

Webinar Series 2025

Training the female athlete



- 27.02** **Bias related to sex differences in sport and performance**
Sophia Nimphius, PhD, GAICD
- 18.03** **Injury risk & individualized load management in female athletes**
Dr. Anne Hecksteden, Professor
- 10.04** **Breast health and breast support**
Abi Okell, MSc MCSP
- 29.04** **Pelvic floor and how to train it**
Emma Brockwell, MCSP HCPC POGP
- 27.05** **Eating disorders in female athletes**
Therese Fostervold Mathisen, PhD, Associate Professor
- 24.06** **Recommendations and nutritional considerations for female athletes**
Dr. Kathryn E. Ackerman, MD, MPH
- 16.09** **Athlete-Coach Communication on Stigmatized Health Topics**
Martina Höök, PhD candidate
- 07.10** **Relative Energy Deficiency in Sport and the use of assessment tools**
Judith Haudum, MSc
- 04.11** **Female physiological and performance development**
Dr. Trent Stellingwerff
- 09.12** **Female-specific responses to exercise at altitude**
Tom Citherlet, PhD candidate

