

Voici une compilation de la recension de janvier 2023. Vous y trouverez 55 références.

L'équipe de l'OQL vous invite à consulter sa dernière fiche synthèse intitulée : [Espaces ouverts urbains pour un mode de vie sain et actif](#) produite par Audréane Palardy et Marie-Eve St-Pierre.

Bonne lecture !

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## 1. Développement du sport

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## 2. Développement du loisir

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Bien-être  
Santé mentale  [Role of leisure acts and mental health](#)  
Loisir

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COVID-19  
Réhabilitation  [Exploring the experiences of people with disabilities during the first year of COVID-19 restrictions in the Province of Quebec, Canada](#)  
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## 3. Développement du plein air

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Activité physique Culture physique Éducation physique		<a href="#"><u>Important aspects of focusing on physical activity in sports</u></a>
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Environnement Activité physique Exercice		<a href="#"><u>Optimising the effects of physical activity on mental health and wellbeing: a joint consensus statement from sports medicine Australia and the Australian Psychological Society</u></a>
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Exercice physique Forme physique Bien-être mental		<a href="#"><u>Role of physical activity on mental health and well-being: A review</u></a>
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Parent Barrière Bénéfice		<a href="#"><u>The mediation role of perceived benefits and barriers in the relationship between support provided by significant others and physical activity of adolescents</u></a>
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Programme Exercice physique Bien-être		<a href="#"><u>Physical activity in the workplace: a cost or a benefit for organizations? A systematic review</u></a>
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Activité physique COVID-19 Promotion		<a href="#"><u>Promoting physical activity during the COVID-19 pandemic in a rural and medically underserved region</u></a>
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Activité physique  
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Fitness  
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Activité physique  
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Activité physique  
Santé  [Health promotion partnership to promote physical activity in Swedish children with ASD and ADHD](#)  
Méthode qualitative

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## 5. Sécurité et intégrité dans les sports

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Stratégie  
Système sportif  [Policy implementation and collaboration in a federated sport system: the case of the official languages act](#)  
Étude de cas

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Sécurité  
Psychologie  [Incivility and psychological safety in youth sport: the reciprocal effects and its impact on well-being and social outcomes](#)  
Impact

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## 6. Genre, sport et loisir

Cette sélection est une collaboration du  
laboratoire pour la progression des  
femmes dans le sport



Inclusivité  
Genre  [Methodology for the application of traditional games and sports to foster gender equality](#)  
Égalité des sexes

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Écart entre les sexes  
Athlètes  [Participation in competitive sports closes gender gaps in competition and in risk taking](#)  
Rôle du genre

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Vie sociale  [Informal sport and leisure, urban space and social inequalities: Editors' Introduction](#)  
Inégalité sociale  
Ville

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Politique du sport Discrimination Inclusion		<a href="#"><u>Sport, identity and inclusion in Europe: The experiences of LGBTQ people in sport</u></a>
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Athlète élite Accouchement Mère		<a href="#"><u>We’re not superhuman, we’re human: A qualitative description of elite athletes’ experiences of return to sport after childbirth</u></a>
Jeune femme Athlète Équipe		<a href="#"><u>How college athletics are hurting girls' sports: The pay-to-play pipeline, with a new preface</u></a>
Maternité Responsabilité Athlète féminine		<a href="#"><u>Introduction: Contextualizing motherhood and sport</u></a>

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# Résumés

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## 1. Développement du sport

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### Using technological innovation to manage and develop sport officials

Amateur sport officials are essential to the regulation and feasibility of sport, yet the challenges associated with their recruitment, development, and retention remain a well-documented sport management problem (Livingston & Forbes, 2016). This places constant stress on sports systems and organizations, with that level of stress recently exacerbated by the widespread yet necessary cancellation of sporting activities during the COVID-19 pandemic. The development of officials, including their talent identification, skill acquisition, and advancement processes was either put on hold, significantly slowed, or necessarily transitioned to virtual modes of delivery during the pandemic. In Canada, where amateur sport organizations rely on player, coach, and official registration fees to fund their operations, the loss of revenues led to significant staff layoffs and the cancellation of playing competitions and development programs. The long-term effects of the pandemic on amateur sport officiating are at this point unknown. However, on a more positive note, the disruption caused by this global health crisis provoked new ways of thinking about all aspects of sport including officiating development (Webb, 2021).

Livingston, L. A., Cunningham, I., & Forbes, S. L. (2023). [Using technological innovation to manage and develop sport officials](https://doi.org/10.1080/23750472.2023.2166575). *Managing Sport and Leisure*, 1-3. <https://doi.org/10.1080/23750472.2023.2166575>

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### Self-compassion in sport: a scoping review

Sport is a domain that is rife with loss, failures, and disappointment. Self-compassion – the recognition of one's own suffering and a desire to alleviate it – offers protection against maladaptive psychological experiences in sport. The purpose of this scoping review was to update and expand the results of the review by Röthlin and colleagues ([2019]. *Go soft or go home? A scoping review of empirical studies on the role of self-compassion in the competitive sport setting*. *Current Issues in Sport Science*, 4, Article 013. [https://doi.org/10.15203/CISS\\_2019.013](https://doi.org/10.15203/CISS_2019.013)), and to identify new themes to help guide future research. Sixty-nine publications were identified using a variety of search strategies. Quantitative research (62.3%) and cross-sectional designs (83.3%) were most common, and most research was conducted by researchers residing in Westernized countries (81.2%). The majority of study participants (n = 10,025) were collegiate athletes (42.1%), and female/women sport participants were sampled slightly more frequently (52.4%). Researchers often investigated sex- or gender-based and competition level differences in self-compassion scores. Other common areas of research focus included well-being, mindfulness, striving for excellence, overcoming setbacks, negative thoughts and emotions, and self-criticism. New research areas that were identified included a need for theory, additional efforts towards conceptualization and measurement, acknowledgement of participant selection bias, integrating intersectionality, the relationship between self-compassion and performance, the distinctiveness between self-compassion and mindfulness, and future directions for interventions.

Cormier, D. L., Kowalski, K. C., Ferguson, L. J., Mosewich, A. D., McHugh, T.-L. F., & Röthlin, P. (2023). [Self-compassion in sport: a scoping review](https://doi.org/10.1080/1750984X.2022.2161064). *International Review of Sport and Exercise Psychology*, 1-40. <https://doi.org/10.1080/1750984X.2022.2161064>



### **The influence of physical activity on the health and playing quality of the e-sports players**

E-sport has developed and became professionalized extremely quickly, but it is also becoming more demanding, so it is required from e-sport players to possess high technical and tactical knowledge and, also mental and physical readiness to cope with the demands of the e-sport scene. The aim of this paper is to study the impact of physical activity on the playing quality and the health of athletes. This primarily includes activities that affect the improvement of the physical and mental structure of each person, such as a healthy diet, regular exercise, an active lifestyle, the creation of transient art in nature, and quality time. With the help of modern technologies and devices (smartphone and smart watch), physical activity can be easily monitored, determined and studied by counting steps and hours of daily activity of e-sport athlete's, taking body composition in to the account. A smart device registers data on the e-sport athlete's wrist on the basis of which his general physical health is estimated. The smart device recognizes the moment when the user starts training, stores data recorded during physical and digital exercise, sleep, and other activities. Physical activity has an impact on the overall health status and playing quality of e-sports players, i.e. with the increase in the number of steps on daily basis, the total time of performing the tasks of the e-sport players, and the BMI decreases. E-sport players' performance is improved by integrating physical and artistic activity into the athlete's exercise program, and it has a positive effect on their health.

Kocić, A., Božović, B., Vićentijević, A., Kocić, J., & Milošević, M. (2022). [The influence of physical activity on the health and playing quality of the e-sports players](#). In *sinteza international scientific conference on information technology and data related research*. (p. 287-291). <https://doi.org/https://doi.org/10.15308/Sinteza-2022-287-291>

### **Physical activity and its relation to academic performance among university students**

Correlation between physical activity and academic performance needs further investigation. Thus, this study aims to evaluate the association between those variables in university students. The data for this cross-sectional study were gathered from a convenience sample of students from Universitas Negeri Surabaya aged between 18 and 22 years. Socio-demographic characteristic (anthropometric, parental factor, health-related behaviour) was obtained using an online self-administered questionnaire. Physical activity levels were self-reported with the International Physical Activity Questionnaire (IPAQ), and academic performance was assessed using Grade Point Average (GPA) from the last final semester exam. The finding reveals that age ( $p = 0.072$ ,  $r = 0.142$ ), weight ( $p = 0.840$ ,  $r = -0.026$ ), height ( $p = 0.799$ ,  $r = 0.244$ ), and body mass index ( $p = 0.154$ ,  $r = -0.251$ ) do not significantly correlate with academic performance measured using GPA. The positive correlation is only found between physical activity and academic performance ( $p = 0.032$ ,  $r = 0.450$ ). Most of students in this study practiced physical activity in moderate level (600–3000 METs/min/week) and achieved good academic performance ( $n = 124$ , 64.6%). Further cross tabulation analysis using Chi Square shows that level of PA associates with academic performance in general ( $p = 0.044$ ). This finding supports the previous literatures with evidence that regular physical activity may relate to academic performance in university students.

Hariyanto, A., Sholikhah, A. M. a., Mustar, Y. S., Pramono, B. A., & Putera, S. H. P. (2023). [Physical activity and its relation to academic performance among university students](#). Unima International Conference on Social Sciences and Humanities (UNICSSH 2022)

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## **Extracurricular activities, graduate attributes and serious leisure: competitive sport versus social-cultural clubs in campus life**

Research indicates that students' participation in university-based extracurricular activities contributes to their graduate attributes such as leadership, teamwork, communication and resilience. However, it has yet to be determined which types of extracurricular activities are more impactful. This study inquired if participation in competitive sporting activities compared to social-cultural clubs have a greater impact on graduate attributes. Students attending a large metropolitan university in Sydney, Australia, who participated in extracurricular activities were surveyed (n = 844) with an instrument adapted to measure their degree of club engagement and questions on the skills, knowledge and experience they acquired. The findings indicate that engagement in competitive sport is more effective at contributing to graduate attributes when compared to social-cultural clubs. The study drew on the theories of serious leisure and leisure constraints to interpret this phenomenon. Participation in competitive sport was found to relate to more aspects of serious leisure such as study/work-life balance, stress reduction and skill development such as teamwork, time management and leadership skills. However, there are greater constraints to participating in competitive sport. The study concludes with implications for university administrators and recommendations for facilitating greater student opportunities to participate in all types of extracurricular activities.

Foley, C., Darcy, S., Hergesell, A., Almond, B., McDonald, M., Nguyen, L. T., & Morgan-Brett, E. (2023). [Extracurricular activities, graduate attributes and serious leisure: competitive sport versus social-cultural clubs in campus life](https://doi.org/10.1080/02614367.2023.2168030). *Leisure Studies*, 1-18. <https://doi.org/10.1080/02614367.2023.2168030>

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## **Effects of socio-economics status on athletes' motivation mediated by coach behaviour: A case of university's' students**

The main focus of present study was to examine effect of socio-economic status (social and financial support) upon the motivation of student-athletes of all public sector universities of Khyber Pakhtunkhwa Pakistan. The present study has also been focused upon mediating role of coach behavior in motivation the student-athletes. Cross-sectional research design was used for present study. The 1754 male and 190 female student-athletes were selected as population of the study. Three different extracted variables from the literature i.e. Socio-economic status (predictor) athlete motivation (criterion) and coach behavior (mediator). The polite testing was practiced for the purpose of reliability with help of Cronbach alpha coefficient. The Cronbach alpha score of socio-economic status scale was .729, coach behavior .729 and athlete motivation .843 which is fall in good zone. Personal visit was made for data collection by researcher. The return rate of responses was observed 90% (151 out 171). The process of Baron and Kenny approach was used for mediation with help of SPSS version 26 for analyses. The results of the current study indicated that there is a significant role of the coach behavior as mediator between the socio-economic status and athlete motivation of student-athletes. The results of the study also determined that socio-economic status have significant impact on athlete motivation level.

Gul, R., Muhammad, N., & Ullah, I. (2022). [Effects of socio-economics status on athletes' motivation mediated by coach behaviour: A case of university's' students](#). *Journal of Social Sciences Review*, 2(3), 66-75.

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## **“We have to talk together”: Addressing communicative challenges among amateur esports players**

Following the fast rise of esports as a global cultural phenomenon, there is an increasing need for understanding the literacies involved in competitive online gaming. Research has claimed that game players can develop multiple literacies by finding, creating and sharing information around games. However, there has been a tendency to overlook the mundane reality of the communicative practices that unfold between esports team members during gameplay. In this chapter, we focus on

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communicative challenges as they unfold among players in an amateur Danish League of Legends team. The team consists of five players, is self-organised, and has no affiliation to coaches or formal esports organisations. The team's communicative practices are explored from a Goffmanian perspective in combination with Conversation Analysis to map the players' in-game interaction as well as their reflections on their gameplay. As our analysis shows, the team struggles with managing three different forms of communicative challenges, which involve adhering to social norms for in-game communication, having sufficient attention on the game activities, and attacking the face of other teammates. In this way, the findings reflect a lack of alignment of a mutual "serious" approach to playing on the team. The chapter concludes with recommendations for further research in relation to amateur players' communicative practices.

Hanghøj, T., Höper, R. B., Rudberg, T. I. S., & Malling, E. (in press) ["We have to talk together": Addressing communicative challenges among amateur esports players](#). In Gerber, H. (Ed.). *The Literacies of the Esports Ecosystem*. Brill/Sense.

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### **How physically active are sports experts?**

Through their actions and behavior forms, coaches set an example for the athletes they work with, and additionally oblige them to lead a healthy lifestyle, which includes a proper diet and regular physical activity manifested in various forms. The aim of the paper is to compare the categories of physical activities between male and female sports experts. The results of the research showed that 63% of trainers practice high physical activity, and 36% moderate physical activity, with women applying high physical activity by 6.8% more than male sports experts. Observed physical activity is expressed in MET units (metabolic equivalent of task). The analysis of the chi-square test did not show a statistically significant difference in the representation of physical activity categories among male and female sports experts. The observed level of physical activity (light, moderate, heavy, total physical activity), analyzed using the t-test for independent samples, did not show a significant difference between male and female coaches.

Đukić, B., Strajnić, B., Glamočić, G., & Ivaneč, V. (2022). [HOW PHYSICALLY ACTIVE ARE SPORTS EXPERTS?](#)

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### **Sports genetics is the key to high achievements of athletes**

Sports genetics is one of the young sciences. Genetic factors are generally known to affect strength and endurance, but only a few studies have examined the relationship between genetic factors and athletic performance in young athletes. One of the intensively developing areas of modern genetics is the development of molecular genetic approaches that make it possible to determine a person's predisposition to various types of activity, which is determined by the need to substantiate a system for selecting people for playing sports and correcting the training process. This approach is the most promising, since it allows you to determine the genetic predisposition to the performance of large physical activities and to carry out a targeted differentiated selection of children for sports at the earliest stages of their sports activity. Currently, predictive medicine is actively developing, the purpose of which is to identify possible diseases in a particular patient by the DNA structure, as well as to develop a set of preventive or health-improving measures based on these studies. Such preventive measures are also important in sports, so sports genetics can achieve high results using scientific methods.

Rasulovna, R. M. (2023). [Sports genetics is the key to high achievements of athletes](#). *INTERNATIONAL JOURNAL OF HEALTH SYSTEMS AND MEDICAL SCIENCES*, 2(1), 23-30.

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### **An action research evaluation of an online inclusive sport peer coach training**

**Background:** Trained peer tutors are a proven pedagogical technique that can help eliminate barriers to inclusion in physical education and extracurricular sport, including a reported lack of training and experience of professionals. When adequately

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trained, peer tutors can encourage social interactions, provide constant feedback, and increase active learning and engagement. While recommendations for training peer tutors have been provided, there are currently no known studies examining a peer tutor training in an online format for middle and high school-aged students participating in an inclusive sport program.

**Purpose:** The purpose of this study was to evaluate the effectiveness of an online peer coach training program for middle and high school school-aged students in the Prime Time Games® organization. This study aimed to (a) investigate if there was a statistically significant increase in knowledge from pre- to post-training completion, (b) investigate perceived strengths and weaknesses of the online training modules post-completion, and (c) determine the perceived applicability of module content after training and hands-on experience. Finally, recommendations for improvements were provided.

**Method:** This study employed two rounds of data collection based on an action research framework. First, peer coach participants ( $n=36$ ) completed a demographic questionnaire, a pre- and post-knowledge evaluation, and open ended survey prompts. Next, semi-structured focus group interviews were conducted with peer ( $n=13$ ) and head coach participants ( $n=4$ ). Data analysis included a paired sample  $t$ -test and point biserial correlations and transcription, inductive coding, and peer debriefing

**Results:** Results of a paired sample  $t$ -test indicated a statistically significant increase in knowledge from pre-training ( $M=66.29$ ,  $SD=17.84$ ) to post-training ( $M=80.29$ ,  $SD=21.89$ ),  $t(35) = 4.48$ ,  $p=0.0001$ . Four major themes emerged from open-ended questions including (a) comprehension, (b) disability awareness, (c) interacting with the athletes, and (d) instructional design. Five major themes were identified from interviews including (a) expectations versus the reality of the role, (b) intrapersonal outcomes, (c) understanding commonalities, (d) athlete development, and (e) areas of improvement

**Conclusion:** Results of this study indicate that training peer coaches to provide instruction and support to athletes with disabilities utilizing an online format can be effective for middle and high school-aged students. Recommendations for improvement include additional information to enhance peer coach learning, a standard evaluation score to ensure competence, and a focus on communication strategies toward the beginning of training. Future research should continue the cyclical nature of action based research to determine if the recommendations provided are effective in improving the four online training modules.

Condon, M. R. (2022). [An action research evaluation of an online inclusive sport peer coach training](#). *Graduate Theses, Dissertations, and Problem Reports*

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### The impact of COVID-19 on coaching practice: results from a global coach survey

This paper presents the results from a global coach survey of 1266 coaches from 79 nations conducted in Summer 2021, when the world emerged from global lockdowns and the 18-month COVID19 pandemic. In addition to sharing data on the composition of the global coach community (national residence, gender, race, ethnicity, sexual orientation and disability), this study focuses on the impact of the global pandemic on the coaching industry using a quantitative analysis. The findings indicate that age, platform association, pre-pandemic online coaching experiences and average fee were significant predictors of the total impact of the COVID-19 pandemic on coaches. Those least able to adjust and transition to an online environment, or with the least experience working online, reported the greatest detrimental impact. Moreover, the data confirm coaching's transition towards online delivery, with the pandemic accelerating this process to a point where we believe that this trajectory will continue postpandemic. To enable the success of this shift, coach supervisors, peer support and professional coach training need to recognise the need for this digital transition and adjust training, support and practices to reflect this new reality.

Passmore, J., Liu, Q., Tee, D., & Tewald, S. (2023). [The impact of COVID-19 on coaching practice: results from a global coach survey](#). *Coaching: An International Journal of Theory, Research and Practice*, 1-17. <https://doi.org/10.1080/17521882.2022.2161923>

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## Effects of a peer health coaching program on college student lifestyle behaviors

**Objective:** Health coaching (HC) may promote healthy behaviors in incoming college students.

Participants: 187 undergraduate students (76% female; age  $18.6 \pm 1.6$ ) were recruited to participate in a peer HC program.

**Methods:** Participants received four HC sessions in eight-weeks to work toward self-selected goals of physical activity (PA), diet, or stress management. PA was assessed using the International Physical Activity Questionnaire Short-Form, diet with the Eating Habits Confidence Survey, and stress with the Perceived Stress Scale.

**Results:** Repeated measures ANOVAs investigated lifestyle behavior changes in 130 participants. Significant effects of time were reported, with a 39.6% gain in PA, 9.9% increase in dietary habit, and 16.3% decline in stress levels with moderate to large effect sizes ( $\eta^2$ : 0.07-0.17;  $p < 0.01$ ).

**Conclusion:** The peer HC model promoted healthy lifestyles in college students. Additional research is needed to understand the effects of HC specifically for each goal, and student reactions to peer-led HC.

DeShaw, K. J., Lansing, J. E., Perez, M. L., Ellingson, L. D., & Welk, G. J. (2023). [Effects of a peer health coaching program on college student lifestyle behaviors.](https://doi.org/10.1080/07448481.2022.2155473) *Journal of American College Health*, 1-8. <https://doi.org/10.1080/07448481.2022.2155473>

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## The social value of physical culture and sports activities in a secondary vocational school. Fundamentals of physical culture and sports activities

Health is the greatest value. Every person wants to be healthy and strong. The health of children is of particular relevance at the present time. Sports extracurricular activities allow teachers to fulfill the state order. Scientists have found that 20% of the physical condition of the baby is determined by hereditary factors, as well as environmental influences. About 10% is the result of the functioning of the healthcare system, and the remaining half depends on the person - on his lifestyle. Children spend most of their time at school, so strengthening their mental and physical health is not only the task of parents, but also the task of teachers. The activities of the sports organization are aimed at shaping the correct idea of a healthy lifestyle among the younger generation, as well as carrying out activities aimed at preventing colds.

Burtsev, V., Burtseva, E., Kozhanov, V., & Surikov, A. (2017). [The social value of physical culture and sports activities in a secondary vocational school. Fundamentals of physical culture and sports activities.](#)

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## Sport Human Connection (SHC) application as a marketplace for publication and marketing of sports coaching services

Especially coaches who live in the area. Coaches build and shape athletes by practicing basic techniques. Besides that, the coaches also work hard and need more time to motivate athletes to continue practicing. Until athletes are recruited by the national team. When athletes have been recruited by the National team, athletes can get large salaries and bonuses when they get achievements in competitions. Meanwhile, the salaries of coaches in the regions did not increase and they never received bonuses, even though they had contributed to coaching and developing athletes before athletes were recruited by the National team. The success and achievements of athletes can be used as an attraction for the public to use the services of sports coaches. Because the success and achievements of athletes are evidence of the quality of the performance of sports coaches when training and coaching athletes. Hence it is necessary to develop an application that ensures when athletes achieve success, coaches get additional job opportunities to increase their financial income. Additional job opportunities for coaches can be obtained as a result of the public seeing athletes who have been coached to achieve success and achievements. So that people are interested in using coach services to train their children. In fact, not only the

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public, but coaches can have the opportunity to be recruited by more sports clubs so that coaches' salaries can also increase. This research aims to develop a Sport Human Connection (SHC) application to publish and market sports coach services. The SHC application is a solution to the problems previously described. Because the SHC application can help the public to be able to see athletes who excel and which coaches have coached these athletes before getting achievements. Data were collected and analyzed from 40 sports coaches across various provinces in Indonesia. The result showed that the SHC application can help publish and market the sports coach profession. This process is more effective compared to the conventional method. The public can find information on the achievements of athletes and coaches anywhere and anytime without the need to come to the training ground or ask other people. In conclusion, the SHC application can help the publication and marketing of sports coaches, thereby providing additional employment opportunities and financial income. Therefore, it is necessary to hold an audience with the Indonesian government to obtain relevant policies on using this application for sports coaches throughout Indonesia.

Sapto Adi, A. F. F., Supriyadi, Wasis Djoko Dwiyo, Michael Chia, Yong Hwa. (2022). [Sport Human Connection \(SHC\) application as a marketplace for publication and marketing of sports coaching services](#). *Journal of Physical Education and Sport*, 22(12), 2955-2964.

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### **Social representations of health among students-athletes and students not involved in sports**

**Objective of the study** is the content and structure of social ideas about health among students who have linked their future with professional sports, and among students who do not go in for sports.

**Methods and structure of the study.** The research methodology was based on the main provisions of French social psychology on the phenomenon of social representations and their functions in the life of people and society (S. Moskovisi), as well as provisions on the structure of social representations (J.K. Abrik). The research methods were the SF-36 Health Status Survey Questionnaire and the methodology for studying the structure and content of social representations by P. Vergès. The study involved 56 students aged 20 to 24 years, of which 29 people are professionally involved in sports and 27 people are not involved in sports.

**Results and conclusions.** The results of the survey showed that student-athletes have complete, evidence-based and systemic knowledge about health, about the requirements of health-saving conditions and the principles of a healthy lifestyle. However, the study of the prototype analysis data showed that for athletes, health is considered as a condition for the success of sports activities, providing a high level of physical capabilities. Such an "instrumental" approach leads to the fact that professional athletes consider health not as the most important value, but as a basic condition for sports achievements and career success. Students, participants of the study who are not involved in professional sports, have poorly structured knowledge about the essence of a healthy lifestyle, tend to give stereotypical answers. However, their social representations consider health as a necessary condition for a happy life, associated with activity and general well-being.

Zvonova, E. V., Seryakova, S. B., Kerimova, I. A., & Artyushkina, T. V. (2022). [Social representations of health among students-athletes and students not involved in sports](#). *Theory and Practice of Physical Culture*(12). <http://www.tpfk.ru/index.php/TPPC/article/view/468>

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### **National coaching certification program in Canada: understanding the relationship dynamics between coach evaluators and the coach**

Amateur sports organizations rely on volunteer coaches to ensure that successful programmes are implemented. As such, in Canada, it has become common practice that these coaches must participate in minimum educational experiences and demonstrate their coaching abilities through an evaluation. With a low number of coaches achieving certified status

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relative to those engaging in training workshops it becomes important to understand more about the evaluation process. Thus, the purpose of this research was to understand how Coach Evaluators (CEs) build relationships in evaluation situations and how those relationships are needed for achieving certification. Using an interpretive phenomenological analysis, data were collected through semi-structured interviews with 27 CEs representing 14 sports in Canada. The results identified themes that were explained by applying a framework on coaching types. Through this framework, this research determined the success or non-success of the evaluation process.

Edwards, J., & Kloos, K. (2022). [National coaching certification program in Canada: understanding the relationship dynamics between coach evaluators and the coach](https://doi.org/10.1080/14927713.2022.2159864). *Leisure/Loisir*, 1-33. <https://doi.org/10.1080/14927713.2022.2159864>

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### **Impact of physical education and sports in promoting social values among youth**

The purpose of this study is to investigate the impact of physical education and sports in promoting social values among youth. Physical education and sports plays a vital role in educating the youth regarding the importance of social values in their life. Reviewed literature investigated that the importance of association in educating both minds and body. Further, it also encourages the social values among youth that allow them to develop the social relations with their community. Moreover, the benefits of physical education and sports can influence both academic learning and physical activity of the youth.

Dharmeshkumar Pravinbhai, M. (2020). [Impact of physical education and sports in promoting social values among youth](#). *JournalNX*, 6(12), 429-431.

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### **Effect of elite sport on physical activity practice in the general population: A systematic review**

**Background:** Our study investigated the effect of elite sport on physical activity (PA) practice in the general population.

**Methods:** Structured Boolean searches were conducted across 5 electronic databases (PubMed, JSTOR, Web of Science, SPORTDiscus, and PsycInfo) from January 2000 to August 2021. Peer-reviewed studies in English were included if the effects of hosting elite sport events, elite sport success, and elite sport role modeling on PA/sport practice in the general population were measured.

**Results:** We identified 12,563 articles and included 36 articles. Most studies investigated the effect of hosting elite sport events (n = 27), followed by elite sport success (n = 16) and elite sport role modeling (n = 3). Most studies did not observe a positive effect of hosting elite sport events, elite sport success, or elite sport role modeling on PA/sport practice in the general population. No evidence of a lagged effect of elite sport was observed. No evidence of elite sport effects was observed according to age range and geographical scale.

**Conclusion:** There is no evidence supporting the effect of elite sport in increasing PA or sport participation in the general population. Decision makers and policymakers should be aware of this and invest in strategies such as those recommended by the World Health Organization.

Lion, A., Vuillemin, A., Léon, F., Delagardelle, C., & van Hove, A. (2023). [Effect of elite sport on physical activity practice in the general population: A systematic review](https://doi.org/10.1123/jpah.2022-0123). *Journal of Physical Activity and Health*, 20(1), 77-93. <https://doi.org/10.1123/jpah.2022-0123>

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## **Influence and the role of sports in human life**

Sports are an independent type of human activity, which plays an important role in the development of society. They have a vital impact on social production, the development of social relations, the formation of a person as a person. In this article, the author describes in detail the role of sports in public life.

Bairbekov Mamatkul, G. (2022). [Influence and the role of sports in human life](https://www.geniusjournals.org/index.php/ejhss/article/view/2823). *Eurasian Journal of Humanities and Social Sciences*, 15, 29-31. <https://www.geniusjournals.org/index.php/ejhss/article/view/2823>

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## **Theoretical foundations of physical education and sports training in the restoration of women's health**

This article describes the problems of women's sports and the laws of physical activity in order to optimize the educational process of the educational direction "Physical Culture".

In order to radically improve the system of Public Administration in the field of physical education and sports, to widely promote a healthy lifestyle among the population, especially among young people, as well as to focus on the problems of women's sports among the tasks set in the five priority areas of development of the Republic of Uzbekistan in 2017-2021 and Since the Times of the distant past, women have somehow fought with men for their equality, freedom and independence. The degree of freedom of women, their participation in social life, has historically been perceived in the form of a qualitative indicator of the development of society. The contribution of scientists, philosophers, poets and women who have left an indelible mark on the world arena over the past 100 years with unique sporting achievements is a significant qualitative indicator of the development of this very society, nation. As a result of the positive "explosion effect" of the women's phenomenon, men were able to achieve equality not only in their field of expertise and the spiritual sphere, but also in the pursuit of great sports achievements.

Usmonovich, A. U. (2022). [Theoretical foundations of physical education and sports training in the restoration of women's health](#). *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 50-53.

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## **Uncovering the vulnerabilities of female student-athletes in the career construction framework**

The purpose of this doctoral dissertation is to deconstruct the dual career environment success factor model (Henriksen et al., 2020) from a gender perspective and subsequently integrate that perspective into current practices to ensure that women athletes are more effectively supported by coaches and support systems during their dual careers. In Study 1, youth elite cross-country ski coaches (n = 10) were interviewed about their discursive practices in relation to the promotion of education and gender. In Study 2, student-athletes (n = 17) were interviewed about their experiences of coach-created motivational climates and how those climates shaped their dual career experiences. Study 3 examined student-athletes' (n = 248) motivational orientations in both sport and school and the role of coaching styles and gender in these motivational orientations. Study 4 examined student-athletes' (n = 391) attributional profiles and their role in predicting student-athletes' dual career success across school years. The results show that coaches constructed the idea of sport as a male space: drawing upon multiple discourses, the coaches constructed female athletes as "less than" male athletes; there is thus a need to focus on holistic development. The results further showed that an affective coaching style, which was most often demonstrated by female coaches, predicted student-athletes' mastery-oriented motivation in school and male student-athletes' mastery-oriented motivation in sport. Similarly, female athletes were found to be more mastery-oriented toward athletic and academic goals than their male counterparts. Finally, studentathletes' responsible attributional profiles were found to predict their school achievement and dual career continuation at the end of the third year of sport upper secondary school. While gender was not statistically significantly associated with attributional profiles, female athletes were overrepresented and male athletes underrepresented in the "responsible" group. The results can be used to facilitate young female athletes'



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development and success in dual career development environments, through the enhancement of coaching practices and support systems that account for the additional pressure and “superwoman” expectations that young female athletes often encounter.

Saarinen, M. (2023). [Uncovering the vulnerabilities of female student-athletes in the career construction framework](#). *JYU dissertations*.

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## 2. Développement du loisir

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### Role of leisure acts and mental health

According to the World Health Organization health is a state of complete mental, physical, and social wellbeing or we can say the absence of disease. It is the situation to which an individual or group is able, on the one hand, to realize aspirations and satisfy needs and, on the other hand to change or cope with the environment." (Health Promotion Glossary, p. 1).

Beniwal, A. (2022). [Role of leisure acts and mental health](#). *LEISURE, HEALTH AND WELL-BEING*, 74.

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### Exploring the experiences of people with disabilities during the first year of COVID-19 restrictions in the Province of Quebec, Canada

During the COVID-19 pandemic, the province of Quebec, Canada implemented stringent measures to mitigate virus transmission, which considerably affected the life of people with disabilities (PWD). The objective of this study was to explore the experiences of PWD during the first year of COVID-19 restrictions across the province. Participants who self-identified as having a disability in the Ma Vie et la pandémie study (MAVIPAN) were invited to participate in a semi-structured interview between December 2020 and May 2021. A mixed inductive and deductive approach was used to conduct a thematic analysis using NVivo 12. Forty PWD from Quebec, Canada participated in the interviews (mean [SD] age, 55.4 [15.5] years, 50% women). A deterioration in mental health and a reduction in social contact with loved ones were reported. PWD experienced delays and cessation of health services and reported feeling at risk of contracting severe strains of COVID-19 because of their health condition. Enhanced difficulties experienced by PWD and the lack of consideration specific to PWD by public authorities during COVID-19 was particularly concerning for participants in this study. Future studies should explore the value of implementing social programs specifically targeting PWD to enhance support as the pandemic continues.

Fortin-Bédard, N., Lamontagne, M.-E., Ladry, N.-J., Bouchard, D., Lettre, J., Desmarais, C., Boucher, N., Best, K. L., Raymond, E., & Fougereyrollas, P. (2023). [Exploring the experiences of people with disabilities during the first year of COVID-19 restrictions in the Province of Quebec, Canada](#). *Disabilities*, 3(1), 12-27.

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### Recommendation system for leisure time-management in quarantine conditions

The paper describes the problems during quarantine restrictions and how this affects the psycho-emotional health of the person. The need to adapt and modify the usual forms of leisure activity to the new format has been determined. The most famous modern information systems, providing entertainment services are narrow-purpose systems. They generate

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recommendations related to media services. Methods of providing recommendations have been studied. A tree of goals was built to solve the problem situation. Alternative means of implementation of the information system are considered. Using the Analytical Hierarchy Method, the optimal type of system for the implementation of the proposed solution was chosen – a recommendation system. The algorithm of work of the recommendation system of free time during the period of forced stay at home is described. The mechanism of weight optimization in the weighted hybrid recommendation algorithm was used to provide recommendations. When a user's portrait is created, the method of the personality type indicator is used. Using the UML language tools, a conceptual system model has been designed. For realization of the prototype of a mobile application of the system language programming Java, JavaScript, frame react Native is chosen. To work with the database the MySQL database management system has been selected. An example of using the system as a mobile application is given. The main stages of interaction of the user with the recommended system of free time during the period of forced stay at home are described. The work of the recommendation system is aimed at mitigating the negative consequences on the psycho-emotional state of a person who is in the conditions of forced quarantine. The special feature of the recommendations of the developed prototype is to offer, in addition to passive activities, active actions that take into account the peculiarities of each user. Application of the system is not limited only to quarantine. The services of the system will be appropriate for people with disabilities, in the case of physical injury transfer or liquidation, which led to temporary immobility.

Veres, P. I., Kots, O., Levus, Y., & Vlasenko, O. (2022). [Recommendation system for leisure time-management in quarantine conditions.](#)

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### 3. Développement du plein air

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#### **The impact of the COVID-19 pandemic on outdoor physical activities for people with disabilities, including the risks for psychophysical well-being**

The restrictions and social distancing measures due to the COVID-19 pandemic have created many obstacles in the practice of outdoor physical activity (OPA) throughout the world, particularly for the most vulnerable people, such as those with disabilities. The aim of this study was to explore the impact of pandemic-related limitations on the OPA of an Italian cohort of people with disabilities practicing sports. A retrospective observational study was conducted using an online survey. The questionnaire was distributed to 121 disabled athletes who practiced different outdoor physical activities. A total of 96 completed the survey, which collected demographic data, information about daily outdoor physical activity and sports habits, and about physical and psychological health before and during the pandemic. The frequency of daily OPA per week, along with the hours of physical activity, significantly decreased during the pandemic compared to those of the year before ( $p < 0.0001$ ). A statistically significant deterioration was also found in the physical and mental well-being of disabled athletes during the pandemic ( $p < 0.0001$ ) when compared to those from the year before the advent of COVID-19. This research demonstrated the negative impact of COVID-19 restrictions on OPA levels and on the physical and mental well-being of athletes with disabilities. It also highlighted a new challenge regarding the sustainability and integration of the national health system, demonstrating the necessity of improving the consistent accessibility of people with disabilities to OPA, both under normal conditions and emergency situations, in order to guarantee their psychophysical well-being.

Fari, G., Fiore, P., Ricci, V., Zonno, A., Joksimovic, M., Petruzzella, D., Gioia, G., Giarrizzo, D., Mastrorillo, S., & Coretti, B. (2023). [The impact of the COVID-19 pandemic on outdoor physical activities for people with disabilities, including the risks for psychophysical well-being.](#) *Sustainability*, 15(2), 1436.

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## **Green physical activity indicator: health, physical activity and spending time outdoors related to residents preference for greenery**

Spending time in the natural outdoor environment is a part of a healthy lifestyle. This study focused on identifying elements of green infrastructure that have a positive impact on both increasing physical activity, spending time outdoors and improving overall health. The aim of the research was to identify which elements of the settlement units' green and blue infrastructure, related to residents' preferences for greenery, influence more physical activity and spending time in green spaces and improve the healthy feeling of users as perceived by respondents. A total of 721 respondents from Poland took part in the survey. Using multiple regression models, the factors that influence an increase in outdoor physical activity Green Physical Activity Index (GPAI) were: using green spaces for exercise, spending time outdoors, exposure to nature and sufficiently large amounts of green space in the neighborhood and proximity to places to walk the dog. In contrast, physical activity has been shown to improve feeling healthy (health declaration). The main findings show that the increase in physical activity outdoors (GPAI) is positively influenced by factors related to respondents' reasons for being outdoors, rather than the attractiveness and availability of green infrastructure. The research confirmed the necessity of arranging green areas with rich offerings in terms of a variety of activities for leisure visitors, to give them more opportunities for being outdoors.

Stangierska, D., Fornal-Pieniak, B., Szumigala, P., Widera, K., Żarska, B., & Szumigala, K. (2023). [Green physical activity indicator: health, physical activity and spending time outdoors related to residents preference for greenery](#). *International Journal of Environmental Research and Public Health*, 20(2), 1242.

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## **Exploring the causal effects of outdoor play on school readiness of preschoolers in the Klang Valley, Malaysia**

According to research, preschool physical environments (PPE) that promote outdoor play have a positive impact on children's overall wellbeing, as well as their total developmental competence and academic learning, which then directly affects their school readiness prior to entering primary school. This study analyses the causative impacts of outdoor play on preschoolers' school readiness for primary school in Klang Valley, Malaysia. Additionally, we attempted to extend a prior research conceptual model on outdoor play in studying the link between PPE and preschoolers' school readiness. From June to August 2022, 84 private preschool operators from the Klang Valley took part in the survey to offer their viewpoints; however, only 72 completed questionnaires could be used for PLS-SEM analysis using SmartPLS 4. It has been discovered that outdoor play does, in fact, have a favorable, considerable impact on academic learning and school readiness. Other findings offer more proof of the causal links between outdoor play and children's development. Important stakeholders, such as preschool providers, preschool designers, preschool educators, as well as parents, should make sure that appropriate outdoor play yards are provided in preschools for children's full development and academic learning, as well as for preschoolers' readiness for school.

Sia, M. K., Yew, W. C., & Low, X. W. (2023). [Exploring the causal effects of outdoor play on school readiness of preschoolers in the Klang Valley, Malaysia](#). *Sustainability*, 15(2), 1170.

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## **Campus planning and design: strategy for outdoor winter recreation**

Campus planning as a professional service has been around for four hundred years. Landscape Architects and Urban Designers are the professions that typically prepare campus plans. Campus plans focus on "structures, their surrounding environment, and the gradual execution of the plan over a while" (Turner, p6). However, for winter use, specific attention to outdoor space is limited. As Canadian universities see an increase in international students from different climates to Canada, winter is bleak to some. Potentially, their wellness is challenged; as newcomers that are not familiar with nor readily acclimatized to outdoor winter activity, many tend to remain indoors. Exploring existing campus master plans for universities in the Great Lakes

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Region reveals the degree and attention specifically for outdoor recreational winter use by students. A campus planning and design guideline provide design and planning professionals with opportunities to integrate winter use into campus environments.

Jiang, F. (2023). [Campus Planning and Design: Strategy for Outdoor Winter Recreation](#). University of Guelph.

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### **Mountain biking mountaineers: Insights into the West Virginia mountain biking community.**

Mountain biking is one of the most popular recreational activities in the United States. Beyond the increasing popularity of the sport, the technology is also changing, especially in terms of electric mountain biking. This new type of bike blends traditional mountain bikes with electric bikes, creating a potential new group of recreationists. The research on mountain biking, and more specifically electric mountain biking, is limited. The purpose of this study is to examine West Virginian mountain bikers by studying behaviors and motivations. There are no published studies focused on mountain biking in West Virginia, and therefore a need to fill this knowledge gap exists. Additionally, the recreation specialization theoretical framework was used to guide the research. The survey was developed using West Virginia University's Qualtrics platform and data was collected over the course of approximately three months. Partnerships with local mountain biking associations were developed to create a snowball sampling method and the online survey was distributed via posts with an embedded link to the survey on their Facebook pages. Results suggest that West Virginia mountain bikers are a homogeneous group demographically speaking, matching previous research. Though there are some differences, the results indicate that mountain biking is still a sport that consists of mainly highly educated, wealthy, white men. Beyond this, many riders are using their mountain bikes for exercise and fun. There also appears to be differences in rider demographics, behaviors and motivations between people using traditional mountain bikes as opposed to electric mountain bikes. Furthermore, electric mountain biking may play a role in recreational specialization. These findings could be used for further research and informing decision makers in the outdoor recreation industry.

Mullin, C. (2022). [Mountain biking mountaineers: Insights into the West Virginia mountain biking community](#).

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### **Just Green Cities? Equity, urban green space and subjective well-being**

Urban green space (UGS) is a focus of planning for a number of reasons, including climate change, urban health, physical liveability and residents' subjective well-being. UGS planning is, however, also an exercise in spatial and land use decisions and an intervention in the existing urban fabric. As such, where, when and what type of UGS is provided is also driven by a number of political economy factors that in turn are related to existing spatial inequalities; that is, the concentration of social capital and geographies of advantage or disadvantage. Fainstein's Just City provides a framework for considering how we should develop our cities considering diversity, equity and democracy. The focus of this thesis, particularly its empirical components, is on the equity dimension, but there are interconnections with diversity (e.g. who lives where) and democracy (UGS and political economy). A just city is thus a starting point for thinking about how UGS can be planned to achieve sustainable and just urban transitions. This thesis undertakes a scoping review and thematic analysis to discover what is known from the existing literature about the relationship between UGS and subjective well-being in the just city context. Three themes are identified in the analysis, with underdeveloped research fields or gaps documented in each theme. This helps in effectively contributing to the literature and provides a roadmap for research development. A large body of the literature focuses on quantifying UGS accessibility, and the frequent accessibility assumptions are that people only visit either their nearest UGS or those within a certain distance. However, these assumptions are questionable. A problematic accessibility measure could result in misleading inequality assessments and become an issue from the just city perspective. The provision of public goods and services, in practice, is not limited to specific geographic boundaries. Hence, I suggest that, unlike conventional methods, we should not limit the measure of accessible UGS to a specific distance. Rather, we need to consider the network distance from a region to all the UGS accessible within the urban environment. This suggested measure considers all UGS to have an impact, but that closer ones are stronger. Utilising this UGS measure, a study of the inequity in

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access to UGS is conducted. Results indicate statistically significant inequity in access to UGS for low-income communities. Spatial clusters are used to monitor the mobility of the low-income population between different clusters of low and high UGS access. Mobility patterns show the movement of low-income people from high-UGS to low-UGS areas over time. UGS could play a role in residential mobility decisions. In fact, household mobilities are impacted by people's assessment of UGS value or, in other words, subjective assessment. To analyse the potential differences in subjective assessments, I use the gravity measure of UGS to study its impact on subjective well-being. I shed light on two sources of heterogeneity in this relationship. First, individuals with low levels of subjective well-being, overall, demonstrate much less responsiveness to proximity to UGS than individuals with high levels of subjective well-being. Then, only large UGS—that is, larger than around 1 hectare—show a consistently positive impact on subjective well-being. The observed heterogeneity in the effect of UGS raises concerns about the issue of green gentrification. Urban planning initiatives for green provision or restoration of UGS may attract new capital investment into local areas, leading to increased property prices and gentrification. There are myriad studies on the issue of green gentrification; however, the causality of this relationship has not been sufficiently investigated. To study this relationship, I focus is on identifying whether the process of socio-economic change precedes or follows the change in UGS. The results suggest that it is gentrification that drives urban greening rather than the other way around. Gentrification could accelerate urban greening due to substantially different rates bases, by different local governments, with markedly different financial capacities and, therefore, different levels of services. Putting all the observed pieces of evidence together, a key message of this thesis is that just cities are not necessarily easily operationalised through conventional approaches to UGS provision. Provision of UGS should be high on the planning agenda for a variety of reasons; however, in meeting 21st-century urban challenges, the quality and equity of UGS outcomes is also critical. This urges policymakers toward regulations, beyond the input or provision of UGS, that focus on the equity in UGS output or impact.

Sharifi, F. (2022). [Just Green Cities? Equity, urban green space and subjective well-being](#) (Doctoral dissertation, Swinburne University of Technology).

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### **Access to nature for persons with disabilities: perspectives and practices of swedish tourism providers**

Despite the growing popularity of outdoor recreation, nature is not equally accessible to everyone. In the case of persons with disabilities, access to nature remains a largely under-researched area, especially in terms of the role of private and public providers of products and facilities for a diverse range of visitors. This study investigates the challenges and opportunities for developing inclusive forms of accessible nature-based tourism in three different natural settings in Sweden. By focusing on the supply side of nature-based tourism, we examine views and practices in providing inclusive activities and environments. Despite growing stakeholder interest in accessible nature-based tourism, our findings reveal several challenges, including limited knowledge about the consumers, lack of financial resources and long-term planning, and the absence of a holistic accessibility perspective. We discuss these challenges and propose that they can be collectively met through increased stakeholder collaboration for creating accessible nature-based tourism.

Wall-Reinius, S., Kling, K. G., & Ioannides, D. (2022). [Access to nature for persons with disabilities: perspectives and practices of swedish tourism providers.](#) *Tourism Planning & Development*, 1-19. <https://doi.org/10.1080/21568316.2022.2160489>

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### **The importance of active leisure areas in the context of urban planning**

The research focuses on active leisure areas created in the 21st century, identifying the main planning trends. Based on the obtained data from the literature review, the mutual comparison method was used to survey territories in Latvia and Estonia. The research showed that it is necessary to change the approach in planning to meet today's requirements by developing uniform planning principles and guidelines and increasing awareness of general quality requirements for all parties involved. Janpavle, I., & Īle, U. (2022). [The importance of active leisure areas in the context of urban planning.](#) *Architecture and Urban Planning*, 18(1), 120-130.

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### **Public perceptions of the socioeconomic importance of urban green areas in the era of COVID-19: A case study of a nationwide survey in Greece**

Considering the emerging challenges posed by the spread of COVID-19, this study was designed to evaluate citizens' perceptions of the role of urban green areas in the era of COVID-19 in Greece. The evaluation was based on the implementation of an electronic questionnaire survey through the Google Forms platform, which was conducted nationwide. The survey was conducted in 2020 and 735 responses were collected in total based on 14 structured questions. Among the key findings of the study, of notable importance is that citizens considered urban green areas as an important means of improving public health, while citizens were willing to accept an increase of EUR1 to EUR20 in their municipal taxes for improving the services offered by the urban green areas. Results indicate that in a period of both climatic and public health crises, healthy and green urban environments can play a seminal role for alleviating and mitigating different challenges and impacts, while at the same time ensuring sustainability of urban ecosystems. A certain necessity arises for investigating the socioeconomic importance of urban green areas both from an ecosystemic and public health perspective considering the novel challenges of COVID-19 to public policy and decision making.

Kolimenakis, A., Solomou, A. D., Proutsos, N., Avramidou, E. V., Korakaki, E., Karetos, G., Kontogianni, A. B., Kontos, K., Georgiadis, C., & Maroulis, G. (2022). [Public perceptions of the socioeconomic importance of urban green areas in the era of COVID-19: A case study of a nationwide survey in Greece](#). *Land*, 11(12), 2290.

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## **4. Développement de l'activité physique**

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### **Physical activity of modern young people: problem and ways to solve it**

The health of the nation is a basic characteristic that determines the quality of the population working capacity and the country's defense capability. However, many experts in the sphere of physical culture and mass sports pay attention to the fact that many college and university students cannot perform a significant part of the control exercises and tests in physical culture. The relevance of this problem from applied, scientific and theoretical aspects is undeniable. The Overall Endurance Index for a significant part of young people is extremely low. But this index is extremely important since the condition of the heart muscle and blood vessels, respiratory and nervous systems, motor apparatus, metabolism, mental and physical performance is associated with it.

Kulakova, E. (2022). [Physical activity of modern young people: problem and ways to solve it](#).

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### **The role of physical education and sports in the education of a developed generation**

The article talks about a healthy lifestyle, physical exercises, physical training activities and their importance in raising a mature generation.

Ismatova, S. (2023). [The role of physical education and sports in the education of a developed generation](#). Proceedings of international conference on modern science and scientific studies.

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## Important aspects of focusing on physical activity in sports

Regular physical activity reduces the risk of cardiovascular disease, coronary heart disease, brain stroke, high blood pressure, back pain, diabetes, breast and colon cancer, depression and obesity, and also reduces the level of care we receive. Develop flexibility of muscles and joints, improve lung capacity and bone health. This article highlights the concepts of a healthy lifestyle and physical activity. In particular, the article explores the interrelated aspects of a healthy lifestyle and physical activity.

Tukhtanazarov, I. (2022). [Important aspects of focusing on physical activity in sports](#). *Research Focus*, 1(4), 308-311.

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## Promouvoir l'activité physique dans les soins de santé primaires: un guide pratique

Fondé sur les meilleures données factuelles et pratiques disponibles, ce guide pratique a pour but d'aider tous les pays (en particulier les pays à revenu faible ou intermédiaire) à renforcer l'évaluation de l'activité physique et le conseil dans le cadre des soins de santé primaires. L'évaluation de l'activité physique et le conseil dans les services de soins de santé sont recommandés, étant considérés comme des initiatives d'un bon rapport coût/efficacité susceptibles de lutter contre les maladies non transmissibles et correspondant à l'action politique 3.2 du Plan d'action mondial. L'utilisation de ce guide pratique peut aussi être étendue aux professionnels de santé qui travaillent dans les services de soins secondaires, dans les services sociaux ou dans les soins communautaires. Le présent document est un guide pratique destiné à appuyer l'application du Guide technique HEARTS pour la prise en charge des maladies cardiovasculaires dans les soins de santé primaires et l'application des recommandations formulées dans l'ensemble d'interventions essentielles de l'OMS pour lutter contre les maladies non transmissibles.

Organisation mondiale de la Santé, O. (2022). [Promouvoir l'activité physique dans les soins de santé primaires: un guide pratique](#).

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## Optimising the effects of physical activity on mental health and wellbeing: a joint consensus statement from sports medicine Australia and the Australian Psychological Society

### Objectives

Participation in physical activity can improve mental health and well-being, but effects are mixed. This consensus statement from Sports Medicine Australia and the Australian Psychological Society aims to provide guidance to practitioners on the ways that physical activity can be promoted to maximise benefits to mental health.

### Method

Following the Clinical Consensus Statement protocol, an expert group comprised of eight members with expertise in physical activity and mental health articulated recommendations regarding five physical activity contextual factors: type, physical environment, delivery, domain, and social environment.

### Results

To optimise the mental health benefits of physical activity, we recommend: i) activity selection be guided by factors associated with adherence and enjoyment as opposed to any specific type (type); ii) facilitators (i.e., teachers, coaches, instructors, practitioners) deliver organised physical activity sessions using an instructional style that satisfies individuals' basic needs for autonomy, competence and social connection (delivery); iii) participation in physical activity with others who provide support, facilitate positive interactions, or make people feel valued, so long as it does not undermine a preference to be active alone (social environment); iv) where possible and appropriate, some physical activity should be

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undertaken outside in pleasant natural environments (physical environment); and, v) at least some physical activity be undertaken during leisure-time or via active travel, where possible prioritising activities one personally chooses to undertake (domain).

### Conclusions

The type, domain, physical and social environment of physical activity, as well as the way in which it is delivered, will determine mental health outcomes. Practitioners can use these recommendations to optimise the effects of physical activity on mental health.

Vella, S. A., Aidman, E., Teychenne, M., Smith, J. J., Swann, C., Rosenbaum, S., White, R. L., & Lubans, D. R. (2023). [Optimising the effects of physical activity on mental health and wellbeing: a joint consensus statement from sports medicine Australia and the Australian Psychological Society](https://doi.org/10.1016/j.jsams.2023.01.001). *Journal of Science and Medicine in Sport*. [https://doi.org/https://doi.org/10.1016/j.jsams.2023.01.001](https://doi.org/10.1016/j.jsams.2023.01.001)

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### Role of physical activity on mental health and well-being: A review

In addition to the apparent physical health benefits, physical activity also affects mental health positively. Physically inactive individuals have been reported to have higher rates of morbidity and healthcare expenditures. Commonly, exercise therapy is recommended to combat these challenges and preserve mental wellness. According to empirical investigations, physical activity is positively associated with certain mental health traits. In nonclinical investigations, the most significant effects of physical exercise have been on self-concept and body image. An attempt to review the current understanding of the physiological and psychological mechanisms by which exercise improves mental health is presented in this review article. Regular physical activity improves the functioning of the hypothalamus-pituitary-adrenal axis. Depression and anxiety appear to be influenced by physical exercise, but to a smaller extent in the population than in clinical patients. Numerous hypotheses attempt to explain the connection between physical fitness and mental wellness. Physical activity was shown to help with sleep and improve various psychiatric disorders. Exercise in general is associated with a better mood and improved quality of life. Physical exercise and yoga may help in the management of cravings for substances, especially in people who may not have access to other forms of therapy. Evidence suggests that increased physical activity can help attenuate some psychotic symptoms and treat medical comorbidities that accompany psychotic disorders. The dearth of literature in the Indian context also indicated that more research was needed to evaluate and implement interventions for physical activity tailored to the Indian context.

Mahindru, A., Patil, P., & Agrawal, V. (2023). [Role of physical activity on mental health and well-being: A review](#). *Cureus*, 15(1).

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### The mediation role of perceived benefits and barriers in the relationship between support provided by significant others and physical activity of adolescents

We investigated whether the relationship between significant others' social support and adolescents' physical activity (PA) is mediated by perceived barriers and benefits of PA. In this cross-sectional study, we analyzed data from 497 adolescents (girls = 272, boys = 225) aged between 12-18 years ( $M = 15.87$ ,  $SD = 1.43$ ) from six different middle and secondary schools. We collected data regarding social cognitive variables and PA with self-report measures and calculated the metabolic equivalent of total amount PA. We performed structural equation modeling and mediation analyses and found our proposed models fit the data. In girls, perceived PA benefits mediated the association between support provided by friends ( $\beta = .13$ ; IC 95% = .02, .29), a best friend ( $\beta = .14$ ; IC 95% = .03, .33), and parents ( $\beta = .07$ ; IC 95% = .01, .18), and PA. Similarly in boys, perceived PA benefits partially mediated the association between support provided by parents ( $\beta = .09$ ; IC 95% = .04, .37), friends ( $\beta = .11$ ; IC 95% = .05, .40), and a best friend ( $\beta = .10$ ; IC 95% = .05, .40) and

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PA. Perceived barriers to PA did not display any significant mediation role for either sex. Interventions to foster others' support for PA, especially from a best friend, are important for promoting PA among adolescents.

Rodrigues, F., Monteiro, D., & Lopes, V. P. (2023). [The mediation role of perceived benefits and barriers in the relationship between support provided by significant others and physical activity of adolescents](#). *Perceptual and Motor Skills*, 00315125231151780.

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## **Physical activity in the workplace: a cost or a benefit for organizations? A systematic review**

### **Purpose**

Most adults do not follow the minimum requirements for physical activity despite the benefits such activity can provide toward improving quality of life. On average, an adult spends 60% of daily hours in the workplace, making it essential to create working environments that are favorable to avoiding harmful effects on the health of workers. Toward this end, the application of physical activity programs in a work context is one of the possible interventions. This study aims to carry out a systematic review of the literature to identify the impact of physical activity programs applied in the workplace, on employee wellness and organizational productivity.

### **Design/methodology/approach**

The search for reports was carried out in two databases, namely, Thomson Reuters Web of Science and Scopus, according to several inclusion and exclusion criteria. The Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) was applied to ensure the quality of the study. Microsoft Excel 2016 was used to organize the database to support the data analysis.

### **Findings**

The sample comprised 64 reports published in international journals between 1986 and 2019. From these studies, six thematic clusters were formed: Workplace Physical Activity Interventions, Workplace Wellness, Physical Activity and Organizational Performance, Barriers to Developing Physical Activity Programs in the Workplace, Physical Activity and Sedentary Occupations and Workplace Physical Activity Incentives. The analysis of these clusters confirmed that the implementation of physical activity programs in this context could represent beneficial effects for workers and the organizational system by contributing to a reduction in the rates of absenteeism and presenteeism. However, there are still many organizations that do not implement such programs.

### **Originality/value**

The results of this study are essential for managers of organizations to be able to implement physical activity programs in a work context, similarly to the application of a strategy of corporate social responsibility in an intra-organizational environment. This research may also be useful for professionals in the areas of sports and physical exercise, who want to build their business around physical exercise programs applied to a work context.

Santos, I. L., & Miragaia, D. (2023). [Physical activity in the workplace: a cost or a benefit for organizations? A systematic review](#). *International Journal of Workplace Health Management*(ahead-of-print).

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## **Promoting physical activity during the COVID-19 pandemic in a rural and medically underserved region**

Physical activity is described as a 'best buy' in public health and urgent action is needed to leverage its benefits during the COVID-19 pandemic. Here we share examples of how the Department of Kinesiology and Integrative Physiology at Michigan Technological University assembled a pandemic response team to: enhance public health messaging by including physical activity promotion as a key component, educate clinicians about the role of physical activity in preventing infection and offer a free community-based physical activity program for the rural and medically underserved

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Upper Peninsula of Michigan (figure 1). For some context, the Upper Peninsula makes up 30% of the state landmass but only 3% of the population. Public health guidance is facilitated by small and under-resourced health districts that cover large geographical areas. Together, the remote location, ageing population, high prevalence of unhealthy behaviours, limited access to care and workforce shortages posed challenges to the region during the pandemic. With no academic medical or public health schools nearby (ie, 680 km away), our small department (~100 students) was committed to ensuring that physical activity was a critical pandemic control measure to help protect the health of the community.

Elmer, S. J., Wedig, I. J., Lennox, I. M., & Kamm, K. B. (2022). [Promoting physical activity during the COVID-19 pandemic in a rural and medically underserved region](https://doi.org/10.1136/bjsports-2022-106589). *British Journal of Sports Medicine*, bjsports-2022-106589. <https://doi.org/10.1136/bjsports-2022-106589>

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### Technology of increasing physical activity of university students

**Aim:** To check the effectiveness of authors' technology of increasing physical activity of university students.

**Materials and Methods:** The research involved 369 students (including 197 males and 172 females). All students were divided into control (CG) and experimental groups (EG). The EG included 188 students (105 males, 83 females), the CG – 181 students (92 males, 89 females) respectively. The effectiveness of authors' technology was assessed by the following indicators: the amount of physical activity; the dynamics of students' physical fitness during four years of studying.

**Results:** The results of the experiment show that authors' technology contributes to increasing the amount of students' physical activity and improving the level of their physical fitness. The students (both males and females) of the EG were recorded to have significantly better indicators than the CG.

**Conclusions:** The experimental work confirmed the effectiveness, functionality and adaptability of the authors' technology of increasing physical activity of university students. A high level of physical activity of students will contribute to strengthening their health and improving the efficiency of their future professional activities

Griban, G., Mekhed, O., Semeniv, B., Khurtenko, O., Koval, V., Khliebnikova, T., & Skyrda, T. (2022). [Technology of increasing physical activity of university students](#).

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### The relationship between fitness and healthy lifestyle

**Background:** In our study we will refer to the benefits of practicing appropriate fitness exercises that can contribute to maintaining or returning to a closer weight, to achieving an adequate physical condition reflected in self-confidence and to adopting a healthy lifestyle.

**Methods:** Our theoretical study is based on the analysis of perspectives offered by specialists in fields complementary to physical education, in order to understand not only from a medical but also a social perspective, the importance of fitness in the lives of young people.

**Results:** We believe that the physical exercises that make up the fitness set have beneficial effects on the human body, from the point of view: morphogenetic, physiological, educational, prophylactic and curative.

**Conclusions:** In this context, we believe that it is necessary to reconsider the benefits of fitness - a good remedy against sedentarism and aging, being able to delay, diminish or completely prevent the mechanisms associated with these processes (arterial diseases, diabetes, high cholesterol, etc.). Fitness is part of a healthy lifestyle.

Liusnea, S. (2022). [The relationship between fitness and healthy lifestyle](#). *Balneo and PRM Research Journal*, 13(4), 521-521.

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## Promotion of healthy lifestyle among the population

In this article, the population is informed about maintaining a healthy lifestyle, eating healthy and living a long life, the work being done in Uzbekistan in this regard, and the work that is equally important for young people to grow up healthy. given comments are made.

Turaxodjayeva, G. (2022). [Promotion of healthy lifestyle among the population](#). *Eurasian Journal of Medical and Natural Sciences*, 2(13), 117-119.

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## Health promotion partnership to promote physical activity in Swedish children with ASD and ADHD

Children with autism spectrum disorder (ASD) or attention-deficit/hyperactivity disorder (ADHD) have a higher risk of inactivity, and efforts to promote physical activity among this population have been limited. Physical activity on prescription (PAP) may be a suitable tool for motivating participation in physical activity among children with these diagnoses. However, PAP calls for synergy and partnership between health care and other sectors of the community. The aim of this study was to describe a health promotion partnership for physical activity targeting children with ASD or ADHD. Data were obtained through individual interviews with professionals at CAP (n = 11) and three focus-group interviews with coaches from local sports clubs. We used the Bergen Model of Collaborative Functioning as the theoretical framework and used qualitative content analysis as the method of analysis to study partnerships between professionals from the Child and Adolescent Psychiatry outpatient clinic (CAP) and coaches from local sport clubs. The findings demonstrate that the partnerships included both positive and negative processes. Although the two partners shared values regarding the project, such as working for a good cause for the children and seeing the potential in the collaboration, there were doubts about sharing common resources and uncertainties about the sustainability of the PAP project. Challenges remain and further research is needed into developing, monitoring and evaluating health promotion partnerships when promoting physical activity for all.

Lydell, M., Kristén, L., & Nyholm, M. (2022). [Health promotion partnership to promote physical activity in Swedish children with ASD and ADHD](#). *Health Promotion International*, 37(6). <https://doi.org/10.1093/heapro/daac169>

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## 5. Sécurité et intégrité dans les sports

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### Policy implementation and collaboration in a federated sport system: the case of the official languages act

The purpose of this study was to explore the Official Languages Act's implementation and impact on collaboration between national sport organisations (NSOs) and Quebec provincial/territorial sport organisations (P/TSOs) in the Canadian sport system. Using the policy implementation process model as the theoretical framework, data were gathered through interviews with executives from 22 Quebec P/TSOs. Publicly available documents from the P/TSOs and their respective national-level counterparts were also collected. Interview data were thematically analysed and results suggest NSOs successfully implementing the Act had better collaborations with their provincial counterparts located in Quebec than those failing to do so. Researchers should consider the impact of bilingual-based policies and language on collaborative governance. Beyond NSOs purposefully hiring bilingual staff members, Sport Canada should implement more policy enforcement activities.

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Lachance, E. L., & Parent, M. M. (2023). [Policy implementation and collaboration in a federated sport system: the case of the official languages act](https://doi.org/10.1080/19406940.2023.2166564). *International Journal of Sport Policy and Politics*, 1-17. <https://doi.org/10.1080/19406940.2023.2166564>

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### **Incivility and psychological safety in youth sport: the reciprocal effects and its impact on well-being and social outcomes**

Youth can often be the subject of rude and discourteous behaviors in their sport setting, given their susceptibility to the social environments. Incivility refers to insensitive behavior that exhibits a lack of respect for others, namely, disrespectful and rude behaviors. Incivility is a significant issue in youth sport since it negatively influences teams and individuals. The present study aims to investigate 1) how incivility and psychological safety are associated with each other over time and 2) the influence of the initial value of psychological safety and the change in psychological safety on youth athletes' well-being and social outcomes. Three-wave time-lagged data collection was employed, and the present study included 283 youth athletes who completed the survey three times. The hypotheses were tested in SEM with cross-lagged panel and growth latent curve modeling. The results showed that coach and teammate incivility were significantly associated with the change in psychological safety. In contrast, the initial value of psychological safety was a significant antecedent of the subsequent coach and teammate incivility, well-being, and social outcomes. Lastly, the change in psychological safety was significantly associated with youth athletes' well-being and social outcomes. The findings suggest that incivility and psychological safety were reciprocally associated, and psychological safety rather than incivility was a significant predictor of youths' well-being and social outcomes. The present study found a mechanism underlying the relationship between incivility, psychological safety, and essential outcomes (i.e., well-being and social outcomes) in youth sport.

Kinoshita, K., & Sato, S. (2022). [Incivility and psychological safety in youth sport: the reciprocal effects and its impact on well-being and social outcomes](#). *Sport Management Review*, 1-25.

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## **6. Genre, sport et loisir**

Cette sélection est une collaboration du  
laboratoire pour la progression des  
femmes dans le sport



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### **Methodology for the application of traditional games and sports to foster gender equality**

In this section we have selected three examples of training courses and materials that use traditional games and sports to enhance gender equality. The documentation exercise has confirmed the scarcity of specific training courses and materials using traditional sports games to promote gender equality. This finding confirms the interest of the Opportunity project in helping to fill an existing gap in this area.

Lavega, P. (2020). [Methodology for the application of traditional games and sports to foster gender equality](#).

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### **Participation in competitive sports closes gender gaps in competition and in risk taking**

We compare the preferences of athletes who practice individual sports to those of non-athletes, by combining incentivized tasks and survey questions. Athletes were more likely to opt for the tournament payment scheme in the competitive tasks. Female athletes and male non-athletes were equally likely to select the tournament payment. We also

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find that female athletes were equally as risk-tolerant as non-athlete men and equally as risk-tolerant as men overall (whether athletes or non-athletes), for incentivized tasks and stated preferences. It is concluded that participation in competitive sports favors closure of the gender gaps in competitiveness and risk tolerance.

Willinger, M., Dubois, D., & Bravaccini, S. (2023). [Participation in competitive sports closes gender gaps in competition and in risk taking](#). *Journal of Sports Economics*, 24(1), 97-133.

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### **Informal sport and leisure, urban space and social inequalities: Editors' Introduction**

While informal sport may appear to be a poor relation of formal sport, participation in informal sport is now more popular than organised club sport. The special issue provides an opportunity to showcase international leisure studies research which variously explores the meaning and implications of informal sport as a growing form of collective leisure activity and the wider social affordances – and strains – of collective leisure practices. The Editors' Introduction focuses on the ways in which informal sport and leisure depend on sometimes hard-won public (parks, city squares, designed leisure spaces) and reused incidental urban space (e.g. post-industrial areas). It sets out the ways in which informal sport and leisure involves marginalised and precarious urban populations, gives rise to co-ethnic and ethnically diverse identifications, secures senses of belonging and citizenship, is gender and age ex/inclusive and is attractive to policy actors. It outlines how the articles collected in the special issue address what are still under-examined aspects of the informal sport phenomenon.

Sarah Neal, Bonnie Pang, Keith Parry & Clare Rishbeth (2023) [Informal sport and leisure, urban space and social inequalities: Editors' Introduction](#), *Leisure Studies*, DOI: [10.1080/02614367.2022.2162109](#)

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### **Sport, identity and inclusion in Europe: The experiences of LGBTQ people in sport**

This book explores and critically assesses the challenges and experiences of LGBTQ people within sport in Europe. It presents cutting-edge research data and insights from across the continent, with a focus on sport policy, sport systems, and issues around anti-discrimination and inclusion. The book introduces the theoretical and methodological foundations of research into LGBTQ people in sport and then presents in-depth comparative surveys of systems and experiences in Austria, Belgium, France, Germany, Hungary, Italy, the UK, and Spain. A final section considers the effectiveness of policy in this area and motives for participation, and looks ahead at future directions in research, policy, and practice. Tracing the frontiers of our understanding of the experiences of LGBTQ people in contemporary Europe, this is fascinating reading for anybody with an interest in the sociology of sport, sport policy, LGBTQI studies, gender and sexuality studies, or cultural studies.

Hartmann-Tews, I. (2023). [Sport, Identity and Inclusion in Europe: The Experiences of LGBTQ People in Sport](#).

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### **Incommensurability between "Filial Daughter" and "All-Capable Princess": Discursive legitimation in chinese media coverage of Quan Hongchan and Gu Eileen**

This study investigated how Chinese media employed discursive legitimation strategies to incorporate the atypical identities of Quan Hongchan and Gu Eileen into the party-state's cultural and emotional governance. A critical discourse analysis revealed that multifaceted tensions were (re)produced in media constructions of these two remarkable sporting heroines. By portraying Quan as an exemplar of "socialist filial daughter," Chinese media hoped to mobilize underclass youth to make strong commitment to nation building. These discursive efforts nevertheless made Quan's self-

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empowerment cruelly optimistic insofar as the intersection of her bodily vulnerability, excessive social expectations, and state patriarchal paternalism was concerned. In contrast, Chinese media portrayed Gu as a “neoliberal all-capable princess with Chinese characteristics” to alleviate social discontent regarding the upper class’s unlimited transnational mobility and capital accumulation. Anti-Occidental discourses were intertwined with Western-imported self-entrepreneurship in Gu’s case, reflecting the party-state’s anxiety and desire to nurture cosmopolitan subjects. The parallel inclusion of Quan’s and Gu’s ostensibly incommensurable upbringings into the “sporting superpower” narratives, in turn, demonstrated the significance of discursive legitimation for Chinese media to construct “ideologically correct” sporting hero(in)es in the global neoliberal era.

Yang, X. (2023). [Incommensurability Between “Filial Daughter” and “All-Capable Princess”: Discursive Legitimation in Chinese Media Coverage of Quan Hongchan and Gu Eileen](https://doi.org/10.1177/21674795221149328). *Communication & Sport*, 0(0). <https://doi.org/10.1177/21674795221149328>

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## **We’re not Superhuman, We’re Human: A Qualitative Description of Elite Athletes’ Experiences of Return to Sport After Childbirth**

### **Background**

A growing number of athletes return to elite sport following childbirth. Yet, they face significant barriers to do so safely and successfully. The experiences of elite athletes returning to sport following delivery are necessary to support evidence-informed policy.

### **Objective**

The purpose of this qualitative description was to describe the experiences of elite athletes as they returned to sport following childbirth, and to identify actionable steps for research, policy and culture-change to support elite athlete mothers.

### **Methods**

Eighteen elite athletes, primarily from North America, who had returned to sport following childbirth in the last 5 years were interviewed. Data were generated via one-on-one semi-structured interviews that were audio-recorded, transcribed verbatim, and analyzed through a process of content analysis.

### **Results**

The findings of this study are represented by one overarching theme: Need for More Time, and five main themes: (a) Training “New Bodies” Postpartum, (b) Injuries and Safe Return to Sport, (c) Breastfeeding While Training, (d) Critical Supports for Return to Sport, (e) Navigating Motherhood and Sport. The athletes identified the urgent need to develop best-practice policies and funding to support return to sport, as well as develop evidence-based return-to-sport protocols to support a safe and injury-free return.

### **Conclusion**

Athletes shared detailed stories highlighting the challenges, barriers and successes elite athletes experience returning to elite-level sport following childbirth. Participants provided clear recommendations for policy and research to better support the next generation of elite athlete mothers.

Davenport, M. H., Ray, L., Nesdoly, A., Thornton, J., Khurana, R., & McHugh, T. L. F. (2023). [We’re not Superhuman, We’re Human: A Qualitative Description of Elite Athletes’ Experiences of Return to Sport After Childbirth](#). *Sports Medicine*, 53(1), 269-279.

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## How college athletics are hurting girls' sports: The pay-to-play pipeline, with a new preface

More girls are playing sports than ever before—which, on the surface, is great for girls because sports offer positive and empowering fun for young women. In reality, though, few young athletes report “fun” as a reason they play sports. The rates of concussions and repetitive-use injuries are on the rise, and kids are encouraged to specialize in a single sport at earlier and earlier ages, even at the expense of friends, other activities, and health. Through years of extensive research, Rick Eckstein discovered that college athletics have had an alarming impact on this trend in youth sports, particularly for girls.

How College Athletics Are Hurting Girls' Sports looks closely at college sports and how they shape the athletic—and personal—landscape for girls and young women. Filled with powerful interview excerpts from women athletes of all ages, as well as coaches, league officials, and others, the book chronicles how college and youth sports have become more commercialized, to the detriment of participants. The book looks at a range of sports, with case studies including soccer, field hockey, ice hockey, figure skating, and Ultimate Frisbee.

Featuring a new preface to bring this evergreen topic up to the present, How College Athletics Are Hurting Girls' Sports is an important and timely reminder that even as we celebrate sports' potential to have a positive impact on a girl's life, changes need to be made in college and youth athletics to improve the experiences of young athletes so that sports become fun once again.

Eckstein, R. (2023). [\*How college athletics are hurting girls' sports: The pay-to-play pipeline, with a new preface.\*](#) Rowman & Littlefield.

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## Introduction: Contextualizing motherhood and sport

Motherhood marks a transition in many women's lives when sports participation decreases due to child rearing responsibilities and “good motherhood ideals.” However, female athletes, at all levels, have also shown that motherhood is not incompatible with sport participation. In some instances, athletes have achieved their best sporting performances after childbirth. Qualitative researchers have shown that studying mothers' engagement in sport has the potential to expand our understanding of the complexity and cultural discourses, norms, and practices surrounding contemporary motherhood. This chapter provides an overview of the proliferation of research concerning motherhood, before contextualizing qualitative research on motherhood in sports cultures. In so doing, we foreground the perspectives and core research theme of sport and motherhood that will follow in each of the chapters. The impetus, structure, and goals for the book are also outlined.

Spowart, L., & McGannon, K. R. (2023). [Introduction: Contextualizing motherhood and sport.](#) In *Motherhood and Sport* (pp. 1-12). Routledge.

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