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UC research examines role of hormones in female athletic performance

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 UC research examines role of hormones in female athletic performance

Co-authored by Inside Government

A University of Canterbury (UC) research team is exploring how hormones affect elite female athletes’ performance.


In collaboration with [Matatū](#) and [High Performance Sport NZ](#) (HPSNZ), UC doctoral student, Rebecca Attwell, is leading a study which aims to shed a critical light on an overlooked area of sports science – the impact of female sex hormones on athletic recovery and performance.


As part of the study, Matatū rugby union players will wear a WHOOP band to track physiological metrics including daily skin temperature readings and provide daily saliva samples to measure hormonal fluctuations.


The results will deliver a deeper understanding of how the menstrual cycle and hormonal contraceptives affect Matatū athletes training, recovery, and wellbeing.

Matatū General Manager Sarah Munro says the team is proud to be part of the research.

[Read the full article here.](#)


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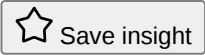
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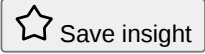
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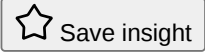
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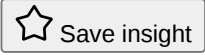
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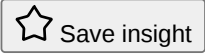
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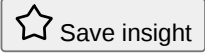
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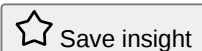
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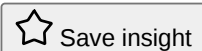
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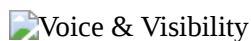
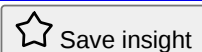
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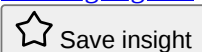


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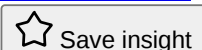
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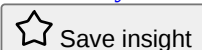
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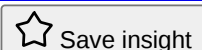
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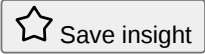
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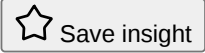


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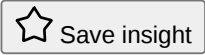


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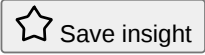
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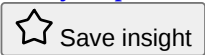
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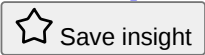
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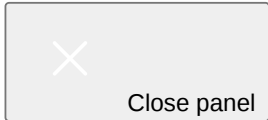
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