

PROJECT DETAILS

Project Title:

Southwest Sweat Sisters: Exploring the Feel-Good Effects of Postpartum Exercise in regional WA

Project Summary:

Throughout the postpartum period, women deserve compassion, rest, and dynamic opportunities for recovery that seamlessly integrate with the demands of nurturing a newborn. Engaging in purposeful yet gentle physical activity, with utmost consideration for the pelvic floor and any surgical interventions, must be woven into the fabric of regular, continuous care, rather than contingent on receiving a mere 'clearance' at the six-week postpartum mark from their healthcare provider. Customising an exercise regimen tailored to the individual needs of the woman is not just beneficial, but imperative for expediting physical recuperation, bolstering mental and physical well-being, and elevating overall health indicators. This project will not only commemorate the arrival of a new life but will also strengthen a mother's resolve towards prioritising her own well-being. This research is dedicated exclusively to postpartum women aged 18 and above in the Southwest Region of Western Australia. It aims to service women in this region with access to a high-quality online physical activity program, can serve as a practicum facilitated by Exercise Science and Rehabilitation undergraduates in their final year of study, under the supervision of Accredited Exercise Physiologists. The program is thoughtfully crafted to be inclusive, accommodating women of varied experience levels, with all necessary equipment provided.

Preferred Applicant Skillset:

This project will benefit from a PhD candidate with an Accredited Exercise Physiology (AEP), Occupational Therapy (OT) qualification, or relevant industry equivalent, ensuring an interest with foundational knowledge in clinical women's health, postnatal/exercise rehabilitation, and community-based care. The ideal candidate should have experience working with postpartum women or families navigating perinatal health challenges, demonstrating a commitment to improving maternal well-being through exercise and lifestyle interventions. Strong communication and stakeholder engagement skills will be valuable for liaising with Radiance Southwest, healthcare professionals, and community organizations. Preference will be given to candidates living in the Southwest region, fostering direct connections and sustainable community impact.

Internship Opportunity:

Students can undertake an internship with Radiance Southwest, a community-driven organization supporting perinatal mental health and well-being. This will allow students to gain hands-on experience in maternal mental health advocacy, support program delivery, and community engagement. Interns may assist with research, event coordination, stakeholder collaboration, and supporting families navigating perinatal challenges. This role is ideal for students in exercise science, psychology, occupational therapy, public health, or related fields, particularly those interested in maternal health. The internship is well-suited to students based in the Southwest region, fostering direct community impact.

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