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The Female Athlete Program, under the Division of Sports Medicine at Boston Children's Hospital and as an Innovation Hub of the Wu Tsai Human Performance Alliance, cares for and champions girls and women in sport through thorough and innovative clinical care supported by cutting edge research. We care for all athletes, from elite professionals to eager novices, to help them attain excellent health at the top of their game. By taking a comprehensive approach to diagnosing, treating, and managing sports injury and recovery, we assess and support the whole athlete — exercise habits, hormone balance, nutritional needs— to ensure optimal health and peak performance. As one of five Innovation Hubs of the Wu Tsai Human Performance Alliance, we conduct female-specific translational research pertaining to the physiological, mental, and psychological well-being of female athletes. We define “female” and “athlete” in the broadest possible terms. Our definition of “female” non-exhaustively includes transgender females as well as those assigned female at birth, irrespective of their current gender identity or expression. Further, our definition of “athlete” includes athletes across the lifespan, athletes whose goals can be both participation or performance-focused, and athletes of all abilities. We support the increased participation, retention, wellbeing, and performance of all female athletes, including LBTA+, black, indigenous, people of color (BIPOC), and para-athletes. Our multidisciplinary team consists of experts in sports medicine who understand the importance of sports in an athlete’s life. Many of us played competitive sports in high school, college and beyond, and competed at national and international levels. Our center brings together national and international sports medicine clinicians and researchers to innovate ways to improve the health of girls and women of all abilities through athletic participation and performance.

Interns **must** meet the following requirements:

- High School Diploma, or equivalent
- Current student able to receive academic credit for a summer internship (this is not a paid opportunity; interns will have to seek academic credit approval from their own institution in advance of start date)

In order to be successful, an intern **may** have the following skills, experience, and personal characteristics:

- Demonstrated interest in female athlete health and performance, sports, sports medicine, and/or Title IX, LGBTQ+ health, endocrinology, relative energy deficiency in sport (RED-S), female athlete triad
- Interest in communications, content creation, video creation, and/or design
- Familiarity with communications channels, such as Instagram, Youtube
- Demonstrated experience critically analyzing scientific writing
- Strong writing skills (scientific writing preferred but not required)
- Willingness to learn new skills and tools, including patient recruiting, PubMed, communications
- Reliable, professional, self-directed, and able to collaborate well with others in a team environment
- Able to report in-person to 319 Longwood Ave, Boston and/or 20 Hope Ave, Waltham
- Able to work effectively while working remotely

The intern will primarily be working on one of the three projects listed below, but is invited to take part in other clinical research assignments to the degree in which they are interested. The intern will also have the opportunity to take part in weekly journal club, weekly research team check-ins, weekly Program meetings, and have access to additional resources such as biostatistics talks, [Wu Tsai Human Performance Alliance](#) research seminars, and other trainings. The intern may tailor their internship around their interests and what they are most excited about within both female athlete research and communications.

## **ALL INTERNS**

Clinical research and professional development work may include the following projects:

- Consent and recruit patients and families for clinical trials through personal interviews and written communications with patients/families. Evaluate suitability of prospective study candidates and make selections based upon clinical knowledge of each study.
- Serve as liaison to the families/patients in the research studies, conducted at both on-site and off-site locations, guiding and advising them throughout each phase of the study. Act as a resource to study participants, addressing any concerns they may have. Provide detailed background information regarding studies to families, communicate all policies and procedures, and respond to all inquiries.
- Conduct data acquisition and analysis, and maintenance of surgical databases.
- Perform other miscellaneous administrative duties as assigned or required.
- Learn how to use Epic, PowerChart, and REDCap.
- Engage in professional development opportunities with the Program, the Hospital, and the larger Wu Tsai Innovation Hub and Alliance.

Work in program communications may include:

- Create content and media for the Program communications, which includes: [Instagram](#), our monthly email newsletter, [Youtube](#), and [website](#).
- Develop communications on a topic relevant to the work of the Female Athlete Program and about which the intern is passionate. For example, as the intern is working on the digital library project, they may wish to create an Instagram post or Youtube video with information about the studies they have compiled.

### **Project 1: TITLE IX**

We are seeking an intern who will engage in this clinical research work, but who will also primarily engage with our Program communications, which play a central role in the work of the Female Athlete Program. Though the clinicians and researchers of the Female Athlete Program communicate with patients daily in both in-person and virtual form, the Female Athlete Program also relies on a variety of communications to spread awareness of its work and the health and performance issues impacting women and girls in sport. Through communications, the Female Athlete Program acquires patients, educates individuals and communities about issues related to the health and performance of female athletes, empowers female athletes to feel and perform at their best, and advocates for the wellbeing and gender equity of women and girls in sport, sports medicine, and sports medicine research.

The intern will largely work in three areas: communications, clinical research, and the development of their own initiative related to the 50th anniversary of Title IX.

The Title IX initiative will be the intern's primary work and individual project. Work for this initiative may include:

- Create a series of content and media related to Title IX, to be published on the Program's communications channels, including: Instagram, Youtube, monthly email newsletter
- Organize a Fireside Chat or social media campaign related to Title IX
- Develop informative communication materials that relay information about Title IX, how it relates to the work of the Female Athlete Program, and how the Female Athlete Program is presently influenced by Title IX
- As this initiative is the intern's individual academic project, there will be flexibility in order to accommodate what the intern is most interested in or passionate about, as it is relevant to the work of the Female Athlete Program and Title IX. The initiative can be shaped around an intern's ideas.

### **Project 2: Relative Energy Deficiency in Sport (RED-S)**

We are seeking an intern who will engage in this clinical research work, with a focus on Relative Energy Deficiency in Sport (RED-S) research. RED-S occurs when an athlete has chronic low energy availability, meaning they do not have enough energy for optimal health and peak performance. Athletes across sex, sport, and age suffer from RED-S, though the incidence and prevalence is highest in adolescent and

young adult female athletes. The Female Athlete Program, led by Dr. Kathryn Ackerman, is nationally and internationally known for treating athletes with RED-S as well as producing field-leading research.

The Program college intern will largely work in the following areas: academic research, clinical research, and science translation communications.

Developing a digital library of influential publications in female athlete medicine and sports and exercise science (SES) with a focus on RED-S. This library will be used by the research team as a resource when developing studies, writing manuscripts, and specifically, conducting a targeted review of the RED-S literature planned to begin this summer. The digital will be the intern's primary work and individual project.

The intern will be responsible for:

- Compiling influential studies and publications in shared location
- Reading and annotating published journal articles
- Writing an annotated bibliography
- Organizing the bibliography to be an assistance for researchers on the team writing papers (e.g. extracting key findings, limitations, novel methods used)

### **Project 3: TRANSGENDER YOUTH IN SPORT**

We are seeking an intern who is interested in learning more about sports medicine, specifically in relation to transgender youth, and who will engage in clinical, research and communications work. Particularly in the last few years, transgender youth who have participated on teams consistent with their gender identity have been the subject of intense media attention and even legal exclusion. Several bills have been proposed in states across the country that specifically ban transgender youth athlete participation on gender affirming teams, specifically for girls' and women's sports. In addition to youth sports, adult competitive and professional sports organizations are also being called to assess their inclusion/exclusion policies and guidelines/regulations relating to transgender athletes. The underlying science has not been well understood and we invite an intern to explore the current science, policies, and gap for new knowledge, in line with the Female Athlete Program goals of empowering female athletes to feel and perform at their best, and advocating for the wellbeing and gender equity of women and girls in sport, sports medicine, and sports medicine research.

The intern will largely work in the following areas: academic research, clinical investigation, and science translation communications.

The transgender youth in sport project will be the intern's primary work and individual project. Work for this project may include:

- Reading and annotating scientific journal articles, media publications, book chapters; watching/listening to relevant films, videos, podcasts, interviews, talks
- Assisting in study development alongside research team, in collaboration with the BCH Gender Multispecialty Service
- Developing informative communication materials that relay scientific, policy, and advocacy information—and how it relates to the work of the Female Athlete Program—for a broad audience to be distributed virtually via communication channels
- Organizing a Fireside Chat related to transgender health, clinical care, participation in sport
- As this is the intern's individual academic project, there will be flexibility in order to accommodate what the intern is most interested in or passionate about, as it is relevant to the work of the Female Athlete Program. The project can be shaped around an intern's ideas.