



**Manchester  
Metropolitan  
University**

---

Langan-Evans, C, Cronin, C, Hearnis, MA, Elliott-Sale, K ORCID logoORCID:  
<https://orcid.org/0000-0003-1122-5099> and Morton, JP (2022) Perceptions of  
Current Issues in Female Sport Nutrition From Elite Athletes, Practitioners,  
and Researchers. *Women in Sport and Physical Activity Journal*, 30 (2). pp.  
133-143. ISSN 1063-6161

---

**Downloaded from:** <https://e-space.mmu.ac.uk/632024/>

**Version:** Accepted Version

**Publisher:** Human Kinetics

**DOI:** <https://doi.org/10.1123/wspaj.2022-0004>

Please cite the published version

<https://e-space.mmu.ac.uk>

## Abstract

In response to the ongoing sex data gap, the present study provides a qualitative exploration of females' nutritional experiences in elite sporting environments. Semi-structured interviews were conducted with multiple participant groups ( $n = 18$ ), including athletes ( $n = 7$ ), practitioners ( $n = 6$ ) and researchers ( $n = 5$ ) across differing sporting disciplines within professional sporting organisations and/or sport national governing bodies. Combined content and thematic analysis provided an insight into the specific factors influencing current sport nutrition practices. A common theme highlighted among all participant groups was the paradoxical struggle between adequate fuelling for training and competition demands and the fear this may impact body mass and body composition goals. This tension was identified as being rooted within athletes' perceptions of body image and driven by other participant groups and wider societal ideals. Each participant group also highlighted influences on cravings and approaches to food and dietary supplementation, centred around individual perceptions and challenges driven by symptomology associated with the female menstrual cycle and contraceptive use. To address these challenges, all participant groups called for more research to inform future change and continuing education pathways. In summary, this study contributes to providing a more complete understanding of elite female athlete sport nutrition experiences than currently exists. Multiple perspectives highlight the complexity of providing sport nutrition support to elite female athlete populations and directs future research and practice to reconsider *one size fits all* approaches and acknowledge unique individual contexts which may influence these areas.

**Keywords:** menstrual cycle, hormonal contraception, body image, nutrition, education, research

## Introduction

Female participation in high performance sport has become consistently more prevalent, with women comprising 49 percent of the events at the 2020 Tokyo Olympic Games (Pegoraro & Arndt, 2021). Despite this increased representation, a recent review highlighted that between 2014-2020, only 6% of studies within sport and exercise science focused solely on women, with 63% of studies using mixed sex cohorts (Cowley et al., 2021). Whilst this *sex data gap* may be attributed to long standing social practices that lead to the marginalisation of women in academia and sport, another proposed contributing factor is the challenge of conducting high quality research in female demographics, due to the diversity in ovarian hormone status across the lifespan (Elliott-Sale et al., 2021). Within this context, the sport nutrition practices of female athletes is one of several under researched areas where current understanding is constrained (Holtzman & Ackerman, 2021). This is problematic given ovarian hormones

31 have been highlighted to affect metabolic, physiological and performance based outcomes, demonstrating that  
32 sportswomen may require alternate nutritional support than their male counterparts (Areta & Elliott-Sale, 2022).  
33 However, the overview of this evidence is often equivocal, which has been primarily attributed to a lack of  
34 research quality and quantity (Elliott-Sale et al., 2021).

35 Within the aforementioned research base, much of the existing evidence on female sport nutrition has been  
36 explored via quantitative assessments that do not necessarily examine contextually rich accounts of the lived  
37 experiences of females participating in high performance settings. This approach may be remiss given sport  
38 participation is a bio-psycho-social activity (Armour & Chambers, 2014) and moreover, psychological and social  
39 factors may additionally influence female athletes' everyday sport nutrition practices. Recent investigations have  
40 illustrated the relevance of these types of enquiries, by highlighting the bio-psycho-social influences on body  
41 image and eating behaviours in female athletes (Heaney et al., 2008), whilst recognising that those who operate  
42 as support staff within elite athlete networks are key drivers for this context and often influence these types of  
43 behaviours (Coppola et al., 2014). In doing so, these studies demonstrate the value of exploring sport nutritional  
44 practices from the perspectives of those with lived experiences (i.e., of athletes themselves) and those who work  
45 alongside them in situated sporting contexts (i.e., support staff). Furthermore, this type of research also illustrates  
46 that nutritional experiences are not solely individuated, but reciprocally influenced by interactions with others  
47 across social contexts (Overdorf & Silgailis, 2005). Notwithstanding this observation, there is a need for further  
48 transdisciplinary understanding of how females in elite sport experience nutritional practices, whereby this type  
49 of research approach allows for interaction of in depth and reflective personal insights between participants  
50 perspectives, therefore providing a greater understanding of the social context.

51 Whilst examining complex bio-psycho-social processes will always be an ongoing endeavour, the present research  
52 is currently inadequate as a means of understanding female sport nutrition practices. In particular, investigations  
53 on female sport nutritional experiences and how these are influenced by menstruation and hormonal contraception  
54 use remains absent. Accordingly, the aim of the present study was to gain specific insight into the sport nutritional  
55 experiences that females may face during training and competition and examine if this may be influenced by any  
56 associated symptomology driven by the menstrual cycle or hormonal contraceptive use. On this basis, the study  
57 explores the perceptions of sport nutrition practices by athletes, practitioners and researcher participant groups  
58 within elite high performance sporting environments. In doing so, this study strives to provide a more complete  
59 overview of the sport nutritional practices of female athletes, the results of which may aid in addressing the sex  
60 data gap by directing future research towards topics that require further scientific investigation.

61

## Methods

62 Informed by an appreciation for the perceptions of those involved in everyday practice, this study adopted a  
63 qualitative approach. Specifically, a relativist position was undertaken alongside a subjectivist epistemology, both  
64 of which recognise that diverse experiences can contribute to personal knowledge and understanding (Smith &  
65 McGannon, 2018). Consistent with this philosophical position, the study sought to explore multiple perspectives  
66 of a social activity that may be missed with other types of research approaches and allows for deeper more  
67 reflective conversations with participants potentially leading to discovery of new insights that were not previously  
68 considered (Ellis et al., 2018; Roberts et al., 2019). On this basis, the methods described below were employed to  
69 provide varied accounts of sport nutritional practices from multiple practitioners involved in elite female sport.

### 70 **Participants**

71 To gain the greatest insight into the perceptions of differing participants within female elite sport, a purposeful  
72 sampling approach was utilised, inclusive of variation in type (endurance, team, weight restricted, multisport  
73 disciplines) and previous experience/involvement in sport, to provide a more balanced perspective of the research  
74 question (Patton, 2015). Inclusion criteria stipulated that all participants must be recognised and/or licensed as a  
75 member of a professional sporting organisation (PSO) or national governing body (NGB). Furthermore, athletes'  
76 inclusion criteria stated: (a) aged between 18-40 years old and (b) at least 5 years' international competition  
77 experience. Additionally, practitioner inclusion criteria dictated: (a) minimum of MSc level education and (b)  
78 employment with a PSO or NGB. Finally, researcher inclusion criteria stipulated: (a) minimum of Ph.D. level  
79 education, (b) employment with a PSO or NGB, (c) employment and/or affiliation with an academic institution  
80 and (d) published research within the area of female high performance sport. Therefore, researchers had  
81 experience of both research and applied practice, which enabled them to provide joint insight into both paradigms.  
82 Ethical approval was granted by the Liverpool John Moores University research ethics committee and all potential  
83 participants were contacted via e-mail requesting their involvement in the study, of which 100% agreed to  
84 engagement. Participants provided informed consent by return of e-mail after disclosure of the study's aims in a  
85 participant information sheet and were sectioned into three groups inclusive of 7 athletes (age:  $M = 28.7$ ,  $SD =$   
86  $2.2$  years; body mass:  $M = 60.1$ ,  $SD = 9.7$  kg; stature:  $M = 163.1$ ,  $SD = 7.9$  cm; contraceptive status: 3 hormonal  
87 contraceptive & 4 non users), 6 sport nutrition practitioners (sex: 5 females & 1 male; experience:  $M = 15.2$ ,  $SD$   
88  $= 4.1$  years) and 5 sport nutrition researchers (sex: 3 males & 2 females; experience:  $M = 22.4$ ,  $SD = 11.5$  years).  
89 Anonymity was guaranteed for all participants and only limited details are provided throughout the manuscript

90 i.e., Endurance Sport Athlete 1 - Hormonal Contraceptive User, Team Sport Practitioner 2 - Female, Multi-Sport  
91 Researcher 3 - Male.

## 92 **Data Collection**

93 Semi-structured interviews were conducted with all participants, with questions informed by previous quantitative  
94 and qualitative investigations (Brown et al., 2021; Findlay et al., 2020; Kolić et al., 2021). This approach was  
95 chosen to allow investigation into each participants personal thoughts, feelings and beliefs, with an open-ended  
96 question format adopted to allow voluntary contribution and detail in an informal conversation (DeJonckheere &  
97 Vaughn, 2019). This afforded each participant the opportunity to express their insights and emotions with minimal  
98 constraint, so to navigate towards areas of significance. Probing was employed when required, to obtain more  
99 depth to specific answers (Turner, 2010). Question structure was arranged to cover a broad range of domains  
100 including background demographics, the role of nutrition in determining sporting performance and any sport  
101 nutritional challenges specific to the female athlete as highlighted in Table 1. Prior to the beginning of the study,  
102 a pilot interview was conducted with an athlete and practitioner, in order to refine the questions and address the  
103 research aim. Interviews were administered and recorded audio only via the Zoom online video conferencing  
104 application (Zoom Video Communications, California, USA) and subsequently transcribed, with an average  
105 interview length of 58 minutes (range 38 – 85 minutes). The interviewer was acquainted with the differing  
106 participant types, having (a) previously competed as an international level athlete for >10 years, (b) recognised  
107 and licensed with a PSO, (c) accredited with an NGB, (d) educated to Ph.D. level and (e) employed within an  
108 academic institution. Whilst this can be viewed to negatively impact data collection in terms of leading  
109 participants' responses based on personal views and experiences (Creswell & Creswell, 2018), conversely these  
110 experiences were considered to facilitate the process. Specifically, the interviewer's experience with the sporting  
111 jargon and informal terminology, enabled them to be viewed somewhat as an insider by the participants and to  
112 elicit more meaningful responses (Cook et al., 2014).

## 113 **Data Analysis**

114 All interviews were transcribed verbatim generating 305 pages of text (120 Athletes; 103 Practitioners; 82  
115 Researchers). Utilising parallel procedures from both content and thematic analysis approaches (Vaismoradi et  
116 al., 2013), multiple readings of the data were conducted to allow immersion in the detail. For the initial domain  
117 of identifying background information, deductive qualitative content analysis was employed (Elo & Kyngas,  
118 2008), with analysed categories including sex, sport, background and role, in order to quantify and describe  
119 participants' demographics and positions. For all subsequent sections, a reflexive thematic analysis was utilised

120 (Braun & Clarke, 2019), given this provides opportunities to describe recurrent and distinctive patterns across  
121 participants' responses. To do this, the lead researcher inductively identified meaningful segments of text and  
122 organised this data into a series of data matrices (Miles et al., 2014), therefore allowing a more practical view  
123 from across each of the participant groups. Subsequently, the lead author then coded the data and proposed initial  
124 themes (relationship with body image & body mass; managing fuelling; approaches to food supplementation;  
125 nutritional challenges specific to females; factors to affect positive change etc.). and were well placed to do so  
126 given their prior experiences as an athlete, practitioner and researcher, alongside being immersed in the data by  
127 completing and transcribing the interviews. When reflecting, a key reflexive conception of thematic analysis  
128 (Braun & Clarke, 2019), the second author therefore sought to build on the initial analysis by re-examining the  
129 data, codes and initial *bucket* themes. To do so, the second author who has experience as a coaching practitioner  
130 and a qualitative researcher, began by examining the athlete data prior to using formative thematic maps to then  
131 navigate across the practitioner and researcher data. This led to the construction of latent themes, which were then  
132 presented to the first author and following discussion, a more refined thematic story was developed for each theme  
133 (Braun et al., 2022). These themes were then shared with the wider authorial team who also had sight of the data  
134 and were able to critically challenge and further refine each theme. Acknowledging the subjectivity of researchers  
135 (Braun & Clarke, 2021b), both theory and previous research formed part of these discussions and are represented  
136 within the subsequent written findings and discussion.

### 137 **Rigour**

138 To ensure rigour throughout the study several procedures were undertaken (Braun & Clarke, 2019, 2021a). As  
139 previously described, these included purposefully selecting a varied sample and piloting the interview questions.  
140 Additionally, members of the research group independent from the primary author acted as a critical friend, in  
141 order to provide critique of the data analysis. In doing so, the team sought to provide a rounded insight into  
142 nutritional practices within elite female sport. In order to facilitate this, the findings and discussion section that  
143 follows presents three themes and relevant quotations from the data. This should enable readers to characterise  
144 and interpret this information in their own way and then consider the transferability of findings to their own  
145 context (Smith, 2018).

146

147

## 147 **Findings & Discussion**

148 The following findings and discussion have been developed by the individual engagements between each of the  
149 participants and the interviewer. As such, each prevailing theme serves to highlight a number of observations as

150 characterised by a commonly cited *performance narrative*, which is underpinned by a number of diverse  
151 cultural and bio-psycho-social perspectives of each participant group.

152 **Theme 1: A tension between fuelling strategies for performance versus body mass management: practices**  
153 **influenced by individuals within the social context**

154 Across the corpus of data, many of the athletes reported understanding the benefits of employing intentional  
155 fuelling strategies. These athletes appreciated the importance of fuelling as a means to enhance performance,  
156 specifically for training sessions and at least 24 hours prior to competition. Practitioners and researchers similarly  
157 considered fuelling as a key aspect of meeting the training and competition demands placed upon athletes:

158 I think one of the biggest areas is in terms of fuelling because of the volume of training I do. (Team Sport  
159 Athlete 3 – Non User)

160

161 I guess fuelling is quite a huge part of competition nutrition for us and a real key driver for success.  
162 (Endurance Sport Practitioner 1 – Female)

163

164 I think just general daily nutritional total intake is really important for us. So, fuelling and I mean  
165 competition as well, fuelling for competition is paramount. (Multi-Sport Researcher 1 – Female)

166 In doing so, participants espoused a performance narrative, whereby athletes' daily practices are focused on sport  
167 performance such that "the person and the job become inseparable" (Douglas & Carless, 2006, p. 20), which is  
168 well established in high performance sport settings and encourages a singular focus on achieving optimal sporting  
169 success (Carless & Douglas, 2013). Over time, such a focus indicates that many aspects of an individual's life,  
170 i.e., their nutritional intake, are co-ordinated in an attempt to succeed in a competitive sport context. Whilst this  
171 may enable sporting success, some athletes may also experience identity foreclosure, as their sense of self  
172 predominantly relates to their sporting practices (Champ et al., 2020). Nonetheless, the performance narrative  
173 described by the participants here is ubiquitous in high performance settings and as demonstrated, further  
174 influences the importance of female athletes' nutritional practices. However, it should be noted that despite the  
175 apparent importance of fuelling within the performance narrative, many athlete and practitioner participants  
176 highlighted a paradoxical approach to the *periodisation* of this nutritional strategy, indicating they didn't readily  
177 employ this within practice:

178 I've never measured any foods, as I think over thinking it is too much. I mean, it could be helpful in  
179 terms of me getting more food in, but most of the time I think I do a good job. (Endurance Sport Athlete  
180 1 – Hormonal Contraceptive User)

181  
182 I've worked with athletes who've won world championship titles in highly competitive sports, I mean  
183 the sports I work in are some of the most popular in the world and they've won world and Olympic  
184 medals and they've never really deliberately periodised their nutrition. (Multi-Sport Practitioner 1 –  
185 Female)

186  
187 Every time I read a literature article it gives me a ridiculous range athletes should be having, for example,  
188 3-8 grams per kilogram of body weight in carbohydrates. You can't get athletes to eat like that in the real  
189 world, because you can't write a meal plan for 5 days' training like that, it's just ridiculous. (Weight  
190 Restricted Sport Practitioner 1 – Female)

191 However, this view was not shared by the researcher group, who described nutritional periodisation as a  
192 cornerstone of practice:

193 Its looking at carbohydrate requirements during training based on my experience with substrate oxidation  
194 rates and having looked at that we would analyse based on the approximate oxidation rates and work  
195 back from that for fuelling. (Multi-Sport Researcher 1 – Female)

196  
197 We're working on fuelling practice for the first time they're going to make up their bottles and go through  
198 this tracking tool that I have for fuelling the work outs. We sit down and I'm 'this is a label, this is how  
199 you get percent carbs, this is how you weigh out your carbs, here's a little weigh scale or you can use  
200 your weigh scale at home, here's how you do your pre-post weight, here's how you put your data into  
201 this little tracking form', so it's very defined. (Multi-Sport Researcher 3 – Male)

202 Whilst nutritional periodisation can be viewed as a relatively new concept, this has been a widely popularised  
203 approach particularly in endurance based events. However, research surveying approaches to fuelling in elite  
204 racewalkers, has highlighted that individual strategies at the micro (within & across days), meso (weeks to months)  
205 and macro (across training cycles) levels can be heterogeneous, particularly in females who exhibit reluctance to  
206 increase both energy and carbohydrate intakes (Heikura et al., 2018). To that end and therefore contradicting the  
207 fuelling performance narrative, individuals within athlete group also often reported that they were concerned about



208 increases in body mass. Here, all the participant groups acknowledged the wider social and cultural pressures that  
209 are placed upon women in general and described how female athletes are not immune to these. More specifically,  
210 a *thin ideal* permeates general culture and for many women, this difficult to attain but often referenced *body*  
211 *image*, can influence nutritional habits and practices leading to undereating (Barrett & Petrie, 2020). Consistent  
212 with this, it was reported that many female athletes felt an ongoing need to regulate their body mass and  
213 composition, in an attempt to attain an ideal body image:

214 I feel like I got so wrapped up in how I was looking in a certain kit, I didn't want to look at photos of  
215 myself because I didn't like how I looked or I'd weighed myself the morning of and I knew that I was  
216 maybe heavier than normal, so I was often stressing about that. (Team Sport Athlete 1 – Non User)

217  
218 I think every weight making athlete has body dysmorphia from needing to make weight and the struggles  
219 that brings with it. I think you're never truly happy with how you look and your body composition until  
220 you stand on the scales and then you only look like that for about 10 minutes anyway. (Weight Restricted  
221 Sport Athlete 2 – Non User)

222  
223 As women we're so conscious about our weight, we're so conscious about how we look, how our body  
224 comps are, it's incredible when you actually think about it, like the stress that people go through when  
225 they know that someone's coming in to take their weight. You can just see it in people, some don't eat  
226 the day before because they're so worked up about it. (Team Sport Athlete 2 – Non User)

227  
228 I do believe still there are still a lot of work to do in terms of females in understanding how to fuel their  
229 body over weight, because there are sometimes when I'm on National Team training camps and I'm  
230 looking at what some of these girls are eating and I'm, like, 'you literally have a leaf on your plate and  
231 we have a game tomorrow'. (Team Sport Athlete 3 – Non User)

232  
233 It's about reiterating the benefits of fuelling, whereas some others I know have had a different mind-set  
234 of being lean is the best way to perform and now there's more of the science behind you need to fuel  
235 yourself to perform. (Endurance Sport Athlete 1 – Hormonal Contraceptive User)

236

237 Consistent with these insights, practitioners and researchers also recognised that female athletes are concerned  
238 with meeting culturally reinforced body images, which may also impact on fuelling practices:

239 Whether it's weight or appearance, they're sensitive and rightly so, we've judged women based on looks  
240 forever and there's a perfectionism ideal that's out there and I think what I've learned is don't assume  
241 that because they're elite athletes and they're strong, ripped and fit, that they don't have body image  
242 issues. We know eating disorders are likely more prevalent in female sport than anywhere. (Multi-Sport  
243 Practitioner 1 – Female)

244  
245 With the females it's looking at body image with some of them. I think at the minute there's a bigger  
246 issue with social media influences. I had one athlete who came down and sat next to me and she just said  
247 'look, I'm so confused, I follow this person, this person and this person and I haven't got a clue what's  
248 true or what's false'. None of them are verified, they're just influencers you know, out there to confuse  
249 more than anything else because they don't care about the athletes' needs, it's not bespoke, it's just  
250 generic information. (Weight Restricted Sport Practitioner 1 – Female)

251  
252 I know previously I've had to undo a lot of the negative connotations people have put on food around  
253 carbohydrate loading. So, I've had players that wouldn't want to eat any carbs before games because  
254 they're worried they're going to get fat because in order to improve their body comp they've cut carbs  
255 out. They've seen it's worked, not realised it's calories and then now don't want to eat carbs again and  
256 not realise they need it to perform. So that balance between body comp and fuelling is huge. (Team Sport  
257 Researcher 1 – Male)

258 Related to these athletes' experiences, Annis et al. (2004, p. 156) suggest that, "women are more likely to express  
259 dissatisfaction and distress with body image than men". This is not surprising given that in comparison to men,  
260 women may experience a barrage of ideal body messages from peers, family and media concerning diet, fashion,  
261 cosmetics and cosmetic procedures (de Valle et al., 2021; Mingoia et al., 2017). These elite sportswomen therefore  
262 straddled a tension between the wider social pressures to conform to a thin ideal and the prevailing performance  
263 narrative. Furthermore, it was identified that individuals within the sporting environment, including coaches and  
264 practitioners, reinforced the performance or thin ideal narratives through their everyday practices. In the case of  
265 the performance narrative, practitioners often encouraged and guided athletes to fuel for the sport demands they  
266 faced:

267 Last year one of the players that I was chatting to after the game and she was like ‘when it went into  
268 extra time, I just knew we were the better team because you’re always banging on about carbs, you’re  
269 always shoving gels under our nose. (Team Sport Practitioner 1 – Female)

270  
271 So, some of them, they’ve got reminders or sort of fuelling strategies actually inputted into their training  
272 app, so when they’re logging onto their sessions they’ve got, you know, ‘this is what you need to do  
273 fuelling wise’ so it’s very sort of straight forward. (Endurance Sport Practitioner 1 – Female)

274  
275 Getting them to fuel appropriately is key. I want them to understand ‘this is what I need, this is what my  
276 plate needs to look like’ and have a visual of portion size and understanding of ‘how hard have I trained?  
277 What do I need to replenish that energy store and what does that look like relative to me as a person?’  
278 (Multi-Sport Practitioner 1 – Female)

279 Conversely, athletes, coaches and practitioners within the sporting context, occasionally reinforced the societal  
280 expectation for females to attain a thin ideal:

281 A lot of these kids know nothing and their coaches say to them ‘you’ve got to be this weight’ and they  
282 are only 14 years old and especially as a female when you’re going through coming onto periods for the  
283 first time, your hormones, your cycles, suddenly you weigh 5 pounds heavier and your coach is like ‘why  
284 are you so heavy?’. (Weight Restricted Sport Athlete 1 – Hormonal Contraceptive User)

285  
286 Sometimes as little as a single comment from a coach directed at a female about weight or body shape  
287 or body composition can affect them for years, can lead to disordered eating behaviours and those are  
288 the kind of things you read and go ‘oh sure’, but I’ve witnessed it with my own eyes. (Multi-Sport  
289 Practitioner 1 – Female)

290  
291 So, it’s almost like what we had to do first was heal them all, emotionally, like they’d all been beaten up  
292 about their weight and told they’re fat and told not to eat, so trying to intersect body composition from  
293 performance, as far as coaches are all concerned, lighter is better. (Team Sport Practitioner 1 – Female)

294 These accounts reveal that not only do female athletes straddle a tension between performance and thin ideal  
295 narratives, but that within the sporting environment, comments from other participants may have negative  
296 implications for athletes by encouraging inappropriate leanness and under fuelling. These reinforcements may

297 have been made unwittingly, but nonetheless represent confused and contradictory approaches to nutritional  
298 practice. Additionally, the measurement of body composition featured in many of the participant accounts and  
299 whilst this may provide assessments to enable evidenced based recommendations to enhance sporting  
300 performance, a number of participants identified how this can also encourage athletes to obsessively monitor their  
301 body mass and therefore under fuel as means to achieving leanness:

302           Basically, one player in particular had a really emotional reaction to her skinfolds and then I relayed that  
303           back to the sports scientist and he told me that she'd been making herself sick to achieve targets  
304           previously. And I was like 'so you didn't think to tell me that before I took her body composition?'.  
305           (Team Sport Practitioner 1 – Female)

306  
307           I've done it myself in my early days, you get your ISAK Level 1 and you go and do a sum of 8 skin folds  
308           and you just feedback that sum of 8 and you give them an arbitrary number and more often than not you  
309           put it into red, amber, green, which is not based on anything because it just becomes an isolated measure  
310           of fatness, which I don't believe is helpful. (Team Sport Practitioner 2 – Male)

311 Across these examples, there is a need for stakeholder groups to recognise the bio-psycho-social context that  
312 athletes inhabit, including the thin ideal and body image pressures that permeate wider cultures. Without doing  
313 so, there is a danger that through these comments and measurement practices, athletes are conceived solely as  
314 docile bodies to be moulded or as physical tools for the job (Gearity & Mills, 2012). Such an impoverished  
315 technocratic view neglects the emotional and social aspects of being a performer (Cronin et al., 2019) and in  
316 particular, a female athlete who may be under pressure to conform to a thin ideal body image.

317 Theme 1 therefore highlights that a tension between fuelling for performance and striving for a socially desirable  
318 body image, could also manifest in athletes consciously or unconsciously choosing to under fuel for training and  
319 competition. However, it is important to note, that such actions can result in a subsequent status of low energy  
320 availability, leading to acute and chronic maladaptive effects on both health and performance, as has been well  
321 characterised in both the Female Athlete Triad and Relative Energy Deficiency in Sports models (Mountjoy et al.,  
322 2018; Nattiv et al., 2007). With this in mind, practitioners and researchers should be mindful of the bio-psycho-  
323 social implications of their practices, as it should be recognised that the performance and thin ideal are not abstract  
324 narratives solely generated by wider society, but also manifest in the micro-interactions of those participants  
325 within the everyday sporting contexts.

326

327 **Theme 2: Sport nutrition practice is influenced by a range of female specific factors, therefore presenting**  
328 **a number of unique individual challenges**

329 As athletes and sport nutrition practitioners seek to navigate the tension between fuelling for performance and  
330 thin ideal narratives, insights from the data revealed how individual menstrual status (i.e., menstrual cycles,  
331 menstrual irregularities and/or hormonal contraceptive use) posed unique challenges. Consistent with recent  
332 qualitative studies (Brown et al., 2021; Findlay et al., 2020), athletes reported a variety of symptoms, which appear  
333 regardless of being a hormonal contraceptive user or non-user:

334 I take contraceptives because I get really bad cramps and I just took the implant because it was easier to  
335 have, but I still get my cycle, so I still feel the week before much more sluggish and fatigued, usually  
336 especially the 2-3 days before I just feel pretty bad. I will still get cramps, but it's less often, so maybe  
337 I'll go a few cycles and then I'll have a bad cramp phase, but overall, it's less. (Endurance Sport Athlete  
338 1 – Hormonal Contraceptive User)

339  
340 It's really hard to be honest, I've had to take a lot of pain killers that's how painful it gets. I have  
341 something called pre-menstrual dysphoria, so it really, really knocks your mind and it really kicks the  
342 shit out of you physically in terms of a cascade of symptoms. (Weight Restricted Sport Athlete 2 – Non  
343 User)

344  
345 During that week I have my period my internal body temperature rises so I'm hotter more of the time  
346 and so therefore I'm sweating more, which is probably why I also crave more salt (Weight Restricted  
347 Sport Athlete 1 – Hormonal Contraceptive User)

348  
349 So, the biggest, biggest factor that affects my training, is the effect it has on my stomach. It's a huge,  
350 huge trigger, it is with quite a lot of women I've spoken too, they have bad stomachs at that time, but for  
351 me, I find as an athlete it's so hard because then I'm not getting in the right nutrition, I'm not absorbing  
352 it right and I feel I'm becoming ill. (Team Sport Athlete 1 – Non User)

353 This diverse symptomology means that providing nutritional support can be complex because individualized bio-  
354 psycho-social needs require bespoke care, with the prevailing narratives of the practitioner and researchers  
355 highlighted how supporting female athletes during this time can be challenging:

356 There's like, water retention as well which again, is a very blurry line that can impact weight and, you  
357 know, all it takes is a girl to get on the weighing scales at the wrong time of the month and they've put  
358 on an extra kilo and a half, two kilos in some instances and that massively throws them off and that can  
359 lead to then a change of behaviour with food. (Weight Restricted Sport Practitioner 1 – Female)

360  
361 Another piece that you've got to be on top of with is iron and ferritins. I've joked before that any new  
362 female endurance athlete that presents is anaemic unless proven otherwise. I would say that as a whole  
363 and there's data to support this too, for every male we get four females with gastrointestinal issues. So,  
364 it's tends to be that female athletes are more challenging to manage nutritionally because they seem to  
365 be less predictable in terms of their responses to traditional nutrition interventions. (Multi-Sport  
366 Researcher 3 – Male)

367  
368 Some of the common things that are reported are changes because of cravings or a loss of appetite.  
369 Obviously, the impact of menstrual cramping as well can have an impact from an appetite perspective.  
370 If someone gets extreme menstrual cramping that's obviously really painful and again that is likely to  
371 have a direct effect. A lot also report changes in their gut function too. (Endurance Sport Practitioner 1  
372 – Female)

373 As highlighted in the latter quote, another commonly reported challenge across the participant groups, was the  
374 conflict in battling cravings:

375 Before my bleed I'll want more sweets, but I think that goes along with carbs because sugar is a carb, so  
376 maybe that's why women crave chocolate, I don't know. But I definitely get strong cravings at certain  
377 points, but it's hard to explain why. (Endurance Sport Athlete 1 – Hormonal Contraceptive User)

378  
379 I think the challenge is around premenstrual syndrome and periods and that point of time when your  
380 appetite's going to be higher, you're going to be craving a lot of crap food and then there's this argument  
381 in yourself between 'oh do I really want to lose weight or not?' and just craving a lot of crap food. (Team  
382 Sport Athlete 3 – Non User)

383  
384 Women do tend to eat more in the late luteal phase of their cycle and report this all the time, their cravings  
385 go up and they report more cravings for sweet fatty foods like chocolate. But women often do feel bad

386 about cravings, so I think a lot of women will eat differently at different stages of their cycle and again  
387 it's that latter half of the cycle that really seems to get them. (Multi-Sport Practitioner 1 – Female)

388

389 I definitely hear the athletes talk about specific cravings certain around times within the cycle and  
390 generally they would be for chocolate or really, like, savoury carbohydrates. I would say definitely  
391 around phases of the cycle they would talk about sweet things a bit more. (Team Sport Practitioner 1 –  
392 Female)

393

394 It's very difficult as a male to go 'no you don't need it' because I've never had that feeling, so I haven't  
395 ever experienced that physiological or psychological response to what is happening, so it's very difficult  
396 for me. What I have to do is empathise and say, 'if you are going to have chocolate try this' or 'limit it  
397 to this' or reduce this on this day, so I'll try and find a solution for them to have the chocolate because I  
398 don't feel like I can say to them 'no you can't have chocolate' or 'no you can't have this because it's not  
399 in your plan'. (Team Sport Researcher 1 – Male)

400 These experiences support evidence that craving and food sensitivities appear to be synonymous across female  
401 athletic groups independent of contraceptive status (Ihalainen et al., 2021; Tucci et al., 2010). Interestingly,  
402 athletes', practitioners' and researchers' responses to cravings were almost always considered in relation to the  
403 performance narrative i.e., *will this help me perform* and/or in relation to the thin ideal i.e., *will this help me control*  
404 *body mass*. Additionally, both the sex and the underlying knowledge appeared to influence any support provided  
405 as has been previously demonstrated (Brown & Knight, 2022; Clarke et al., 2021) and which is further expanded  
406 upon in theme 3. This is an important challenge for practitioners to consider, given changes to nutritional intake  
407 mediated by cravings and external pressures can have implications on females' mental health and feelings of self,  
408 which may be tied to overall body dissatisfaction (Ryan et al., 2021).

409 In addition to the challenges noted above, further contradictory nutritional approaches also manifested within the  
410 elite sport environment, with some participants demonstrating espoused views by advocating for a *food first*  
411 approach, before later listing extensive use of female specific dietary supplements:

412 I'm very, very much an advocate of a food first balanced diet –

413 I'll take collagen and stuff, as it's meant to be good for females if you're picking up a niggle. I also take  
414 are vitamin D... I have omega 3 in the morning and if I need it iron. I also take a probiotic for my stomach.

415 I'll also use protein powder... I usually have the electrolyte tabs... I often have the vitamin C... so the

416 nitrate bars are a favourite...I used to use creatine...I'll also use tart cherry juice for recovery and to help  
417 my sleep. (Endurance Sport Athlete 2 – Hormonal Contraceptive User)

418

419 My focus is to shift away from supplements to food first –

420 I guess you could say I follow the IOC paper on this, so you've got your correcting female deficiency  
421 supplements, so your irons, your vitamin Ds, your B12s, you've got your treating a condition like a stress  
422 fracture, so your calcium and then you've got your sort of training aid supplements or your protein  
423 powders and your creatine and then you've got your competition supplements like your caffeine, your  
424 beetroot, things like that. (Multi-Sport Practitioner 1 – Female)

425

426 I think more supplements you kind of layer on, then the bigger a distraction it is from actual real food -  
427 protein and creatine would definitely be our two biggest ones from a training perspective. And then from  
428 a basic perspective it's probably more bicarb and caffeine would be the two big ones...we obviously use  
429 sports foods like carb gels, powders...collagen is something that we use... vitamin D and probiotics I  
430 suppose would be another big one we use in females. (Multi-Sport Researcher 1 – Female)

431 These dietary supplements reflect strategies to mitigate injury (i.e., collagen), protect bone health (i.e., calcium  
432 and vitamin D) and those proposed to offset menstrual symptomology (omega 3, iron, probiotics, B vitamins),  
433 which are factors of concern in female athlete populations (Khatri et al., 2021; Nattiv et al., 2007). Nevertheless,  
434 the participants' discourse reflects a tension between an ideal context (i.e., food first) and a performance focus on  
435 maintenance and/or growth of muscle mass alongside health related goals , thereby once more confirming that an  
436 athletes' body is one to be amended in line with the prevailing performance narrative.

437 Overall, theme 2 demonstrates that nutrition support for female athletes is influenced by individual experiences  
438 of varied menstrual status, diverse symptomology and specific performance requirements. On this basis, providing  
439 such support is a complex process, given these factors are both personalised and dynamic i.e., changeable over  
440 time. To that end, a current popularised concept of a *generalised* and *one size fits all* approach to implementing  
441 sport nutrition practice based around phases of the menstrual cycle, does not appear to be a practical strategy when  
442 engaging with female athletes, given the individualised contexts highlighted within this theme .

443

444



445 **Theme 3: A continuing need for ongoing education and further research requirements centred around**  
446 **female nutrition**

447 In the face of the complex challenge to provide sport nutritional support, all participants emphasised a need for  
448 ongoing education and further research. In terms of education, athletes explicitly advocated for more knowledge  
449 and practical understanding:

450 I think educating people is the best way for them to understand, because I went to university and it wasn't  
451 until I started competing when I was in my early 20s that I learned anything about nutrition. So just basic  
452 nutrition, let alone female nutrition and how the female cycle affects you performing, all of these things  
453 are really important. (Endurance Sport Athlete 1 – Hormonal Contraceptive User)

454  
455 I think if we were educated younger, you'd probably get into the importance of nutrition earlier. I just  
456 think some teams aren't able to provide the money they need to put into nutrition to then support women  
457 in the right way. (Team Sport Athlete 2 – Non User)

458  
459 I think one thing is not knowing how much you should be eating, because players don't really track it,  
460 so I think if maybe they did, they would eat more. (Team Sport Athlete 3 – Non User)

461 Practitioners similarly reinforced the need for athlete education:

462 There are numerous areas to consider with the female athlete. You've obviously got the menstrual side  
463 of things and then you've got the energy availability side of things and body image side of things and  
464 that whole education around it is crucial. (Weight Restricted Sport Practitioner 1 – Female)

465  
466 The biggest thing that I think we can do to help female athletes is really those younger, vulnerable athletes  
467 who don't have this support and making sure that they're getting the right messages of what the important  
468 things to focus on are. They need education. (Endurance Sport Practitioner 1 – Female)

469  
470 Quite simply better knowledge around their day to day fuelling, I think if players are educated well  
471 around how to fuel for their daily training sessions and during competition and shown to do it properly  
472 and energy and time is spent in teaching and application around weighing food, food systems, then I  
473 believe that's the most important way to go for female athletes. (Team Sport Practitioner 2 – Male)

474

475 While a call for further education of athletes was recurrent across the data, it was also notable that many athletes  
476 had learnt from their prior nutritional experiences. Specifically, reflecting on different nutritional approaches was  
477 a source of knowledge and experiencing the embodied consequences of these strategies led to changes in  
478 behaviour:

479 I think I've just learnt the hard way, I've under fuelled, I've done it all the wrong way around in the past  
480 and really suffered as a consequence. (Endurance Sport Athlete 2 – Hormonal Contraceptive User)

481  
482 It's taken a lot of trial and error for me to work out what I need best going into a game, but I think now  
483 I've kind of got the balance between 'okay, I need to make sure that I fuel with enough carbs. (Team  
484 Sport Athlete 1 – Non User)

485  
486 Have I learnt the hard way about doing it wrong? Yes, I have. Have I absolutely messed up the weight  
487 cut and then just gone for a McDonalds? Yes. And was it the worst prep ever? Yeah, it was, I felt awful  
488 and it was a terrible way to fuel. (Weight Restricted Sport Athlete 2 – Non User)

489 Additionally, practitioners described providing formal workshops and individual advice to athletes. Related to  
490 this, how practitioners care for athletes in sport contexts has received some recent attention, with authors calling  
491 for an ethic of care in high performance sport (Cronin et al., 2020; Fisher et al., 2019). In keeping with this theme,  
492 some sport nutrition practitioners articulated practices such as paying attention to and collaborating with female  
493 athletes to support their complex nutritional needs:

494 So, we work on grams per kilo and we've got ranges for the group in terms of where we think people  
495 should be at on different days and at different phases and then that's sort of individualised based on some  
496 of the power meter data to get an indication of expenditure they might do in those rides. (Endurance  
497 Sport Practitioner 1 – Female)

498  
499 I mean the idea is they've got individual plans and I guess it's working back from what we're trying to  
500 achieve in that training block, so overarching principles, what we're trying to achieve and then what the  
501 sessions look like and what we would need to get out of each individual session and then looking at total  
502 fuelling. (Multi-Sport Researcher 1 – Female)

503 Importantly, data from the thematic analysis also revealed that in contrast to the other participants, three  
504 practitioners (two of whom were female) did not consider menstrual or contraceptive status to be linked to athlete  
505 nutrition or performance:

506 I couldn't tell you off the top of my head, who was or wasn't on contraception unless I went specifically  
507 asking, the medics. From my perspective, irrespective of whether they're on contraception or not, I've  
508 never identified that as information that I necessarily needed to know and I'm not sure it would alter  
509 what I was trying to strategically achieve... I had 6 years with a team and I never had that conversation  
510 once with any player about female issues. (Team Sport Practitioner 2 – Male)

511  
512 I couldn't reel off whether or not they're on oral contraceptives or not, plus I might not necessarily ask  
513 them the level of detail of how many milligrams of progesterone or oestrogen and I'll be honest, I don't  
514 know the numbers that track their cycle. Some of them probably do, but I just haven't had a conversation  
515 about it, because I don't think it's relevant to my practice. (Multi-Sport Practitioner 2 – Female)

516  
517 As a nutritionist no I don't track, I do wonder how much in terms of that info is medical, it's almost like  
518 who owns that job? I know that there are some athletes that do track themselves, but I couldn't put a  
519 number on it. To be honest I've not gone out there across how many athletes on our programme and  
520 asked the question, as realistically is it important for me to know that? (Weight Restricted Sport  
521 Practitioner 1 – Female)

522 This highlights how practitioners in high performance sport settings might also benefit from education as has been  
523 previously highlighted (Brown & Knight, 2022; Clarke et al., 2021), particularly given the well-established  
524 differences in nutritional regulation between the sexes and how this may also be influenced by menstrual and  
525 hormonal contraceptive cycles (Areta & Elliott-Sale, 2022).

526 Beyond these perceptions, there was also a recognition that female ovarian health remains somewhat of a taboo  
527 subject in high performance sport settings. It was suggested that male coaches under appreciate the importance of  
528 these factors and felt uncomfortable discussing them. For some participants, menstrual and contraceptive status  
529 were considered as solely medical issues and therefore outsourced:

530 I engaged with one coach previously and said 'I'm seeing some trends here that are concerning, like, one  
531 of your girls isn't having a period and you know, another one isn't eating breakfast ever and I think is  
532 eating about, like, 1,500 - 1,800 calories a day, something's really off here' and he asked me 'so are you

533 telling me that I should be talking to my athletes about their periods?', to which I said 'honestly, probably  
534 you should!'. (Multi-Sport Practitioner 1 – Female)

535

536 Generally, I think with a lot of practitioners who are either male or female, that barrier has been crossed  
537 very well. Where we are with the coaches, I think there's probably a long way to go in terms of female  
538 performance conversations. There's a couple of athletes that I have started to work with that have been  
539 so appreciative because they're like, 'I'm 28 years old and not a single coach has sat down and asked me  
540 these questions before'. (Multi-Sport Researcher 3 – Male)

541

542 Now in sport those conversations happen openly, but within the closed confidentiality of the doctors.  
543 Performance nutrition is the aspect that I've got expertise in, so I acknowledged it was medically led and  
544 shouldn't involve me. (Team Sport Practitioner 2 – Male)

545 Coupling this stigma, is a recognition from all of the participants that research on female ovarian health and sport  
546 nutrition requirements remains inadequate. Based on this constraint, there was a recognition that much research  
547 has been conducted on male populations and a desire for more bespoke information:

548 Understanding the differences and the needs of the male and female body is definitely important. I think  
549 more research could be done. (Endurance Sport Athlete 1 – Hormonal Contraceptive User)

550

551 I think first and foremost we need the research into female athletes, that is absolutely key as we just don't  
552 know enough. (Team Sport Athlete 1 – Non User)

553

554 I think, from my perspective, I don't feel there's enough science out there to be able to definitively say  
555 to a female athlete 'okay, we know that if, you know, this type of nutritional strategy is going to help you  
556 at this time of the month' or whatever, I just don't think there's enough information out there about it.  
557 (Multi-Sport Practitioner 2 – Female)

558 Theme 3 therefore demonstrates that athletes, practitioners and researchers within this study appreciated  
559 experiential learning, individualised care and the openness of some practitioners and coaches to explore female  
560 sport nutrition from the perspective of menstrual status. Nonetheless there remains a need for rigorous and  
561 population specific research and widespread education campaigns designed to challenge stigmas and ensure  
562 positive and effective nutritional strategies for female athletes.

563

### Conclusions

564 This study provides the first ever exploration of athletes', practitioners' and researchers' perceptions of female  
565 nutrition practices in elite sporting environments. A common theme highlighted amongst all participant groups  
566 was the task of adequately fuelling for both training and competition demands. Paradoxically, all groups further  
567 reported that many females are concerned about how fuelling may also negatively affect body mass and body  
568 composition goals. Overall, these concerns are deeply rooted in the perception of a thin ideal body image, driven  
569 by societal ideals. This concern was further precipitated by sport specific stakeholders i.e., coaches and support  
570 staff, through everyday practices e.g., body composition measurement and a desire for lean athletes. The findings  
571 also demonstrated the complex nature of providing sport nutrition support to elite female athlete populations by  
572 describing how variations in the female menstrual cycle and hormonal contraceptive associated symptomology,  
573 leads to individuated influences on cravings and approaches to dietary intakes and supplementation. These  
574 individual contexts necessitate personalised care based on female specific research, yet all participant groups  
575 recognised a need for more education and highlighted that the paucity of female specific examinations within the  
576 current research literature, make this difficult to employ in practice. Worryingly within the practitioner group,  
577 some individuals did not recognise how athletes' menstrual cycles, contraceptive use and associated  
578 symptomology may affect nutrition support and subsequent sporting performance.

579

580

### Recommendations

581 Through the above insights, this study contributes towards addressing the sex data gap by detailing the nutritional  
582 experiences of female athletes from a bio-psycho-social perspective. It also directs both researchers and  
583 practitioners working with female athletes to consider:

- 584 (i) Nutritional interventions that provide personalised and appropriate fuelling, whilst understanding  
585 individual female athletes' perceptions of body image
- 586 (ii) The role of coaching and practitioner staff in caring for female athletes who may experience body  
587 dysmorphia, with a view to implementing strategies to reduce its prevalence
- 588 (iii) Tracking menstrual and/or contraceptive status and understanding how to use this data for the benefit  
589 of individuated approaches to sport nutritional and training practices
- 590 (iv) Education interventions with female athletes based on experiential and collaborative pedagogies
- 591 (v) Educational interventions that support practitioners to understand the bio-psycho-social influences  
592 on female athletes and challenge menstruation stigma in sport

593 In doing so, this study provides a significant platform for those exploring future nutrition research and practices,  
594 that are specific to female populations in elite sports.

595

### 596 **Reflections and Future Considerations**

597 As first author when conducting these interviews, I often felt had a unique perspective, given I was biologically  
598 born and identify as a male. With this in mind, at the beginning of the process I often perceived this afforded me  
599 a strong position to conduct this research, as I had no previous experiences and biases of being or identifying as a  
600 female. However, I became innately aware throughout the process of conducting the interviews, that a female  
601 perspective may have provided me with a richer view in examining the aims of the study. This became very  
602 apparent to me when exploring the data with other female members of the authorship team and them raising points  
603 I couldn't have possibly considered from a male context. For example, not considering or even appreciating that  
604 we could have requested all participants provide their demographic information i.e., body mass, stature and even  
605 contraceptive status of those female practitioners and researchers, in order to create parity across our enquiries.  
606 To that end, the dynamic between interviewers and interviewees of different sexes when conducting interviews  
607 that explore factors specific to females is certainly a consideration for future research. However, despite this and  
608 as a former athlete, coach and current practitioner/research scientist, I did feel this put me in a positive position to  
609 build considerable rapport and open dialogue with each participant, allowing me to build trust and engage in  
610 deeply rich accounts of individual experiences and perceptions within the realm of female sport nutrition. I often  
611 reflected post interview on how the discussion unfolded and tried to identify if any of my own biases had shaped  
612 the discussions. This is a process I would encourage all those who conduct this type of research to engage with.  
613 Additionally, this study also made me aware of several ethical factors, that at the time of conducting data collection  
614 I had not considered. After wider consultation with the authorship team, we had long discussions regarding the  
615 utilisation of our pilot interviews and also whether or not we should share the collated themes with each participant  
616 prior to publication. Whilst we finally chose not to do this, this is certainly a consideration for future research  
617 designs, in garnering what the participants think about final perceptions of their interviews and for greater  
618 transparency in ethical caring of those we engage with. Finally, we did not include an analysis of specific factors  
619 related to participant race/ethnicity or sporting identity i.e., sport type within the study and this is certainly an area  
620 for consideration in future research. With this in mind and despite these limitations, we hope this investigation  
621 stimulates further discussion and acts as an initial catalyst for further qualitative enquiry within this area of  
622 research.

623  
624  
625  
626  
627  
628  
629  
630  
631  
632  
633  
634  
635  
636  
637  
638  
639  
640  
641  
642  
643  
644  
645  
646  
647  
648  
649  
650  
651

### Acknowledgements

The authors would like to thank all the participants and Gina Kelly, Caraigh McGuinness and Poppy Hawe for their assistance during the data collection period.

### References

Annis, N. M., Cash, T. F., & Hrabosky, J. I. (2004). Body image and psychosocial differences among stable average weight, currently overweight, and formerly overweight women: The role of stigmatizing experiences. *Body Image, 1*(2), 155-167. <https://doi.org/10.1016/j.bodyim.2003.12.001>

Areta, J. L., & Elliott-Sale, K. J. (2022). Nutrition for female athletes: What we know, what we don't know, and why. *Eur J Sport Sci, 22*(5), 669-671. <https://doi.org/10.1080/17461391.2022.2046176>

Armour, K. M., & Chambers, F. C. (2014). 'Sport & exercise pedagogy'. The case for a new integrative sub-discipline in the field of sport & exercise sciences/kinesiology/human movement sciences. *Sport, Education and Society, 19*(7), 855-868. <https://doi.org/10.1080/13573322.2013.859132>

Barrett, S. L., & Petrie, T. A. (2020). Female athletes in retirement: A test of a psychosocial model of bulimic symptomatology. *Journal of Sport & Exercise Psychology, 42*(6), 490-499. <https://doi.org/10.1123/jsep.2020-0023>

Braun, V., & Clarke, V. (2019). Reflecting on reflexive thematic analysis. *Qualitative Research in Sport, Exercise and Health, 11*(4), 589-597. <https://doi.org/10.1080/2159676X.2019.1628806>

Braun, V., & Clarke, V. (2021a). Conceptual and design thinking for thematic analysis. *Qualitative Psychology, No Pagination Specified-No Pagination Specified*. <https://doi.org/10.1037/qup0000196>

Braun, V., & Clarke, V. (2021b). One size fits all? What counts as quality practice in (reflexive) thematic analysis? *Qualitative Research in Psychology, 18*(3), 328-352. <https://doi.org/10.1080/14780887.2020.1769238>

Braun, V., Clarke, V., & Hayfield, N. (2022). 'A starting point for your journey, not a map': Nikki Hayfield in conversation with Virginia Braun and Victoria Clarke about thematic analysis. *Qualitative Research in Psychology, 19*(2), 424-445. <https://doi.org/10.1080/14780887.2019.1670765>

Brown, N., & Knight, C. J. (2022). Understanding female coaches' and practitioners' experience and support provision in relation to the menstrual cycle. *International Journal of Sports Science & Coaching, 17*(2), 235-243. <https://doi.org/10.1177/17479541211058579>

- 652 Brown, N., Knight, C. J., & Forrest, L. J. (2021). Elite female athletes' experiences and perceptions of the  
653 menstrual cycle on training and sport performance. *Scandinavian Journal of Medicine and Science in*  
654 *Sports*, 31(1), 52-69. <https://doi.org/10.1111/sms.13818>
- 655 Carless, D., & Douglas, K. (2013). Living, resisting, and playing the part of athlete: Narrative tensions in elite  
656 sport. *Psychology of Sport and Exercise*, 14(5), 701-708.  
657 <https://doi.org/10.1016/j.psychsport.2013.05.003>
- 658 Champ, F. M., Ronkainen, N. J., Littlewood, M. A., & Eubank, M. (2020). Supporting identity development in  
659 talented youth athletes: Insights from existential and cultural psychological approaches. *Journal of*  
660 *Sport Psychology in Action*, 11(4), 219-232. <https://doi.org/10.1080/21520704.2020.1825027>
- 661 Clarke, A., Govus, A., & Donaldson, A. (2021). What male coaches want to know about the menstrual cycle in  
662 women's team sports: Performance, health, and communication. *International Journal of Sports*  
663 *Science & Coaching*, 16(3), 544-553. <https://doi.org/10.1177/1747954121989237>
- 664 Cook, C., Crust, L., Littlewood, M., Nesti, M., & Allen-Collinson, J. (2014). 'What it takes': Perceptions of  
665 mental toughness and its development in an English Premier League soccer academy. *Qualitative*  
666 *Research in Sport, Exercise and Health*, 6(3), 329-347. <https://doi.org/10.1080/2159676X.2013.857708>
- 667 Coppola, A. M., Ward, R. M., & Freysinger, V. J. (2014). Coaches' communication of sport body image:  
668 Experiences of female athletes. *Journal of Applied Sport Psychology*, 26(1), 1-16.  
669 <https://doi.org/10.1080/10413200.2013.766650>
- 670 Cowley, E. S., Olenick, A. A., McNulty, K. L., & Ross, E. Z. (2021). "Invisible sportswomen": The sex data  
671 gap in sport and exercise science research. *Women in Sport and Physical Activity Journal*, 1-6.  
672 <https://doi.org/10.1123/wspaj.2021-0028>
- 673 Creswell, J. W., & Creswell, J. D. (2018). *Research design : Qualitative, quantitative, and mixed methods*  
674 *approaches*.
- 675 Cronin, C., Knowles, Z. R., & Enright, K. (2020). The challenge to care in a Premier League football club. *Sports*  
676 *Coaching Review*, 9(2), 123-146. <https://doi.org/10.1080/21640629.2019.1578593>
- 677 Cronin, C., Whitehead, A. E., Webster, S., & Huntley, T. (2019). Transforming, storing and consuming athletic  
678 experiences: A coach's narrative of using a video application. *Sport, Education and Society*, 24(3),  
679 311-323. <https://doi.org/10.1080/13573322.2017.1355784>



680 de Valle, M. K., Gallego-García, M., Williamson, P., & Wade, T. D. (2021). Social media, body image, and the  
681 question of causation: Meta-analyses of experimental and longitudinal evidence. *Body Image*, 39, 276-  
682 292. <https://doi.org/10.1016/j.bodyim.2021.10.001>

683 DeJonckheere, M., & Vaughn, L. M. (2019). Semistructured interviewing in primary care research: A balance of  
684 relationship and rigour. *Fam Med Community Health*, 7(2), e000057. [https://doi.org/10.1136/fmch-  
685 2018-000057](https://doi.org/10.1136/fmch-2018-000057)

686 Douglas, K., & Carless, D. (2006). Performance, discovery, and relational narratives among women professional  
687 tournament golfers. *Women in Sport and Physical Activity Journal*, 15(2), 14-27.  
688 <https://doi.org/10.1123/wspaj.15.2.14>

689 Elliott-Sale, K. J., Minahan, C. L., de Jonge, X., Ackerman, K. E., Sipilä, S., Constantini, N. W., Lebrun, C. M.,  
690 & Hackney, A. C. (2021). Methodological considerations for studies in sport and exercise science with  
691 women as participants: A working guide for standards of practice for research on women. *Sports  
692 Medicine*. <https://doi.org/10.1007/s40279-021-01435-8>

693 Ellis, C., Bochner, A. P., Rambo, C., Berry, K., Shakespeare, H., Gingrich-Philbrook, C., Adams, T. E.,  
694 Rinehart, R. E., & Bolen, D. M. (2018). Coming unhinged: A twice-told multivoiced autoethnography.  
695 *Qualitative Inquiry*, 24(2), 119-133. <https://doi.org/10.1177/1077800416684874>

696 Elo, S., & Kyngas, H. (2008). The qualitative content analysis process. *Journal of Advanced Nursing*, 62(1),  
697 107-115. <https://doi.org/10.1111/j.1365-2648.2007.04569.x>

698 Findlay, R. J., Macrae, E. H. R., Whyte, I. Y., Easton, C., & Forrest, L. J. (2020). How the menstrual cycle and  
699 menstruation affect sporting performance: Experiences and perceptions of elite female rugby players.  
700 *British Journal of Sports Medicine*, 54(18), 1108-1113. <https://doi.org/10.1136/bjsports-2019-101486>

701 Fisher, L. A., Larsen, L. K., Bejar, M. P., & Shigeno, T. C. (2019). A heuristic for the relationship between  
702 caring coaching and elite athlete performance. *International Journal of Sports Science & Coaching*,  
703 14(2), 126-137. <https://doi.org/10.1177/1747954119827192>

704 Gearity, B. T., & Mills, J. P. (2012). Discipline and punish in the weight room. *Sports Coaching Review*, 1(2),  
705 124-134. <https://doi.org/10.1080/21640629.2012.746049>

706 Heaney, S., O'Connor, H., Naughton, G., & Gifford, J. (2008). Towards an understanding of the barriers to good  
707 nutrition for elite athletes. *International Journal of Sports Science & Coaching*, 3(3), 391-401.  
708 <https://doi.org/10.1260/174795408786238542>

709 Heikura, I. A., Stellingwerff, T., & Burke, L. M. (2018). Self-reported periodization of nutrition in elite female  
710 and male runners and race walkers. *Frontiers in Physiology*, 9, 1732.  
711 <https://doi.org/10.3389/fphys.2018.01732>

712 Holtzman, B., & Ackerman, K. E. (2021). Recommendations and nutritional considerations for female athletes:  
713 Health and performance. *Sports Medicine*. <https://doi.org/10.1007/s40279-021-01508-8>

714 Ihalainen, J. K., Löfberg, I., Kotkajuuri, A., Kyröläinen, H., Hackney, A. C., & Taipale-Mikkonen, R. S. (2021).  
715 Influence of menstrual cycle or hormonal contraceptive phase on energy intake and metabolic  
716 hormones-a pilot study. *Endocrines*, 2(2), 79-90. <https://doi.org/10.3390/endocrines2020008>

717 Khatri, M., Naughton, R. J., Clifford, T., Harper, L. D., & Corr, L. (2021). The effects of collagen peptide  
718 supplementation on body composition, collagen synthesis, and recovery from joint injury and exercise:  
719 A systematic review. *Amino Acids*, 53(10), 1493-1506. <https://doi.org/10.1007/s00726-021-03072-x>

720 Kolić, P. V., Sims, D. T., Hicks, K., Thomas, L., & Morse, C. I. (2021). Physical activity and the menstrual  
721 cycle: A mixed-methods study of women's experiences. *Women in Sport and Physical Activity Journal*,  
722 29(1), 47-58. <https://doi.org/10.1123/wspaj.2020-0050>

723 Miles, M. B., Huberman, A. M., & Saldaña, J. (2014). *Qualitative data analysis : A methods sourcebook*. Sage.

724 Mingoia, J., Hutchinson, A. D., Wilson, C., & Gleaves, D. H. (2017). The relationship between social  
725 networking site use and the internalization of a thin ideal in females: A meta-analytic review. *Frontiers*  
726 *in Psychology*, 8, 1351. <https://doi.org/10.3389/fpsyg.2017.01351>

727 Mountjoy, M., Sundgot-Borgen, J. K., Burke, L. M., Ackerman, K. E., Blauwet, C., Constantini, N., Lebrun, C.,  
728 Lundy, B., Melin, A. K., Meyer, N. L., Sherman, R. T., Tenforde, A. S., Klungland Torstveit, M., &  
729 Budgett, R. (2018). IOC consensus statement on relative energy deficiency in sport (RED-S): 2018  
730 update. *British Journal of Sports Medicine*, 52(11), 687-697. <https://doi.org/10.1136/bjsports-2018-099193>

731

732 Nattiv, A., Loucks, A. B., Manore, M. M., Sanborn, C. F., Sundgot-Borgen, J., & Warren, M. P. (2007).  
733 American college of sports medicine position stand. The female athlete triad. *Medicine and Science in*  
734 *Sports and Exercise*, 39(10), 1867-1882. <https://doi.org/10.1249/mss.0b013e318149f111>

735 Overdorf, V. G., & Silgailis, K. S. (2005). High school coaches' perceptions of and actual knowledge about  
736 issues related to nutrition and weight control. *Women in Sport and Physical Activity Journal*, 14(1), 79-  
737 85. <https://doi.org/10.1123/wspaj.14.1.79>

738 Patton, M. Q. (2015). *Qualitative research & evaluation methods : Integrating theory and practice*.

- 739 Pegoraro, A., & Arndt, F. (2021). The Tokyo Olympics are billed as the first gender equal games, but women still  
740 lack opportunities in sport. *The Conversation*. [https://theconversation.com/the-tokyo-olympics-are-](https://theconversation.com/the-tokyo-olympics-are-billed-as-the-first-gender-equal-games-but-women-still-lack-opportunities-in-sport-165280)  
741 [billed-as-the-first-gender-equal-games-but-women-still-lack-opportunities-in-sport-165280](https://theconversation.com/the-tokyo-olympics-are-billed-as-the-first-gender-equal-games-but-women-still-lack-opportunities-in-sport-165280)
- 742 Roberts, S. J., Baker, M., Reeves, M. J., Jones, G., & Cronin, C. (2019). Lifting the veil of depression and  
743 alcoholism in sport coaching: How do we care for carers? *Qualitative Research in Sport, Exercise and*  
744 *Health*, 11(4), 510-526. <https://doi.org/10.1080/2159676X.2018.1556182>
- 745 Ryan, S., Ussher, J. M., & Hawkey, A. (2021). Managing the premenstrual body: A body mapping study of  
746 women's negotiation of premenstrual food cravings and exercise. *J Eat Disord*, 9(1), 125.  
747 <https://doi.org/10.1186/s40337-021-00478-6>
- 748 Smith, B. (2018). Generalizability in qualitative research: Misunderstandings, opportunities and  
749 recommendations for the sport and exercise sciences. *Qualitative Research in Sport, Exercise and*  
750 *Health*, 10(1), 137-149. <https://doi.org/10.1080/2159676X.2017.1393221>
- 751 Smith, B., & McGannon, K. R. (2018). Developing rigor in qualitative research: Problems and opportunities  
752 within sport and exercise psychology. *International Review of Sport and Exercise Psychology*, 11(1),  
753 101-121. <https://doi.org/10.1080/1750984X.2017.1317357>
- 754 Tucci, S. A., Murphy, L. E., Boyland, E. J., Dye, L., & Halford, J. C. (2010). Oral contraceptive effects on food  
755 choice during the follicular and luteal phases of the menstrual cycle. A laboratory based study.  
756 *Appetite*, 55(3), 388-392. <https://doi.org/10.1016/j.appet.2010.06.005>
- 757 Turner, D. W. (2010). Qualitative interview design: A practical guide for novice investigators. *Qual. Rep.*  
758 *Qualitative Report*, 15(3), 754-760.
- 759 Vaismoradi, M., Turunen, H., & Bondas, T. (2013). Content analysis and thematic analysis: Implications for  
760 conducting a qualitative descriptive study. *Nursing & Health Sciences*, 15(3), 398-405.  
761 <https://doi.org/10.1111/nhs.12048>

**Table 1.***Key Domains, Topic Areas and Example Questions Employed Across the Differing Participant Group Interviews*

<b>Domain 1: BACKGROUND DEMOGRAPHICS</b>		
<b>Topic</b>	<b>Example Questions Athletes</b>	<b>Example Questions Practitioners/Researchers</b>
Sporting history	<i>How long have you participated in this sport? How long have you been competing/practicing?</i>	
Experience of working with or providing nutritional support	<i>Have you ever worked with a nutritionist and for how long? If so, what was the frequency of input? If not, what is your source of nutritional guidance?</i>	<i>What is the frequency and type of nutritional input you provide to the athletes you work with?</i>
Performance conversations around the female athlete	<i>Are you aware of and comfortable discussing your ovarian health with coaches/practitioners and if not why? Does the sex of the individual dictate this type of conversation?</i>	<i>Are you aware of and comfortable discussing the ovarian health of the athletes you work with and if not, why? Does the sex of an individual when working with female athletes' dictate these conversations?</i>
Understanding of contraceptive status	<i>What is your contraceptive status and what motivated your choice? Do you track your cycle and if so, how?</i>	<i>Do you know each of the athlete's you work with contraceptive status and is it important to know? If so, do you know what motivated the athlete's choice? Do you know which type of contraception your athletes may be taking? Do you know if the athletes (or do you encourage them) track their cycle &amp; if so, how?</i>
<b>Domain 2: THE ROLE OF NUTRITION IN DETERMINING SPORTING PERFORMANCE</b>		
<b>Topic</b>	<b>Example Questions Athletes</b>	<b>Example Questions Practitioners/Researchers</b>
Influence and priorities of nutrition in sport	<i>Does nutrition influence performance in your sport? If so, what are your key performance nutrition priorities that have the biggest performance impact? What are your responses based on and how has this been established?</i>	
Approaches to training day and competition nutrition	<i>What are your typical nutritional habits in terms of how many meals/snacks and the amount of fluid you intake per day and why is it structured in this way? Do you ever plan and/or periodise your nutrition in relation to training/competition days and if so, why (or why not)? Do you ever deliberately skip meals and if so, why? Do you ever use nutritional supplements and if so, why (or why not)?</i>	<i>What are your suggested typical nutritional strategies in terms of how many meals/snacks and the amount of fluid your athletes should intake per day and why is it structured in this way? Do you ever plan and/or periodise your nutrition strategies in relation to training/competition days and if so, why (or why not)? Do you know if your athletes ever deliberately skip meals and if so, why? Do you ever recommend the use of nutritional supplements and if so, why (or why not)?</i>
<b>Domain 3: SPORT NUTRITIONAL CHALLENGES SPECIFIC TO THE FEMALE ATHLETE</b>		
<b>Topic</b>	<b>Example Questions Athletes</b>	<b>Example Questions Practitioners/Researchers</b>
Nutritional requirements and habits throughout the menstrual cycle/stages of contraceptive use	<i>Do you feel that your nutritional needs and/or habits change throughout the menstrual cycle/stages of contraceptive use? If so, why is this and what do you think are the reasons?</i>	<i>Do you feel that the athletes you work with nutritional needs and/or habits change throughout the menstrual cycle/stages of contraceptive use? If so, why is this and what do you think are the reasons?</i>
Identification of initiatives for further development and support in female sport nutrition	<i>How do you believe sport scientists and nutritionists can really help female athletes in the area of sport nutrition?</i>	