



Additional Resources

NCAA Convention 2008 Session video: Legal, Medical and Treatment Aspects of Student-Athlete Pregnancy. Available at:
http://web1.ncaa.org/web_video/convention/2008/Legal_Medical_And.wvx

Scholarly Reviews on Exercise and Pregnancy

Arena, B. & Mafulli, N. (2002). Exercise in pregnancy – How safe is it? Sports Medicine & Arthroscopy Review, 10, 15-22. Retrieved September 27, 2008 from
<http://www.sportsmedarthro.com/pt/re/smar/pdfhandler.00132585-200210010-00004.pdf;jsessionid=LpmLG8xJpv2pt0X7c10hkLnNcm1JCsXSGvpL43KYrTnJzHBGt40P!1902130097!181195629!8091!-1>.

Lewis, B., Avery, M., Jennings, E., Sherwood, N., Martinson, B. & Crain, L. (2008). The effect of exercise during pregnancy on maternal outcomes: Practical implications for practice. American Journal of Lifestyle Medicine, 2(6), 441-455. Retrieved October 2, 2008 from
<http://ajl.sagepub.com/cgi/reprint/2/5/441>.

Pivarnik, J., Perkins, C. & Moyerbrailean, T. (2003). Athletes and pregnancy. Clinical Obstetrics and Gynecology, 46(2), 403-414.

Riemann, M. & Hansen, I. (2000). Effects on the foetus of exercise in pregnancy. Scandinavian Journal of Medicine & Science in Sports, 10, 12-19. Retrieved September 27, 2008 from
<http://www3.interscience.wiley.com/cgi-bin/fulltext/120704124/PDFSTART>.

Research on Biophysical Aspects of Pregnancy in Athletes

Basketball: Olympic Handbook of Sports Medicine (2003). D. McKeag (Ed.). Blackwell Publishing.

Bergmann, A., Zygmunt, M. & Clapp III, J. (2004). Running throughout pregnancy: Effect on placental villous vascular volume and cell proliferation. *Placenta*, 25, 694-698.

Burrows, M. & Bird, S. (2000). The physiology of the highly trained female endurance runner. *Sports Medicine*, 30(4), 281-300.

Clapp III, J. (2006). Influence of endurance exercise and diet on human placental development and fetal growth. *Placenta*, 27, 527-534.

Clapp III, J., Kim, H., Burciu, B. & Lopez, B. (2000). Beginning regular exercise in early pregnancy: Effect on fetoplacental growth. *American Journal of Obstetrics & Gynecology*, 183, 1484-1488.

Clapp III, J., Kim, H., Burciu, B., Schmidt, S., Petry, K. & Lopez, B. (2002). Continuing regular exercise in early pregnancy: Effect of exercise volume on fetoplacental growth. *American Journal of Obstetrics & Gynecology*, 186, 142-147.

Clapp III, J., Little, K. & Widness, J. (2003). Effect of maternal exercise and fetoplacental growth on serum erythropoietin concentrations. *American Journal of Obstetrics & Gynecology*, 188, 1021-1025.

Hale, R. & Milne, L. (1996). The elite athlete and exercise in pregnancy. *Seminars in Perinatology*, 20(4), 277-284. Retrieved October 2, 2008 from http://www.sciencedirect.com/science?_ob=MIimg&_imagekey=B75KS-4K1V1B0-8-1&_cdi=13186&_user=3742306&_orig=search&_coverDate=08%2F31%2F1996&_sk=999799995&view=c&wchp=dGLbVzW-zSkzV&md5=82ba751ce6d74a495cff2a23847dd23e&ie=/sdarticle.pdf.

Holschen, J. (2004). The female athlete. *Southern Medical Journal*, 97(9), 852-858. Retrieved September 25, 2008 from <http://www.sd.sma.org/pdfs/objecttypes/smj/2438A51C-BCD4-FF26-DE27672C13233C44/The%20Female%20Athlete.pdf>.

Jeffreys, R., Stepanchak, W., Lopez, B. & Clapp III, J. (2006). Uterine blood flow during supine rest and exercise after 28 weeks of gestation. *British Journal of Obstetrics & Gynecology*, 113, 1239-1247.

Kardel, K. (2004). Effects of intense training during and after pregnancy in top-level athletes. *Scandinavian Journal of Medicine & Science in Sports*, 15, 79-86.

Kardel, K. & Kase, T. (1998). Training in pregnant women: effects on fetal development and birth. *American Journal of Obstetrics & Gynecology*, 178, 280-286.

McKeag, D. (2003). *Basketball: Handbook of sports medicine and science*.

Swedan, N. (2001). *Women's Sports Medicine and Rehabilitation*. Lippincott, Williams & Williams.

Women in Sport (2000). B. Drinkwater (Ed.). International Olympic Committee: Wiley Interscience. Retrieved September 26, 2008 from <http://www3.interscience.wiley.com/cgi-bin/bookhome/117886783>.

Research on Psychosocial Aspects of Pregnancy in Athletes

Clarke, P. & Gross, H. (2004). Women's behavior, beliefs and information sources about physical exercise in pregnancy. *Midwifery*, 20, 133-141.

Goodwin, A., Astbury, J. & McMeeken, J. (2000). Body image and well-being in pregnancy: Comparison of exercisers and non-exercisers. *Australian & New Zealand Journal of Obstetrics and Gynecology*, 40(4), 442-447. Retrieved September 27, 2008 from <http://www3.interscience.wiley.com/cgi-bin/fulltext/120791220/PDFSTART>.

Women in Sport (2000). B. Drinkwater (Ed.). International Olympic Committee: Wiley Interscience. Retrieved September 26, 2008 from <http://www3.interscience.wiley.com/cgi-bin/bookhome/117886783>.

Wyshak, G. (2001). Women's college physical activity and self-reports of physician-diagnosed depression and of current symptoms of psychiatric distress. *Journal of Women's Health and Gender-Based Medicine*, 10(4), 363-370.

Legal Resources

Dear Colleague Letter from Stephanie Monroe, Office of the Assistant Secretary, Office for Civil Rights, Department of Education, June 25, 2007, available at: <http://www.ed.gov/about/offices/list/ocr/letters/colleague-20070625.html>.

Deborah L. Brake, The Invisible Pregnant Athlete and the Promise of Title IX, 31 HARV. J. L. & GENDER 323 (Summer 2008), available at: <http://www.law.harvard.edu/students/orgs/jlg/vol312/323-366.pdf>

Physical Activity Prescription Model

Canadian Society for Exercise Physiology (2002). PARmed-X for Pregnancy: Physical activity readiness medical examination. Retrieved September 26, 2008 from http://uwfitness.uwaterloo.ca/PDF/parmed-xpreg_000.pdf.

College Student Health & Sexuality

American College Health Association (2008). American College Health Association-National College Health Assessment: Executive Summary Spring 2008. Pregnancy, p. 6; Violence, p. 6; Sexual behavior, pp. 10-11. Retrieved October 2, 2008 from http://www.acha-ncha.org/docs/ACHA-NCHA_Reference_Group_ExecutiveSummary_Fall2007.pdf.

American College Health Association (2007). American College Health Association-National College Health Assessment: Reference Group Data Report Fall 2007. Pregnancy, p. 25; Violence, pp. 6-7; Sexual behavior, pp. 20-25. Retrieved October 2, 2008 from http://www.acha-ncha.org/docs/ACHA-NCHA_Reference_Group_Report_Fall2007.pdf.

The Alan Guttmacher Institute (2002). Sexual and reproductive health: Women and men. New York: Alan Guttmacher Institute. Retrieved September 26, 2008 from <http://www.guttmacher.org>.

The History and Practice of College Health (2002). H.S. Turner, J.L. Hurley (Eds.). University Press of Kentucky.

U.S Department of Health and Human Services. (1997). Centers for Disease Control and Prevention November 14, 1997 Morbidity and Mortality Weekly Report: Youth Risk Behavior Surveillance: National College Health Risk Behavior Survey—United States, 1995. Retrieved September 26, 2008, from <http://www.cdc.gov/mmwr/preview/mmwrhtml/00049859.htm>.

Position Statements on Exercise and Athletic Participation during Pregnancy

American Chiropractic Board of Sports Physicians (undated). Position statement on exercise and athletic participation during pregnancy. Retrieved September 26, 2008 from <http://www.acbsp.com/Position%20Paper%20-%20Pregnancy.htm>.

American College Health Association (2004). Standards of practice for health promotion in higher education. Retrieved September 25 from http://www.acha.org/info_resources/SPHPHE_statement.pdf.

American College of Obstetricians and Gynecologists (2002). Committee opinion number 267: exercise during pregnancy and the postpartum period. *Obstetrics & Gynecology*, 99(1), 171-173. Retrieved September 26, 2008 from <http://www.greenjournal.org/cgi/reprint/99/1/171>.

(Note: The American College of Sports Medicine does not have a position stand on this)

American Medical Women's Association (2008). Position paper on sex and gender specific medicine. Retrieved September 25, 2008 from http://www.amwa-doc.org/files/Gender_Specific_Position_Statement.pdf.

Canadian Academy of Sports Medicine (2008). Position paper: Exercise and pregnancy discussion paper. Retrieved September 25, 2008 from <http://www.casm-acms.org/documents/PregnancyDiscussionPaper.pdf>.

Royal College of Obstetricians and Gynecologists (2006). Statement number 4: Exercise in pregnancy. Retrieved September 26, 2008 from <http://www.rcog.org.uk/index.asp?PageID=1366>.

Society of Obstetricians and Gynaecologists of Canada & Canadian Society for Exercise Physiology (2003). Joint COGC & CSEP clinical practice guideline: Exercise in pregnancy and the postpartum period. Retrieved September 27, 2008 from http://www.d.umn.edu/~nacsm/joint_sogc_csep_guidelines.pdf.

Sports Medicine Australia. (2001). Participation of the pregnant athlete in contact and collision sports. Retrieved September 26, 2008 from <http://www.sma.org.au/pdfdocuments/torode.pdf>.

Sports Medicine Australia (2005). SMA statement: Benefits and risks of exercise during pregnancy. Retrieved September 27, 2008 from http://www.sciencedirect.com/science?_ob=MIimg&_imagekey=B82X6-4HTMF62-6-1&_cdi=33022&_user=3742306&_orig=search&_coverDate=03%2F31%2F2002&_sk=999949998&view=c&wchp=dGLbVIW-zSkWA&md5=041f45025b2c377516f68c7d5ee5499c&ie=/sdarticle.pdf.

Surf Lifesaving Australia (2006). Policy statement 3.3: Pregnancy and the surf lifesaver; competition and patrols. Retrieved September 26, 2008 from http://www.slsa.com.au/site/_content/resource/00000305-docsource.pdf.

Women’s Sports Foundation (2008). Issues related to pregnancy and athletic participation: The Foundation’s position. Retrieved September 25, 2008 from <http://www.womenssportsfoundation.org/Content/Articles/Issues/Equity%20Issues/I/Issues%20Related%20to%20Pregnancy%20%20Athletic%20Participation%20The%20Foundation%20Position.aspx>.

Presentations

Sorensen E., Sincoff, M. & Siebeneck, E. (2007, May 1). Best practices: Pregnancy policies. Paper presented at the NCAA Gender Equity and Issues Forum, New Orleans LA. Available at: <http://www.ncaa.org/wps/wcm/connect/resources/file/ebd9b94ba169aec/SorensenPregPolicies07.ppt?MOD=AJPERES&attachment=true>
<<http://www.ncaa.org/wps/wcm/connect/resources/file/ebd9b94ba169aec/SorensenPregPolicies07.ppt?MOD=AJPERES&attachment=true>

Sorensen, E. (2008, April). Pregnancy policies. Paper presented at the NCAA Gender Equity and Issues Forum, Boston MA. PowerPoint retrieved September 27, 2008 from http://www.ncaa.org/wps/wcm/connect/resources/file/eb143702b269c1b/Sorensen_Pregnancy_Policies.pdf?MOD=AJPERES.

Websites of Information for Pregnant College Students

Wright State University. (2004). Help for pregnant students. Retrieved September 26, 2008, from <http://www.wright.edu/students/pregnancy>.

Guttmacher Institute (2008). Advancing sexual and reproductive health worldwide through research, policy analysis, and public education. Retrieved September 26, 2008 from <http://www.guttmacher.org>.

Female Athlete Triad

American College of Sports Medicine. (2007). Position stand: The female athlete triad. Medicine and Science in Sports and Exercise, 1867-1882.

Ireland, M. & Ott, S. (2004). Special concerns of the female athlete. Clinics in Sports Medicine, 23, 281-298.

Warren, M. (1999). Health issues for women athletes: Exercise induced amenorrhea. Journal of Clinical Endocrinology & Metabolism, 84(6), 1892-1896.

Warren, M. & Shantha, S. (2000). The female athlete. Balliere’s Clinical Endocrinology & Metabolism, 14(1), 37-53.

NCAA Female Athlete Triad Prevention: http://www.ncaa.org/wps/wcm/connect/resources/file/ebdeb64486eb24e/female_athlete_triad.pdf?MOD=AJPERES&attachment=true