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# EPNL RESEARCHERS PUBLISH NOVEL BODY COMPOSITION DATA

August 26, 2019

Researchers in the Exercise and Performance Nutrition Laboratory at Lindenwood University's School of Health Sciences recently published a study in the *Journal of Strength and Conditioning Research*. The study outlined the body composition status of female rugby players.

"This study is exciting for a number of reasons," said Dr. Chad Kerksick, EPNL lab director. "It highlights the excellent relationship we have with our women's rugby program. It also provides data on high-level competitive female rugby athletes that simply hasn't been available prior to this publication."

Over the summer, Patrick Harty, graduate research assistant in the Exercise and Performance Nutrition Laboratory presented a poster presentation of this project at the National Strength and Conditioning Association meeting in Washington, D.C. The Exercise and Performance Nutrition Laboratory is planning to complete data collection on more athletic teams in the future.

#### Reference:

Harty PS, Zabriskie HA, Stecker RA, Currier BS, Moon JM, Richmond SR, Jagim AR, Kerksick CM. Position-Specific Body Composition Values in Female Collegiate Rugby Union Athletes. *J Strength Cond Res*. 2019 Aug 8.

Link: <https://www.ncbi.nlm.nih.gov/pubmed/31403573>