

This document provides links to the science, supporting articles, useful resources and product websites, aligned to the relevant sessions within the course.

Module 2: Supporting Athletes Considering Motherhood

- **Women's experiences of sport and Motherhood- The Highs and Lows**
 - [Helen Ward's Story of being a Mum and Football Player](#) - Fifpro
 - [When Becoming a Mother can Jeopardize Your sporting Career-](#) Stuff.co.nz
 - [Becoming a mother-athlete: female athletes' transition to motherhood in Slovenia](#), - Sport in Society
 - [Review: antenatal screening tools to predict postnatal depression generally have low specificity and sensitivity-](#) BMJ

- **Not all Pregnancies Are straight forward: Understanding IVF**
 - [Human Fertilisation and Embryology Authority](#)
 - [NHS IVF](#)

- **Statistics Linked with Pregnancies**
 - [Census 2021:Sexual Orientation, UK: 2019](#)
 - [Tommy's baby Loss statistics](#)
 - [Census 2021: Births in England and Wales: 2021](#)

Module 3: Training In Pregnancy

- **History of Physical Activity During Pregnancy**
 - [Exercise during the childbearing year-](#) Journal of Perinatal Education
 - Stats of PTS trained in Pre and Postnatal exercise [Our Big Push-](#) APF
 - Current Pregnancy Guidelines [World Health Organisation 2020 Guidelines on Physical Activity and Sedentary Behaviour](#)
 - [A bump in the Road:The BASES Expert Statement on Pregnant and Postnatal Athletes](#)
 - [Gov.Uk Physical activity guidelines: pregnancy and after childbirth](#)

- **Benefits and Contraindications to Exercise During Pregnancy**



References

- [Why can't I exercise during pregnancy? Time to revisit medical 'absolute' and 'relative' contraindications: systematic review of evidence of harm and a call to action](#)- British Journal Sports Medicine
 - [Elite Athletes and Pregnancy Outcomes: A Systematic Review and Meta-analysis.](#)- *Medicine & Science in Sports & Exercise*
 - [Exercise during the childbearing year](#)- Journal of Perinatal Education
 - Is exercise associated with Miscarriage? [Miscarriage - Causes - NHS \(www.nhs.uk\)](#)
 - [Prenatal exercise is not associated with fetal mortality: a systematic review and meta-analysis.](#)- British Journal of Sports Medicine
 - A Questionnaire for Pregnant Women Who want to Exercise [Get Active Questionnaire](#)
 - Perceived Barriers to Exercise During Pregnancy [Prevalence and determinants of low social support during pregnancy among Australian women: a community-based cross-sectional study](#)- Reproductive Health
 - [Perceived Barriers to Exercise in the First Trimester of Pregnancy](#)- Perinatal Education
 - [Exercise during pregnancy: a review of patterns and determinants](#)- Journal of Science and medicine in sport
- **World Netball Guidance**
 - [Pregnancy-Guidelines-December-2021.pdf \(netball.sport\)](#)

Module 4/5: Return to exercise guidelines

- **Guidelines to exercise during pregnancy**
 - [How to HIIT while pregnant? The protocol characteristics and effects of high intensity interval training implemented during pregnancy : a systematic review \(Isu.It\)](#)
- **Recommendations/Guidelines for return to Exercise and Running**
 - [Reframing return-to-sport postpartum: the 6 Rs framework](#)- BJSM
 - [Returning to running postnatal - guidelines for medical health and fitness professionals managing this population](#)

References

- Example of Athletes wanting more time to return [We're not Superhuman, We're Human: A Qualitative Description of Elite Athletes' Experiences of Return to Sport After Childbirth](#)- Sports Med
- [Maximising recovery in the postpartum period](#) - PubMed
- **Different factors that can impact the woman's recovery and return to the exercise program.**
 - [Is Physical Activity Good or Bad for the Female Pelvic Floor? A Narrative Review.](#) - Sports Med
 - [Prevalence of urinary incontinence in high impact sports athletes and their association with knowledge, attitude and practice about this dysfunction.](#)- Sports & Exercise Medicine & Health
 - [Beyond the Musculoskeletal System: Considering Whole-Systems Readiness for Running Postpartum.](#)- Journal of Women;s Health Physical Therapy
 - [Health Outcomes after Pregnancy in Elite Athletes: A Systematic Review and Meta-analysis-](#) - Medicine & Science in Sports & Exercise
 - Testing for Return to Running [returning-to-running-postnatal-guidelines.pdf](#)

Module 6: Mental Health and Resilience

- **Mental Health in Pregnancy/Postnatal**
 - [WHO guide for integration of perinatal mental health in maternal and child health services](#)-WHO
- **Experiences of Women combining Elite Sport and Motherhood**
 - <https://www.tandfonline.com/doi/full/10.1080/17430437.2020.1720200>- Sport in Society
 - [Pregnancy and motherhood in elite sport: The longitudinal experiences of two elite athletes](#)- Science Direct
 - [When Becoming a Mother can Jeopardize Your sporting Career-](#) Stuff.co.nz
- **The Different levels of Depression in Motherhood and How to help**
 - [Feeling Depressed after childbirth](#)- NHS
 - [Overview Of Postnatal Depression](#)- NHS
 - [Postpartum Psychosis](#)- NHS



References

- [Suicide is the Leading Cause of Death in New Mothers](#)- Tommy's
- [Help For Suicidal Thoughts](#)- NHS
- [Calling the Samaritans](#) -Samaritans

Module 7. Nutrition and Pregnancy

- [Nutritional requirements in pregnancy and lactation](#) – PubMed
- [Pregnancy weight gain](#) -Mayo Clinic
- [Pregnancy and diet](#) – British Dietetic Society
- [Nutrition in pregnancy](#) – Nutrition Bulletin
- [Iron deficiency how common is it](#) - NICE
- [Breastfeeding and the athlete](#) – eatright.org
- [Nutritional concerns of post-natal women](#) - Pubmed
- [Maternal Weight Loss and Breastfeeding](#) – Pubmed

Module 8: Breast Support and Kit

- **The importance of a sports bra:**
 - [In a study](#) of over 500 athletes, 63% reported breast pain that was associated with the time of their menstrual cycle and 33% said the pain worsened during exercise.
 - [This study](#) carried out at the London Marathon found that 32% of the participants had experienced breast pain, and 17% said it had impacted how much they could train.
 - Data from over 41,000 women, analysed by Boux Avenue lingerie experts, found that only 19% are wearing the correct size bra, leaving 81% sometimes unwillingly, sporting an ill-fitting bra. 26% of women were wearing a cup size too big. The study was covered by [The Independent](#).
 - The Breast Health Research Group at The University of Portsmouth have provided a lot of the science about the impact on performance when we don't wear a correctly fitting sports bra. You can check out the biomechanics behind it all in their research [here](#) and [here](#).
 - [This study](#) showed that breast size affects participation in physical activity, with larger breasted women doing 37% less intense exercise.
 - [Read about](#) the only bra that Serena Williams wears and follow [Ellie Cardwell's](#) review of sports bras on her Instagram account.

References

Pre and Post Natal Breast Changes and Bras

- [Breast changes during and after pregnancy - Breast Cancer Now](#)
- [Breast Support and Posture](#)
- [Pregnancy and Posture](#)

Module 9. Pelvic Floor

- [Connection between Lower Back Pain and Pelvic Floor Dysfunction](#) - PubMed
- [Prevalence of pelvic floor dysfunction 7 years post natal](#) – Science Direct
- [Incidence of diastasis in child bearing years](#) - PubMed
- [Knowledge and performance of pelvic muscle exercises in women](#) – PubMed
- Resource for pelvic floor exercises
 - [Squeezy App](#)
 - [Directory of Womens Health Physios](#)

