the coordination training where the stopping movement was included.

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Sport ethics—An oxymoron?

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Introduction: The purpose of this research was to determine if the conflicting demands usually found in elite level sport can be reconciled with a concept of "ethical" conduct. Many factors and competing demands influence sport at an elite level, including business aspects, public image, sponsors demands, competition performance, behaviour of athletes, staff and even spectators. Each of these elements can affect decision making of those involved, and lead to actions that can be critiqued in the media as "unethical", and sometimes as unlawful, as has been the case in recent years with instances of drug use and sexual harassment. Methods: The method used to address the question was a literature review of publications over the last ten years that have addressed the issue of ethics in sport. While the focus was on articles in peer reviewed journals, and book publications, consideration was also given to the representation of sport ethics in the popular press, as this is a domain where different parties are represented, and alternate points of view are often first discussed. *Results*: This research has shown that while there is interest and debate around the topic of ethics in sport, the area is, in many ways, in its infancy. This is due to limited formal training, and subsequently a limited knowledge base, for many of those who are central to the debate, such as the athletes, coaching, medical and allied health staff as well as management / business interests. Conclusion: The investigators hope that this research will lead to increased debate within the relative professions, and ultimately more consideration will be given to the ethical aspect of decision making within the elite sport arena. To this end further research is being developed that will investigate the methods used to teach ethics in allied health professions, using exercise physiology as a specific example.

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Optimising breast support in female patients through correct bra fit: A cross-sectional study

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Introduction: Ill fitting bras and insufficient breast support can lead to the development of musculoskeletal pain and inhibit women participating in physical activity. A correctly fitted, supportive bra has been found to alleviate up to 85% of these pain symptoms, allowing women to exercise in greater comfort, possibly removing the need for breast reduction surgery. This study aimed to systematically determine the best method for women to independently choose a well-fitted bra. Methodology: The bra size of 104 women (age = 43.5 ± 13.2 years; average bra size = 12B; band size range = 10-14, cup size range = A-DD cup; Australian sizes) was determined through self-selection and bra size measurements in a single style and make of bra. This was compared to a "correct bra size" as determined by professional bra fitting criteria. The criteria were also used to assess the bra fit of each participant's own bra, with a ranking of pass or fail. This assessment determined the ability of each subject to correctly select bra size from a large range of styles, brands and sizes. Results and conclusions: Eighty-five percent of the participants own bras failed the bra fit criteria. Bra sizes determined by self-selection or using common commercial bra-sizing measurement systems were found to be significantly different to the correct professional fitted bra size (p < 0.001), in that 58% of the self-selected and 89% of the measurement systems bra sizes were incorrect. Only 8% of participants reported to routinely use professional bra fitting services and 41% reported exercise-induced breast discomfort. This investigation is the first to use a professional bra fitter to assess bra fit and to systematically compare bra size determined using a variety of methods. The participants' ability to independently choose a well-fitted bra was poor, and did not improve by trying on several bras, increased bra choice or use of bra sizing measurement systems. It is therefore recommended that the Australian Standard guidelines for bra sizing measurement systems be reviewed. Education of women by medical practitioners and allied health professionals during routine consultations of professional bra fitting criteria may improve the ability of women to independently choose a well-fitted bra. This in turn, could assist in the promotion of physical activity and prevent the development or progression of musculoskeletal disorders associated with poor bra fit.

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Coordination training vs. sports activity: Effect on motor fitness in children

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Coordination training leads to the increase of not only the muscle tissue and the cardio-respiratory systems but also