



EDUCATIONAL TOPICS

- Importance of healthy menstrual cycles and the potential influences of overtraining, under fuelling, disordered eating, eating disorders, genetics and cultural practices on menstrual health
- Impacts of menstrual cycle abnormalities including REDs, hormonal imbalances, impaired fertility, increased injuries etc.
- Female fertility across the lifespan
- Fertility treatments (e.g. IVF, egg freezing) and the potential advantages, disadvantages and risks of using them (e.g. changes to rulings around banned substances)
- Importance of breast health (e.g. risks of direct trauma to breasts, bra fit and adequate support, impact of hormonal fluctuations)
- Pregnancy and important considerations for pregnant athletes (e.g. physiological and physical changes to the body, common symptoms, increased nutritional requirements, foods and supplements to avoid, body image concerns, disordered eating, milk production in late pregnancy)
- Unexpected or undesired pregnancy outcomes such as pregnancy complications and miscarriage
- The support available for pregnant, postpartum and parenting athletes and who is responsible for implementing them
- What to expect if starting a family mid-career, and how to plan ahead
- The physical and physiological effects of pregnancy and childbirth (e.g. perineal tears, diastasis, pelvic floor dysfunction, hormonal changes)
- Postpartum training considerations, parameters and protocols (e.g. RTS Frameworks)
- Breastfeeding (e.g. breastfeeding posture and techniques, nutrition requirements for sport and breastfeeding, mastitis and other breastfeeding conditions, breastfeeding and sport considerations)
- Sleep (e.g. the effect of a lack of sleep/the importance of sleep for athletes, newborns and babies and ways to manage sleep for athletes, newborns and babies)
- Nutrition (e.g. nutrition postpartum, nutrition to support postpartum recovery, breastfeeding, and RTS, the effects of poor nutrition for athletes, newborns, and babies including the signs and symptoms of Low Energy Availability (LEA), Relative Energy Deficiency (REDs), Disordered Eating (DE) behaviours and Eating Disorders (EDs), nutrition for newborns and babies such as introducing solids, and ways to manage nutrition with newborns and babies)
- Family planning (e.g. considerations for managing children and family, setting and structuring routines, setting expectations, roles and responsibilities)
- Practical and lifestyle challenges of sport and motherhood (e.g. time management, difficulty finding childcare, financial stressors) and strategies to manage and/or overcome such challenges
- Social and emotional challenges of sport and motherhood (e.g. guilt, depression, identity, motivation, body image) and strategies to manage and/or overcome such challenges
- Communication techniques and strategies (e.g. how to approach and manage conversations with professionalism, respect and sensitivity)