Course Objectives

Upon completion of this course, learners should be able to:

- describe the interrelationship among the disorders composing the female athlete triad
- identify common injuries and psychological concerns in the female athlete
- adapt treatment strategies using up-to-date knowledge and research
- communicate effectively with team members and coaches
- enhance performance using current knowledge and training techniques
- understand subtleties in what often motivates males versus females
- use language with athletes that is motivating and positive
- help female athletes build more supportive relationships with teammates
- understand common body-related insecurities of female athletes
- adapt negative body image thoughts to form a more positive perspective
- recognize and address body image concerns in teammates and peers
- utilize training strategies to improve physical endurance
- set practical, yet challenging personal training and performance goals
- improve individual and team mental toughness
About this conference

Women and girls are playing sports in increasing numbers, which helps to improve their health, self-esteem and career success. World-renowned experts in the areas of sports medicine, sports psychology, nutrition and body image will come together in this two-day conference and present strategies for treatment and prevention of physical and psychological sports health concerns that keep female athletes out of the game.

Target audience

This course is designed for physicians, nurses, physician assistants, psychologists, neuropsychologists, athletic trainers, physical therapists, coaches, female athletes and their families, and all others who are involved in the evaluation and management of female athletes.

Accreditation

This live activity, Female Athlete Conference: Strategies for Optimal Health and Performance, with a beginning date of 06/08/13, has been reviewed and is acceptable for up to 10.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Children’s Sports Medicine Foundation, Inc. is recognized by the Board of Certification, Inc. as a provider for Continuing Education Units to Certified Athletic Trainers. Certified Athletic Trainers can only claim credits commensurate with the extent of their participation in the activity. 13 CEUs are available for this conference. BOC Provider #: F3340.

The Department of Nursing Staff Development at Boston Children’s Hospital presents this course and present strategies for treatment and prevention of physical and psychological sports health concerns that keep female athletes out of the game.

AMA/AAFP equivalency

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician’s Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

AMA PRA Category 1 Credit™

7:30 a.m. Registration and sessions until lunch: Sorenson Center

7:30 a.m. Registration and sessions until lunch: Sorenson Center

8:30 a.m. Opening remarks: history of women in sports

Kathryn Ackerman, MD, MPh

8:45 to 9:30 a.m. Common injuries across the female athlete lifespan

Brigid Quinn, MD

9:30 to 10:15 a.m. Games kids play: The why, what and when of mental skills training

Caroline Silby, PhD

10:15 to 10:30 a.m. Break

10:30 to 11:15 a.m. Athletic identity: Psychological impact of injury

Amy Baltzei, PhD and Sandra Dupcak, PhD

11:15 a.m. to 12 p.m. Keynote Address

Caryn Davies, 5X Olympian, 1X Silver & 2X Gold Medalist, USA Rowing

12 to 1 p.m. Lunch, provided by Timberline Knolls Residential Treatment Center: Trim Hall

1:15 to 2:15 p.m. Breakout sessions: Olin Hall

• The ACL: Treatment and injury prevention

Martha Murray, MD and Greg Myer, PhD, CSCS

• Strategies for improving body image in athletes

Sherrie Delinsky, PhD

• Nutrition in female athletes

Amy Gardner, MS, RD

2:30 to 3:30 p.m. Breakout sessions: Olin Hall

• Running biomechanics

Irene Davis, PhD and Pierre d’Hemecourt, MD

• Cross-training techniques: Maintaining fitness with injury

Jessica Douglas, MSPT, OCS

• Concussions and girls

Cynthia Stein, MD, MPH

3:30 to 4:30 p.m. Breakout sessions: Olin Hall

4 to 5 p.m. Breakout sessions: Olin Hall

• Exercise and pregnancy

Andrea Straccolini, MD

• Exercise addiction: What it looks like and what to do about it

Kim Dennis, MD

• Hormone cycles and performance: Competitive advantage or hindrance

Kathryn Ackerman, MD, MPh

5 to 7 p.m. Refreshments and cocktails

For more information about the Female Athlete Conference, please visit: bostonchildrens.org/femaleathleteconference

Or contact Lesley Niccolini: lesley.niccolini@childrens.harvard.edu | 617-919-3146

*Sponsors subject to change

This conference is presented by the Female Athlete Program at the Division of Sports Medicine at Boston Children’s Hospital and the Eating for Life Alliance, and it is generously sponsored by Babson College and Timberline Knolls Residential Treatment Center.

Saturday, June 8

7:30 a.m. Registration and sessions until lunch: Sorenson Center

8:30 a.m. Opening remarks Whitney Post, MA

8:45 to 10 a.m. Female athlete triad update

Kathryn Ackerman, MD, MPh, moderator; Jeanne Nichols, PhD; Madhu Misra, MD, MPh; Ron Thompson, PhD; Karen Sossin, MS, CDN

10 to 10:45 a.m. Improving body image and preventing eating disorders in female athletes: Problems and promises

Carolyn Becker, PhD

10:45 to 11 a.m. Break

11 a.m. to 12 p.m. Athletes and eating disorders: Lessons of recovery

Kim Dennis, MD, moderator; panel of athletes: Whitney Post, Deborah Levenson, Emily Kroshus

12 to 1 p.m. Lunch, provided by Timberline Knolls Residential Treatment Center: Trim Hall

1:15 to 2:15 p.m. Breakout sessions: Olin Hall

• Common hip and pelvic disorders in the female athlete

Kelly McNish, DO

• Effective coach communication Diana Cutia and coaching panel

• Transitioning from competitive athlete to adult exerciser with a job!

Jen Brickey, NASM-CPT, CSCS; Brittany Phelps, MEd, CPT; Julie Zuercher, RD

2:30 to 3:30 p.m. Breakout sessions: Olin Hall

• Exercise and mood: The science behind why it works

Michael Otto, PhD

• Treating eating disorders in athletes: It takes a team

Ron Thompson, PhD

• Patellofemoral syndrome

Eleni Geminiani, MD

3:45 to 4:15 p.m. Did we break the glass ceiling?

4:15 p.m. Adjourn

To register for the Female Athlete Conference, please visit femaleathleteconference.eventbrite.com.

Pricing

Doctors...

$295

Nurses, coaches, athletic trainers, allied health professionals...

$245

Students, athletes and families...

$145

*ELA is a fiscally sponsored project of the NORMAL nonprofit,www.normal-life.org

For more information about the Female Athlete Conference, please visit: bostonchildrens.org/femaleathleteconference

Or contact Lesley Niccolini: lesley.niccolini@childrens.harvard.edu | 617-919-3146

*Sponsors subject to change

This conference is presented by the Female Athlete Program at the Division of Sports Medicine at Boston Children’s Hospital and the Eating for Life Alliance, and it is generously sponsored by Babson College and Timberline Knolls Residential Treatment Center.

Saturday, June 8

7:30 a.m. Registration and sessions until lunch: Sorenson Center

8:30 a.m. Opening remarks Whitney Post, MA

8:45 to 10 a.m. Female athlete triad update

Kathryn Ackerman, MD, MPh, moderator; Jeanne Nichols, PhD; Madhu Misra, MD, MPh; Ron Thompson, PhD; Karen Sossin, MS, CDN

10 to 10:45 a.m. Improving body image and preventing eating disorders in female athletes: Problems and promises

Carolyn Becker, PhD

10:45 to 11 a.m. Break

11 a.m. to 12 p.m. Athletes and eating disorders: Lessons of recovery

Kim Dennis, MD, moderator; panel of athletes: Whitney Post, Deborah Levenson, Emily Kroshus

12 to 1 p.m. Lunch, provided by Timberline Knolls Residential Treatment Center: Trim Hall

1:15 to 2:15 p.m. Breakout sessions: Olin Hall

• Common hip and pelvic disorders in the female athlete

Kelly McNish, DO

• Effective coach communication Diana Cutia and coaching panel

• Transitioning from competitive athlete to adult exerciser with a job!

Jen Brickey, NASM-CPT, CSCS; Brittany Phelps, MEd, CPT; Julie Zuercher, RD

2:30 to 3:30 p.m. Breakout sessions: Olin Hall

• Exercise and mood: The science behind why it works

Michael Otto, PhD

• Treating eating disorders in athletes: It takes a team

Ron Thompson, PhD

• Patellofemoral syndrome

Eleni Geminiani, MD

3:45 to 4:15 p.m. Did we break the glass ceiling?

4:15 p.m. Adjourn

To register for the Female Athlete Conference, please visit femaleathleteconference.eventbrite.com.

Pricing

Doctors...

$295

Nurses, coaches, athletic trainers, allied health professionals...

$245

Students, athletes and families...

$145

*ELA is a fiscally sponsored project of the NORMAL nonprofit,www.normal-life.org