailed field notes and vignettes were handwritten in a journal. These were supplemented with voice recordings if writing was limited. Further reflexive consideration was given to these field notes when transferring to secure storage device. Researcher interpretation of actions observed during this stage is addressed iteratively by way of ongoing data analysis. Interviews were conducted using online platforms to begin to build understanding of the lived experience of women who box. Results and conclusion: I will discuss four issues: how researcher positionality affects the actions of participants 'in-the-field', how to mitigate such effects during data collection and interpretation, the importance of reflexivity during ethnographic research and how data collected via digital platforms may have changed the shape of my research.

Cultural and environmental associations with body image, diet and wellbeing in NCAA DI female distance runners: a qualitative analysis

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Objective: We aimed to describe current and former National Collegiate Athletic Association (NCAA) Division One (DI) female distance runners' experiences of perceived norms of body image and disordered eating in their sport, as well as the emergence and influence of coach-athlete power dynamics. This manuscript reports a qualitative research study (consisting of interviews and thematic analysis) of women athletes' experiences of perceived norms of body image and disordered eating in their sport. We also report athletes' experiences of coach-athlete power dynamics. Methods: The study sample included 29 current and former female NCAA DI female distance runners, defined as competing in 800-metre distance or greater. Interviews were conducted, audio-recorded and hand transcribed. A thematic analysis was performed and presented. Results: Two major themes emerged: (1) sport body ideals and body image norms and myths that exist in the sport, and (2) the power dynamic between athletes and coaches. It is not clear whether sport body ideals and culture of running influences coaching culture, or whether the coaches – who maintain positions of power in the sport – perpetuate the culture. These themes likely feed into each other and reinforce the existing and dominant mentalities of the sport. Conclusion: Sport body image ideals and the power dynamic between coach and athlete may contribute to female athletes' risk of disordered eating and body image disturbance. We call for the NCAA and athletic departments to develop and implement prevention and intervention programmes to prevent eating and body image disorders in this high-risk population.

Session 4a – Coaching and Performance (Tuesday, 16.00 – 17.00)

Can universities lead the change for women in sport science? An Irish context

Dr Domenico Crognale, Tara Acheson
Institute for Sport and Health, University College Dublin, Ireland

Olympic sports, at both university and professional level, are usually the most popular and established organisations in Europe and worldwide. Although Olympic teams, sports clubs and their respective governing bodies offer employment opportunities for sport and coaching science graduates, only 27% of active female Irish coaches (2020) receive payment for coaching and related roles. A staggering 65% of Irish female coaches are volunteers and receive little or no support from their club or governing body. Employment opportunities are even more limited for female sport science and athletic development support staff/graduates. This lack of opportunity is attributable to multiple barriers, most of them related to scarcity of funding within the Irish national sport system. Since all governing bodies of sport and Olympic committees operate within a budget, it is challenging to employ professional staff members for all female and male sports teams. This task is of greater difficulty for small to medium sized countries, with reduced participation in several Olympic sports. We hypothesise that a more specific re-allocation of financial resources, focused on Olympic sports already popular in Europe, could significantly improve employment opportunities for female sports coaches and scientists in Ireland. University sports clubs can support this change through collaboration with sports science departments and by offering existing facilities to encourage participation among students in the Olympic sports of interest. Moreover, this enhanced attention to well-established Olympic sports will be beneficial to European championships and events due to increased number of participating nations/athletes, following/spectators, interest by media and potential revenue.

The use of gratitude to develop greater coach athlete relationships and player feelings of wellbeing

Nic Evans, Jess Boyd, Dr Abbe Brady
St Mary's University, Twickenham, UK

Within the field of positive psychology practicing gratitude has been found to contribute towards feelings of wellbeing. Understanding what athletes value in coach behaviours and attitudes may enable us to enhance overall athlete wellbeing, therefore improving performance, satisfaction and motivation. This study aimed to identify what coach behaviours and practices players value across three tiers: grassroots, talent and performance in women's and girl's football. Qualitative data was generated through collection of gratitude postcards (n=148) completed at inclusive workshops (n=24). Working in the interpretive paradigm, thematic analysis of the postcards was conducted across grassroots, development and elite levels of the women's and girls' game in football. Athletes at each tier of the game valued different attributes in coach behaviour and practice. At grassroots level players appreciated support, inclusivity, and encouragement. Players on the talent pathway appreciated individual development and belief in them as a person. Elite players valued honesty and clarity while continuing to develop them as an individual. The findings offered clear insight into how to foster positive culture within a team environment at each tier. Coaches utilizing a gratitude protocol can gain insight into what athletes value which can encourage coaches to modify behaviour to meet the athletes' needs and build effective interpersonal relationships that foster successful outcomes.

Going beyond visibility: Theorising a framework of visibility, recognition and voice to understand elite women cricketers' perceptions of social media

Hannah Thompson
Loughborough University, UK

The call for increasing visibility of women's sport, is an empty call if it not accompanied by 'progressive' representations. In this paper I argue for a framework of visibility to go beyond simply 'being seen' to go deeper, to consider the role of representation, recognition and voice, especially in terms of online social media platforms where scholarship has persisted to focus mainly on its perceived feminist potential to

disrupt both the lack of quality and quantity of media afforded to sportswomen. How 'seen' do athletes perceive themselves to be both in traditional media and on social media? Do they feel recognised and that their voices are heard? These questions are not fully understood in academia, so this paper directly asks eight England women cricketers for their perceptions of social media, questions whether they are actively seeking visibility through social media to combat a lack of mainstream media visibility as scholarship has claimed or whether they are simply using social media like the everyday person. And, that athlete social media use does not necessarily equate to more visibility, that the responsibility should be on the traditional media outlets to do more, to redress the balance rather than the onus on the athletes themselves. Thus, this paper seeks to set the tone for going beyond visibility as a framework to redress the balance in terms of calls for fairer coverage of sportswomen.

Session 4b – Injury (Tuesday, 16.00 – 17.00)

Female African football players are at high risk of injury: A study of functional movement screening (FMS), range of motion and muscle endurance

Dr Nonhlanhla S. Mkumbuzi^{1,3}, Senanile B. Dlamini¹, Fidelis Chibhabha³, Fredrick M. Govere², Brenda Oulo⁴

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Being injured is inherent to participating in football activities; therefore, prevention of injuries is very important. However, to design effective preventative interventions, mechanisms and risk factors for these injuries should first be established. However, such studies are rarely conducted in female African athletes. This impairs the ability of sports clinicians to prescribe relevant interventions. The aim of the study was to explore risk factors for injury among female African football players using functional and musculoskeletal assessments. Participants (n=40) completed demographic questionnaires and had upper and lower limb range of motion (ROM); muscle endurance and functional movement screening (FMS) assessed. The median (Q1; Q3) age (years) of the players was 24 (20; 27); FMS score was 12 (10; 13); ankle dorsiflexion (cm) 10 (7; 12); sit and reach (cm) 14 (10; 20); number of push ups 21 (0; 31) and squats 30 (28; 38) in 60 seconds and time to exhaustion in prone plank (seconds) 46 (31; 65). History of injury related to lower muscle endurance (p=0.009) and ROM (p=0.016). From the FMS, only 34% (n=13) performed the squat properly; 29% (n=11) performed the hurdle step properly and 66% (n=25) scored ≤1 on the FMS for shoulder mobility. Therefore, female African football players present with overall low muscle endurance, flexibility and movement imbalances, which might predispose them to injury. Hence, strength and conditioning measures should be instituted in this population to prevent injuries. However, due to resource constraints, these players' teams may not have the requisite personnel to provide appropriate coaching in strength and conditioning.

Non-contact knee injury prevention in adult recreational female netball players: A review of current understanding with future research directions

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¹Faculty of Sport, Allied Health and Performance Sciences, St Mary's University, Twickenham, London, UK;

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In netball, epidemiological evidence shows that knee injuries are the second most common injury after ankle injuries. Knee injuries are of concern due to their severity and extended recovery duration, resulting in prolonged time away from training/competing. In the sequence of sport injury prevention, knowledge of the injury burden, followed by an understanding of the mechanism of injury, is important. The aim of this research was to investigate i) the situations and mechanisms of non-contact knee injury in netball; and ii) training and injury prevention practices of netball players. First, a systematic review was conducted to examine the results of previous research on knee injury in netball. Secondly, a survey was conducted to investigate current training and injury prevention practices in 193 recreational netball players. The results

showed that non-contact knee injury in netball consistently occurs during single-leg landing tasks. Netball players commonly land with low knee flexion angles and knee abduction (valgus) collapse when sustaining an anterior cruciate ligament injury. Despite many players reporting that they have sustained a knee injury in the last five years, the majority were not following appropriate training and injury prevention practices. Barriers that were identified to explain the above included lack of knowledge, confidence, time, and access to facilities. Future research is planned to analyse the risk factors associated with a netball-specific landing task with a view to designing an appropriate intervention programme to address the risk factors for non-contact knee injury.

Effect of functional fatigue on knee force sense in amateur adult female football players

Dr Nicholas C. Clark¹, Victoria A. James²

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Background: Intact proprioception (joint position sense, kinaesthesia, force sense (FS)) is critical for optimal neuromuscular control of knee functional joint stability. Fatigue impairs knee FS in adult male footballers. The effect of fatigue on knee FS and resulting implications for injury prevention practice have not been studied for adult female footballers. Aim: Determine the effect of functional fatigue on knee flexion FS (KF-FS) in amateur adult female football players. Methods: Twenty-one players participated (mean±SD: age 23.3±3.5yr; height 164.1±6.4cm; mass 62.6±6.4kg). Functional fatigue was defined/induced using the Functional Agility Short-Term Fatigue Protocol (FAST-FP). The FAST-FP incorporated acceleration-deceleration tasks typical of football training/match-play. Dominant leg (preferred stance leg) KF-FS was measured (Newtons (N)). Players sat on an isokinetic dynamometer in isometric mode, the knee flexed 45°. A knee flexion target trial-reproduction trial sequence was repeated three times, the difference between trials designated the absolute error (AE), the mean AE used for data analyses. Force sense measurements occurred before and immediately after the FAST-FP. Results: Force sense AE did not significantly change following fatigue (pre-fatigue = 7.0±4.8N; post-fatigue = 10.1±6.8N; pre-/post-difference = 7.7±5.6N; P = 0.14; Cohen's d = 0.34). Four players' (19%) post-fatigue FS deteriorated by more than twice the group's pre-/post-difference standard deviation. Conclusion: Despite functional fatigue, group mean KF-FS did not significantly change. However, one-fifth of players' KF-FS deteriorated substantially after functional fatigue was induced. Some players, therefore, may be more in need fatigue-resistance training than others to maintain optimal KF-FS and neuromuscular control of knee functional joint stability.

Session 4c – Binary (Tuesday, 17.00 – 18.00)

Sex-segregation in sports: The continuation of historical inequities

Grace Athanas-Linden

Temple University, Philadelphia, US

Sport was institutionalized at the end of the 1800s to keep men from becoming 'feminized' and to teach boys 'masculinity' as gender dynamics in society changed (Dworkin and Cooky, 2012). From this desire to enforce gender roles and a gender hierarchy, our sex-segregated system of sport grew, which discriminates against cisgender, transgender and intersex athletes. This work examines sport's origins as a sex-segregated institution and this segregation's impact. The sociohistorical context of sport and sex-testing is laid out, as well as issues with the scientific basis of sex-testing. Using Intergroup Contact Theory (ICT) as a framework, studies addressing cisgender female athletes' experience in sex-integrated sports show how even in integrated settings female athletes may be marginalized. To understand the effects of sex-segregation on transgender athletes, where there is a dearth of case studies, existing studies are supplemented by an investigation into sport governance policies. The impact on intersex individuals is also examined through policies, supplemented by a review of Caster Semenya's lawsuit against World Athletics and its Differences of Sexual Development (DSD) Regulations. The policies of sport organizations such as the International Olympic Committee (IOC), World Athletics, and the National Collegiate Athletic Association (NCAA) are shown to generally discriminate against transgender and intersex athletes. To improve the status of cisgender female athletes, transgender athletes, and intersex athletes, sport must

move to a system where the default is integration. Historically marginalized groups, however, should retain the ability to self-segregate to preserve a space for themselves where they have been historically excluded.

A dangerous playing field: Sexual harassment of female athletes in sport

Rachel Huggett

Smith College, Northampton, US

Sexual harassment in the workplace is all too prevalent in every aspect of most women's lives. What happens, however, when the workplace is the whole world? Athletes perform and compete in front of the public every day of their lives. Modern day sport functions similarly to how it did when it was first started. It is yet another 'boys' club' in which women have to fight to be included. In 1972, Congress passed Title IX of the Educational Amendments. This changed the amount of opportunities available for girls and women in sport and played a large role in shifting society's view of women's sports. Title IX is seen as the programme that helped to protect female athletes by prohibiting educational programmes from discriminating against them based on sex, as well as helping survivors of sexual assault and rape. Once women are on the field, however, it is unclear what protections they have as there have barely been any Title IX cases relating to this situation. For Title IX to adequately help female athletes, a number of steps need to be taken. The institution of sport was not made by or for women. They now have the potential of changing that system from within.

Henley Women's Regatta and cultural preservationism

Olivia R. Howe

Charles University, Prague, Czech Republic

In this paper I argue that if a sporting institution is to thrive it must abandon harmful practices and conventions. My hypothesis will focus on the harmful practices that enable and preserve female-targeted sexism, paying particular attention to the British sporting event, Henley Royal Regatta, and its female counterpart, Henley Women's Regatta. I will argue that, in adhering to 'cultural preservationism' some sporting institutions perpetuate morally culpable traditions, preferring to place greater value on their historical significance and associated cultural prestige over an egalitarian agenda. In this cultural examination, I will show that women are severely disadvantaged by the practices that Henley Royal Regatta rigidly enforces, whilst further stipulating that Henley Women's Regatta does nothing to rectify the situation. I suggest that holding sporting events exclusively for women, at least in the context of rowing, reinforces what is referred to as the Beauvoirian concept of 'Otherness'. Whilst acknowledging the overall significance of cultural preservation and tradition in British sport, I will employ what I call the 'preservation of moral sport argument', which suggests that traditions that are morally culpable should be abolished. My overall conclusion will be that, although traditions can be an important part of sport, the abolition of harmful practices and conventions is essential if sport is to remain relevant and reflective of the moral values of the society it represents.

Session 4d – Changing Female Bodies (Tuesday, 17.00 – 18.00)

'It's hard to find balance when you're broken': Exploring female endurance athletes' psychological experience of recovery from relative energy deficiency in sport (RED-S)

Rachel K. Langbein, Dr Patricia Jackman, Professor Jacquelyn Allen-Collinson, Dr Dan Martin
University of Lincoln, UK

Background: Relative Energy Deficiency in Sport describes a syndrome of impaired health and performance caused by low energy availability (LEA). It has been proposed that psychological factors may precede or result from RED-S, but a continued reliance on objective and physiological markers of LEA has largely neglected the importance of psychological factors underlying recovery from RED-S. Aim and methods: This integrated methods multiple case-study qualitatively explored female endurance athletes' psychological experience of recovery from RED-S. Eight female endurance athletes (M age = 29.75 years,

SD = 5.03) identifying as 'in recovery', or having 'recovered' from RED-S, participated in the following tasks: (i) topical life-history interview to elucidate psychological antecedents and consequences of RED-S; (ii) a three-week online diary and one-week PhotoVoice task to capture psychological stressors encountered when managing energy availability; and (iii) a follow-up stimulated recall interview encouraging further reflection on their RED-S 'recovery' journey and experience during the study. Results: Thematic and cross-case analysis generated seven common sources of psychological conflict: body image or weight concerns; eating opportunities; exercise volume; media influences; physiological symptoms of RED-S; social situations; and professional education and advice. Subjective appraisals of, and responses to, these stressors were captured by four themes: in two minds (cognitive appraisals); an emotional rollercoaster (affective appraisals); the only way is through (adaptive behavioural responses); and giving in (maladaptive behavioural responses). Conclusion: These findings contribute valuable insights into psychological mechanisms underlying efforts to overcome RED-S by highlighting the importance of psychological wellbeing in restoring and maintaining adequate energy availability.

Knowledge of triad and RED-S in female cross-country athletes and support staff

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Context: Female endurance athletes exhibit increased risk of female athlete triad (triad) and Relative Energy Deficiency in Sport (RED-S). Triad and RED-S are conditions that explore the health and performance consequences of low energy availability (LEA). Proper education has been shown to be effective in increasing knowledge of sports medicine concerns for athletes. Yet, there are no known continuing education programmes for triad and RED-S at collegiate institutions. Objective: The primary purpose was to assess the knowledge and confidence of triad and RED-S. Design: An evidence-based online survey was developed and administered via Qualtrics. Knowledge, confidence, and impact scores were assessed amongst current collegiate female cross-country athletes, coaches, and ATs. Results: Female cross-country athletes' total knowledge, confidence, and impact scores (mean scores of 25.00 ± 5.27 , 95.42 ± 28.83 , 18.81 ± 7.05 respectively) were significantly different from scores of coaches (mean scores of 26.92 ± 5.02 , 111.35 ± 24.14 and 22.41 ± 6.33) and ATs (mean scores of 28.66 ± 4.02 , 117.67 ± 22.53 , and 23.93 ± 5.69) ($p < 0.05$). Conclusions: This study illustrates that scores of triad and RED-S were lowest in female cross-country athletes and highest in ATs. This is important because female cross-country athletes, knowledgeable about triad and RED-S, may more readily seek medical help to address health and performance consequences of triad and RED-S. These findings support the call for educational training, which should be regarded as the primary tool to increase knowledge to improve the prevention and treatment of triad and RED-S.

Covid-19 self-isolation period increases adherence to exercise intervention in pregnant women

Dr Olga Roldan-Reoyo

Applied Sports Technology Exercise and Medicine (A-STEM) Research Centre, School of Sport Science, Swansea University, UK

Introduction: In March 2020 pregnant women were identified as a vulnerable group and asked to self-isolate for 12 weeks. This has shown to decrease physical activity levels among the pregnant population. In our PECAMP Study (Physical Exercise and Cardiovascular Adaptation Monitoring in Pregnancy) a supervised exercise intervention (SEI) for pregnant women was being carried out from May 2018 until July 2020. The SEI continued online due to Covid-19 restrictions as an opportunity to support pregnant women and diminish the negative impact of lockdown in their physical and mental health. Since the EI has been carried out in the long term we found interesting to study adherence to the EI before and during lockdown. Methods: participants randomised to the SEI were asked to attend three supervised exercise classes from 16 weeks pregnant to birth. Two groups of pregnant women randomised into the SEI between middle March and middle July in 2019 (pre-pandemic) and 2020 (pandemic) were selected for analysis. Results: 32 participants were included in the analysis (21 pre-pandemic/11 pandemic). Percentage of adherence between groups was analysed. In all the months studied the pandemic group showed higher adherence: March: 30% vs 47.72%; April: 36.75% vs 76.92%; May: 36.50% vs 74.44%; June: 35.46% vs 76.45%; July:

37.28% vs 66.26%; $p < 0.05$. Adherence to the whole SEI was statistically significant in the pandemic group: 60.79% vs 76.21% $p < 0.05$. Conclusion: Online SEI should be considered when designing exercise interventions for pregnant women as it could constitute an easier way to increase adherence, especially during pandemic times.

5 in 5

Session 3d (Tuesday 14.00 – 15.00)

Qualitative analysis of female para powerlifting competitive process

Jenny Ortiz Cárdenas^{1,2}, Kelly Alejandra López Mora³, Ivan Ricardo Pérdomo Vargas⁴

¹El Bosque University, Colombia; ²World Para Powerlifting; ³Areandina University, Colombia; ⁴UniMinuto University, Colombia

Para powerlifting is a Para sport practised by people with physical disabilities which includes eight types of impairments like Impaired Muscle Power, Impaired Passive Range of Movement, Limb Deficiency, Leg Length Difference, Short Stature, Hypertonia, Ataxia and Athetosis (World Para Powerlifting, n.d.) Although this sport is open to both genders, most of the participation in different roles (athletes, coaches and technical officials) is male, possibly due to societal beliefs and biases of women's participation in strength sports, hence requiring further investigation. The purpose of this research project aimed to establish specific actions and perceptions of coaches that work with successful female Para powerlifting athletes. Through interviews with eleven female coaches who attended the Bogotá 2018 World Para Powerlifting Americas Open Championships, we found that they consider the important factors to success in the sport as proper training planning, institutional support, and recognition for the Para athletes. In addition, they identified family support, early talent identification and having more competition opportunities as important for female athletes to participate in the sport.

The race to the chequered flag: The representations of women racing drivers in British printed newspapers between 2010 and 2020

Desiree Campbell

Northumbria University, UK

Within the large body of research on the media's representations of sportswomen, little academic research has focused on women racing drivers; this doctoral research aims to address that gap. This presentation will discuss the initial findings from a longitudinal media analysis examining how women racing drivers are represented in the British media. Britain has long been considered the birthplace and the home of motorsport. Motorsport is one of the few sports in which men and women can compete directly against each other. Despite the sport's gender-neutral status, the sport is male-dominated, with very few women competing in the sport's top levels. Over the past decade, there have been significant developments in the progression of women in motorsport, which have included campaigns to increase participation in the sport, women in Formula One teams as development and test drivers and the launch of the WSeries, a women-only racing series. The media analysis examined 445 newspaper articles from six British national newspapers between 2010 and 2020. In addition, newspaper articles relating to men racing drivers were examined to establish the accepted norms for reporting racing drivers in British newspapers. The initial findings suggest that women racing drivers' representations reflect those found in the existent research on media representations of sportswomen, including the use of gender marking, infantilisation and focus given to non-task related aspects in the reporting. However, in addition, there appears to be a narrative of women racing drivers as extraordinary, exceptional and mythical, which will be discussed in this presentation.

Getting into the zone: Preliminary insights as an outsider researcher in women's bodybuilding and physique athletes

Airnel T. Abarra, Tamas Doczi

Doctoral School of Sport Sciences, University of Physical Education, Budapest, Hungary

Ethnographic methods provide meaningful treatment of data, especially in doing Sociology of Sport Research. Experiences of different researchers imply the challenges gathering data especially coming as an outsider. Different studies highlighted the access of 'insiders' to their chosen discipline to provide better rapport with their participants. The 'insider' access might provide perceived convenience in data gathering. Studying bodybuilding are dominated by auto-ethnographic and insider point of view. Due to the personal attachments to the women bodybuilding and physique athletes was the primary motivation of the author to study this discipline. The paper aims to present initial experiences and insights as a first step in doing research related to women's bodybuilding and physique competition. The article offers a review on contemporary studies related to the discipline, especially on the discussions on methods and being an insider or an outsider researcher.

Homogenizing dual identities in women's rugby: A socio-cultural interpretation of RFU 'Inner Warrior' camps

Alex Gardener

University of Worcester, UK

In 2017, the RFU launched a strategic plan to increase the participation numbers of women and girls within rugby union across four years (Women and Girls Action Plan 2017-2021). Within this plan, there are various initiatives to help improve opportunities, facilities and the perceptions of women's rugby union. As part of this initiative, Inner Warrior camps are sessions usually delivered by RFU and club coaches to encourage women and girls to channel a warrior-like identity. These camps are intended to be a welcoming and inviting opportunity for beginners and existing players, to participate in games and activities associated with rugby union in an exclusively female environment. To understand women's experiences, this project has taken a phenomenological approach to exploring the lived experience of women rugby players through non-participant, field observations. Interpretations of the Inner Warrior camps will be gathered through semi-structured, focus group interviews. Using theories and concepts such as 'The Living Paradox' (Krane et al, 2004) and Foucault's work on Power (Foucault and Faubion, 1994) this project will decipher the encouragement of dual identities within women's sport. In accordance with a liberal feminist perspective, this project argues that sport can and should be used as a platform for liberation and empowerment for women's equality of opportunity. However, as rugby has been considered a game of male preserve (Berberich 2007; Chandler and Nauright 1999; Dunning 1986; Howe 2001; Wright and Clarke 1999) this research explores the idea that women are only being empowered to participate in this traditionally 'masculine' sport under the guise of female warrior.

Twitter Posters

(Tuesday 15.00 – 16.00)

Differentiating trait and context-specific self-objectification in stereotypically feminine and non-feminine sports

Dr Megan Hurst, Lucia Halliwell

School of Psychology, University of Sussex, UK

Stereotypically 'feminine' sports have been linked with a stronger focus on appearance ('self-objectification') among participants (e.g. Parsons and Betz, 2001; Slater and Tiggemann, 2011); this may result in body image concerns and disordered eating, but also worse biomechanics and performance. However, research often focuses on trait self-objectification, rather than the focus on appearance in the sporting environment. We sought to assess (1) whether self-objectifying thoughts during sessions were distinct from trait self-objectification, and (2) whether trait self-objectification and self-objectifying thoughts during sessions varied across feminine and non-feminine sports. Women student athletes from a UK university from a feminine non-aesthetic sport (netball), feminine aesthetic sport (cheerleading), and non-

feminine sport (football) reported on their trait self-objectification (SOQ, Noll and Fredrickson, 1998) and their self-objectifying thoughts during training or competition (Wolfe, 1998). We found that trait self-objectification and self-objectifying thoughts during sport were related but distinct constructs ($r = .44$). Trait self-objectification was highest among cheerleaders ($n = 16$), who were different from netballers ($n = 9$) and footballers ($n = 33$). Cheerleaders had the highest self-objectifying thoughts during sessions and footballers the lowest, with netballers located in the middle. These findings suggest that future research with athletes may benefit from assessing self-objectifying thoughts in the sporting environment, not just trait self-objectification or body image. Our findings also suggest the importance of recognising differences between stereotypically feminine sports, which are often combined in body image or self-objectification analyses. Future work will investigate the differential impacts of trait self-objectification and self-objectifying thoughts during sport.

Effective coaching in women's performance football: A case study approach from various perspectives within a semi-professional team in England

Dani Taylor, Alex Blackett

Staffordshire University, School of Life Sciences and Education, Department of Sport and Exercise, England, UK

The increase in women's football participation has not been reflected in the numbers of women occupying coaching roles within football. Although a growing area of interest amongst academics, the topic of coach efficacy and understanding how athletes interpret effective coaching has been overwhelmingly focused on male coaches within the contexts of men's sport. To redress the balance in our current understanding of coach efficacy, the research objective of this study was to identify how athletes and senior management defined effective coaching. A case study research design was employed to analyse the perceptions of both players and senior management personnel of a semi-professional women's football team in England. Individual semi-structured interviews with players ($n=6$), the head coach and technical director ($n=2$) were conducted. Inductive thematic analysis of the interviews identified two higher-order themes: 1) primary knowledge and actions, and 2) secondary effects on team culture. Primary knowledge/actions specifically focused on coach's knowledge, behaviours and actions that included three sub-themes: 1) performance markers; 2) understanding, and 3) communication. Secondary effects concentrated on the consequences of the primary knowledge/actions and included three sub-themes: 1) environment; 2) relationships, and 3) perception. The study recorded similarities with previous coaching research conducted in men's sport. Salient differences were also noted, such as a greater need to exhibit behaviours associated to humanistic approaches along with an emphasis on coaches working cooperatively as a team rather than as independent individuals. The findings can inform further research within women's coaching that can aid coach education structures.

Barriers to women progressing to leadership positions within sports governing bodies

Haanii Lorea binti Mohd Azmi

Women are still underrepresented in leadership positions at sports governing bodies. Objectives: The purpose of this study is to examine the barriers that women face to senior leadership positions regarding their career progression within sport governing bodies. Study seeks to understand the challenges that women encounter while seeking to higher leadership positions within sports organisations. Research design: The study had chosen a qualitative approach using a systematic literature review (PRISMA guidelines) to identify key barriers that occur specific to women who are currently working in the sport industry. Methodology: PRISMA guidelines were used to examine the literature. The chosen databases were JSTOR, Taylor and Francis Online, Scopus and Elsevier. To be eligible for the inclusion, the journal articles must be published between 2010 to 2020 and using English language. Findings: (i) Macro-level: sports are masculine, (ii) Meso-level: discrimination, stereotypes and women's talent are popular research topic, (iii) Micro-level: women's education and women's roles as mothers/wives in families, parenting and relationship roles. Conclusion: Study suggests that identifying the barriers by using the three levels (macro, meso and micro level) may help in reconstructing and evaluating the progression for women in their leadership career.

Abstracts Day 3

Oral Presentations

Session 5a – Thinking Beyond the Binary (Wednesday, 13.00 – 14.00)

Exploring the experiences of non-heterosexual women within individual sports

Beth Burgess¹, Dr Rachael Bullingham², Dr Győző Molnár¹
¹University of Worcester, UK; ²University of Gloucestershire, UK

The experiences of non-heterosexual women within sporting contexts have been documented since the 1980s, evidencing a variety of sporting climates ranging from hostile to open and inclusive. Previous literature focused on the experiences within team sports and categories of sexuality. In response, the present study explored the experiences of non-heterosexual women within individual sports. This research adopted a life history approach utilising interviews and timelines to gather rich data from five athletes across various sports (tennis, golf, squash and mountain biking). The findings highlighted the uniqueness of each athlete's journey regarding their sexuality and sport participation while demonstrating both resistance and reproduction of heteronormative ideals.

Unisex sports: Tackling the male/female binary in sport

Dr Irena Martínková
Faculty of Physical Education and Sport, Charles University, Prague, Czech Republic

Background: Sport has been historically based on the male/female binary, while the majority of sports have privileged physiological aspects of the male body within the sporting challenge, and so most sports are 'male-apposite'. This results in various problems in contemporary sport for the female category. Aims: I shall first attend to problems caused by the binary (such as e.g. the inferiority of female athletes, different conditions of competition for males and females athletes), and second, I shall present several solutions that have been suggested by various authors. One of these solutions is the 'mixing' of athletes in sports competition. I shall distinguish between different kinds of mixing of the sexes in sport, discussing their advantages and disadvantages. Methods: This is a philosophical inquiry, based on an analytical understanding of sport ('the logic of sport') and on contemporary problems. Solutions are sought for a less discriminatory and more inclusive sport, based on the logic of sport. Results: The distinction between 'mixed sports' (sports with an allocated position for a number of males and females in a team) and 'unisex sports' (sports participation based on merit) is made and discussed. Modifications of existing sports or the creation of new sports are suggested, as ways of accommodating athletes of different sexes, without the need of the binary. Conclusion: Eradicating the binary could help with problems caused by the binary itself, and so make sport more inclusive not just for female athletes, but also for all athletes of different talents, shapes and sizes.

Lesbian coaches' perceptions of sports governing bodies' (lack of) support in Catalonia

Judith Solanas Sánchez, Dr Susanna Soler Prat, Dr Anna Vilanova Soler
Institut Nacional d'Educació Física de Catalunya (INEFC), Uni de Barcelona (UB)

There is a scientific knowledge gap on lesbian coaches in sport worldwide, and in Spain no such research has been conducted to date. The few studies that do exist internationally highlight the double discrimination that lesbian coaches face based on their gender and sexual identity. Building on Norman's theory of everyday gendered homophobia (2011), the research aims to understand lesbian coaches' experiences in Catalonia. Semi-structured interviews were conducted with ten lesbian coaches from a variety of sports and performance levels, including football, tennis, athletics, basketball, hockey, volleyball, and skiing. Preliminary findings on the role of sports governing bodies suggest that there is a public

discourse in favour of women in sport, and campaigns to promote women coaches. However, everyday gendered homophobia towards lesbian coaches is still prevalent. The lesbian coaches interviewed experience barriers to accessing professional development and feel undervalued in their day-to-day, as well as on a structural level. Additionally, lesbian coaches report a lack of training on gender and sexual diversity, and that managerial positions and training programmes are still highly dominated by men. According to them, the measures developed by sports federations aimed at promoting women and sexual diversity in coaching are deemed ineffective and often remain once-off actions without continuity or are awareness-raising actions that do not transform power structures. They also consider that more gender and sexual diversity among people in key positions in sports governing bodies would lead to a more inclusive environment with training and support based on the needs of lesbian coaches.

Session 5b – Women’s Health (Wednesday, 13.00 – 14.00)

Motherhood, gender and postpartum physical activity

Dr Jaime DeLuca, Jacob Bustad
Towson University, Maryland, US

Maternal identity often involves the ideology of the ‘good mother,’ referring to a mother who is happily, capably, and exclusively devoted to her children and family. However, the reality of the daily and competing logistics of managing multiple personal and professional responsibilities is time consuming and stressful, and consequently new mothers face significant challenges and barriers to their ability to engage in physical activity, despite its value for women's health and wellness. This presentation focuses on data collected from 128 in-depth semi-structured interviews with 32 mothers at three, six, nine, and 12 months postpartum, and offers insight regarding the relationship between postpartum physical activity and gender roles and responsibilities. Study results emphasise how women’s lived experiences of engaging in physical activity, including scheduling time for physical activity and achieving physical activity goals, are structured through a negotiation of their maternal identity. Specifically, many participants reported a gendered division in roles that enabled their spouses’ physical activity while ultimately constraining their own. At the same time, many participants also expressed a relationship between physical activity and forms of self-care, including the conceptualisation of physical activity as an important aspect of their overall health, wellbeing, and sense of self. This topic has received limited scholarly attention from a qualitative approach; this study therefore contributes to the field through an identification of factors associated with addressing and improving postpartum women’s physical activity and health.

Physiotherapy to manage urinary incontinence in athletic women: A feasibility study (the Positive Study)

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Background: Urinary incontinence affects nearly half of all adult women in the UK. The prevalence in athletes is unusually high, reportedly almost twice that of sedentary women (Carvalhais, Natal Jorge, and Bø, 2018). Yet, incontinence can be a barrier to exercise for many women (Menezes, 2015). Although there is robust evidence to support pelvic floor muscle training to manage urinary incontinence in the general population, there is little research investigating the management of this condition in athletes (Bø and Nygaard, 2020). We report on a feasibility study with nested qualitative interviews to explore the feasibility and acceptability of conducting a definitive trial. Intervention: Athletic women, recruited directly from gyms and sports clubs, were offered up to seven sessions of tailored physiotherapy delivered over a six-month period. Outcome measures: Recruitment, eligibility, consent, data completion and attendance rates were assessed to determine feasibility of progression to a definitive trial. Acceptability of recruitment, the intervention, questionnaires and randomisation within a future trial were explored. Results: Despite most participants experiencing symptoms for many years only one had previously sought treatment. Direct recruitment from sporting venues was both feasible and acceptable to the women. Inclusion of an intimate examination of the pelvic floor muscle was not only regarded as acceptable by participants but considered an important part of the intervention. Attendance rates and completion of questionnaires to track progress

was high. Provision of a smartphone app proved useful for motivation but did not monitor compliance effectively. Conclusions: Our study lays the foundation for a future definitive trial. Athletic women valued assessment and treatment for urinary incontinence.

Preliminary findings of the MOBILE study: Menopause, osteoporosis and bone intervention using lifestyle exercise

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The aim of the study was to apply a bone-strengthening exercise intervention, which had previously been successful among oestrogen-deplete pre-menopausal women, to a postmenopausal population. Clinical trial registration: NCT04469374. Forty-nine participants (M = 57.8, SD = 4.3 years) were randomised into either an exercise intervention or sham-control group in a double-blinded fashion. The intervention consisted of ten maximal, rest-inserted countermovement jumps, performed three times a week on a hard surface without shoes. The sham-control group performed unilateral balance exercises of equivalent duration. The intervention lasted eight months. Of the 39 participants who completed the study (n=23 intervention, n=16 control), there were no significant differences in Broadband Ultrasound Attenuation (BUA) using Quantitative Ultrasound of the calcaneum within and between groups (pre-BUA M = 64.4, SD = 7.2 dB/MHz and post-BUA M = 66.0, SD = 4.5 dB/MHz for intervention versus pre-BUA M = 63.6, SD = 4.2 dB/MHz and post-BUA = 64.4, SD = 4.5 dB/MHz for controls) or for any of the other outcome measures relating to bone, jump height, ground reaction force, balance and quality of life. The study was curtailed due to Covid-19, making the current analysis underpowered. The exercises were, however, well tolerated, with women in the jumping group completing 92% of the prescribed exercise and women in the sham-control group completing 88%. The non-significant findings might be explained by the study being underpowered, the lifestyle changes that occurred as a result of Covid-19-related restrictions, and/or the post-menopausal hypo-oestrogenism preventing substantial gains in bone strength with exercise.

Session 5d – Social Change (Wednesday, 14.00 – 15.00)

Gender inequality faced by female athletes, with special reference to the Sabaragamuwa University of Sri Lanka

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Sabaragamuwa University, Sri Lanka

This particular study was accomplished to identify the gender inequality faced by female athletes; with special reference to the Sabaragamuwa University of Sri Lanka. Identify the gender inequality faced by female athletes in Sabaragamuwa University was the key objective and it examined about what kind of factors of gender inequality related to participation in sports and how gender inequality experienced in other areas of sports life. A survey method was applied to examine the gender inequality faced by female athletes in Sabaragamuwa University. The questionnaire was used to collect the data and it consisted of 13 categories with two subsections as gender inequality related to participation in sports and inequality experienced in other areas of sports life. The study has provided conclusions after wearing out detail scientific analyses of data using suitable statistical tools. SPSS 21.0 version is the software used in analyzing the collected data to gain meaningful conclusions. According to the results, six factors were accepted from the chi-square analyze. There is a positive moderate correlation among all factors. The results which were identified under the sub sections inequality faced in other areas of sports life is highly affected for the females to participate sports. Results suggested that there is need to enhance gender equity among the University sport participants. The recommendations were suggested of this study can be able to use as a tailor advertising messages among the different stakeholders of the University sport sector. Keywords: gender inequality, female athletes, university sport participation, economic, social, cultural

Redressing the balance in girls' and women's football: Gender justice as a platform for social change

Dr Hanya Pielichaty
University of Lincoln, UK

The patriarchal hegemony engulfing British football continues to be problematic for girls and women who play. Despite years of intervention and focused initiatives alongside growing participation numbers; football culture still positions girls and women players as 'other'. This cultural stronghold, however, is starting to weaken due to the players' everyday experiences in relation to family, friendship, and activism. By taking a reflective account of my work in the field over the past decade I hope to provide new ways to think about equality, culture and praxis. A critical focus on the 'football self' will be informed by my insider-perspective as former player, woman and researcher. The use of 'memory snippets' will assist in framing my reflections in connection to the management and negotiation of football identities amidst a backdrop of historical oppression. By using a gender justice lens for analysis, a strategy towards social change in girls' and women's football is presented, in a bid to make football a more equitable space.

'Not quite a lady's expedition': Introducing Anne Lister's mountaineering excursions to inspire greater engagement, discourse and understanding in women's sporting achievements

Marlene Oliveira, Amanda Pryce

In the history of mountaineering, achievements by pioneering women are often overshadowed by those of their male peers. Gender and class played a role in women's access to mountaineering excursions but, for those with the means to prepare and attempt these climbs, sometimes the challenge was also getting their achievements recognized afterwards. We look at the example of Anne Lister (1791-1840), a Yorkshire landowner and diarist, and examine how she prepared for her climbs, achieved her goals, and carved a spot in history alongside her male peers. Lister is known as the first tourist to reach the summit of Mt. Vignemale in the Pyrenees (1838), but her mountaineering experience includes climbs of Mt. Perdu and Ben Nevis, among others. After successfully reaching the summit of Vignemale, Lister learned that a man had claimed her achievement. She then ensured that the truth was restored. Our research focuses on uncovering and bringing Anne Lister's achievements to modern audiences as a way to inspire greater engagement, discourse, and understanding in women's sporting achievements. We're providing an accessible way to visualize Lister's adventures as told in her journals and other archival materials in the form of interactive maps and other online resources, while also providing as much historical context as possible. Future work includes additional research into historical context and dissemination of knowledge by means of short talks, online articles, or other interactive resources that modern audiences can use to get inspiration to achieve more.

Session 6a – Menstrual Cycle (Wednesday, 16.00 – 17.00)

The effects of menstrual cycle phase on exercise performance in eumenorrheic women: A systematic review and meta-analysis

Kelly Lee McNulty¹, Dr Kirsty Jayne Elliott Sale², Dr Eimear Dolan³, Dr Paul Alan Swinton⁴, Dr Paul Ansdell¹, Dr Stuart Goodall¹, Dr Kevin Thomas¹, Dr Kirsty Marie Hicks¹

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⁴Robert Gordon University, UK

The purpose of this systematic review with meta-analysis was to determine the effects of the menstrual cycle (MC) on exercise performance and provide evidence-based, practical, performance recommendations to eumenorrheic women. Four databases were searched for published experimental studies that investigated the effects of the MC on exercise performance, which included at least one outcome measure taken in two or more defined MC phases. All data were meta analysed using multilevel models grounded in Bayesian principles. The initial meta-analysis pooled pairwise effect sizes comparing exercise performance during the early follicular phase with all other phases (late follicular, ovulation, early luteal, mid-luteal and late luteal) amalgamated. A more comprehensive analysis was then conducted, comparing exercise performance between all phases with direct and indirect pairwise effect sizes through a network meta-analysis. Results from the network meta-analysis were summarised by calculating the Surface Under the Cumulative Ranking curve (SUCRA). Study quality was assessed using a modified

Downs and Black checklist and a strategy based on the recommendations of the Grading of Recommendations Assessment Development and Evaluation (GRADE) working group. Of the 78 included studies, data from 51 studies were eligible for inclusion in the initial pairwise meta-analysis. The three-level hierarchical model indicated a trivial effect for both endurance- and strength-based outcomes, with reduced exercise performance observed in the early follicular phase of the MC, based on the median pooled effect size ($ES_{0.5} = -0.06$ [95% credible interval (CrI): -0.16 to 0.04]). Seventy-three studies had enough data to be included in the network meta-analysis. The largest effect was identified between the early follicular and the late follicular phases of the MC ($ES_{0.5} = -0.14$ [95% CrI: -0.26 to -0.03]). The lowest SUCRA value, which represents the likelihood that exercise performance is poor, or among the poorest, relative to other MC phases, was obtained for the early follicular phase (30%), with values for all other phases ranging between 53 and 55%. The quality of evidence for this review was classified as “low” (42%). The results indicate that exercise performance might be trivially reduced during the early follicular phase of the MC, compared to all other phases. Due to the trivial effect size, the large between-study variation and the number of poor-quality studies included in this review, general guidelines on exercise performance across the MC cannot be formed; rather, it is recommended that a personalised approach should be taken based on each individual’s response to exercise performance across the MC.

Menstrual cycle education provision in schools relating to participation in physical activity

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Background: The menstrual cycle can affect school attendance, confidence and participation in physical activity through a lack of knowledge and support, yet research has not quantified education provided in schools. **Aim:** Explore menstrual cycle education in UK schools, with specific focus on the impact of participation in physical activity. **Method:** 789 teachers (91% female) from all stages of school education in England (48%), Scotland (24%), Wales (22%) and Northern Ireland (6%) completed a qualitative online survey. The survey captured information on menstrual education in schools, teachers’ knowledge and confidence of the menstrual cycle, impact of the menstrual cycle on school performance and participation in physical activity. **Results:** 498 teachers reported lessons were provided on the menstrual cycle (63%), predominantly delivered within personal, social, health and economic (PSHE) or science subjects, with lessons focusing on the biology (56%) and menstrual products (40%) rather than lived experiences (14%). Only 15% of teachers reported more than two lessons were provided in one year, with 77% of teachers feeling further training would be beneficial to help teaching. 88% of teachers perceived the menstrual cycle as the most prevalent reason to affect participation in physical activity. **Conclusion:** The results highlight education is scientifically focused with less education on management of symptoms or lived experiences, with teachers perceiving the menstrual cycle influencing participation in physical activity. There is a need to address menstrual education provided in schools to help empower girls to manage their menstrual cycle, preventing impact on physical activity and health.

Menstruation and football: The experiences of female football players from low and middle income countries

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Menstruation is a normal biological process in females. However, females tend to be excluded from sports science research because of it. Consequently, our understanding of menstruation and athletic performance

is still not well researched. Furthermore, much of the current literature on menstruation in sport fails to account for the intersection of gender, race, culture and economics – factors which compound the difficulties faced by female African athletes. The study aimed to explore female African football players' current and historical menstrual cycle status, menstrual symptoms, lived experiences, and perceptions of the menstrual cycle. Participants completed demographic questionnaires and the Moos Menstrual Distress Questionnaire. The main findings were that 67% of the players did not use contraceptives, likely due to socio-cultural factors at community level. Most of the players had access to their preferred choice of sanitation; however, 35% used old rags during their periods, likely because they could not always afford their preferred choice. The most commonly reported menstrual symptoms were abdominal cramps (55%), headache (42%), mood swings (42%) and irritability (48%). Further, players reported irritability (48%), mood swings (52%), and breast tenderness (48%) in their most recent period and the week before their period. These symptoms can affect training and competition; therefore, team support personnel should be aware of menstruation's physiological, psychological, and social implications for sportswomen and its effect on athletic performance and wellbeing.

Session 6b – Sporting Experiences (Wednesday, 16.00 – 17.00)

'We got next': Understanding the experiences of women collegiate athletic administrators in Division III NCAA-member institutions in Mississippi

LeKesha L. Perry

The University of Toledo, Ohio, US

Nearly five decades after it became law, Title IX of the Education Amendments of 1972 has significantly changed the landscape of sports in the United States. The law does not mandate the equality of sports or athletics, nor does it mention athletics at all. However, the law has been credited with directly expanding equitable opportunities for women to play collegiate sports. While Title IX has had a significant impact on creating opportunities for women and girls to play, yet the same opportunities have not translated into an equitable number of women holding leadership positions at the collegiate level. The intent of this phenomenological study is to describe and understand what women administrators at the National Collegiate Athletic Association (NCAA) Division III level perceive as profound along the way to acquiring their current position. In doing so, this study addresses the dearth of literature regarding women intercollegiate administrators' perceptions concerning what contributed to their success in climbing the leadership ranks. The research is designed to describe and understand what participants, in their own voices and deep recollections, believe are the essences of the phenomenon.

Gender and sports: Experiences of the Surinamese Olympic Committee with safeguarding measures

Dr Kirtie Algoe

Suriname Olympic Committee; Anton de Kom University, Suriname

The advocacy of gender equality in sports is a worldwide struggle, but a greater challenge for small nations with a fragile economy like Suriname, a Dutch speaking country in the Caribbean. This paper seeks to share experiences of the Suriname Olympic Committee (SOC) with countering gender inequality in sports within the global context of actions undertaken by the International Olympic Committee (IOC). The case of Suriname is worthwhile for it shows a small nation's successes in creating safeguarding measures. SOC has managed to develop a code of conduct in sports and is now undertaking steps to establish an institute of justice in sports. All this happens in a situation with limited female leadership in sports: only three of 17 member national federations are female headed and the board of the SOC with nine persons has two women. Three arguments are posed. Firstly, Suriname's gender inequality in sports is a reflection of national power structures and cultural obstacles for women in sports. Secondly, IOC's policy and resources to reduce gender disparity in sports are essential, but not a guarantee for national changes. Thirdly and more importantly SOC tackled gender disparity using an approach based on principles of walk the talk, and trial and error. All three arguments are elaborated using the framework of intersectionality. The study draws empirically upon data gathered during seminars and workshops of the Gender and Sport Commission of the SOC.

Reframing the narrative: Examining men's attitudes towards women's participation in sport and physical activity

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A persistent gender gap exists in sport with women and girls participating less than their male counterparts. Much of the research in this area has framed the narrative around this being a women's 'problem' seeking to identify the barriers and enablers to women's and girls' engagement and involvement. This paper is based on a study which was part of an 18 month publicly funded pilot project to evaluate a targeted sport and physical activity (PA) programme for women and girls (14+), which informed the development and roll out of the national campaign, 'This Girl Can'. This presentation reports on one of the five components of the study based on semi-structured telephone interviews with 222 males (2252 calls were made to households in the geographical location of the targeted programme: 9.9% response rate). The interviews focused on the interviewees' perceptions about, and attitudes towards women's participation in sport and PA generally, and in the context of the targeted programme. The findings of the study suggest that whilst men were on the whole supportive of women's participation in sport and PA, 'everyday sexism' was still an undercurrent of the cultural and social reference points that men draw upon in attitudes towards women's participation in sport and PA. These findings highlight the need to consider the role of men in tackling the 'everyday sexism' which characterises much of the culture of sport.

5 in 5

Session 5c (Wednesday, 14.00 – 15.00)

Impact of resting metabolic rate and physical activity on weight loss during postpartum period

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Difficulty losing weight gained during pregnancy puts women at a significantly greater risk for becoming obese. The two largest components of energy expenditure are resting metabolic rate (RMR) and physical activity (PA), yet how these factors change during the postpartum period is not well-characterized. Aim: To evaluate changes in RMR and PA in relation to weight loss during the postpartum period. Methods: PA was measured objectively using wrist-worn accelerometers over seven days in eight women at three, six, and nine months postpartum. RMR was measured using indirect calorimetry. Body composition was measured by DXA. Changes in body stores and self-reported three-day food logs were used to calculate energy intake (EI). Results: Body mass decreased from three to six months postpartum (72.0 ± 16.0 vs 69.5 ± 16.4 kg, $p < 0.05$), however no further change occurred from six to nine months (68.6 ± 17.3 kg). Total energy expenditure (TEE: average 3045 ± 733 kcal/d) and EI (average 2894 ± 834 kcal/d) did not change over the observed time-period; however. Within TEE, RMR increased from three to six months postpartum (30.0 ± 2.1 vs 34.0 ± 4.8 kcal/kg FFM/day, $p < 0.05$), but was not different at nine months (31.4 ± 2.9 kcal/kg FFM/day), while PA did not differ from three to six months ($3.7 \times 10^6 \pm 0.4 \times 10^6$ vs. $3.7 \times 10^6 \pm 0.5 \times 10^6$ counts), but did increase by nine months ($4.1 \times 10^6 \pm 0.6 \times 10^6$ counts, $p < 0.05$). Conclusion: Increased RMR is a greater contributor to weight loss than PA during the postpartum period. Interventions aimed at evaluating the impact of greater PA during the postpartum period in creating greater energy expenditure and weight loss may reduce the risk for maternal obesity.

Distinction between women's and men's amateur rugby union match injury: A three-year examination

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Background: Participation in women's rugby union continues to grow but comprehensive injury epidemiology surveillance distinct from the men's game is required. **Aim:** This longitudinal study aimed to identify injury incidence and related factors among top-tier adult amateur community women's rugby union in Ireland. **Methods:** Designated club injury recorders logged match injury circumstance on a web-based injury monitoring system (IRISweb) over three competitive seasons. Female participants were: 2017-18 season: 4 clubs/129 players; 2018-19 season: 7 clubs/195 players; 2019-20 season: 5 clubs/126 players. Male participants were: 2017-18 season: 15 clubs/479 players; 2018-19 season: 25 clubs/959 players; 2019-20 season: 20 clubs 929 players. Measures included >24hr time loss match injury incidence rate, nature, and timing. **Results:** Time-loss match injury incidence rates (per/1,000 player hours) were: 2017-2018 season 46.2 female Vs 49.7 male; 2018-2019 season: 27.7 female Vs 47.2 male; 2019-2020 season: 34.9 female Vs 49.1 male. Concussion followed by ankle sprain were the most common diagnoses each year for both men and women. Timing of all injuries showed that while men were most commonly injured in the third or fourth quarter, women's injuries manifested earlier in the second quarter and plateaued or increased in rate thereafter. **Conclusions:** These data are specific to adult women amateur players in Ireland and offer evidence to support the design of training and game management strategies to this cohort, particularly with respect to earlier timing of match injury. Coaches and clinicians should apply education and interventions addressing the ankle, lower extremity and head injury in both sexes.

Preliminary findings from a global women's rugby union survey

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The number of female rugby players worldwide exceeds 2.8 million, with a reported increase of 28% in 2018 alone. Injury prevention, training and return to play protocols in rugby, however, are based on androcentric data. There is a dearth studies focusing on female athletes in general, but lack of female representation in literature surrounding brain injury is of particular concern. To address this, a multidisciplinary academic group constructed a global survey to further understanding of women's rugby injury epidemiology, playing history, training practices, concussion knowledge and positional anthropometrics. Different surveys were constructed for players and coaches. The survey was distributed via social media, facilitated by governing bodies, and translated into nine languages. The survey was open for three months and received 1896 responses from 62 countries, 1596 responses coming from players and 300 from coaches. Across all levels and countries, the body mass of forwards (80.8±15.8 kg) was significantly greater than backs (65±9.8 kg). For the top ten world-ranked countries, the average age players began playing rugby was generally correlated with ranking apart from England. The most reported injuries were ankle sprain (24%), concussion (12%) fractured finger (6%), nose fracture (4%) and ACL tear (3%). When asked about the most common mechanism of concussion at their playing level, 49.4% of respondents selected head collision with the ground, followed by direct head contact with hard body part. Differing from existing studies on men's rugby, 41.5% of respondents reported higher risk of concussion as the ball carrier (41.5%) than the tackler (35.4%).

The speed and countermovement jump height characteristics of elite inter-county camogie players

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A significant gender divide is present within Gaelic games research, with little understanding or knowledge of speed and countermovement jump height capabilities of elite camogie players compared to their male peers. This investigation aimed to bridge this gap within the literature and provide normative values for

these metrics. Forty-five senior inter-county camogie players (age: 23.31 ± 3.47 years; height: 168.97 ± 5.60 cm; body mass 68.37 ± 7.44 kg) completed pre-season speed and jump height testing using 5- and 10m sprints, and countermovement jump (CMJ) assessment. Players were sub-divided into their playing position (defenders, mid-fielders and forwards) to assess if positional differences occur. A multivariate analysis of variance (MANOVA) revealed no significant positional differences for any test ($p > 0.05$). Trivial to small main positional effects ($ES = 0.13-0.58$) for 5- and 10m sprint times, and CMJ heights were evident, however. Mean 5m sprint times and CMJ heights were 1.20 ± 0.08 s and 27.49 ± 3.11 cm, respectively. These results indicate similar 5m sprint times to Australian Rules football players (Black et al., 2017), but CMJ heights lower than that of Danish, and NCAA Division I soccer athletes (Krustrup et al., 2010; Vescovi and McGuigan, 2008). The relative homogeneity across performance measures suggests no obvious position specific speed or jump height characteristics within this cohort of elite inter-county camogie players. This study is the first to provide normative speed and jump height values of elite camogie players to further inform coaches and players to advance the game of camogie.

She can lift: Perception of barriers and facilitators of female technical officials in the sport of para powerlifting

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¹International Paralympic Committee; ²Areandina University, Colombia

Despite the sport of Paralympic powerlifting having an equal number of medal events for men and women since 2000, the number of women involved in the sport in different roles is imbalanced. This research project aimed to identify the perceived barriers and facilitators of female technical officials currently involved in the sport. Through surveys of female technical officials at the Bogota 2018 Americas Open Regional Championships, results were categorised into three main themes: sport management, social factors and personal factors. Findings directly impacted the sport's community in the creation of World Para Powerlifting's 'She Can Lift' Programme.

Session 6c (Wednesday, 17.00 – 18.00)

Effects of home-based combined exercise training in Covid-19 pandemic on physical performance and body composition in Iranian overweight pregnant women

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Background: Physical activity of pregnant mothers has always been associated with misconceptions about potential risks. Aim: The aim of this study was to evaluate the effect of home-based combined exercise training on body composition and physical performance in the second and third trimesters of pregnancy in overweight women as one of a first studies in Tehran, Iran. Methods: Participating mothers ($n=25$; gestational age between 16 and 18 weeks) were randomly divided into two groups of home-based exercise training and control. The exercise protocol of the intervention group included home-based aerobic and resistance training. Body composition and physical performance were measured in the first and second, third trimesters from mothers of both groups in 16-18, 24-28 and 38-36 weeks of pregnancy. Results: The results showed significant differences between control and trained groups in fat percentage and some functional indices ($P < 0.05$). Conclusion: Home-based combined exercise training in Covid-19 pandemic have been accompanied by improvements in body composition and performance indicators in Iranian pregnant young women. Keywords: Home-based exercise, body composition, fitness, obesity, pregnant women.

The mental health of rugby players: Systematic review and meta-analysis

Shakiba Oftadeh-Moghadam, Paul Gorczynski
University of Portsmouth, UK

Within rugby, a plethora of research has focused on male rugby players, with some recent attention being directed to examining their mental health. Such attention has not been evident for their female rugby counterparts. The aims of this study were to ascertain levels of mental health literacy (MHL) in United Kingdom semi-elite rugby players who identified as women and examine whether MHL is associated with better mental health outcomes and general help-seeking intentions. In total, 208 semi-elite women rugby players completed an online multi-section questionnaire measuring MHL, general help-seeking intentions, distress, and wellbeing. Overall, most players scored a low rating of wellbeing, however those who indicated a previous mental health problem exhibited significantly higher levels of MHL. Players were more likely to display general help-seeking intentions towards an intimate partner or a friend than a healthcare professional. High levels of distress were reported in 64.4% of players, particularly those who had been previously medically diagnosed with a mental disorder and those who identified as bisexual. MHL was significantly, positively correlated with general help-seeking intentions, but not significantly correlated with distress or wellbeing. This study is the first to examine MHL in women rugby players and suggests that strategies devised by multi-disciplinary teams of experts to help promote, engage and offer tailored mental health support to women rugby players would be beneficial. Further investigations exploring the determinants of, and barriers to, MHL amongst women rugby players would be worthwhile to better understand and support players throughout their sporting career.

‘A mother’s work’: An exploration of the maternity rights of elite athletes

Tenille Burnside

Athletes reach peak performance at a similar time to reaching peak fertility, but until recently elite athlete mothers have navigated their sporting careers and motherhood silently. The purpose of this submission is to highlight the need for the maternity rights of elite athletes to be recognised and respected by sports governing bodies (SGBs). Considering the precarious nature of an athlete’s profession in a monopolistic, pseudo-professional environment and underlying female medical issues, it is apparent that this need is heightened. Support for this position is found in international human rights instruments and in the recent recognition of human rights by major international SGBs. An analysis of maternity policies and practices of certain SGBs and sponsors is undertaken. This reveals patches of excellent policies, which respect athletes’ autonomy, remove discrimination and provide organisational and/or financial support, such as maternity pay and childcare. However, with such policies being the exception rather than the norm, conclusions are drawn that a lack of maternity rights will continue to be detrimental to the advancement of women’s sport and human rights. Therefore addressing human rights requires systemic change and collective action. Continuing to ignore the rights of athlete mothers will impact on their recruitment and retention and moreover, threatens sport’s social licence. Practical recommendations are offered to individual SGBs for the introduction of maternity policies taking into consideration the nuances of their respective sport and available resources. Recommendations are also made for collective action by SGBs, including investing in research, creating model policies, raising minimum standards in funding and hosting contracts and centralising specialist resources.

Cycle and elite sport: An orientation guide

Adrian Rothenbühler¹, Sibylle Matter Brügger², Maja Neuenschwander³

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The influence of the female menstrual cycle on competitiveness in sport varies from one individual to another (McNulty, Kelly Lee et al., 2020, p. 1-15). Women athletes need to understand the effects of cycle-dependent hormonal changes to enable them to make better use of and more effectively control the ways in which those changes influence training and performance. The three-stage support model shows this development of understanding. The following spheres: communication, awareness and documentation, as well as individual training plans, form the basis – not always with the same weighting, however. Stage 1: address and understand. Empowerment of both sides (female athlete and coach) – thus, informing and raising awareness of topics specific to women (e.g. menstrual cycle, RED-S, among other things) are central at this stage. A crucial tool in this is the communication between the parties involved. The individual physiology and basic knowledge of the female menstrual cycle are picked out as central themes

in an easily accessible way. Cycle-monitoring can provide initial information and insights for further work. Stage 2: integrate and optimise. At the second stage, the physiology sphere becomes more important and mutual trust is further developed. Insights into the hormonal and structural situation have to be considered in more depth. The awareness and documentation of cycle-related problems and positive influences lead to adaptations in the training process. This enables an optimisation of performance and an improved injury prophylaxis (of e.g. ACL injuries) to be achieved. Stage 3: maximise. At the third stage, the insights gained previously are implemented in the training plan of the competitive sport. The timing and type of training incentive are adapted to the individual effects of the athlete's cycle (cycle-directed training). To enable athletes and coaches to strive for this performance optimisation, a very good knowledge of the gender-specific realities is crucial for the training plan. The presented model can be a starting point for that.

CrossFit, mood states and menstrual symptoms

Jamie Lincoln

East Norfolk Sixth Form College, UK (Completed MSc at Staffordshire University, UK)

Objective: To examine the effect of regular CrossFit exercise on mood states and menstrual cycle symptoms for both eumenorrheic participants and hormone-based contraception users. Methods: Two groups of CrossFit participants [eumenorrheic (n = 21) and hormone-based contraception users (n = 15)], alongside additional groups of sedentary participants [eumenorrheic (n = 17) and hormone-based contraception users (n = 16)], completed the Menstrual Distress Questionnaire (MDQ) and the Differential Emotions Scale (DES-IV) premenstrually, menstrually and intermenstrually. Results: Repeated measures ANOVAs recorded significant differences ($p \leq .001$) for between CrossFit eumenorrheic participants and CrossFit hormone-based contraception users on all negative mood states and menstrual cycle symptoms (neuroticism factor, $p \leq .001$; hostility factor, $p \leq .001$; psychological factor, $p \leq .001$ and physical factor, $p \leq .001$, respectively) compared to sedentary participants. Menstrual cycle phase was significant across all CrossFit groups ($p \leq .001$) with clear differences reported across premenstrual and menstrual phases. Positive mood (extraversion factor, $p \leq .001$) was significantly higher in both CrossFit groups compared to sedentary groups across all phases ($p \leq .001$) of the menstrual cycle. Conclusion: Regular CrossFit exercise significantly reduced negative mood states and menstrual cycle symptoms for both eumenorrheic and hormone-based contraception users compared to sedentary controls. Regular CrossFit exercise promotes positive mood states and demonstrates less prevalent menstrual cycle symptoms across all menstrual cycle phases.

Twitter posters

(Wednesday 15.00 – 16.00)

Exploring women's leadership in China's sport national governing bodies

Han Zheng

Loughborough University London, UK

This research is about exploring China's women's leadership in sports organisations. Although the importance of women's leadership has been more widely mentioned in the past decade, in most areas, women are still seriously underrepresented at the leadership or decision-making level; while sport, as a long-term male-dominated industry is no exception. In the past decade, there have been few in-depth studies on Chinese women's leadership in the sports industry. From the perspective of numerical data, the underrepresentation of women's leadership is still very serious in China. In Chinese enterprises, women occupy only 16% of the leadership, while in scientific and technological research institutions, women occupy 5.6% of the leadership. According to the data collected by the author in 2020, the average proportion of female occupational leadership in China's NGBs is less than 20%. Therefore, the purpose of this research is to explore the current situation of women leadership in sport governing bodies in China in order to fill the research gap. In this research, a multi-level framework proposed by Leberman and Burton in 2017 was applied. By using both questionnaires and interviews, data on sport NGBs in China will be collected. In addition to barriers being classified into three levels, the inner connections between each level

will also be explored. Finally, the degree of representation of women's leadership will be explored, while some targeted options will be put forward on how to support women's representation in leadership. At present, the research is in progress, and part of the questionnaire and interview have begun. Some preliminary results will be presented in the report and PowerPoint.

US women's university rugby 7s contact injuries over five years

Kiera G. Borthwick^{1,2}, Som P. Singh^{1,3}, Samantha Lopez-Cruz^{1,4}, Dimpie P. Shah^{1,5}, Scarlet N. Roldan^{1,6}, Annette Ramos^{1,7}, Xinning Li^{1,8}, Victor Lopez Jr.^{1,9}

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Research Institute New Zealand, Auckland University of Technology, Auckland, New Zealand

Introduction: Rugby 7s participation continues to grow rapidly as a collision sport among the US women's university population. Despite the fact that rugby injury rates and patterns differ by sex (Fuller et al., 2017), there is a lack of injury data on the female cohort. This study aims to quantify incidence of contact injuries for university women in USA Rugby 7s sanctioned events. Methods: Prospective epidemiology study of injury incidence (injuries/1000 playing hours (ph)) in the women's university population. Data was collected at USA Rugby 7s events from 2012-2016 with the Rugby Injury Survey and Evaluation (RISE) Report (Lopez et al., 2012) and in accordance with the rugby consensus statement (Fuller et al., 2007). Results: The total injury rate was 107.9/1000ph (n=71). Injuries most often resulted from contact with another player and/or the playing surface (91.2/1000ph) as compared to non-contact injuries (9.1/1000ph) (P<0.01). Among contact injuries, more injuries were encountered after impact with another player (71.7%) as compared to impacts involving the playing surface (28.3%) (P<0.01). The incidence of contact injuries did not differ between position groups (backs=88.4%, forwards=89.5%, P=0.07). Conclusions: This study provides necessary data on women university players, who would benefit from population-specific training for contact events, such as proper tackling form during player contact with load production (Castillo-Rodríguez et al., 2020) and breakfall form during contact with the playing surface (Koshida et al., 2017). Additional analysis on this cohort will help in the development of women-specific training protocols and guidance of return-to-play protocols following both contact and non-contact injuries.

Abstracts Day 4

Oral Presentations

Session 7a – Mental Health (Thursday, 13.00 – 14.00)

Mental health of elite female cricketers

Dr Hassan Mahmood

Background: Cricketers from different countries have suffered from mental health disorders such as anxiety and depression (Alderson, 2012; Sahni and Bhogal, 2017; Schout, 2019; Schuring et al, 2017). Whilst the focus has mostly been on the mental health of male cricketers, female cricketers have been playing more frequently, including away from home, with increased media scrutiny (Caldwell, 2018). Aim: To highlight mental health disorders amongst female cricketers and make recommendations. Methods: Literature review included keywords 'female cricket', 'cricket and mental health' and 'female cricket and mental health' being searched in Pubmed and Google Scholar. Results: Female cricketers have suffered from mental health disorders (Caldwell, 2018; Guardian Sport and Agencies, 2019; Phillips, 2019), which in some cases has led to retirement (Guardian Sport and Agencies, 2019). Open discussions about mental health may have helped to decrease stigma (Phillips, 2019). Due to the Covid-19 pandemic, the game has been played in biosecure bubbles. This has been a challenge given the restrictive environments, resulting in 'bubble fatigue' (Thorpe, 2020). Although there is structured mental health support in some countries (Australian Cricketers' Association, n.d.; New Zealand Cricket Players' Association, n.d.; Professional Cricketers' Association, n.d.; South Africa Cricketers' Association, n.d.), there is no equivalent in South Asian nations where it is needed (PR, 2019), but there is little discussion about female cricketers' mental health, possibly due to stigma (Khan, 2014). Conclusion: All elite cricketers should be supported to have access to mental health literacy programmes, mental health screening to allow earlier interventions, a team psychologist focusing on mental health and wellbeing and a psychiatrist when required (Mahmood and Friedman, 2021). Mental health screening (Gouttebauge et al; 2020) should be tailored to the needs of the multiple cricket-playing nations. Research is also needed to determine prevalence of mental health disorders amongst female cricketers.

Mental health literacy, help-seeking and mental health outcomes in women rugby players

Shakiba Oftadeh-Moghadam, Paul Gorczynski
University of Portsmouth, UK

Within rugby, a plethora of research has focused on male rugby players, with some recent attention being directed to examining their mental health. Such attention has not been evident for their female rugby counterparts. The aims of this study were to ascertain levels of mental health literacy (MHL) in United Kingdom semi-elite rugby players who identified as women and examine whether MHL is associated with better mental health outcomes and general help-seeking intentions. In total, 208 semi-elite women rugby players completed an online multi-section questionnaire measuring MHL, general help-seeking intentions, distress, and wellbeing. Overall, most players scored a low rating of wellbeing, however those who indicated a previous mental health problem exhibited significantly higher levels of MHL. Players were more likely to display general help-seeking intentions towards an intimate partner or a friend than a healthcare professional. High levels of distress were reported in 64.4% of players, particularly those who had been previously medically diagnosed with a mental disorder and those who identified as bisexual. MHL was significantly, positively correlated with general help-seeking intentions, but not significantly correlated with distress or wellbeing. This study is the first to examine MHL in women rugby players and suggests that strategies devised by multi-disciplinary teams of experts to help promote, engage and offer tailored mental health support to women rugby players would be beneficial. Further investigations exploring the determinants of, and barriers to, MHL amongst women rugby players would be worthwhile to better understand and support players throughout their sporting career.

An investigation into the effect of Zumba® and ZumbaGold® on non-specific, pre-existing musculoskeletal pain

Lorna Mackay

Staffordshire University, UK

Purpose: The aim of this study was to determine whether participating in regular Zumba® or ZumbaGold® classes had an effect on non-specific, pre-existing musculoskeletal pain. The focus was on the neck, shoulders, lower back, hips, knees, ankles and multi-sites. **Methods:** A mixed methods approach was adopted to measure changes in pain intensity and frequency for 34 female participants who suffered with pain prior to commencing Zumba® or ZumbaGold® classes. Data from pain questionnaires were complemented by 19 post questionnaire interviews to provide exploratory and contextual understandings. **Results:** The results demonstrate regular participation in Zumba® or ZumbaGold® offers a positive effect on reducing perception of non-specific, pre-existing musculoskeletal pain in a variety of anatomical locations. Large significant differences were evident in perception of both pain frequency and intensity between pre and post data. In addition, improvements in health-related quality of life (HRQOL) factors, such as daily activities, depression, anxiety and sleep were reported. These changes were mostly associated with medium to large effect sizes for Zumba® and ZumbaGold®. Two themes emerged from qualitative data: relationship with pain and motivation inspired by classes. **Conclusion:** It is strongly suggested participation in Zumba® or ZumbaGold® classes is an important alternative to consider for the treatment of chronic, non-specific musculoskeletal pain in a variety of anatomical locations, which can support improvements in HRQOL. Knowledge of these benefits could help individuals suffering with non-specific musculoskeletal pain to alleviate the fear of exercising and increase confidence to participate in Zumba® or ZumbaGold®.

Session 7b – Strategies for Changing Bodies (Thursday, 14.00 – 15.00)

Support for organised sport as a strategy to close the gender gap in physical activity in youth

Dr Aoife Lane, Kevin Gavin, Kieran Dowd

SHE Research Group, Department of Sport and Health Sciences, Athlone Institute of Technology, Ireland

Sport has been identified as an investment that works for the promotion of physical activity (PA). In Ireland, 61% of adolescent girls are members of a sports club and young people who play sport are more likely to meet guidelines for PA2. However, the typical gender gap in PA is apparent in sport, as girls consistently accrue less health enhancing/moderate-vigorous PA (MVPA) during sport participation than boys. The aim is to examine the level of MVPA accumulated through sport participation in adolescent boys and girls who play the team based, field sport of Gaelic football. 130 sport participating adolescent (mean age=15 years) boys (n=65) and girls (n=65) wore an activPAL accelerometer for a 7-day period during (i) 'pre season'/Spring and (ii) 'in season'/Summer. At 'pre season', girls accumulated significantly less MVPA during Gaelic football participation than boys (35.5 v 27.4 MVPA min/hour). At 'in season', girls significantly increased their time in MVPA during Gaelic football, resulting in no gender difference during organised sport time; 35.9 and 34.5 MVPA min/hour for boys and girls respectively. In turn, across a full day, there were no gender differences in MVPA at 'in season' with 54% boys and 49% girls meeting PA guidelines. Summer brings increased discretionary time, and a lack of school commitments that likely contributed to higher PA among girls in this analysis. However, observed changes in MVPA in girls was directly linked to increases in sport based MVPA, which affirms the value of sport in the promotion of PA, particularly among girls.

Injury, illness and medications' use surveillance during the 2020 COSAFA women's championship

Dr Nonhlanhla S. Mkumbuzi^{1,2}, Senanile B. Dlamini², Fidelis Chibhabha³, Fredrick M. Govere²

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Background: Injury, illness and medications use surveillance studies during regional, continental and global tournaments are an important aspect of protecting athletes' health. However, systematic analyses of injuries, illnesses or medications use and their risk factors among female African athletes are scarce, which has implications for management of these athletes; these athletes rely on information on injuries, recovery and training that is generated without their bodies or circumstances in mind. Objectives: To analyse the incidence and characteristics of injuries, illnesses and medications use during the 2020 COSAFA Women's Championship. Methods: The medical personnel of all participating teams reported all new injuries, illnesses and medications used by players daily. Results: Sixty-three injuries were reported: 45 match and 18 training injuries; 45.5 injuries/1000 match-hours (95% CI 32.2 to 58.8) and 21.7 injuries/1000 training-hours (95% CI 11.7 to 31.7). Most injuries (n= 55, 87%) were caused by contact with another player and involved the lower extremity (n = 43; 68%). Fifty-eight illnesses/ailments were reported: 44.4 illnesses/1000 player-days (95% CI 33.0 to 58.8), mostly diarrhoea/loose stools (43.1%) and dysmenorrhoea (31%). No cases of Covid-19 were reported. In total, 175 medications were prescribed: 133.9 medications/1000 player-days (95% CI 133.8 to 134.0). Non-steroidal anti-inflammatory drugs (NSAIDs) (34.3%) and analgesics (18.9%) were the most commonly prescribed drugs. Conclusion: The incidences of injury, illnesses and use of medications were high; therefore, it is imperative that further studies be conducted in order to inform appropriate prevention or management protocols among female African football players.

From washing boots to motor racing champions: Women affected by dementia and their relationship with sport reminiscence

Rebecca Oatley

Association for Dementia Studies, University of Worcester, UK

This ethnographic qualitative study is the first to explore experiences of sport reminiscence for women affected by dementia. Sport reminiscence (using sport-related prompts to trigger memories and conversation) is reportedly a popular activity for people living with dementia that tackles loneliness and supports wellbeing. Yet, it remains rooted in a traditional masculine hegemony that negates the diverse experiences that both men and women have within sporting domains. Data were generated through qualitative interviews and observations during sport reminiscence group activities hosted by professional sports clubs. Evidence illustrated that women had vibrant and varied sporting histories that reflected both traditional gender stereotypes and challenged perceptions of female sport. Sport was an enjoyable topic and could promote sociability, whilst person-centred sport reminiscence enabled some women to uphold aspects of identity, experience empowerment and share a sense of belonging. However, results demonstrated group activities remained highly gendered and group dynamics could impede participation. Furthermore, overgeneralised prosocial assumptions advocating sport-for-change benefitted the sport clubs, rather than individuals affected by dementia. For some women, sport did form a valuable topic beneficial for wellbeing, that could counteract stigma related to dementia, age, or gender stereotyping; nonetheless, existing sport reminiscence research and practice lacks the critical perspective that is necessary to address its limitations, and reach its potential.

Session 8a – Hormonal Cycle (Thursday, 16.00 – 17.00)

Focus-group discussions of the female hormonal cycle as a tool for increasing knowledge and communication among elite endurance athletes and their coaches

Martina Höök^{1,2}, Max Bergström¹, Stig Arve Sæther³, Kerry McGawley¹

¹Swedish Winter Sports Research Centre, Department of Health Sciences, Mid Sweden University, Östersund, Sweden; ²Swedish Ski Association, Falun, Sweden; ³Department of Sociology and Political Science, Norwegian University of Science and Technology, Dragvoll, Trondheim, Norway

Background: Competitive female athletes perceive their hormonal cycles to affect training, performance and wellbeing (Armour et al., 2020; Findlay et al., 2020; Solli et al., 2020). Despite this, athletes rarely discuss their hormonal cycles with coaches or others and this appears to be at least partly due to a lack of knowledge among athletes and coaches (Brown et al., 2020; Kroshus et al., 2014; Larsen et al., 2020; Solli et al., 2020). Aims: This study aimed to provide an in-depth understanding of the perceptions and

experiences of athletes and coaches in relation to: 1) Female hormonal cycles and how they affect training, performance and wellbeing; 2) Barriers to athlete-coach communication. Methods: Participants included 13 Swedish national-/international-level female cross-country skiers (age 25.8 ± 3.6 y) and eight coaches (two female, six male; age 47.8 ± 7.5 y). All 21 participants completed an online survey of their current knowledge relating to female hormonal cycles. They then participated in semi-structured focus-group interviews led by the first author. Results: Three key themes revealed that: 1) Athletes question whether it is necessary and/or healthy to experience amenorrhea during their competitive careers; 2) Coaches feel that they lack the knowledge of female-specific health issues required to help their athletes; 3) Both athletes and coaches found that the focus-group discussions provided a platform for open communication and improving their knowledge of hormonal-cycle related issues. Conclusion: A survey and focus-group discussions can be used to assess and improve knowledge and communication relating to female-specific hormonal and health issues among athletes and coaches.

The effects of oral contraceptives on exercise performance in women: A systematic review and meta-analysis

Kelly Lee McNulty¹, Dr Kirsty Jayne Elliott Sale², Dr Eimear Dolan³, Dr Paul Alan Swinton⁴, Dr Paul Ansdell¹, Dr Stuart Goodall¹, Dr Kevin Thomas¹, Dr Kirsty Marie Hicks¹

¹Northumbria University, UK; ²Nottingham Trent University, UK; ³Universidade de São Paulo, Brazil;

⁴Robert Gordon University, UK

The purpose of this systematic review and meta-analysis was to explore the effects of oral contraceptive pill (OCP) use on exercise performance in women and to provide evidence-based performance recommendations to users. A between-group analysis was performed, wherein performance of OCP users was compared with naturally menstruating women, and a within-group analysis was conducted, wherein performance during OCP consumption was compared with OCP withdrawal. For the between-group analysis, women were phase matched in two ways: (1) OCP withdrawal versus the early follicular phase of the menstrual cycle and (2) OCP consumption versus all phases of the menstrual cycle except for the early follicular phase. Study quality was assessed using a modified Downs and Black Checklist and a strategy based on the recommendations of the Grading of Recommendations Assessment Development and Evaluation working group. All meta-analyses were conducted within a Bayesian framework. 42 studies and 590 participants were included. Most studies (83%) were graded as moderate, low, or very low quality, with 17% achieving high quality. For the between-group meta-analysis comparing OCP users with naturally menstruating women, posterior estimates of the pooled effect were used to calculate the probability of at least a small effect ($d \geq 0.2$). Across the two between-group comparison methods, the probability of a small effect on performance favouring habitual OCP users was effectually zero ($p < 0.001$). In contrast, the probability of a small effect on performance favouring naturally menstruating women was moderate under comparison method (1) ($d \geq 0.2$; $p = 0.40$) and small under comparison method (2) ($d \geq 0.2$; $p = 0.19$). Relatively large between-study variance was identified for both between-group comparisons ($ES_{0.5} = 0.16$ [95% credible interval (CrI) 0.01–0.44] and $ES_{0.5} = 0.22$ [95% CrI 0.06–0.45]). For the within-group analysis comparing OCP consumption with withdrawal, posterior estimates of the pooled effect size identified almost zero probability of a small effect on performance in either direction ($d \geq 0.2$; $p \leq 0.001$). OCP use might result in slightly inferior exercise performance on average when compared to naturally menstruating women, although any group-level effect is most likely to be trivial. Practically, as effects tended to be trivial and variable across studies, the current evidence does not warrant general guidance on OCP use compared with non-use. Therefore, when exercise performance is a priority, an individualised approach might be more appropriate. The analysis also indicated that exercise performance was consistent across the OCP cycle.

Inspiring women to be active during midlife and menopause

Liz Prinz, Clare Taylor

Women in Sport

Background: Midlife can be a time of declining physicality and health and an exhausting period when women are often caring for children and aging parents, managing demanding careers, and coping with perimenopausal symptoms. All of this means that some women struggle to be active, but we know that more women are interested in being active during this time. Being physically active during perimenopause

makes it easier for women to be active into later life, embeds good habits, and can prevent illnesses and injuries. The sport sector must do more to facilitate this. Aim: To understand the pressures midlife women face (including perimenopause), identify how these factors prevent inactive women from getting active, and find solutions. Methods: Iterative three-month qualitative study: 1) seven-day ethnographic tracking followed by online activities exploring attitudes to exercise and menopause with 30 women; 2) depth interviews with 12 of the 30 women and supplementary interviews; 3) four-week activity exploration with eight women; 4) review implications with expert stakeholders. Results: We created a midlife model identifying midlife and menopause factors playing out in women's lives, and their capability, opportunity and motivation barriers to being active; developed five principles for the sport sector to help women get active in midlife: endless possibilities (expand perceptions and opportunities for being active), judgement-free zone (welcoming and supportive environment), support network (offer built-in social support), expand the image of what sporty means (inspiring, relatable role models) and make it relevant (reference specific, relevant benefits).

Twitter posters

(Thursday 15.00 – 16.00)

Coach like a girl: US collegiate athletes' views of women as coaches

Elizabeth Norene Lutz¹, Lora Ebert Wallace²

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In this paper, we report findings of a study on the opinions of collegiate student athletes regarding coaching competence and acceptance of women coaches for men's collegiate sports teams. Student-athletes (men and women) completed questionnaires regarding capabilities of coaches, acceptance of women as coaches in general, and of women as coaches of men. Descriptive and bivariate analyses of quantitative data from 115 collegiate athletes at a public, Division I, Midwestern university in the US showed significant differences between the views of men athletes compared to women athletes, with athletes identifying as men more negative in their beliefs about women coaches as leaders of athletic teams. However, sexist views regarding sport leadership were commonly expressed by all genders. Other interesting findings were noted, including evidence that male respondents believe themselves to be less sexist than their collegiate athletic teammates. Since very few studies on the topic of athletes' views regarding women coaching men in sports have been published to date, the present study adds to understanding of this topic, and extends work on social role theory and role congruity theory by providing additional evidence that masculine hegemony is consistent with views expressed by both women and men collegiate athletes. This line of research is important to understanding the culture of sport and to the study of gendered roles and leadership. Implications for progressive reform of collegiate athletics and relevance to larger cultural changes regarding women and sport are discussed.

Does increased simulated breast mass change posterior trunk muscular activity?

Hannah Divall, C. Mills, T. Exell, M. Jones

School of Sport, Health and Exercise Science, University of Portsmouth, Portsmouth, UK

Correct posture refers to the plumbline position, requiring sufficient muscular strength and endurance to minimise excessive stress on the body. Breast mass (augmentation/hypertrophy) can alter the trunk centre of gravity. Maintaining correct posture, posterior muscular activity may increase to counteract increased anterior breast mass. This study aimed to investigate the effect of increasing simulated breast mass and correcting breast mass asymmetry on back extensor muscle activity. Simulated breast mass was altered by adding mass as a percentage increase (0-150%) from eight participants natural breast mass, estimated from a 3D breast scan. Five Qualisys cameras (250 Hz) provided real-time postural plumbline feedback to standardise posture. Simultaneously, eight EMG sensors (1000 Hz), placed bi-laterally on the upper and lower trapezius and erector spinae, recorded muscle activation during two minutes of sitting and standing. Mean EMG data were calculated, and a Pearson correlation tested for a relationship between mean muscle activity and breast mass change. Muscle asymmetry from the symmetry angle equation showed no

significant group differences between no mass and 150% mass conditions. A small positive correlation ($0.1 \leq r < 0.3$) between muscle activity and simulated breast mass was identified in all muscles sitting and two muscles standing. Increased breast mass is associated with small increases in muscle activity, suggesting muscles may work harder to maintain posture with an additional anterior load, potentially altering spinal loading. Therefore, it is suggested that a lighter weight implant be considered for breast augmentation to minimise the increases in muscle activity required to maintain correct posture.

Historical perspective on women's rugby merging with male-orientated governing bodies: A costs/benefits analysis

Lydia Furse

De Montfort University, UK; World Rugby Museum, UK

Sport governance structures in the twenty-first century are often seeking to redress a gender-imbalance. The lack of women in the boardroom and indeed at all levels of sport leadership perpetuates the concept of sport as a male preserve. However, the historical development of women's sport often occurred independently from male-orientated sports' governing bodies. In Great Britain, the autonomy of women's rugby facilitates the sport's rapid internationalisation during the 1980s and 1990s, including the foundation of Women's Rugby World Cups. This rapid growth altered the dynamics between women's rugby and men's rugby, and women faced increasing pressure to merge with male-orientated governing bodies at the national and international level. The resultant mergers offered new opportunities for the women's game but equally came at a cost, most notably in terms of women in leadership positions. An historical analysis of these events, utilising first-hand accounts and archival sources, reveals the ways in which mergers marginalised women from decision-making positions and sport's leadership, failing to transform these governing bodies' patriarchal cultures. Building on the author's original research for a PhD thesis examining the history of women in rugby union, the historical perspective can illuminate present policy discussions as it demonstrates that the institutional acceptance of female participation both supported and restricted the development of women's rugby union.

Oral Presentations

Session G2 – GETZ Working in Partnership – Developing the Toolkit (Thursday, 13.00 – 14.00)

Educating and engaging Gen Z through a massive open online course

Gill Renfree, Beth Burgess

University of Worcester, UK

The GETZ project was a three-year initiative to educate and engage Generation Z about the issues regarding gender inequality in sport. This presentation will aim to provide some implications for practice for other educators on utilising a MOOC as an educational toolkit, by outlining the outcomes of the pilot stage, student engagement, resulting adaptations, and future plans for the Gender Equality Toolkit. Themes of persistent gender stereotypes, lack of communication through social media contrary to previous research and altering content to reflect Generation Z engagement will be covered. Thus, demonstrating the challenges of educating through a virtual space and the flexibility required for effective engagement.

What Gen Z students know and don't know about gender inequality in sports

Hebe Schailleé, Inge Derom

Vrije University Brussel (VUB), Belgium

As part of the GETZ Project we have conducted a Gender Equality in Sport Research Study, which allows us to assess Generation Z's perception and understanding of gender inequality in sport prior to and after the GETZ toolkit has been delivered. The research methodology included two phases. First, qualitative data were collected from Gen Z students across four European countries, including Belgium, Norway, England and Netherlands, through eight focus groups. The 54 participants were enrolled in an (under)graduate sport programme. Second, quantitative data were collected from Gen Z students who completed the GETZ toolkit during their academic sport programme. Two online surveys were administered: one prior to (n=240) and one following the completion (n=77) of the roll-out of the GETZ toolkit. These data provided us with valuable information regarding the potential impact and effectiveness of the GETZ toolkit and helped us to identify socio-cultural nuances relating to this topic in countries in which we delivered the GETZ toolkit. The findings from the first phase showed that awareness around gender inequality could further be increased by focusing on knowledge gaps such as the underrepresentation of women in coaching positions. The findings from the second phase highlighted that although members of Gen Z reported increased awareness about gender inequality in sports, changes in personal intentions and behaviours are more difficult to achieve. Therefore, sport and physical education scholars should continue to address and challenging traditional gender stereotypes and beliefs as well as foster career and leadership aspirations for the next generation of prospective employees.

Leadership and governance seminar and reflections from the sport sector

Alma Papić¹, Professor Sunčica Bartoluci²

¹Croatian Olympic Committee (COC); ²University of Zagreb, Croatia

The Croatian Olympic Committee organised a conference entitled 'Good governance and gender equality in sport' as the activity planned within the GETZ project. The conference gathered experts and practitioners from different sectors and organisations: sport, education, science, public sector, etc. High-level speakers reflected on the ongoing issues related to gender inequality in sport. The emphasis of their contribution was on the relation between good governance and gender equality in sport, on limited access to leadership positions to women in sport, on gender perceptions of women in sport in different roles and positions (athletes, leaders, administrators, etc.), and on the portrayal of female athletes in media which

was based on the results of the international research carried out by competent authorities and stakeholders in the Mediterranean region. The first session, which was dedicated to sharing of knowledge and good practice, was followed by the second session held in the format of a workshop. While the first session of the conference gave the opportunity to participants to learn about issues such as the real cases of discrimination against women in sport and jurisdiction of the Ombudsperson for Gender Equality, the workshop provided them with the opportunity to share their insights in a semi-structured discussion in small groups of participants moderated by local experts in the field of sport management. The main aim of the workshop was to identify relevant ideas that can contribute to the development of the GETZ toolkit.

Session G3 – Disseminating, Monitoring and Evaluating GETZ (Thursday, 14.00 – 15.00)

Dissemination activities through the student sport body in Europe

Sara Rozman, Andrej Pišl

European Universities Sports Association (EUSA), Slovenia

European University Sports Association (EUSA) is an umbrella federation of university sport in Europe, having members in 46 countries across the continent. EUSA and its Institute promoted the GETZ project both directly, as well as indirectly through its gender equality and equity activities. Apart from publicising the initiative through the printed media (annual magazines, special anniversary book), and digitally (website, e-newsletter, social media), the project and its activities have been presented to our members and partners also at a special seminar held in Slovenia in the spring of 2019. End of 2020, a dedicated webinar on gender equality and GETZ workshop have been held online. Gender equality was also one of our key topics at the last EUSA Conference held live in Aveiro in 2019. The dissemination and promotion of the project is planned also after the official lifecycle of the project; next activities are already foreseen at the upcoming European Universities Games.

GETZ project monitoring and student involvement

Solveig Straume, Oskar Solenes

Molde University College, Norway

This presentation will provide insights from the monitoring of the GETZ project. We will also present some main insights and experiences made from hosting the student seminar in Molde, March 2020. Based on monitoring we observe how student engagement seems to be depending on whether Universities apply the GETZ MOOC in their teaching or not. Results, apparently there seems to be difficult to keep the MOOC engaging outside the Universities and their use in teaching. Another observation seems to be that many have registered and started on the MOOC, but do not complete. As part of the GETZ project a student seminar was hosted in Molde (Norway) in March 2020. This was organized heavily depending on students to engage and to take part in creating and hosting the event. We will present some of our experiences from this event and how we succeeded in making a high degree of student engagement both for participants, but especially for those students taking part in organizing.

Insights into the learning gains of the GETZ MOOC: Evaluation, impact and intentions

Sam Geijer

Amsterdam University of Applied Science (AUAS), Netherlands

The purpose of the GETZ MOOC was to 'tackle the issues around the gender imbalance in sport in relation to leadership and management roles in an industry which is heavily male dominated' by means of education. Qualitative research has been conducted among participants in four countries to deeper understand: how they experienced gender inequality in their home countries, how participants experienced learning via a massive open online course and if it has motivated them to 'tackle the issues' in their (future) careers. In this presentation you will be provided with the main findings in relation to these three topics.
