

Mensuellement, l'équipe de l'Observatoire québécois du loisir réalise une veille visant à répertorier les articles scientifiques les plus récents couvrant diverses thématiques telles que le sport, l'activité physique, la sécurité et l'intégrité dans les sports, ainsi que le loisir et le plein air.

Voici la recension pour mars 2024. Vous y trouverez 44 références.

Bonne lecture !

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Résumés

1. Développement du sport

Facilitators and constraints to adult sports participation: A systematic review

Despite the well-documented health, social and economic benefits of sports participation, adults' participation in organised sport declines as age increases. To date, no review has summarised the multi-level factors that influence adults' decisions to participate in sport. Therefore, this systematic literature review aimed to: 1) determine the facilitators, constraints and negotiated constraints to adults' (25–64 years) sport participation, and 2) summarise these factors according to the multiple levels of the social-ecological model. A total of 91 articles were identified following an extensive literature search conducted according to the PRISMA guidelines. Studies were published over four decades (1983–2023), predominantly located in North America (n = 45; 49.5%), ranged from 5 to 10,646 participants, examined mainly middle-aged adults (Mrange = 35–44 years; n = 52; 48.6%), included more males (61.6%) than females (38.1%), and were conducted in primarily single sport contexts (n = 63; 69.2%). Overall, more unique facilitators (55 items) were identified than constraints (35 items) and negotiated constraints (13 items). The desire for improved health and enjoyment were the most frequently reported facilitators, and the main constraints were injury or illness and family commitments. Constraint negotiation strategies largely included individual (e.g., implementing financial strategies) and interpersonal factors (e.g., encouraging others to participate). This review highlighted the expansive multi-level factors that influence adults' sports participation, reiterated the complexity of developing appropriate sport offerings, and identified a lack of studies examining non-sport participants. Strategies to support adult sport participation should focus on enjoyment, consider co-designed sport modifications to alleviate perceived constraints and integrate behaviour change theory to foster positive sport participation habits.

Crossman, S., Drummond, M., Elliott, S., Kay, J., Montero, A. & Petersen, J.M. (2024). [Facilitators and constraints to adult sports participation: A systematic review](#). *Psychology of Sport and Exercise*, 72(102609).

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Sustainable development in sport and physical activity—perspectives and challenges

The special issue “Sustainable development in sport and physical activity—perspectives and challenges” of the German Journal of Exercise and Sport Research endeavors to provide new insights into the multifaceted topic of sustainable development in sport and physical activity. The articles compiled in this special issue address various aspects and questions related to sustainable development in the context of sport and physical activity from different perspectives they outline challenges and provide perspectives for the future.

Lohmann, J., Tittlbach, S. & Steinbauer, M.J. (2024). [Sustainable development in sport and physical activity—perspectives and challenges](#). *German Journal of Exercise and sport research*, 54(1), 1-5.

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Measuring green practices in sport: development and validation of a scale

Environmental sustainability has often been associated with increased organizational profitability, efficiency, and competitiveness. A related example is green practices which have become a central component of many companies' marketing strategies and day-to-day management. The current study aims to develop and validate a scale for use in sport organizations and activities. An item bank derived from past literature was prepared, which was then assessed by a group of experts and pilot-tested. Two waves of data collection were then collected (N = 1165 and N = 567). An exploratory factor analysis was performed with the data from wave 1, and a one-dimensional solution was presented. Then, a confirmatory factor analysis followed by a multigroup analysis was performed with the data from wave 2. The results confirmed the six-item one-dimensional scale with high levels of reliability and validity and optimal fit indices. The scale is important to green practices adopted by sport organizations regarding the customer–organization relationship.

Morán-Gámez, G., Fernández-Martínez, A., Biscaia, R. & Nuviola, R. (2024). [Measuring green practices in sport: development and validation of a scale](#). *Sustainability*, 16(2).

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The “Clockwork” model for deployment technology innovations in sports industry ecosystem: holistic approach

The use of technology in different aspects of the sports industry is widespread across the world, affecting sports training, performance, judging, and spectating. However, the integration, deployment, and evolution of technologies in the sports industry ecosystem are still unclear and unexplained. In this paper, we aim to build and explain the conceptual model for deployment technologies in the sports ecosystem in a holistic approach. This conceptual model is based on a literature review and theoretical synthesis, coupled with 15 qualitative unstructured interviews with high-profile sport and technology experts. Then, we formulated 4 hypotheses and confirmed them using 15 qualitative unstructured interviews with technology and sports experts. The in-depth analysis of the literature and collected data let us build the “Clockwork” Model. To better visualize and explain the development of the model of deployment technologies in the sports ecosystem, based on the analysis of theoretical and empirical data, we compare the mechanism of the model with clockwork. Technology deployment is a complicated operational process and involves the continuous sequence of consecutive elements (stages), ideally functioning as a mechanism. Together, the hypotheses underscore the symbiotic relationship between traditional sports infrastructure and technological advancements, highlighting the importance of a balanced and well-functioning ecosystem for overall success and development in the sports industry. All four hypotheses were confirmed during the second set of interviews (N = 15). Furthermore, their synthesis brought us to build and refine the “Clockwork” conceptual model, which explains, articulates, and visually demonstrates the process of how technology innovations appear and evolve in the sports ecosystem; in other words, the continuous and cyclic process of technology implementation and deployment.

Glebova, E., Desbordes, M. & Czegledi, O. (2024). [The “Clockwork” model for deployment technology innovations in sports industry ecosystem: holistic approach](#). *Societies*, 14(2).

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A Typology of Circular Sport Business Models: Enabling Sustainable Value Co-Creation in the Sport Industry

There is a continuing interest in the relationship between sport and nature. As a new field, sport ecology explores the impact sport has on the natural environment and how sport organizations and individuals can promote sustainability. However, a critical element is still missing in the sport ecology discourse—the link between organizations' sustainability efforts and their value co-creation processes. The circular economy can provide this link by decoupling the value co-creation of sport business models from their environmental impact and resource depletion. Based on an extensive literature review, this study provides a new theoretically derived typology of circular sport business models, including comprehensive reasoning about sustainable value co-creation processes in the sport industry. It explains how sport managers of all three sectors—for-profit, public, and nonprofit—can transition toward more sustainable and circular business practices and offer integrative guidelines for future research.

Gerke, A., Fehrer, J., Benson-Rea, M. & McCullough, B.P. (2024). [A Typology of circular sport business models: enabling sustainable value co-creation in the sport industry](#). *Journal of Sport Management*, 1(aop), 1-15.

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The Influence of race, socioeconomic status, and physical activity on the mental health benefits of sport participation during COVID-19

Background: The purpose of this study was to compare the benefits of sport participation with no sport participation during the COVID-19 pandemic and determine the moderating effects of race and ethnicity, socioeconomic status (SES), and physical activity (PA) on mental health in adolescent athletes.

Hypothesis: Sport participation would be associated with greater improvements in mental health for athletes from racial and ethnic minority and lower SES groups compared with White and high SES groups. PA would mediate <30% of the mental health benefits of sport participation. **Study Design:** Cross-sectional study. Level of Evidence: Level 4. **Methods:** In May 2021, adolescent athletes completed an online survey (demographics, sport participation, measures of anxiety and depression, PA). Participants were classified as those who played sports (PLY) and those who did not (DNP). Mental health symptoms for the PLY and DNP groups were compared via analysis of variance models that controlled for demographic variables. Moderating analyses assessed the interaction of sport participation status by (1) race and ethnicity (White/non-White) and (2) SES (high/low) with mental health. Mediation analyses assessed the degree that PA scores explained the differences in anxiety and depression between the 2 groups. **Results:** Participants included 4874 adolescent athletes (52% female; age, 16.1 ± 1.3 years; PLY, 91%). Athletes who returned to sport from racial minority groups and low SES had greater decreases in anxiety (race and ethnicity: interaction estimate (b) = -1.18 ± 0.6, P = 0.04; SES, b = -1.23 ± 0.5, P = 0.02), and depression (race and ethnicity: b = -1.19 ± 0.6, P = 0.05; SES, b = -1.21 ± 0.6, P = 0.03) compared with White and high SES athletes, respectively. PA explained 24% of anxiety (P < 0.01) and 20% of depression scores (P < 0.01). **Conclusion:** Athletes who identify as a racial or ethnic minority and from areas of lower household income experienced disproportionately greater negative mental health impacts from sport restrictions during COVID-19. Clinical Relevance: Improving access to sports in traditionally underserved areas may have significant mental health impact for adolescents.

Biese KM, McGuine TA, Haraldsdottir K, Reardon C, Watson AM. [The Influence of race, socioeconomic status, and physical activity on the mental health benefits of sport participation during COVID-19](#). *Sports Health*, 16(2), 195-203.

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Sport participation

Millions of adolescents participate in sport programs annually across the globe. In this article, we will discuss key issues related to adolescent sport participation. First, demographic information, including inequalities related to sport participation, are discussed along with details on the organization of youth sport. Then, we present how adolescents in appropriate sport environments can experience a range of positive outcomes such as improved physical health, mental health, and mental

health literacy. However, inappropriate environments can contribute to poor outcomes including poor physical health outcomes, mental health challenges, and dropout from sport. We conclude by suggesting ways in which parents, coaches, administrators, and peers can all play a role in helping to create appropriate sport environments for adolescents.

Pankow, K., Vella, S.A. & Holt, N.L. (2024). [Sport participation](#). In *Reference Module in Neuroscience and Biobehavioral Psychology*. Elsevier.

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Trauma- and violence-informed physical activity and sport for development for victims and survivors of gender-based violence: A scoping study

Recent literature has highlighted the need for trauma-informed programming and research in sport. Specifically, studies have noted the importance of developing trauma-informed approaches to sport for development (SFD) initiatives that work with victims and survivors of gender-based violence (GBV). The purpose of this scoping review was to: (1) examine the synergies between trauma-and violence informed physical activity (TVIPA) programs and sport for development (SFD) programs globally for survivors/victims of GBV; and 2) assess the implementation of TVIPA in future SFD programming for survivors and victims of GBV. Guided by Arksey and O'Malley's scoping review framework, we systematically reviewed three electronic databases: ProQuest, EBSCO, and Web of Science. Following thematic analysis of the selected articles revealed that TVIPA should be further explored in SFD programming as a possible approach for victims and survivors of GBV. Taken together, we suggest the need for trauma-and violence-informed SFD, especially: 1) for vulnerable SFD program participants; and 2) to better understand and prevent GBV experiences in SFD and sport more broadly. This is one of the first studies to explore the synergies between TVIPA and SFD, contributing to novel trauma research in the context of sport, development and physical activity.

Gomes, J.F., Hayhurst, L.M.C., McSweeney, M., Sinclair, T., & Darroch, J.R. (2023). [Trauma-and violence-informed physical activity and sport for development for victims and survivors of gender-based violence: A scoping study](#). *Journal of Sport for Development*.

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Inclusion of the marginalized: The case of sport participation: A Scoping Review

Sport plays an important role in society and is seen as a tool to promote social inclusion. However, sport involvement is socially stratified and people who are in marginalized populations (such as people with a disability, refugees, ethnic minorities) often do not participate and thus cannot experience the benefits of sport. This scoping review aims to add to the scientific understanding of why marginalized populations do or do not participate in sport by scoping, structuring, and synthesizing the research landscape on determinants influencing sport participation. A search was conducted in the interdisciplinary databases Science Direct and Web of Science. The initial search identified 829 potentially relevant studies, of which 38 studies were included in the analysis. This paper identifies research gaps and opportunities and employs a socioecological framework to present comprehensive overview of determinants of sport participation for people who are in marginalized populations to inform future research and interventions.

Lange, S., Bolt, G., Vos, S., & Völker, B. (2024). [Inclusion of the marginalized: The case of sport participation: A Scoping Review](#). *Journal of Global Sport Management*, 1-29.

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2. Développement du loisir

Effects of online leisure education on leisure behaviors and experiences among university students

Leisure education (LE) is designed to help foster positive leisure attitudes, identify leisure constraints and opportunities, and develop leisure skills and knowledge. Although LE is effective in many populations, its delivery has been predominantly in-person. We conducted an experimental study of a fully online LE intervention (ONLEI) with 96 university students. Our 8-week intervention occurred on a Moodle platform, featuring pre-module and post-module quizzes, information videos on YouTube, learning activities, online discussion forum, and private journaling. Our fidelity checks suggested intervention participants, on average, watched 63% of the videos, while also increasing their quiz scores. Rates for forum and journal engagement were moderate to low. Multilevel linear modeling indicated the ONLEI group showed statistically better trends for leisure participation, leisure satisfaction, and frustration of competence and relatedness needs in leisure, than the control group. However, the groups did not differ in terms of autonomy frustration and needs satisfaction in leisure.

Kono, S., Cho, S.J. & Nagata, S. (2024). [Effects of online leisure education on leisure behaviors and experiences among university students](#). *Journal of Leisure research*, 1-23.

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Exploring leisure and municipal government public relations for community: A case example of parks and recreation

The concept of community expresses a variety of responsibilities that public relations has in building connections, good will, and wellbeing amongst collectives of people. Community also parallels many U.S. expectations of government; however, public relations has few studies that investigate the collaboration between government and citizens or how different government services (e.g., public works, public health, building enforcement, etc.) influence community building. Specifically, parks and recreation has been overlooked in the public relations literature as citizens and government collectively support these lifelines of community wellbeing and social connectedness. Through qualitative analysis of focus groups with city residents and interviews with city parks and recreation personnel, I present thematic findings that explicate how citizens and city staff engage in community building and the specific role that leisure plays in community building processes. Lastly, I offer implications for public relations theory that argue to shift local community and governance theory to be citizen-centered and use the concept of family to explicate the function of community in small municipal contexts.

Aghazadeh, S.A. (2024). [Exploring leisure and municipal government public relations for community: A case example of parks and recreation](#). *Public research review*, 50(1).

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Traveling and inclusion: A stakeholder approach to tourism experiences for families with children with disabilities

The aim of this research is to propose a framework to remedy potential dignity violations to families with children with disabilities seeking tourism experiences. We build on a systematic literature review on the topic of tourism of families with children with disabilities to propose a conceptual framework of dignity protection for this segment. This framework analyzes the responsibilities of four stakeholders (service providers, government, other tourists, and families) classified into dignity thresholds, to reduce attitudinal, information, and infrastructure barriers faced by children with disabilities and their families when traveling. This paper is one of the few studies that connects the concept of dignity to the family tourism literature (with a special focus on a type of family variation neglected in terms of adequate tourism experiences) through a stakeholder approach focusing on the collaboration among actors within the industry to advance the creation of suitable tourism experiences for families with children with disabilities.

Morton, F. & Vázquez-Maguire, M. (2024). [Traveling and inclusion: A stakeholder approach to tourism experiences for families with children with disabilities](#). *Humanistic Management Journal*, 1-22.

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The attributes and characteristics of leisure activity engagement that foster cognition in aging: A Scoping Review

The association between leisure activities and cognition in aging is well supported, suggesting that intellectual, physical, and social leisure engagement protects against cognitive decline. However, less is known about the attributes and characteristics of leisure activity engagement that foster neurological protection. The purpose of this study was to review the current evidence related to the salient features of leisure activity engagement that foster cognition in aging. Using scoping review procedures, nine databases were searched. Sixty-five articles, published between 2000 and 2021 met study criteria, providing empirical information about the ways in which attributes and characteristics of leisure engagement have shown an association with cognition in aging. The purpose of a scoping review is to systematically map the literature on a topic, identifying key concepts, theories, sources of evidence, and gaps in the research. This review identified and explored the attributes of leisure engagement which were frequency, intensity, duration, and variety. Characteristics of leisure engagement identified include novelty, active/productive engagement, enjoyment, meaning, and self-direction. Literature supports, to varying degrees, the association between leisure attributes and characteristics and cognition in aging. This information may provide more meaningful direction for intervention than recommendations for engagement in specific activities or activity domains. Results suggest that it is the way leisure is experienced, i.e., the attributes and characteristics of leisure engagement, and not any specific leisure activity or category of activities that may determine the protection provided against cognitive decline in aging. This can be used to guide future research, provide beneficial recommendations to older adults, and in the design of efficacious interventions to prevent cognitive decline in aging.

Wenzel, K.C., Puymbroeck, M.V., Gagnon, R., Lewis, S., McGuire, F. & Vidotto, J. (2024). [The attributes and characteristics of leisure activity engagement that foster cognition in aging: A Scoping Review](#). *Journal of Cognitive Enhancement*, 1-37.

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Leisure time and social development: contemporary issues and challenges

Today's era is the era of consumerism driven by technology. It has made human beings very materialistic. To fulfill these materialistic needs, we work day and night like a machine. This means less leisure time with family, friends and society. Lack of investment of time and energy in nurturing personal, family and social life can lead, and in many cases, have led to negative outcomes. At personal level, mental and physical well-being is affected. Lack of leisure time can lead to stress and unhealthy lifestyle which in long term can give rise to serious conditions like depression, hyper tension, and heart stroke. The family is affected as well. Lack of engagement between spouses can lead to disintegration and break-down of family structure. This has serious consequences for children within the family. This leads us to think about nature of development. Economic as well as social development is important for development and happiness of individual, family, and the society. In this research paper, we assess the relationship between leisure time and social development. This research paper is based on secondary sources.

Wasnik (2024). [Leisure time and social development: contemporary issues and challenges](#). *Journal of Ravishankar University*, 30(1), 61-66.

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Rethinking the localisation of leisure space during the COVID-19 pandemic from the sustainable perspective

The importance and value of the leisure phenomenon are becoming more prominent daily as it becomes a determining indicator of both qualities of life and social welfare. The COVID-19 pandemic, which has caused severe disruptions in the lifestyles of individuals, has also made it inevitable to face the emergence of sociocultural conditions in which traditional daily life routines have disappeared and the reorganisation of the leisure space. In line with the conditions mentioned earlier, the characteristics of the 'new' and the 'old' have started to come together in the daily lives and leisure spaces of individuals in constant conflict. Under these conditions, individuals who spent their leisure time travelling from one place to another before the pandemic had to choose different leisure options. Therefore, the leisure space, which is an integral part of the social life of today's individual, has evolved into an unthinkable position independently of the COVID-19 pandemic effects. From this point of view, this study aims to examine the transformation of the leisure space due to the COVID-19 pandemic within the framework of previous studies on this subject and to discuss it in the context of sustainability. For this purpose, firstly, a general framework is drawn on the historical development of the leisure concept, and then its relationship with the COVID-19 pandemic is evaluated. In the last part of the study, the new forms of leisure that have emerged due to the process, as mentioned earlier, are discussed over the critical issues in ensuring the sustainability of leisure practices.

Elnur, A., Aydın, Ç. and Aydın, C. (2024). [Rethinking the localisation of leisure space during the COVID-19 pandemic from the sustainable perspective](#). In *Future Tourism Trends Volume 1: Tourism in the Changing World* (pp. 225-238). Emerald Publishing Limited.

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Perceived overqualification and leisure crafting of immigrants: the moderating role of acculturation

Purpose: The aim of this research is to investigate the association between perceived overqualification and leisure crafting in the context of immigrants. Drawing on the cross-cultural adaptation theory, the study tests the moderating role that acculturation plays in this relationship. **Design:** Data were collected from a total of 226 immigrants living in Northern Cyprus. In the initial survey, data were collected on perceived overqualification and acculturation, which was followed by the measurement of leisure crafting. Data analysis was performed using structural equation modeling. **Findings:** Perceived overqualification asserts a significantly positive impact on leisure crafting. Assuming that acculturation plays a moderating role, the research shows that the positive effect that perceived overqualification has on leisure crafting is increased in cases where positive acculturation is elevated as opposed to reduced. **Research limitations/implications:** The study results were based on self-reported surveys and data were limited to overqualified immigrant groups in Northern Cyprus. **Practical implications:** The study provides significant practical implications for management teams. They can design managerial interventions to increase the acculturation of immigrants, which may in turn reduce the perceived overqualification and increase the positive impact of leisure crafting. Also, the government needs to implement policies targeted at immigrants in order to help them rapidly adapt to the host society. **Originality/value:** This research will be a pioneering attempt to explore the positive relationship between perceived overqualification and leisure crafting. The results suggest actions that can be taken to promote leisure crafting behaviors through the use of acculturation to enhance organizational commitment, belongingness to the host society, and well-being in overqualified immigrants.

Sesen, H., Ertan, S. S., & Inal Cavlan, G. (2024). [Perceived overqualification and leisure crafting of immigrants: the moderating role of acculturation](#). *Revista de Gestão*.

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Finding flow in pandemic times: Leisure opportunities for optimal experience and positive mental health among Italian university students

The restrictions imposed during the COVID-19 pandemic disrupted citizens' lives worldwide. In this emergency context, mental health levels and flow-promoting activities – with specific attention to leisure - were investigated among 1281 Italian university students attending courses in Health Sciences (HS) and Humanities, Social and Political Sciences (HuPS). They participated in an online survey including, among other instruments, the Mental Health Continuum-Short Form (MHC-SF), an open-ended question investigating flow activities, and demographic information. Most participants identified flow-promoting activities, primarily in the Productive and Leisure domains, but *languishing* students, as indicated by their scores on the MHC-SF, did it in a significantly lower percentage. Within Leisure, HuPS students reported Media/Reading and Hobbies, while HS students mentioned Sports in significantly higher percentages, suggesting a connection between flow activities and participants' academic and professional goals. Findings also suggested that promoting flow among languishing students can help counterbalance their documented higher risk for psychopathology.

Mangialavori, S., Bassi, M., & Delle Fave, A. (2024). [Finding flow in pandemic times: Leisure opportunities for optimal experience and positive mental health among Italian university students](#). *Journal of Leisure Research*, 1-24.

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3. Développement du plein air

The impact of outdoor therapeutic recreation on suicidality: A mixed-method systematic review

The aim of this systematic review was to synthesize the evidence on the impact of outdoor therapeutic recreation (TR) on suicidality. Five databases were interrogated, and critical appraisal, data extraction and synthesis for included articles were conducted according to the Joanna Briggs Institute (JBI) guidelines. Nine studies met the inclusion criteria. Synthesised themes included: Interpersonal Relationships; Self-Discovery; The Therapeutic Milieu; Future-Focused Ways of Thinking; and Program Structure. Meta-analysis revealed no significant difference in suicidal ideation scores among those who received TR and those who did not, however, a reduction in depression rates were observed in people who received TR (SMD -0.74 ; 95% CI -1.24 to -0.24 ; $p = 0.92$; I2 0%). While there was no significant difference in suicidal ideation scores, there was a reduction in depression rates among individuals who participated in TR. Further research is needed to ascertain the effectiveness of outdoor TR in reducing suicidality.

Yousiph, T., Patterson, C., Fernandez, R., Alford, S. & Moxham, L. (2024). [The impact of outdoor therapeutic recreation on suicidality: A mixed-method systematic review](#). *Journal of leisure research*, 1-21.

[Retour au sommaire](#)

The digitalization of outdoor recreation: Global perspectives on the opportunities and challenges for protected area management

The increasing popularity of digital media among protected area visitors poses challenges to protected area management. It alters the way visitors move and behave in the area, potentially increasing disturbance of nature, and it might also affect their expectation prior to the visit and their reflection on it. Simultaneously, digital media allow protected area managers to develop and implement new methods of digital visitor management (DVM). This may help to avoid conflicts and ensure compliance with rules and regulations and may have much further reaching positive consequences. Based on an online survey across 131 parks in 46 countries covering all continents, this study examined for the first time how protected areas view DVM. The results showed that the majority of park managers see digitalization as an opportunity, with 91% agreeing that it enables them to reach larger numbers of visitors and to provide real-time information. The advantage of integrating digital media into visitor monitoring was recognized. However, some park managers perceived digitalization as problematic, with 42% agreeing that it increases visitor load in sensitive areas and 40% agreeing that it leads to more off-trail activity. A clear majority of the respondents (61–91%) saw the proposed methods of DVM as effective or very effective. Accordingly, 70% of them envisioned using DVM in the future. Our findings suggest that the effects of digitalization in outdoor recreation are largely similar across the globe, with no significant influence of economic status or region. They offer insights into the potential of DVM for protected area management, but also its main obstacles. Adoption will be facilitated by increasing staff and funding for DVM. Additionally, knowledge exchange between protected areas can ease the successful implementation of new digital tools.

Mangold, M., Schwietering, A., Zink, J., Steinbauer, M.J. & Heurich, M. (2024). [The digitalization of outdoor recreation: Global perspectives on the opportunities and challenges for protected area management](#). *Journal of Environmental Management*, 352, 120108.

[Retour au sommaire](#)

Should I stay or should I go now?" Preferred park elements to increase older adults' park visitation and physical activity

Research indicates that older adults (aged 65 and over) need regular activity to maintain health and that particular needs likely play a role in their engagement with parks. Yet, limited evidence exists about older adult experience with parks and the elements that encourage older adult park-based leisure. I undertook a phenomenological qualitative study using inductive thematic analysis of interviews with older adults in Perth, Australia, to investigate their reasons for visitation and non-visitation. I observed elements of park location and amenities that help to meet the needs of older adults, motivating them to visit parks and engage in park-based physical activity. Findings suggest that to elevate visitation rates and physical activity, park planners and designers should engage with older adults as part of the planning and design process to understand older adult needs and preferences. Suggestions for future research are provided to evaluate the nuances of older adults' needs that motivate park visitation, and, thus increase access and physical activity.

Gibson, S.C. (2024). ["Should I stay or should I go now?" Preferred park elements to increase older adults' park visitation and physical activity](#). *Journal of leisure research*, 1-25.

[Retour au sommaire](#)

People, cities, and nature: Use of urban nature space through ethnic lenses

As a consequence of globalization and immigration, our urban populations are becoming more culturally and ethnically diverse. How does this diversity influence the manner in which our green spaces are used, and the types of green spaces preferred? And are these preferred green space types also biodiverse? Green spaces play an important role in supporting urban biodiversity, and ideally green spaces that are enjoyed by people can also contribute meaningfully to biodiversity conservation. While studies have discussed the positive effects of nature spaces on human well-being, there is limited information on the way various ethnic groups use these spaces. Set in New Zealand, this research provides empirical information from key ethnic groups as to their knowledge, values and attitudes towards urban nature spaces and biodiversity in general. I explore whether preferred green spaces that are used the most are also biodiverse green spaces. I show that Pākehā (New Zealand-Europeans) have the highest exposure to biodiversity (biodiversity exposure calculated as a combination of time spent in and biodiversity of a place) when compared with Māori (Indigenous New Zealanders), Asians, and Pasifika (Pacific Peoples). Pākehā also tend to visit more natural spaces in comparison to Asians and Pasifika, who frequented more recreational green spaces and open public areas respectively. In terms of landscape preference, Māori preferred less manicured landscapes compared to Asian study participants. However, having affordances in certain landscapes such as woodlands and open public areas was preferred by all ethnic groups. When asked to select from an equal number of native and exotic birds and flora based on familiarity, Māori participants were most familiar with native species. However, in terms of the types of fauna people would like to see more of, while native species were preferred regardless of ethnicity, fruit trees and cherry blossoms were also the preferred flora that Asian and Pasifika participants would like to see of more. Understanding the motivations of green space use of ethnically diverse members of the community will enable more directed communication strategies and public engagement for biodiversity enhancement initiatives.

Heyzer, A. A. (2024). [People, cities, and nature: Use of urban nature space through ethnic lenses](#) (Doctoral dissertation, University of Otago).

[Retour au sommaire](#)

Advancements in monitoring: a comparison of traditional and application-based tools for measuring outdoor recreation

Outdoor recreation has experienced a boom in recent years. While outdoor recreation provides wide-ranging benefits to human well-being and is an important feature of many protected and non-protected areas, there are growing concerns about the sustainability of recreation with the increased pressures placed on ecological systems and visitor experiences. These concerns emphasize the need for managers to access accurate and timely recreation data at scales that match the growing recreation footprint. Here, we compare spatial and temporal patterns of winter and summer recreation use using traditional and application-based tools across the Columbia and Canadian Rocky Mountains of western Canada. We demonstrate how recreation use can be estimated using traditional and application-based tools, although their accuracy and utility varies across space, season and activity type. Cameras and counters captured similar broad-scale patterns in count estimates of pedestrians and all recreation activities. Application-based data provided detailed spatiotemporal information on recreation use, but datasets were biased towards specific recreation types and did not represent the full recreation population. For instance, Strava Metro data was more suited for capturing broad-scale spatial patterns in biking than pedestrian recreation. Traditional tools including aerial surveys and participatory mapping captured coarser information on the intensity and extent of recreation, with the former tool capturing areas with low recreation intensity and the latter tool suited for capturing recreation information across large spatial and temporal scales. Application-based data should be supplemented with data from traditional tools including cameras or trail counters to identify biases in data and fill in data gaps. We provide a comparison of each tool for measuring recreation use, highlight each tools' strengths and limitations, and suggest how to use these tools to address real-world monitoring and management scenarios. Our research contributes towards a better understanding of what tools are available to measure recreation and can help direct managers in selecting which tool, or combinations of tools, to use that can expand the rigor and scope of recreation research. This information can support decision-making and lead to the protection of ecological systems while allowing for high-quality recreation experiences.

McLellan, B., Loosen, A., Forshner, A., Pigeon, K., Jacob, A., Wright, P., & Ehlers, L. (2024). [Advancements in monitoring: a comparison of traditional and application-based tools for measuring outdoor recreation](#).

[Retour au sommaire](#)

Effect of outdoor leisure participants on leisure identity, leisure flow, leisure satisfaction, and re-participation intention

The aim of this study was to study the effect of leisure identity, flow, satisfaction, and re-participation intention among outdoor leisure participants in South Korea. Due to the recent COVID-19 pandemic, there has been a tendency to more frequently participate in outdoor leisure as opposed to indoor leisure. Leisure activities bestow various benefits. Therefore, this study was used to analyze the relationships amongst leisure identity, leisure flow, leisure satisfaction, and re-participation intention among various theories about leisure. The participants in this study were collected from 369 people who were frequent participants in outdoor leisure. For the data analysis, the researchers used frequency, confirmatory analysis, reliability, correlation, and SEM. The findings were as follows: First, leisure identity had wielded an influence on leisure flow. Second, leisure identity had an influence on leisure satisfaction. Third, leisure identity had an influence on re-participation intention. Fourth, leisure flow did not have any significant influence on leisure satisfaction. Fifth, leisure flow did not have any significant influence on leisure satisfaction. And finally, leisure satisfaction had an influence on re-participation intention. In the era of the COVID-19 pandemic, a new leisure identity has been formed, and it is believed to be a new study on leisure flow, leisure satisfaction, and re-participation intention. This study aims to provide basic data for constructing infrastructure to enable continued participation in outdoor leisure in Korea.

Ahn, B. W., & Song, W. I. (2024). [Effect of outdoor leisure participants on leisure identity, leisure flow, leisure satisfaction, and re-participation intention](#). *Societies*, 14(2), 17.

[Retour au sommaire](#)

Racial equity facilitators of active outdoor recreation in parks and protected areas: Scale development, testing, and validation

Active outdoor recreation (AOR) can provide valuable benefits, but racial inequities can constrain participation for Black, Indigenous, and People of Color (BIPOC). Despite their potential value for park managers, limited attention has been given to assessing and understanding factors which can facilitate more equitable AOR participation. This national study included the development, testing, and validation of a new scale focused on facilitators of AOR in local parks and protected areas, including both general and racial equity oriented intrapersonal, interpersonal, and structural facilitators. The scale performed well in a racially and ethnically diverse sample, exhibiting strong fit in confirmatory factor analysis, measurement invariance by race/ethnicity, gender, income, and participation status, and expected relationships with constraints, negotiation, motivations, and participation frequency. Findings demonstrate the potential utility of the scale as a tool for identifying effective and equitable facilitation strategies and examining the unique contributions of facilitators in the constraint negotiation model.

Powers, S. L., & Son, J. S. (2024). [Racial equity facilitators of active outdoor recreation in parks and protected areas: Scale development, testing, and validation](#). *Journal of Leisure Research*, 1-28.

[Retour au sommaire](#)

4. Développement de l'activité physique

The effect of exercise on mental health: coping with stress and anxiety through physical activity

This study is a systematic review that aims to evaluate the effect of exercise on mental health, especially in overcoming stress and anxiety. By reviewing a number of studies selected through strict inclusion and exclusion criteria, the review gathered data from a variety of sources including peer-reviewed journals, articles. The data analysis method used is meta-analysis. The results showed that physical activity can significantly reduce symptoms of stress and anxiety. This applies to different types of sports, from aerobics, yoga, to strength training. This therapeutic effect is associated with the release of endorphins and other neurotransmitters that play a role in improving mood and reducing tension. In addition, exercise also improves sleep quality and aids in the regulation of circadian rhythms, which directly affect the management of stress and anxiety. The study also found that exercise intensity and duration played a role in its effectiveness. Light to moderate exercise, performed regularly, is more effective in reducing symptoms of stress and anxiety compared to sporadic high-intensity exercise. Consistency and continuity in exercise routines prove to be more important than the intensity of exercise performed. However, the study also acknowledged variations in individual responses to exercise. Factors such as age, gender, initial health conditions, and personal preference for the type of exercise can affect how effective exercise is at coping with stress and anxiety in a particular individual. Taken together, these findings provide strong evidence supporting the use of exercise as a non-pharmacological strategy in managing stress and anxiety. The study encourages health practitioners to recommend exercise as an integral part of mental health treatment plans, as well as suggesting further research to explore specific mechanisms behind the psychological benefits of physical activity.

Putra, R. Y. E., Barlian, E., Neldi, H., Yendrizal, Rahman, D., & Zarya, F. (2024). [The effect of exercise on mental health: coping with stress and anxiety through physical activity \(Systematic literature review\)](#). *Poltekita : Jurnal Ilmu Kesehatan*, 17(4), 1353–1366.

[Retour au sommaire](#)

Barriers and enablers for sufficient moderate-to-vigorous physical activity: The perspective of adolescents

Background: Interventions to improve physical activity (PA) among adolescents continue to be a public health priority. To promote PA more effectively, we need to identify the main factors contributing to (not) engagement in PA in the perspective of adolescents themselves. Thus, we explored the barriers and enablers for sufficient moderate-to-vigorous physical activity (MVPA) in adolescents from their point of view. **Methods:** We used qualitative data collected as part of the international Health Behaviour in School-Aged Children study. We obtained data from 14–17 years old adolescents from the first year of Slovak high school. We conducted 11 online, semi-structured individual and group interviews with 24 participants in total (7 boys; mean age = 15.17, SD = 0.87) in Slovakia. We analysed the data using consensual qualitative research and thematic analysis. **Results:** In the statements of adolescents, four main themes were identified regarding factors contributing to (not) engagement in PA among adolescents. ‘Myself as a source’ represents the importance of adolescents’ own efforts, knowledge, physical predispositions and PA experience. ‘How PA can be done’ represents school as an opportunity for PA, and PA teachers and sports coaches as specialists who can create an enabling environment for sports. ‘Others as a source’ represents the social circle that can set a positive sports example and can encourage adolescent’s efforts in PA. ‘Factors outside’ represents other factors that can inspire adolescents, e.g. by giving them a comfortable space and time to exercise, or can be a barrier to PA. **Conclusion:** The potential factors that include adolescents’ perspectives can be more leveraged in designing supportive, inclusive, enjoyable, and skills-appropriate PA programmes.

Karchynskaya, V., Kopcakova, J., Geckova, A.M., Katrusin, B., Reijneveld, S.A. & F. de Winter, A. (2024). [Barriers and enablers for sufficient moderate-to-vigorous physical activity: The perspective of adolescents](#). *PLOS ONE*, 19(2), e0296736.

[Retour au sommaire](#)

Indicators of community physical activity resources and opportunities and variation by community sociodemographic characteristics: A scoping review

Objective: This scoping review synthesizes studies examining community-level variability in physical activity resource (assets) and opportunity (organized group physical activity services) availability by community sociodemographic characteristics to describe methodologies for measuring resources/opportunities, indicators characterizing availability, and associations between community-level sociodemographic characteristics and availability. **Methods:** A systematic search was conducted in MEDLINE, CINAHL, PsycINFO, and Scopus for literature through 2022. Eligible studies quantitatively examined measures of physical activity resource/opportunity availability by community-level racial, ethnic, and/or socioeconomic characteristics within geospatially defined communities. Extracted data included: community geospatial definitions, sociodemographic characteristics assessed, methodologies for measuring and indicators of community physical activity resource/opportunity availability, and study findings. **Results:** Among the 46 included studies, community geospatial units were defined by 28 different community boundaries (e.g., town), and 13% of studies were conducted in rural areas. Nearly all (98%) studies measured community-level socioeconomic status, and 45% of studies measured race/ethnicity. A total of 41 indicators of physical activity resource/opportunity availability were identified. Most studies (91%) assessed built environment resources (e.g., parks), while 8.7% of studies assessed opportunities (e.g., programs). Of 141 associations/differences between community sociodemographic characteristics and resource/opportunity availability, 29.8% indicated greater availability in communities of higher socioeconomic status or lower prevalence of minority populations. The remaining findings were in the opposite direction (9.2%), non-significant (36.9%), or mixed (24.1%). **Conclusions:** Variability in physical activity resources/opportunities by community sociodemographic characteristics was not consistently evident. However, the indicators synthesized may be useful for informing population health improvement efforts by illuminating the physical and social conditions impacting population physical activity outcomes.

Rogers, A. E., Schenkelberg, M. A., Stoepker, P., Westmark, D., Srivastava, D., & Dzewaltowski, D. A. (2024). [Indicators of community physical activity resources and opportunities and variation by community sociodemographic characteristics: A scoping review](#). *Preventive Medicine Reports*, 102656.

[Retour au sommaire](#)

Development and application of the integration of physical activity into health care – a scoping review

Introduction and objective: As globalization and modernization continue to impact people's lives, a significant shift in lifestyle has taken place, resulting in a worldwide decrease in physical activity and an increase in unhealthy eating patterns. Physical inactivity has become the fourth leading cause of death globally. The aim of this scoping review is to analyze the concept and development of integrating physical activity into healthcare (IPAHC), based on the principles of sports and exercise medicine (SEM) and exercise is medicine (EIM). **Review methods:** A systematic search was conducted of relevant published studies with full text using PubMed, Scopus, Web of Science, Academic Search Ultimate, Medline, and SPORTDiscus, via the EBSCO search platform. **Brief description of the state of knowledge:** Twenty-nine studies met the inclusion criteria. The integration pathway centres around physical activity consultation and/or referral, and information technology which has been extensively utilized in IPAHC, including websites, electronic medical records, social media, wearable devices, mobile software, and referral tools. SEM and EIM face numerous implementation challenges, such as time constraints, education/training, resources, and tools. **Summary:** The concept of IPAHC involves the integration of Physical Activity Vital Signs (PAVS) into electronic medical records to evaluate the physical activity levels of the general population. This can assist individuals in achieving fitness goals, preventing diseases, treating existing illnesses, and undergoing rehabilitation. IPAHC has been in development for many years and is now being explored in practice. Despite the widespread use of information technology in this integration process, a number of challenges still need addressing.

Sun, J., Ren, Y., Qian, G. & Szumilewicz, A. (2024). [Development and application of the integration of physical activity into health care – a scoping review](#). *Annals of Agricultural and Environmental Medicine*.

[Retour au sommaire](#)

Gender differences in adolescents' public open space use for physical activity

Public open spaces (POS) should be accessible to all and encourage physical activity (PA) by providing opportunities to meet, play, and be physically active. Adolescent girls generally use POS less for physical activity compared to boys. Given the associated social, mental health, and physical health advantages, it is concerning that girls miss out on POS use for PA. The design of public open spaces impacts the frequency and duration of its utilisation, the type of activities engaged in and the type of users. As of today, the different preferences of adolescent boys and girls are not always considered in planning POS. This research aimed to investigate the effect of gender on the utilisation and perception of POS for PA among adolescents in Wageningen. Quantitative research, using online surveys and on-site and GIS observations, was conducted. Adolescents' time spent on PA in Wageningen's POS revealed no distinct gender differences, but type of spaces visited and physical activities engaged in did. Gender appeared to affect the amount of time spent by adolescents on PA in POS if these spaces' actual characteristics are considered, resulting in girls spending less time compared to boys. Adolescents spend more time in larger public open spaces that are closer in proximity. Adolescent boys and girls perceive drinking fountains in POS as suitable facilities for their age. Additionally, girls feel like active formal designs are appropriate for people of their age. Adolescents perceive larger POS as interesting to use for PA. Graffiti, for example on trash bins, make adolescents feel like a POS is less clean and well-maintained. When actual characteristics are considered, girls experience their most visited POS as more proximate and find the facilities available in these spaces more interesting. Conversely, boys are more positive about the maintenance of POS. Other sociodemographic characteristics also appear to impact adolescents' utilisation and perception of POS for PA. In conclusion, to a certain extent gender affects both adolescents' utilisation and perception, resulting in gender differences in POS use for PA.

van der Meer, L. (2024). [Gender differences in adolescents' public open space use for physical activity](#). Wageningen University & Research.

[Retour au sommaire](#)

Children's health, wellbeing and academic outcomes over the summer holidays: A Scoping Review

Background: The school day provides a supportive and stimulating environment that may protect children and adolescents (5–18 years) from behaviours that are adverse for health and wellbeing. Objective: To review the literature regarding changes in children's academic achievement or overall wellbeing during the extended school summer break and evaluate if the outcomes are different for children experiencing disadvantage. Methods: The peer-reviewed literature was searched across six electronic databases for studies tracking changes in any academic, health or wellbeing outcome in children over the summer holidays. Studies were screened in duplicate for inclusion. Data were extracted using a standardized data extraction form. Outcomes were coded as decline (suggestive or significant), increase (suggestive or significant) or mixed/neutral and then compared to the school year or according to disadvantaged. Results: Seventy-six studies (n = 14,230,846 participants) were included. Strong evidence was found of a decline in academic outcomes and increases in adiposity, sedentary behaviour and screen time. There was moderate evidence of declines in cardiovascular fitness and physical activity. These patterns were magnified for disadvantaged children. Limited data were available on muscular fitness, sleep, diet quality and social, emotional or mental wellbeing. A total of 80% of studies were from the United States. Most data were from children 12 years of age and younger. Conclusions: Over the summer break, children's academic and health outcomes decline. Children experiencing disadvantage display magnified losses that warrant further investigation. The summer holidays present an opportunity to improve children's health and wellbeing.

Eglitis, E., Miatke, A., Virgara, R., Machell, A., Olds, T., Richardson, M. & Maher, C. (2024). [Children's health, wellbeing and academic outcomes over the summer holidays: A Scoping Review](#). *Children*, 11(3), 287.

[Retour au sommaire](#)

Physical activity among transgender individuals: A systematic review of quantitative and qualitative studies

Transgender individuals face stigma, discrimination, and other barriers impacting their ability to engage in physical activity (PA). We aim to review current literature on PA among transgender individuals. A systemic literature search of research studies from 2010–2023 was conducted. Studies must have reported a measure of PA and gender, be original research, and focus on transgender participants' PA. Rates of PA for transgender individuals were lower compared to cisgender or sexual minority individuals. Transgender women were less likely to engage in PA than other groups. Qualitative results suggest transgender oppression, stigma, discrimination, body image, unwelcoming environments (gyms, locker rooms, swimming pools), and the dichotomous structure of sport contribute to lower rates of PA among transgendered individuals. Disparities in PA for transgender individuals exist. Policy, environment, and system changes are needed to reduce transgender stigma in sport and PA settings. Current legislation is being developed and implemented in the United States regarding the place of transgender individuals in sport and PA. These results should inform public discourse on the topic.

Lightner, J.S., Schneider, J., Grimes, A., Wigginton, M., Curran, L., Gleason, T. & Prochnow, T. (2024) [Physical activity among transgender individuals: A systematic review of quantitative and qualitative studies](#). *PLoS one*, 19(2), e0297571.

[Retour au sommaire](#)

Physical activity participation, use and cost of recreation facilities on life satisfaction: evidence from Engage Nova Scotia

This paper examines the relationship between physical activity participation, use of recreation facilities, and perceived accessibility to recreation facilities and levels of life satisfaction. We use a unique provincial survey established in collaboration with the Canadian Index of Wellbeing (CIW) to study the changes on levels of life satisfaction across Nova Scotians. The results from our empirical analysis show that individuals who engage in individual sports report higher levels of life satisfaction. In examining the effect of recreation and cultural facilities, we find levels of life satisfaction to increase with higher use of outdoor sports facilities. Additionally, our results demonstrate that the ease of accessing facilities and the convenience of having local parks are both positively significant factors affecting life satisfaction. Furthermore, if individuals view costs to be prohibitive in accessing facilities, we find that this negatively affects individuals' life satisfaction levels.

Ozkok, Z., vanDuinkerken, H., & Rosborough, J. [Physical activity participation, use and cost of recreation facilities on life satisfaction: evidence from Engage Nova Scotia](#). *Leisure/Loisir*, 1-54.

[Retour au sommaire](#)

Female athletes and the menstrual cycle in team sports: current state of play and considerations for future research

Over the past ten years there has been a dramatic rise in female sport participation and accompanying female professional national leagues across multiple sports, yet research has not followed suit. Although there are known variations between female and male physiology, training protocols in female sport are predominantly underpinned by research undertaken in male athletes. The hormonal variability experienced by women across the menstrual cycle, as well as the menstrual cycle variability between women, may contribute to the complexity of conducting rigorous physiological studies, leading to a paucity of robust sports-specific research that can be confidently applied to female athletes. Moreover, barriers exist in female sport that potentially limit the ability to conduct research, including the lack of full-time programs and limited resources. Recently, there has been increased interest in the potential effects of fluctuations in the female sex hormones, progesterone and oestrogen, on sport performance across different phases of the menstrual cycle. However, current research evaluating the menstrual cycle and physical performance (such as strength, speed, aerobic fitness, and athletes' perception of their performance) have shown inconsistent results. Additionally, methodological design across studies has shown little consistency, making it difficult to draw firm conclusions, which potentially prevents female athletes optimising their physical and sporting performance. It further impacts coaches and sports science researchers in their ability to provide appropriate training recommendations and educational opportunities. It is important to progress in female athlete research with an understanding of how the unique physiology of female athletes may influence their ability to physically perform in their respective sport, which requires representation in sports science research. This paper will provide an overview on current evidence and limitations within menstrual cycle research and provide considerations and directions for future research in this space within team sports.

Vogel, K., Larsen, B., McLellan, C., & Bird, S. P. (2024). [Female athletes and the menstrual cycle in team sports: current state of play and considerations for future research](#). *Sports*, 12(1), 4.

[Retour au sommaire](#)

Relative age and positive youth development in youth sport: Do developmental assets play a role in creating advantage reversals in female soccer?

Relative age effects (RAEs) are commonly associated with advantages for older athletes. However, a variety of benefits attributed to 'advantage reversals' have been observed among relatively younger professional athletes. Considering psychosocial development as a proposed mechanism, the purpose of this study was twofold: (1) To explore an association between developmental assets (i.e., facilitators of positive youth development [PYD]) and RAEs; (2) To assess whether overall developmental asset levels are protective against sport dropout. The Developmental Assets Profile© was distributed to members of a one-year cohort of post-adolescent, female soccer players from Ontario, Canada. The presence of differences between groups of relatively older (H1; n = 64) and younger (H2; n = 57) participants and developmental asset scales were assessed using discriminant analysis. A binary logistic regression was conducted to assess whether overall developmental asset levels are protective against sport dropout, with consideration of relevant factors. Findings suggest that relatively younger, female players score higher in two internal categories: commitment to learning and positive values. The overall developmental asset scores were not found to be protective against dropout. This study provides preliminary, albeit cautious, support that 'advantage reversals' may be in part associated with enhanced PYD resulting from developmental sport experiences.

Smith, K. L., Jackson, D., & Weir, P. L. (2024). [Relative age and positive youth development in youth sport: Do developmental assets play a role in creating advantage reversals in female soccer?](#) *Sports*, 12(1), 30.

[Retour au sommaire](#)

An integrative review and critical analysis of the state of research on gender and women and girls' sport participation

In this integrative review we analyze research from multiple fields of study in regards to gender equality, gender equity, and sport participation over the past twenty years (2000–2020). Key findings highlight a) women and girls' socialization into sport and the performance of femininity and heteronormativity, b) the psychological benefits, negative effects, and participant retention, c) a lack of transformative critique of sport structures and barriers to access, and d) critique of sport policy that enhances equity and equality. Embedded throughout the presentation of these four interrelated areas of interest, we offer a critique about the state of research so that others might draw insight for future research directions. We conclude by outlining potential intersectional and transformational frameworks that connect research to social and political action. We also provide commentary on knowledge creation, databases, and the politicization of knowledge.

Trussell, D. E., Kerwin, S., Lyn, A., & Harris, L. (2024). [An integrative review and critical analysis of the state of research on gender and women and girls' sport participation \(2000–2020\)](#). *Quest*, 76(1), 1-20.

[Retour au sommaire](#)

The psychological contract of women athletes in semi-professional team sports

Within the dynamic landscape of women's semi-professional and professional leagues, athletes and their employers are negotiating their employment relationship parameters. Positioning our research in a postfeminist sensibility, we explore both parties' expectations and obligations through psychological contract (PC) theory. We conducted interviews across two semi-professional sports leagues, with 30 athletes, 20 coaches and managers and two league-level representatives. The data analysis identified three themes: 1. Obligations, commitment, and choice; 2. Expectations of conformity and power relations; 3. Fulfilling organisational goals. Many athletes spoke about power imbalances in the PC with employers "exploiting" athletes' desire to be play in the league at almost any cost. Athletes felt they had little choice but to accept the current state of employment, endure sacrifices and hope for a better future where they could reach their potential through viable career pathways and a living wage. Our research provides a better understanding of the PC employment relationship and associated implications. Greater knowledge about PCs could be used to develop work practices and relations that enhance and benefit athletes and employers.

Taylor, T., O'Brien, W., Toohey, K., & Hanlon, C. (2023). [The psychological contract of women athletes in semi-professional team sports](#). *Sport Management Review*, 1-19.

[Retour au sommaire](#)

Representation of women in television advertising during the FIFA Women's World Cup (France 2019)

During 2019, there was a complete change in terms of advertising in women's soccer. The arrival of the FIFA Women's World Cup, France 2019, caused numerous brands to become interested in sponsoring the event. Another noteworthy fact has been the importance obtained during the 2018/2019 season by the Spanish Women's Football League (Liga Iberdrola), with relevant matches that far exceeded previous stadium attendance records. The main objective of this research is to analyze the role represented by women in advertising broadcast in sports retransmissions, specifically in the Women's World Cup France 2019. The methodology involves analyzing the spots selected for being from brands sponsoring the Spanish Women's National Soccer Team and the FIFA World Cup France 2019, for having been produced for the World Cup and for sponsoring other teams participating in it. All of them have been broadcasted in Spain on the television channel GOL TV. In order to carry out the analysis, an ad-hoc methodological instrument has been designed, from which to perform a content analysis of the spots. As a result, the analysis tool developed is presented and highlights the active, independent and detached from traditional roles that women represent in the advertising broadcast during the FIFA World Cup, France 2019.

Gauchi, J. M. M., Segarra-Saavedra, J., & Cerdá, S. P. (2024). [Representation of women in television advertising during the FIFA Women's World Cup \(France 2019\). Analysis of roles and stereotypes](#). *Retos: nuevas tendencias en educación física, deporte y recreación*, (51), 700-711.

[Retour au sommaire](#)

I keep forgetting them': Lacrosse, indigenous women and girls and reconciliation in Canada

In Canada, the Truth and Reconciliation Commission (TRC) released its list of Calls to Action (CTA) in 2015, and five Calls were directly related to reconciliation and sport. Within these five sport-related CTA, there was no specific reference to gender. Lacrosse, as an Indigenous cultural practice that has been culturally appropriated by white settlers, is a complex site to investigate how the TRC's CTA is (or are not) being implemented and the ways in which these efforts are gendered. In this paper, we examined how staff at Canadian lacrosse organizations address the CTA and Indigenous women's and girls' participation in lacrosse. Through the use of Indigenous feminist theory, feminist methodologies informed by the tenets of Indigenous methodologies, semi-structured interviews and reflexive thematic analysis, our findings demonstrate that Indigenous women and girls are commonly overlooked, and gender is typically an afterthought within the implementation of sport-related CTA by lacrosse organizing bodies in Canada – if they are implemented at all. As a result, we argue that there is a need to make gender a central organizing principle when lacrosse organizations within Canada implement the TRC's CTA.

Holmes, A., Giles, A. R., & Hayhurst, L. (2024). ['I keep forgetting them': Lacrosse, indigenous women and girls and reconciliation in Canada](#). *International Review for the Sociology of Sport*, 59(1), 3-21.

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A multi-phase intervention study of sports bra prescription for elite UK female athletes preparing for the Tokyo Olympics and Paralympics

Athletes report poor breast/bra knowledge, breast pain, sports bras causing lacerations and chafing, negatively affecting sports performance. No bra interventions to address these issues are reported. Working with 142 UK female athletes preparing for Tokyo Olympics/Paralympics (27 sports), this multi-phase intervention assessed breast/bra knowledge, preferences, issues via surveys and breast/bra assessments. Data were used to develop two sports bras. A total of 112 athletes were prescribed one of the new bras through individual assessments. After four weeks, wear athletes completed evaluations. Pre-intervention breast/bra knowledge was low (83% ≤average), multiple breast/bra issues were reported and most athletes wore ill-fitting, loose bras, offering limited support. Post-intervention, 63% reported improved knowledge and 97% reported their prescribed bra as better than their original bra. Eighty-seven per cent reported benefitting from this intervention, with 17% reporting improved performance. This intervention effectively assessed sports bra needs, developed and implemented solutions, which improved knowledge and potentially performance for some UK athletes.

Wakefield-Scurr, J., Sanchez, A., Jones, M., Hockley, L., Biswas, A., Johnson, F., & Roberts, E. (2024). [A multi-phase intervention study of sports bra prescription for elite UK female athletes preparing for the Tokyo Olympics and Paralympics](#). *Research in Sports Medicine*, 32(1), 186-200.

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Sportswomen under the Chinese male gaze: A feminist critical discourse analysis

This article offers a timely, critical analysis of the male gaze upon sportswomen in male Chinese fans' consumption of sporting megaevents. We use the most popular Chinese-language sports fandom platform, Hupu, as the data repository and scrutinise the threads of male Hupu users' postings about two elite sportswomen at the Tokyo 2020 Olympics as the case studies. Drawing on feminist critical discourse analysis (FCDA), we elucidate the discursive strategies that male Chinese fans adopt to sexualise sportswomen and trivialise their accomplishments. The research findings showcase how China's sports fandom has evolved as a masculine terrain, where men's visions of asymmetrical gender power relations are discursively negotiated and rationalised.

Peng, A. Y., Wu, C., & Chen, M. (2024). [Sportswomen under the Chinese male gaze: A feminist critical discourse analysis](#). *Critical Discourse Studies*, 21(1), 34-51.

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Looking back to look forward: exploring crenshaw's political, structural, and representational intersectionality in sport

Engaging with Kimberlé Crenshaw's concept of intersectionality, the authors (re)turn to its genesis in critical race theory (CRT) and specifically, its forms of structural intersectionality, political intersectionality, and representational intersectionality. Discussing each form in relation to contemporary issues in sport that Black women and women of Color navigate, they argue that Crenshaw's intersectionality provides additional compelling layers of engagement with existing intersectional scholarship and scholarship about activism in sport, invites structural and discursive change through intersectional policies and practice, and promotes coalition building toward intersectional racial justice in sport.

Anders, A. D., DeVita, J. M., Fisher, L. A., Corr, C., & Myers, C. L. (2024). [Looking back to look forward: exploring crenshaw's political, structural, and representational intersectionality in sport](#). *Cultural Studies ↔ Critical Methodologies*, 24(1), 65-80.

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Le football féminin dans les quartiers défavorisés au Maroc : socialisation, expression de genre et perception du corps

Des aspects socioculturels (socialisation familiale, perception dominante du corps féminin, espaces genrés) contribuent à l'explication du faible taux de pratique sportive des femmes marocaines, notamment dans certains sports considérés comme « masculins ». À partir d'une enquête qualitative réalisée auprès d'un groupe de jeunes footballeuses âgées de 14 à 20 ans, de leurs proches et des responsables d'associations sportives, cet article analyse les modes de socialisation, les perceptions du corps et la construction des dispositions « masculines » dans deux quartiers populaires défavorisés dans la périphérie de Rabat. Dans ces quartiers, le football féminin est fréquemment considéré comme une pratique qui va à l'encontre des normes dominantes risquant de modifier l'hexis corporelle des filles. En parallèle, l'apparence masculine de certaines footballeuses est interprétée parfois comme une « perte de féminité » et interroge la binarité du genre tant dans les quartiers étudiés qu'au sein de la société. Par conséquent, l'engagement sportif de ces jeunes footballeuses se négocie en marge des conventions dominantes de genre.

Benkorti, A. (2023). [Le football féminin dans les quartiers défavorisés au Maroc : socialisation, expression de genre et perception du corps](#). *Anthropologie Et Sociétés*, 47(2), 137–158.

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College coaches' engagement in advocacy for lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other gender and sexual minorities (LGBTQIA+) rights and racial justice: Experiences, facilitators, and barriers

There is a dearth of research examining the role of college coaches in advocacy related to the rights of lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other gender and sexual minorities and racial justice. The present study sought to explore college coaches' engagement in such advocacy, from an ecological systems perspective. Using semistructured interviews and a grounded theory approach, our study elevated the voices of 16 National Collegiate Athletic Association coaches employed at Division I and III institutions who had a history of engagement in advocacy. Coaches engaged in advocacy for the rights of lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other gender and sexual minorities and racial justice in multiple ways, such as by facilitating team conversations, discussing the importance of inclusion during recruitment activities, engaging in community events, partnering with community organizations, and voicing their perspectives on social media. Coaches also described facilitators and barriers related to their engagement in advocacy, including their sense of personal responsibility, desire to cultivate a supportive culture, access to institutional supports, knowledge of advocacy-related resources, awareness of power dynamics, and participation in major current social, political, and local events and protests. Our results frame an important discussion about the ways in which institutions can support coaches' engagement in advocacy and documents how sport can serve as a platform to affect social change.

Scheidler, T. R., Anderson-Butcher, D., & Bates, S. (2024). [College coaches' engagement in advocacy for lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other gender and sexual minorities \(LGBTQIA+\) rights and racial justice: Experiences, facilitators, and barriers](#). *Journal of Diversity in Higher Education*.

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The unique lived experiences of LGBQ Athletes: A collegiate women's rugby club team as an inclusive & empowering community

There is ongoing debate regarding the culture of competitive women's sports. On one hand, women who participate in sports are viewed as adhering to and reinforcing heteronormative stereotypes and hegemonic masculinity. Conversely, women's sports are viewed as an inherently supportive environment for those involved. The current study explored the latter phenomena, specifically related to factors that promote an inclusive and empowering community for LGBTQ+ women. Eleven individual semi-structured interviews and one follow-up focus group with six participants were conducted with women from a collegiate women's rugby club team. All participants described their sexual identities as Lesbian, Gay, Bisexual, and/or Queer (LGBQ). A reflexive thematic analysis was used to analyze the data collectively. Participants described their collegiate rugby team as being one of their first encounters with a safe and inclusive LGBTQ+ environment. Membership on the team also was viewed as an important experience that helped participants come to terms with their sexual identity. Specifically, findings indicate the supportive actions of teammates, an inclusive team culture, and unique factors related to the sport of rugby helped promote an inclusive and empowering community for LGBTQ+ women. Indeed, from a critical positive youth development perspective, social justice life skills (e.g., allyship) provided actionable behaviors that promote an inclusive and empowering community for LGBTQ+ women. However, future research must seek to understand the lived experiences of all women's rugby participants, particularly transgender and athletes of color.

Robinson, E., Newman, T. J., Sheadler, T. R., Lower-Hoppe, L. M., & Baeth, A. (2024). [The unique lived experiences of lgbq athletes: a collegiate women's rugby club team as an inclusive & empowering community](#). *Journal of Homosexuality*, 71(4), 1003–1029.

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