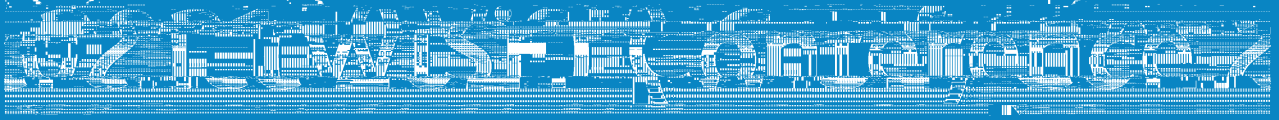

WORLD OF



DESIGNED

BY THE ARCHITECTS
OF THE

CONTEMPORARY AND ABSTRACT

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.

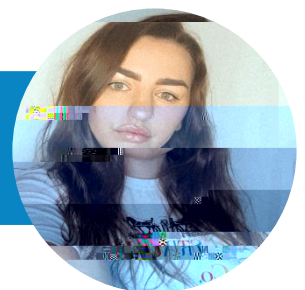
This conference aims to bring together practitioners and academics from

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 T

Conference Organising Committee



Vanessa Jones (Co-Chair)
v.jones@worc.ac.uk



Beth Burgess
beth.burgess@worc.ac.uk
@_bethburgess

Maria Dermendzhieva and Deon Patel
(Placement Students)

Day 3: Wednesday 21st April 2021

| Time | Sessions |
|------|--|
| | All times are UK (BST) |
| | Session 5a Thinking Beyond the Binary (Oral Presentations) |
| | Chair: Dr Rachael Bullingham |
| | Exploring the experiences of non-heterosexual women within individual sports |

13.00
14.00

Day 4: Thursday 22nd April 2021

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

| | |
|-------|--|
| | Session G1 Conference Opening for Gender Equality Toolkit |
| 10.00 | |
| 12.00 | |

Twitter Posters

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

Creating a winning mindset

(Thursday, 10.00 - 12.00)

International Rugby Player, Broadcaster and Journalist

-known names in

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.

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,

f £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 n, including

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 of the top 30 global brands.

y

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.

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 p

Abstracts

Day 1 Monday

| | | | |
|-------|-------|--------------------------------|----|
| 16.00 | 17.00 | Oral Presentations: Session 2a | 17 |
| | | Oral Presentations: Session 2b | 18 |
| 17.00 | | | |

Abstracts Day 1

Oral Presentations

Session 2a
(Monday, 16.00 – 17.00)

in England

Gareth M Barrett
Staffordshire University, UK

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

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

(Monday, 16.00 17.00)

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

Freja J. Petrie¹, Elisabeth M. P. Williams¹, Thomas N. Pennington¹, David R. L. Powell¹, Hari Arora², Kelly A. Mackintosh¹, Desney G. Greybe¹

¹ASTEM, Faculty of Science and Engineering, Swansea University, Wales, UK, ²ZCCE, Faculty of Science and Engineering, Swansea University, Wales, UK

with respective incidence rates of 51.7/1,000 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.

Som P. Singh^{1,2}, Richard Ma^{1,3,4}, Kiera G. Borthwick^{1,5}, Meghan P. Moir^{1,6}, Samantha Lopez-Cruz^{1,7}, Annette Ramos^{1,8}, Answorth A. Allen^{1,5,9,10,11}, Victor Lopez Jr.^{1,4}

¹Rugby Research and Injury Prevention Group, Hospital for Special Surgery, New York, NY, US;

²University of Missouri Kansas City, School of Medicine, Kansas City, MO, US; ³Missouri Orthopaedic Institute and Thompson Laboratory for Regenerative Orthopaedics, Columbia, MO, US; ⁴Sports Performance Research Institute New Zealand, Auckland University of Technology, Auckland, New Zealand;

⁵Washington and Lee University, Neuroscience Department, Lexington, VA, US; ⁶Hood College, Frederick, MD, US; ⁷Keiser University, Fort Lauderdale, FL, US; ⁸Mt. Sinai South Nassau, Department of Critical Care, Oceanside, NY, US; ⁹Sports Medicine Institute, Hospital for Special Surgery, New York, NY, US; ¹⁰New York Knickerbockers, National Basketball Association, New York, NY, US; ¹¹Team USA Basketball, Colorado Springs, CO, US.

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

sanctioned Northeast Territorial series (2010

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-

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

Dr Verity Postlethwaite¹, Adam Beissel², Andrew Grainger³

¹De Montfort University, UK; ²Miami University, US; ³Massey, New Zealand

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

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

Dr Thomas Ross Griffin
Qatar University

between modernity and tradition are brought to the fore. Although in many ways still a conservative Muslim country, the pr

the short- ind at the time in the Gulf. The research then examines
the trickle-
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-

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

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

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 design

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

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

of the Educational Amendments. This changed the amount of opportunities available for girls and women

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

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 r

-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

37.28% vs 66.26%; $p < 0.05$. Adherence to the whole SEI was statistically significant in the pandemic group:

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

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 c 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-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 ded 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. 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 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 guid/F4 11ning bodib8003>-4<004600520044>3<004t

Abstracts Day 3

Oral Presentations

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

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

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)

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

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

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.

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.

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

The aim of this systematic review and meta-analysis was to investigate the epidemiological evidence on the prevalence of mental health symptoms in rugby players. Six electronic databases were searched in December 2020. Studies were included if they

Abstracts Day 4

Oral Presentations

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

Background: Injury, illness and medications use surveillance studies during regional, continental and global tournaments are an important as 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

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

experiences of athletes and coaches in relation to: 1) Female hormonal cycles and how they affect training,

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

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)

Elizabeth Norene Lutz¹, Lora Ebert Wallace²

¹Western Illinois University, 1 University Circle, Macomb, IL 61455, US; ²Department of Sociology and Anthropology, Western Illinois University, 1 University Circle, Macomb, IL 61455, US

In this paper, we report findings of a study on the opinions of collegiate student athletes regarding coaching
-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
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 muscula4.938c1u[)060.5wt6 284.93 Tm k4(u

significant group differences between no mass and 150% mass conditions. A small positive correlation

Abstracts Day 4 (GETZ)

Oral Presentations

Session G2

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)

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