



Pushing Boundaries: Women in Sport and Exercise Conference

11 June 2019

08:30 - 09:30	Registration (St Mary's University)	
09:30 - 09:40	Opening address Prof Symeon Dagkas (Dean of Faculty of Sport, Health and Applied Science)	
9:40 – 09:45	Women in Sport and Exercise Academic Network (WISEAN)	
09:45 - 10:45	Keynote address Prof Greg Whyte OBE (PA expert and Sport Relief Trainer) and Chemmy Alcott (GB Winter Olympian) Exercise and Pregnancy: From Theory to Practice	
10:45 - 11:30	Poster viewing and refreshments	
11:30 - 12:10	Invited speaker – Nicole Sapstead (CEO UK Anti-doping) <i>"There is no such word as can't" – One woman's view of working in sport</i>	
12:15 - 13:30	Open Communications 1 The gender gap in sports injuries	Open Communications 2 Female health and wellbeing
13:30 - 14:30	Poster viewing and lunch	
14:30 - 15:45	Open Communications 3 Governance in female sport	Open Communications 4 Female health and performance: The menstrual cycle
15:50 – 16:40	Short Talks 1 Raising the profile of women in sport	Short Talks 2 Through the female lens: The role Of the athlete and practitioner
16:40 – 17:15	Poster viewing and refreshments	
17:15 – 17:35	Invited speaker – Dr Claire-Marie Roberts Motherhood and the female athlete	
17:40 – 18:00	Invited speaker – Prof Joanna Wakefield-Scurr Is breast bounce an issue for exercising females?	
19:15	Conference dinner	





12 June 2019

08:30 - 09:30	Registration (St Mary's University)	
09:30 - 09:40	Opening address	
09:40 - 09:45	Women in Sport and Exercise Academic Network (WISEAN)	
	Keynote address	
09:45 - 10:45	Kate Richardson-Walsh (GB Hockey Captain) Title tbc	
10:45 - 11:30	Poster viewing and refreshments	
11:30 - 12:10	Invited speaker – Prof Mark De Ste Croix <i>Be careful she's a girl: Developing robustness and readiness in the female youth athlete</i>	
12:15 - 13:30	Open Communications 5 Breasts and bumps	Open Communications 6 Sports, exercise and coaching: The female perspective
13:30 - 14:30	Poster viewing and lunch	
14:30 - 15:10	Invited speaker – Tanya Martin (Women in Sport) Reframing sport for teenage girls	
15:15 - 16:30	Open Communications 7 Physiology of the female athlete	Open Communications 8 Female sport: Is there a level playing field?
16:30 - 17:10	Poster viewing and refreshments	
17:10 - 17:50	Invited speaker – Dr Richard Burden (EIS) The SmartHER programme: Prioritising female health and performance	
17:50	Closing address	

*please note schedule/speakers is subject to change