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Lingam-Willgoss, Candice (2016). A study investigating risk and transitional experiences of elite sporting females. In: Gender Inequalities in Sport Conference, March 17 2016, Milton Keynes.

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Version: Version of Record

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A study investigating risk and transitional experiences of elite sporting females

By
Candice Lingam-Willgoss



Introduction

The area of career transition and career development relates to the varying stages an athlete experiences throughout their athletic career (Stambulova, 2010). Current research looking at career developments in sport has acknowledged them to be both unstable and multifaceted with pathways containing many emotional transitional episodes (McArdle, Moore and Lyons, 2014).

Previous research within this area has focused predominantly on the retirement stage and the emotional processes the athlete goes through during this final transition (Lavallee and Robinson, 2007). Additionally, research solely exploring female athletes' experiences or comparing sports with different risks involved is somewhat limited.

AIMS

The current project aims to investigate the career transition experiences of female elite athletes who participate in individual sports that are considered either low risk or higher risk. To gain a more in-depth understanding of career transitions in sport, three key transitional periods will be the focus of the project – initial pathways into sport, within career transitions, and retirement.



Method

in-depth interviews with 3-4 female athletes the aim is to gain a deep understanding of their personal experiences within each key transitional period.

Applications

The findings of this research aim to identify the way that career transitions can be experienced differently in different types of sports and attempt to allow for a better understanding of how to tailor transitional support for female athletes.

References

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