



iGIANT® Sports Summit

Virtual - August 18, 2021

Attendee List

Katharine Ross

Administrative Assistant, American Medical Women's Association

Rick Weinstein

Co-Founder, American Impact Capital Foundation, Inc.

Dr. Saralyn Mark

President, iGIANT

Susan Sokolowski

Director & Professor, University of Oregon

Aliza Lopez

Lead Youth Ambassador

Eliza Chin

Executive Director, American Medical Women's Association

Philip Rubin

President-Elect, Federation of Associations in Behavioral and Brain Sciences

Cindy Paska

Executive Director, Council of Scientific Society Presidents

Amanda Diaz Mendez

Student, UMHS

Juliana Courogen

Graduate Student, University of Oregon

Tony Silva

General Manager, Edelman

Sameen Andar

Student, UC Irvine

Kim Templeton

Vice-Chair for Diversity, Equity, and Inclusion; University of Kansas, School of Medicine

Lorelei Pagano

Board Member, NVRC

Discussion Points

- Within the sports industry, male and female athletes possess various structural / anatomical differences, acutely affecting lower extremities. During women's athletic games, anterior cruciate ligament (ACL) tears are common when compared to their counterparts. This disparity is attributed to females' relatively lesser muscle mass around the knee area, which may result in a higher likelihood of tearing if overstretched.
- Components that should be considered in both women's and men's athletics, in order to ensure inclusivity and fair outcomes, includes an assessment of biomechanics (study of structure and function from a biological standpoint). For example, one's center of gravity also affects performance in sports and daily life. The center of gravity in women is found around the pelvis, while a man's center of gravity is located around the sternum.
- Coverage in the media and the general image of men's versus women's athletics reveals an imbalance. Despite being an outmoded idea, the higher publicity rates of male games are tied to the idea that they "dominate" the industry. However, attempts to level this playing field and promote equality have not been actively enforced. It is often noted that sports associated with the image of strength, robustness, and masculinity (e.g. basketball and football) are held as predominantly a man's sport and not for women.
- In gymnastics, discussion arises on how male and female competitions are arranged and commonly organized. A main distinction between a girl or woman competing, as opposed to a man, is the usage of music during floor routines. It is believed that the artistic elements are

a feminine trait. On the other hand, male routines are considered “strenuous exercise,” demonstrating strength and power.

- iGIANT Youth Ambassadors were instructed to provide their insights on labeled, societal / athletic expectations in gymnastics, citing the recently published [CNN article](#) on the 2020 Tokyo Olympics. The article can be read [here](#).
- In general, athletic clothing has been an area of concern for female athletes because a typical fitted suit, such as a unitard or jersey is tailored more appropriately for the average male. Outside of binary clothing (male/female), designers should account for expanding diverse populations. By taking this approach, the risk of injuries can be reduced, and the athletic performance may improve. Currently, the linear grade method is the most conventional scale for clothing sizes, such as small, medium, large, etc. The industry is urged to change these dimensions taking into account the impact of anthropometry (body proportion) rather than a 'shrink it/pink it' approach.
- Sports equipment design needs to take into account body mechanics and anthropometry as well. For example, in rowing, women may experience discomfort in boat seating due to size issues which do not take into account women's hips.
- This summit will be followed by additional sports summits, challenge competitions and seals of approval for design processes which will contribute to an enhanced dialog on the needs of all athletes and the urgency to develop design elements such as products, training protocols, policies and programs to ensure that everyone is given the resources, opportunities and tools to safely perform to their highest abilities.