

Breaking Barriers

Women In Sport and Exercise

2023 – 2024 Highlights



Women in Sport

Women in Sport and Exercise Network

From developing nutritional strategies for elite athletes to promoting gender inclusive environments, Deakin's Women in Sport and Exercise Network (WISE) provides a platform for interdisciplinary collaboration for those with a common interest in advancing sport for women and girls. WISE encompasses women academics who are leaders in sport and exercise research, teaching and practice. Through advocacy, thought leadership and relationships with communities, WISE are improving the outcomes and experiences for women and girls in sport and exercise.

Over the past year, the WISE has fostered important and meaningful initiatives across the university and the community. This includes research outputs via the Centre for Sport Research in the Institute for Physical Activity and Nutrition, and connected with Deakin's sport partners to progress and support women and girls in sport and exercise.



Empowering the next generation of women and girls, on and off the field

Acknowledgement of Country

Deakin University acknowledges the Traditional Custodians of all the unceded lands, skies and waterways on which Deakin students, staff and communities come together. As we learn and teach through virtually and physically constructed places across time, we pay our deep respect to the Ancestors and Elders of Wadawurrung Country, Eastern Maar Country and Wurundjeri Country, where our physical campuses are located. We also acknowledge the many First Nations from where students join us online and make vital contributions to our learning communities.



2023-24 Highlights

2023

MARCH

The State Government Department of Families, Fairness and Housing funded research on [Addressing online harm in Australian Women's Sport](#), a landmark investigation.

JUNE

Three grants were awarded to Deakin research teams as part of the [2023 Change our Game Research Program](#) through the Office for Women in Sport and Recreation:

Effective anti-racism approaches for women and girls in community sport.

Building bridges across the gender divide – mobilising male allyship in sport coaching.

Beyond balanced boards: Improving community sport clubs' gender diversity management.

JULY

A WISE member was invited as a guest speaker at the FIFA Women's World Cup Symposium hosted by Griffith University.

AUGUST

Industry funded study with Zena Sport: Assessing the effectiveness of a novel protective vest for female contact sport athletes.

NOVEMBER

Deakin organised a full-day women in sport conference in Mumbai, in conjunction with Deakin's India Office and the Australian Consulate. The event was attended by representatives from across the Indian sport sector and included a range of presentations, panel discussions and workshop activities.

MAY

4 x 2-hour 'Women in Sport Bootcamps' were delivered online to Indian graduates of Australian higher education sport degrees; funded by the Australian Consulate in India

Deakin supported Basketball Victoria to deliver three full day leadership workshops for emerging women leaders within the organisation, supported by a Change Our Game grant.

Deakin supported a women's sport panel discussion (**Women and Sport: Achieving the level playing field**) delivered by CEDA (Committee for Economic Development of Australia) and facilitated by a WISE member at Marvel Stadium.

Deakin sponsored and supported the online delivery of [The Women in Football Leadership Conference](#), organised by [Women Onside](#).

2024

JANUARY

Deakin partnered with the Cadel Evans Elite Women's Road Race and Welcome Wave event held at the Jan Juc Surf Lifesaving Club. A WISE member played a leading role in Deakin's engagement through various interviews, activations and participating in the People's Ride.

[Roar Room for Gender Equity in Sport Conference 2024](#) was hosted at Deakin Downtown on January 16-17, in partnership with the [World Players Association](#) (WPA) and the [Australian Athlete's Alliance](#).

The WPA represents over 85,000 players across professional sport with the conference providing a platform for attendees to share their challenges, experiences, and common commitment to achieving a better future for women's players.



MARCH

WISE members led a social media breakout session at **SportNXT**, a global summit that gathers leaders from all sectors of the industry to create, share and connect.

The session examined the key trends in today's fragmenting social media landscape, and the role this plays for women in sport..

JUNE

A WISE member presented at the Victorian Institute of Sport's inaugural [Women in Coaching Showcase](#).



Members of WISE

Deakin's WISE researchers are true innovators and leaders in the sport industry, delivering positive impact for women and girls.

Dr Samantha Hoffmann

School of Exercise and Nutrition Sciences
Accredited Sport Scientist



Associate Professor Kim Toffoletti

School of Humanities and Social Sciences
Field leader in Feminism and Women's Studies

Associate Professor Katie Rowe

Deakin Business School
Board Member, Basketball Victoria



Associate Professor Luana Main

School of Exercise and Nutrition Sciences
Human Performance Scientist

Dr Amelia Carr

School of Exercise and Nutrition Sciences
Deputy Academic Progress and Integrity (API)



Dr Kasey Symons

School of Communication and Creative Arts
Co-Founder of Siren Sport

Dr Lyndell Bruce

School of Exercise and Nutrition Sciences
Associate Head of School (Partnerships)



Associate Professor Natalie Saunders

School of Exercise and Nutrition Sciences
Director, Sport Performance Hub

Professor Pamm Phillips

Deakin Business School
Program Director, Sport Management



Professor Amanda Mooney

Faculty of Arts and Education
Associate Dean, Teaching and Learning

Associate Professor Helen Brown

School of Exercise and Nutrition Sciences
AIS Female Performance and Health Initiative
Reference Group



Dr Dominique Condo

School of Exercise and Nutrition Sciences
Co-Director, Centre for Sport Research

Dr Danielle Trowell

School of Exercise and Nutrition Sciences
Accredited Sport Scientist



Dr Zoe Avner

School of Exercise and Nutrition Sciences
Lecturer in Sport Coaching

Dr Bridgette Desjardins

School of Humanities and Social Sciences
Postdoctoral Fellow



Dr Rhiannon Snipe

School of Exercise and Nutrition Sciences
Advanced Sports Dietitian

Dr Jonathan Robertson

Deakin Business School
Course Director



Lilia Convit Cordova

School of Exercise and Nutrition Sciences
PhD Candidate



Monica Kelly

School of Exercise and Nutrition Sciences
PhD Candidate

Championing women in sport

Join the #1 sport science school in the world*

At Deakin, we're dedicated to championing women in sport with access to state-of-the-art sport facilities and industry partnerships. Choose from one of our leading sport courses, from exercise and sport science to sport development and media, and join the #1 sport science school in the world.

* ShanghaiRanking's Global Ranking of Sport Science Schools and Departments 2023

