



UNIVERSITY OF
PORTSMOUTH

BREAST & BRA EDUCATION FOR SPORTSWOMEN

World-leading expert bra fitting,
education & tailored advice for
athletes & staff



BREAST & BRA EDUCATION WORKSHOP DELIVERED BY EXPERT RESEARCHERS

THE RESEARCH GROUP IN BREAST HEALTH AT THE UNIVERSITY OF PORTSMOUTH ARE WORLD-LEADERS IN BREAST & BRA SCIENCE, WE HAVE:

- 20 years experience investigating breast health & bra science
- created the world's largest database on sports bra performance
- tested 700+ sports bras with 8,000+ women
- working with most major sports apparel & lingerie companies
- measured 1 million+ breast bounces in our world-leading research



WHAT WE CAN OFFER?

Level 1:

Athlete breast & bra needs survey. Pre-recorded breast & bra workshop. Sports bra fitting guide.

Level 2:

Athlete breast & bra needs survey. Live online breast & bra workshop. Popular sports bra styles demonstrated & sports bra fitting guide. Expert Q&A.

Level 3:

Athlete breast & bra needs survey. Face to face breast & bra workshop. Popular sports bra styles demonstrated & sports bra fitting guide. Expert Q&A.

Level 4:

Athlete breast & bra needs survey. Face to face breast & bra workshop. Popular sports bra styles demonstrated & sports bra fitting guide. Individual bra fitting & advice sessions.

Level 5:

Bespoke project to determine the most appropriate bra for your athlete during their sport.

WHAT WE HAVE FOUND SO FAR?

- 83% of elite athletes rate their breast & bra knowledge as average or poor
- Athletes rate breast health & sports bra education as a top priority
- 51% of athletes experience breast pain & 29% felt it affected their sports performance
- Most athletes wear compression sports bras & are unaware of other styles

OUTCOMES

Our breast & bra education resources have been shown to improve knowledge, attitudes & behaviours. We empower athletes to make informed bra purchasing choices to ensure they get the right sports bra for them & their sport. Our team of scientists & bra fitters offer

independent & unbiased advice

to understand breast & bra issues for your athletes; thereby protecting the breast health of your athletes.

WE USE EVIDENCE-BASED SCIENCE IN AN EASY TO DIGEST WAY TO EDUCATE, ADVISE & PRESCRIBE APPROPRIATE BREAST SUPPORT FOR SPORTSWOMEN AROUND THE WORLD.

PLEASE CONTACT US TO FIND OUT MORE: BREASTRESEARCH@PORT.AC.UK

SUCCESSFUL PARTNERSHIPS

We've undertaken many successful education & data collection projects with the following partners:

- UK Sports Science Institute
- British Olympic Association
- British Paralympic Association
- The Football Association
- England Rugby
- Welsh Rugby
- The Rugby Football Union
- Union of European Football Associations
- England Netball
- GB Snowsports
- The Lawn Tennis Association
- The Ladies European Tour
- The R&A
- Talented Athlete Scholarship Scheme
- Professional Game Match Officials Board
- Many local & grassroots organisations

HOW CAN WE HELP YOU?

WE USE OUR EXPERT EXPERIENCE & KNOWLEDGE TO BUILD BREAST & BRA EDUCATION RESOURCES FOR SPORTSWOMEN, & TO DELIVER BREAST & BRA WORKSHOPS.

WE UNDERTAKE INDIVIDUAL BRA FIT & ADVICE SESSIONS WITH EACH ATHLETE.

WE CAN EVEN PRESCRIBE BRAS.

THESE SERVICES ARE AVAILABLE FOR ATHLETES & STAFF.



Contact us

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