

**School of Health Sciences
Honours Research Project**

Title (*approximate*)

Design of innovative sports bras to reduce exercise induced breast discomfort

Supervisors Name: Julie Steele &/or Bridget Munro &/or Deirdre McGhee

Email: julie_steele@uow.edu.au; bmunro@uow.edu.au; dmcghee@uow.edu.au

Project Details (*Brief Description of the Project*)

During weight bearing exercise, such as running, women with large breasts often experience breast pain which, if severe enough, can discourage them from participating in physical activity or force them to seek breast reduction surgery. To ensure that all women, irrespective of breast size, can exercise in comfort, current research attention in the BRL is focussed on investigating associations between running gait, breast motion and discomfort, and the design features of bras.

Number of Students: 1

Special requirements

Flexible hours

Other requirements to be determined once project has been finalised

Skills required

Good communication skills

A passion for research