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Bonne lecture !

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## 1. Développement du sport

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Cette sélection est une collaboration du  
laboratoire pour la progression des  
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Innovation  
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# Résumés

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## 1. Développement du sport

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### **When the lights go out: Public sector management of abandoned sport facilities**

This paper explores how local governments have addressed abandonment of a high-dollar investment: publicly funded sport facilities. The issue of abandoned professional sport facilities is becoming more ubiquitous as teams seek new, more modern, state-of-the-art venues to maximize operational revenues. This creates a scenario where the average lifespan of a professional sport facility is only 27 years. Using a comparative case study analysis, this research examines how municipalities have approached the redevelopment of abandoned stadium infrastructure in Detroit, Houston, and St. Louis. Successful outcomes related to the redevelopment of abandoned stadiums in Detroit have seen public and private stakeholders take advantage of their unique assets in public-private partnerships. However, abandoned stadium infrastructure in Houston and St. Louis have remained idle for years as local governments failed to secure private investment to aid with redevelopment efforts and/or created additional bureaucratic red tape that limits the prospects for site redevelopment.

Cocco, A. R., Mayer, M., & Montanaro, A. (2023). [When the lights go out: Public sector management of abandoned sport facilities](#). *Public Works Management & Policy*, 28(1), 11-32.

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### **How does adventure sport tourism enhance well-being? A conceptual model**

Sport tourism literature has paid limited attention to the psychological well-being benefits derived from participating in this form of tourism. This is especially the case for adventure sport tourism, which is characterised by travel to a destination to participate in an adventure sport event, such as competitive surfing or mountain biking. Through an analysis of the contemporary literature regarding adventure sport, tourism, and psychological well-being, we propose a conceptual model of the psychological processes underlying well-being outcomes for adventure sport tourists. The conceptual model explains how adventure sport tourism participation affects hedonic and eudaimonic psychological well-being via the satisfaction of basic psychological needs (autonomy, competence, relatedness) and nature connectedness. We argue that this conceptual model has the potential to advance knowledge in relation to the theory, practice, and design of adventure sport tourism. We outline research propositions emanating from the conceptual model and directions for future research on adventure sport tourism and psychological well-being.

Houge Mackenzie, S., Hodge, K., & Filep, S. (2023). [How does adventure sport tourism enhance well-being? A conceptual model](#). *Tourism Recreation Research*, 48(1), 3-16.

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### **Creating the conditions for psychological safety and its impact on quality coach-athlete relationships**

In this study, we investigated the notion that giving voice to athletes is an important aspect to creating a psychologically safe environment which can then feed into maintaining good quality coach-athlete relationships where every athlete feels heard, valued, and connected. 379 athletes completed a multi-section questionnaire that assessed their (a) capacity to be open and manage conflict with their coaches, (b) perceptions of psychological safety within their team or group, and (c) perceptions of

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the coach-athlete relationship quality. Structural equation modelling revealed that openness and conflict management positively predicted psychological safety which, in turn, positively predicted coach-athlete relationship quality. Psychological safety was found to explain the association between athletes' communication (i.e., capacity to be open, honest and transparent as well as manage interpersonal conflict effectively) and coach-athlete relationship quality regardless of athletes' gender. These findings highlighted that if athletes have the capacity to have candid discussions and can navigate conflict with their coaches, then it is possible to feel psychologically safe and thus able to engage in risky interpersonal interactions (e.g., raise concerns, admit mistakes) within their group context without fear of intimidation and humiliation. Furthermore, it was revealed that such a psychologically safe group environment fostered athletes' trust and respect, as well as commitment and cooperation with their coach. The discussion provides links to theory, research and practice.

Jowett, S., Do Nascimento-Júnior, J. R. A., Zhao, C., & Gosai, J. (2023). [Creating the conditions for psychological safety and its impact on quality coach-athlete relationships](#). *Psychology of Sport & Exercise*, 65.

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### **Development of a national sport integrity system**

The persistence of integrity problems in national sports organizations (NSOS) globally suggests that current approaches (e.g., good governance, piece meal legislation and policy) to curbing them are ineffective. Scholars have argued for a broad strategy to enhance integrity, deter unethical behavior, and prevent integrity system failures. A theoretical gap exists in conceptualizing a national sport integrity system (NSIS). Drawing from accountability, integrity systems, integrity management, and sport integrity literatures a holistic and configurational framework of the actors, and the internal and external components of a NSIS was conceptualized. A NSIS is comprised of institutions, policies, practices, agencies, and actors responsible for promoting and safeguarding the integrity of an NSO. A NSIS was designed for both federated and unitary sport governance models that consists of three interconnected components: the institutions that serve as the operational arm of the system, the accountability arm that is responsible for guarding integrity, and actors who manage the operational systems and accountability mechanisms. An NSO collaboratively coordinates and assists with capacity building to suitably deliver the system components across the respective levels of governance. The paper concludes with consideration of how the system may be used in practice, challenges for adoption, and directions for future research.

Kihl, L. A. (2023). [Development of a national sport integrity system](#). *Sport Management Review*, 26(1), 24-47.

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### **An application of the nonprofit virtual accountability index: Accountability in sport for development and peace**

In this research note, we examine web-based accountability practices of human service nonprofits. Data were collected directly from the organizational websites of an international sample of 532 organizations involved in operating sport for social change programs, more commonly known as the field of sport for development and peace. Websites were coded using the nonprofit virtual accountability index—a theoretically grounded and robust tool—to measure information and interactivity available for stakeholders across five dimensions of accountability. Analyses of variance and independent t-tests were used to test potential group differences based on geographical region, the thematic types of social change efforts, and the type of sport used to deliver programming. The results of this analysis highlight the critical importance of geographical location and other organizational variables for web-based accountability practices. Furthermore, the results allow nonprofit leaders to identify common areas in need of improvement for smaller and emerging nonprofits.

Svensson, P. G., & Naraine, M. L. (2023). [An application of the nonprofit virtual accountability index: Accountability in sport for development and peace](#). *Nonprofit Management and Leadership*, 33(3), 647-659.

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## **eSports programs in community colleges: A rural-serving community college example**

eSports is an increasingly visible part of our popular culture and is becoming both a financial and technological force. In higher education, community colleges are rapidly developing eSports programs for a variety of reasons, including increasing student engagement to developing alumni relationships. Although some discussion exists in sports management, economics, psychology and legal literature, there appears to be little work dedicated to eSports in the literature of community college studies. This study draws upon the small base of literature on eSports beyond community college studies and presents an example of a recently emerging eSports program at one rural community college in the mountain western U.S. A look forward on eSports is provided by noting breaking issues, trends, and proposals for a research agenda for scholars and practitioners in community college studies.

Scull, W. R., Carrier, J. W., & Simon, S. (2023). [eSports programs in community colleges: A rural-serving community college example](https://doi.org/10.1080/10668926.2023.2189641). *Community College Journal of Research and Practice*, 1-4.  
<https://doi.org/10.1080/10668926.2023.2189641>

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## **Contexts shaping the development and success of elite sport systems: a scoping review**

The importance of contexts in analysing elite sport systems and policies, as reflected in substantial research over the past couple of decades, is considered to nurture or constrain the development and outcome of elite sport systems toward international sporting success. Theorising elite sport systems as institutions operating and embedded in an open system may provide insight into the “hows” (throughput processes) and the “whys” (conditions) of the effectiveness of sport systems and policies to determine what may work (or not work) for each country’s specific context. This scoping review aims to examine and map determinants of elite sport development in nations. Specifically, the review analysed how studies: (1) theorised the determinants, (2) used terms to denote contextual determinants for elite sport development and success and (3) described or conceptualised context. Further, the review identified context dimensions derived from the elite sport development determinants. The scoping review identified 19 studies that contain relevant contextual determinants. Findings present seven context dimensions derived from a neo-institutional organisation framework that pertain to different institutional contexts that may influence the development of elite sport policy systems. An improved conceptualisation of context may enhance our understanding of the relationship between processes (i.e., sport policy mechanisms) and contexts.

Ramos, R., De Bosscher, V., Pankowiak, A., & Valleser, C. W. (2023). [Contexts shaping the development and success of elite sport systems: a scoping review](#). *Sport Management Review*, 1-28.

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## **Systematic review of the coach–athlete relationship from the coaches’ perspective**

The purpose of this study was to systematically review the variables associated with the coach–athlete relationship (CAR) from the coaches’ perspective. Three databases were searched; 57 studies published between January 2000 and May 2021 met the inclusion criteria. Correlates ( $n = 35$ ) were grouped into three categories: coach variables, athlete variables, and coaching behaviors. Variables positively associated with the coaches’ perspective of the CAR included coaching satisfaction, the teaching of life skills, and engaging in need-supportive behaviors. Negative correlates included coaching burnout, athletes’ avoidant attachment style, and coaches’ controlling behaviors. Aside from coach satisfaction, many of the relationships mentioned came from only one or two studies; therefore, replication studies are needed examining CAR from the coaches’ perspective. In conclusion, the better coaches report CAR to be, the more they also report fostering a caring and autonomy-supportive environment, teaching life skills, and being satisfied with their coaching experience.

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McShan, K., & Moore, E. W. G. (2023). [Systematic review of the coach–athlete relationship from the coaches’ perspective](#). *Kinesiology Review*, 1(aop), 1-16.

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### **Playful sport design: A game changer?**

The aim of this paper is twofold. First, the concept Playful Sport Design (PSD) is introduced, based on play and proactivity theories. PSD is defined as a proactive cognitive-behavioral orientation that makes athletes incorporate fun and self-oriented challenges into training sessions. Second, we develop and test an instrument to assess PSD. In phase 1 (N = 562), the PSD instrument is tested on its reliability, factorial validity, and construct validity. In phase 2 (N = 131), the test-retest reliability and predictive validity of the PSD instrument is considered. Additionally, the nomological network of PSD is expanded. In phase 3 (N = 212), the predictive validity of PSD is further assessed. As hypothesized, the results of factor analyses show that PSD is best represented by two dimensions: designing fun and designing competition. The psychometric properties of the scale were shown to be satisfactory. Providing evidence for convergent validity, PSD was positively related to playfulness, competitiveness, fantasy proneness, personal initiative, openness to experience, achievement striving, and fun seeking. Specifically, designing fun showed more robust relations with fun-focused personality traits, while designing competition showed stronger relations with competition-focused traits. Providing evidence for divergent validity, PSD did not share variance with negative affect, procrastination, and perfectionism. Finally, in support of predictive validity, athletes who playfully designed their training sessions reported better subjective and objective sports performance.

Verwijmeren, S., de Vries, J. D., & Bakker, A. B. (2023). [Playful sport design: A game changer?](#) *Journal of Applied Sport Psychology*, 1-30. <https://doi.org/10.1080/10413200.2023.2185698>

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### **Interaction with a virtual coach for active and healthy ageing**

Since life expectancy has increased significantly over the past century, society is being forced to discover innovative ways to support active aging and elderly care. The e-VITA project, which receives funding from both the European Union and Japan, is built on a cutting edge method of virtual coaching that focuses on the key areas of active and healthy aging. The requirements for the virtual coach were ascertained through a process of participatory design in workshops, focus groups, and living laboratories in Germany, France, Italy, and Japan. Several use cases were then chosen for development utilising the open-source Rasa framework. The system uses common representations such as Knowledge Bases and Knowledge Graphs to enable the integration of context, subject expertise, and multimodal data, and is available in English, German, French, Italian, and Japanese.

McTear, M., Jokinen, K., Alam, M. M., Saleem, Q., Napolitano, G., Szczepaniak, F., Hariz, M., Chollet, G., Lohr, C., & Boudy, J. (2023). [Interaction with a virtual coach for active and healthy ageing](#). *Sensors*, 23(5), 2748.

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### **Virtual reality users' stress reduction and sport participation intention: Effects of sensation seeking and sense of presence**

The purpose of the study was to examine how Virtual Reality game users’ sensation seeking (high/low), sense of presence (high/low), and perceived risk of sport (high/low) affect stress reduction and intention to participate in sport activities while controlling for sport involvement. 88 college students participated in a lab experiment and data was analyzed using a three-way multivariate analysis of covariance. The results of the study revealed there was a significant multivariate effect of sensation seeking on stress reduction and intention to participate in sport activities. However, the multivariate effect for the

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sense of presence and perceived risk of sport were not significant. In the following analysis of variance, there were univariate effects of sense of presence and sensation seeking on stress reduction and participation intention, respectively. This study provides sport marketers with practical information for developing strategies to facilitate participation in sport activities through VR sport games. This study also offers an opportunity for coaches and administrators in sport organizations to develop a training or an education program. Finally, the results of the study can be utilized as a therapeutic modality to safely expose people who have phobias or aversions to speed or heights.

Hwang, G., & Chung, K.-s. (2023). [Virtual reality users' stress reduction and sport participation intention: Effects of sensation seeking and sense of presence](#). *Journal of Sport Behavior*, 46(1).

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### **Youth hockey parents fear of injury and concussion: associations with coach credibility, coach satisfaction, and reporting**

In accordance with concepts forwarded by the Extended Parallel Process Model fear of injuries and concussions were explored among youth hockey parents. Specifically, credibility and parental coach satisfaction were considered as other potential explanatory factors within the framework of EPPM. Results indicate that coach credibility and coach satisfaction are unrelated to fear associated with injuries and concussions. The caring and trustworthy dimensions of credibility, as well as coach satisfaction were associated with as well as likelihood to report to injuries, but not concussions, to coaches.

Johnson, Z., Suarez, M., & Alvarado, D. (2023). [Youth hockey parents fear of injury and concussion: associations with coach credibility, coach satisfaction, and reporting](#). *Communication Research Reports*, 1-11.

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### **Role models of aging among older men: Strategies for facilitating change and implications for health promotion**

Understanding later-life role model choice and motivations, particularly for older men in sport, exercise, and health contexts, is complex and heterogenous, making it difficult for health and exercise promotion initiatives. This qualitative study examined: (1) whether older men have aging role models, and if so, their characteristics; and (2) older men's reasons for role model choice, or lack thereof, and how role models can influence meaningful change in perceptions and practices associated with aging, sport, exercise, and health. Through in-depth interviews and photo-elicitation with 19 Canadian men aged 75 years and over, thematic analysis determined two key themes: Role model choice, and Processes of role models facilitating change. Four key strategies for role models facilitating change in older men were determined: elite (biomedical) transcendence; valued exemplary endeavours; alliance connections; and disconnect and caveats. Ultimately, while promoting the biomedical achievements of role models may resonate with many older men, when applied too closely in sport or exercise contexts (e.g., using Masters athletes as role models), there is potential for unrealistic standards and overmedicalization that could miss uncovering the latent importance that older men place on the diverse experiences and perspectives of aging that go beyond traditional masculine ideals.

Deneau, J., Dionigi, R. A., van Wyk, P. M., & Horton, S. (2023). [Role models of aging among older men: Strategies for facilitating change and implications for health promotion](#). *Sports*, 11(3), 55.

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### **The institutional organization of national gymnastics federations and the offer of coach education programs for gymnastics for all: an international analysis**

Coach education programs by National Gymnastics Federations (NGF) can provide in-depth and specific discussions and contribute to the development of gymnastics in different countries, as they address the specific interests and the people involved with it. For these actions to take place, a certain level of organization of the institutions is required and the existence of specific committees or commissions can contribute to this process since they possess the knowledge of the area and are

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familiar with organization of relevant actions. This study aims to explore the provision of coach education programs for Gymnastics for All (GFA) and the organization of NGF worldwide. In total, 44 NGFs were consulted about the existence of such committees or commissions and the promotion of coach education programs for GFA and other gymnastics modalities. We used an online questionnaire hosted on the Google Forms® platform, in four languages. The answers were processed by simple statistics and analyzed according to the research context. The responses obtained show that 36 NGFs have Technical and GFA Committees in their organization, while eight do not have such bodies (smaller institutions and still poorly structured). 30 NGFs claimed to have GFA Committees, a meaningful number. Additionally, 30 NGFs conduct coach education programs for GFA. The analysis of the data showed that there is a correspondence between the existence of Technical Committees and GFA Committees and organization and promotion of coach education programs.

Bento-Soares, D., & Schiavon, L. M. (2023). [The institutional organization of national gymnastics federations and the offer of coach education programs for gymnastics for all: an international analysis](#). *Science of Gymnastics Journal*, 15(1), 133-143.

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### **Self-regulation in competitive sports**

The chapter provides an overview of self-regulation in competitive sports. Self-regulation refers to conscious as well as unconscious processes that ensure that goal-oriented activity or performance is maintained even when external or internal obstacles occur and impulses need to be controlled. Different facets of the concept and the basic functions of self-regulation, such as the knowledge and effects of personality differences, are described. The chapter is complemented by an applied perspective. Mental skill techniques that have been derived from the theoretical concepts and research findings on self-regulation are described. Examples for the application of these techniques are given.

Beckmann, J., Beckmann-Waldenmayer, D., & Wolf, S. A. (2023). [Self-regulation in competitive sports](#). In *Sport and Exercise Psychology: Theory and Application* (pp. 491-512). Springer.

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### **Unified sports, social inclusion, and athlete-reported experiences: A systematic mixed studies review**

Inclusive sports have emerged as a potential tool for building social inclusion within diverse populations. The Special Olympics Unified Sports programs are an example of inclusion initiatives specific to students with intellectual disability and sports that can be reevaluated with new understandings of inclusion. This systematic mixed studies review aimed to capture athlete Unified Sports experiences and identify what athletes reported about their participation. The systematic review identified nine original studies conducted by six unrelated research groups. Results across the studies are synthesized and suggestions for future research are presented. Athletes in all nine studies reviewed reported positive experiences with Unified Sports leading to increased social inclusion and/or self-concepts.

Accardo, A. L., Ferguson, S. L., Alharbi, H. M., Kalliny, M. K., Woodfield, C. L., & Vernon-Dotson, L. J. (2023). [Unified sports, social inclusion, and athlete-reported experiences: A systematic mixed studies review](#). *Inclusion*, 11(1), 23-39.

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## 2. Développement du plein air

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### **Environmental sustainability policy within Australian Olympic sport organisations**

The 2032 Brisbane Olympic Games commitment to deliver a 'climate-positive' Games raises concerns about the current environmental actions of Australian Olympic sport organisations. This study adapts a policy assessment framework, founded on environmental policy integration (EPI), to analyse the responses of Australian Olympic sport organisations to environmental sustainability. The integration of environmental considerations into sport policy is arguably critical to helping the sport industry transition to sustainable operations. However, an analysis of official documents found that the environmental responses of Australian Olympic sport organisations are limited and insufficient. It is argued that sport organisations need to develop more comprehensive mitigation and adaptation goals, change strategic directions, and integrate environmental policies into their mainstream activities. This transition should be supported by environmental impact and climate vulnerability assessments as well existing sport specific international frameworks (e.g., UN Sport for Climate Action Framework) and sustainability policies of international sports federations. The assessment framework used here has the potential to support the monitoring and evaluation of environmental policy integration within sport.

Cury, R., Kennelly, M., & Howes, M. (2023). [Environmental sustainability policy within Australian Olympic sport organisations](#). *International Journal of Sport Policy and Politics*, 15(1), 125-145.

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### **Quality of public open spaces in Pune city for promoting physical activity**

Inactivity is one of the ten leading global causes of death and disability. Despite the common knowledge that exercise or physical activity is helpful, many people are not regularly active. Considering the limited or very low success for individual based approaches in promoting active and healthy lifestyle, environmental interventions is the key to promote physical activity. Physical environment can either obstruct or facilitate physical activity. So, addressing environmental attributes of public open spaces like parks and play grounds associated with promoting physical activity in need of the hour. Hence the present study was undertaken with a purpose to study quality of public open spaces in Pune city for promoting physical activity. For this descriptive survey out of the 7 regions in which Pune city area is divided 2 regions namely, Aundh-Baner and Shivajinagar-Ghole Road were selected. All together there are 11 Public parks and playgrounds in Aundh-Baner region and 17 in Shivajinagar- Ghole road region which were considered as sample for the study. Researcher visited each of these public open spaces mentioned in the regional offices' records but to his surprise out of 28 locations in 6 locations the park or play ground was missing and was not available for physical activity to the public. A teacher made tool was designed in which one question was related to nature of use and rest 22 related to quality of public open spaces. To measure quality of public open spaces following points were considered: Access to facility, financial consideration, environmental quality, amenities, health & hygiene and safety. Visits were planned to all the 22 public open spaces identified and quality of each park / playground was observed and noted down with the help of checklist developed by researcher for the present study and the data was analysed. Most parks and playfields have ample parking space and good public transport facility is available to reach to these places. Due to presence of water bodies, plantation, and lawn environmental features are very attractive. Many parks lack in providing separate track for walking and running. From health and hygiene point of view also public open spaces in Pune city are up to the mark. But safety and security are a big concern. Although ample lighting is there in the park but lack of security guard and absence of CCTV and First aid facility needs immediate intervention. Based on the observations it can be concluded that overall, the quality of public open spaces in Pune city is good, but lacks in safety measures.

Pethkar, V. U. (2022). [Quality of public open spaces in Pune city for promoting physical activity](#). *International Journal of Health Sciences*, 6(S2), 2608–2615.

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## **A quasi-experimental analysis on the causal effects of COVID-19 on urban park visits: The role of park features and the surrounding built environment**

Although many studies have explored the correlations between mobility intervention policies and park use during COVID-19, only a few have used causal inference approaches to assessing the policy's treatment effects and how such effects vary across park features and surrounding built environments. In this study, we develop an interrupted time-series quasi-experimental design based on three-month mobile phone big data to infer the causal effects of mobility intervention policies on park visits in Shenzhen, including the first-level response (FLR) and return-to-work (RTW) order. The results show that the FLR caused an abrupt decline of 2.21 daily visits per park, with a gradual reduction rate of 0.54 per day, whereas the RTW order helped recover park visits with an immediate increase of 2.20 daily visits and a gradual growth rate of 0.94 visits per day. The results also show that the impact of COVID-19 on park visits exhibited social and spatial heterogeneities: the mobility-reduction effect was smaller in low-level parks (e.g., community-level parks) with small sizes but without sports facilities and water scenes, whereas parks surrounded by compact neighborhoods and land use were more impacted by the pandemic. These findings provide planners with important insights into resilient green space and sustainable neighborhood planning for the post-COVID era.

Zhang, W., & Li, J. (2023). [A quasi-experimental analysis on the causal effects of COVID-19 on urban park visits: The role of park features and the surrounding built environment](#). *Urban Forestry & Urban Greening*, 127898.

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## **Increased nationwide recreational mobility in green spaces in Norway during the Covid-19 pandemic**

Recreation in green spaces has seen a pervasive decrease during the last two decades, particularly in urban areas, suggesting a shift away from contact with nature in Western countries. There is some evidence that the response to the COVID-19 pandemic led to increased recreational mobility in urban green spaces during the initial phases of the pandemic; however, it is not clear whether the sudden and extensive disruption of people's lives may have led to nationwide changes in green space use in both rural and urban areas, and whether the pandemic has reinforced or attenuated already existing social inequalities in recreational green space use. We used daily nationwide aggregated mobility data from more than 2 million cell phone subscribers in 14,331 geographical grids across Norway to examine potential changes in mobility to green spaces as measured with the Normalized Difference Vegetation Index (NDVI) during the pandemic, while controlling for weather conditions, holidays, and sociodemographic characteristics of neighborhoods. Moreover, we used neighborhood level registry data about household income, proportion of immigrants and education level to examine if there were social inequalities in changes in green space use. Results from linear mixed model analyses showed an increase in recreational dwells in green spaces during the pandemic, that was most prominent in areas of low socioeconomic status and high population density. In conclusion, the COVID-19 pandemic has led to increase in recreational mobility in green spaces across Norway, with the most significant increase observed in low socioeconomic status areas and high population density regions, indicating the potential of the pandemic to reduce already existing social inequalities in green space use.

Ulset, V., Venter, Z., Kozák, M., Nordbøc, E. C. A., & von Soest, T. (2023). [Increased nationwide recreational mobility in green spaces in Norway during the Covid-19 pandemic](#).

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## **La gestion urbaine de proximit  pour une mixite sociale**

Parmi les questions d'urbanisme d'importance plan taire, le d veloppement durable (ou encore am nagement durable) reste une priorit  en ce XXI e si cle. En effet nous assistons   une prise de conscience in gal e sur ce sujet. Certes beaucoup de recherches, d' tudes et de projets ont  t  faits, mais nous ne sommes qu'on d but de chemin. Qui pourrait dire d sormais quel impact auront nos actions territoriales sur les g n rations futures ? C'est pourquoi deux objectifs majeurs se sont

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imposés, qui commande la mise en œuvre et donc, pour une bonne part le développement durable : d'abord, promouvoir une meilleure adéquation entre une humanité en pleine explosion démographique et l'environnement où elle est confinée ; ensuite aider chaque individu à s'impliquer dans son milieu urbain et à assumer les contraintes auxquelles il est confronté, en améliorant son cadre de vie pour qu'il bénéficie des progrès dans son environnement naturel et bâti. L'expression "cadre de vie" désigne l'environnement naturel et bâti d'un milieu. Cela fait référence à tout ce qui nous entoure et que l'on trouve en milieu urbain. Depuis 2000, la politique de la ville s'est dotée d'un nouvel outil visant à améliorer le cadre de vie des habitants. La Gestion Urbaine de Proximité a, en effet, pour objectif d'assurer la cohérence des différentes actions menées en termes de qualité de vie sur un quartier ; Cette démarche partenariale associant les collectivités locales, les bailleurs sociaux et l'Etat vise à apporter des réponses concrètes à des dysfonctionnements constatés sur le terrain.

Slimani, H., & Nait Ammar, N. (2022). [La gestion urbaine de proximité pour une mixité sociale.](#)

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### **Une approche par l'écologie de l'espace public urbain**

Devant les réalités des villes d'aujourd'hui : l'évolution démographique, changement climatique, transformation des modes de vie et des pratiques sociales... Les acteurs de la ville doivent se mobiliser pour relever ces défis. L'approche de la ville durable s'impose comme le nouvel idéal de sociétés contemporaines, en essayant de corriger les déséquilibres socio-environnementaux. Jalonnée d'utopies, l'histoire urbaine absorbe naturellement cette nouvelle ambition. La cité du XXI<sup>ème</sup> siècle se prête au jeu de la réinvention des formes urbaines, de l'habitat et de leur aménagement dans une perspective de développement durable. L'évolution de la ville, de ses rythmes, les changements de ses espaces et de leurs usages posent la question des enjeux et des intérêts de la requalification des espaces publics du point de vue de leur valeur symbolique, esthétique et fonctionnelle. L'espace public forme le cœur battant de la ville, l'élément clé de son image et de son identité, l'expression de la culture et des traditions de ses habitants. Mais les espaces publics sont avant tout des lieux de vie, d'usage habituel qui doivent répondre aux exigences de la population, ce sont aussi par excellence des espaces partagés qui appartiennent à tous. Face aux exigences actuelles de la durabilité, la ville doit concilier son développement économique et social avec la dimension environnementale, à travers la prise en charge des espaces publics en intégrant la nature comme un élément fédérateur, afin d'assurer le bien-être des habitants et répondre à leurs souhaits. Cette thèse traite d'un sujet sensible et stratégique pour saisir les tenants et les aboutissants de l'usage et l'appropriation de l'espace public par l'approche écologique. Cette recherche est une investigation sur l'évaluation de la qualité de l'usage de l'espace public par la méthode d'enquête et syntaxique par l'utilisation des deux méthodes qualitatives et quantitatives. L'utilisation de l'une de ces méthodes n'implique pas nécessairement l'exclusion de l'autre, bien au contraire, elles participent toutes à la simplification et à l'enrichissement de nombreux travaux. Elle met l'accent sur les questions relatives à l'état de la connaissance de diverses techniques de recherche pour pouvoir répondre aux questions de recherche précédemment posées, et pour mener à bien l'évaluation de l'espace public urbain à la ville d'El Khroub. Le sujet dorsal de cette thèse aborde les espaces publics qui se construisent et se renouvellent en fonction des usages présents de la société, mais se planifient aussi pour prendre en charge ses besoins de demain.

Chaabna, A. (2022). [Une approche par l'écologie de l'espace public urbain](#)

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### **Les joies du camping et la proximité avec la nature**

L'observation participante des pratiques des cyclotouristes sur La Loire à Vélo a permis d'une part de souligner l'importance des campings pour des raisons pratiques et économiques, d'autre part de pointer des potentiels de développement touristiques et culturels autour des aménagements des structures d'hébergement. Décryptage et analyse à partir des campings d'Indre-et-Loire, lieux d'étapes incontournables pour les pratiquants de cette véloroute.

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### 3. Développement de l'activité physique

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#### **Aging gracefully through physical exercises and healthy living**

Aging is a part of human experience. Each new day that passes makes a person one day older. As we age, our ability to burn the same number of calories as we did when we were younger changes. The reason is that the body organs are not as efficient as they use to be, muscle mass diminishes and hormonal changes occur. All of these factors combined result in weight gain, loss of mobility, cardiovascular diseases, short lifespan, inability to lose body fat and spending fortune on medications where graded exercises could be of great help. Hence, regular involvement in physical exercises plays significant role in making the senior citizens age gracefully by preserving the quality of life and independence among them and not only reducing illness and mortality. Therefore, this paper focused on the role of physical activity in healthy aging. It discussed the concept of aging, the meeting point of aging and exercises, diseases associated with aging, importance of exercise and how to motivate the senior citizens to exercise. It was recommended that the aged should avoid sports where there is a risk of collision with opponents or stationary objects.

Agburuga, O., & Ekpenyong, I. E. (2022). [Aging gracefully through physical exercises and healthy living](#).

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#### **Guidelines for physical activity and return to sport after COVID-19 lockdown and future societal restrictions**

Many people believe that as long as they are healthy and asymptomatic, their conditioning programme may begin where they had left off before the coronavirus lockdown. This is fallacious thinking, as this long layoff may lead to injuries, overtraining and staleness. It is, rather, a progressive process where the principles of exercise science need to be heeded when they start a training programme after the layoff, as well as preventative measures. Further, it is not only fitness that needs to be considered, but also the skills that may have also regressed with lockdown as a result of COVID-19. The psychosocial factors of not training may also impact progress towards total fitness. This chapter provides such guidelines for athletes and recreational persons who have had a layoff or have been injured for a prolonged period of time. It provides fundamental principles that need to be considered. Finally, guideline tables are provided to assist all stakeholders with risk and gauging where to begin (with respect to the intensity and duration for a safe return to activities, match training or performance). Players, coaches and support staff are encouraged to take cognisance from the guidelines and recommendations in this chapter for prevention from COVID-19 and return to athletic and fitness activities.

Coopoo, Y., & Noorbhai, H. [Guidelines for physical activity and return to sport after COVID-19 lockdown and future societal restrictions](#).

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#### **Policy options to increase physical activity**

To increase physical activity levels in the population, a wide range of policy options exists. This chapter provides an overview of these policies, drawing on case studies from across the European Union. The chapter covers interventions in schools, workplaces, and in the health care setting, as well as communication and information policies, policies to increase

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access to sports facilities, and to change the environment to encourage active transport and outdoor activities. It advocates for a comprehensive, well-funded package of policies to get people moving.

Organization, W. H. (2023). [Policy options to increase physical activity.](#)

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### **Physical activity in Europe: Trends and patterns**

Despite the health and well-being benefits of physical activity, many people in the European Union do not move enough. This chapter provides an overview of physical activity levels in Europe, and explores patterns and trends, such as differences across age, gender and socio-economic groups. It also looks at the impact that the COVID-19 pandemic has had on physical activity.

Organization, W. H. (2023). [Physical activity in Europe: Trends and patterns.](#)

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### **Models to explain and change health behavior and physical activity**

This chapter provided an overview on models that explain change processes in health behavior and change toward more physical activity. It is divided into four main parts. In the first section, models are introduced that focus on the motivational process of behavior change and how individuals' decision-making is influenced. The second section deals with theories of action execution—the part of health behavior change in which a person implements intentions into action. These models also focus on action and coping planning to overcome obstacles for intention implementation. In the third section, we address stage and process models of health behavior change that unify processes of motivation and action execution in holistic models. Finally, in the fourth section, dual-process theories are introduced that assume that human health behavior change is affected by at least two types of information processes that are automatic and reflective, as well as integrated models of health behavior, that integrate constructs from multiple theories.

Pfeffer, I., Hamilton, K., Hannan, T., & Wegner, M. (2023). [Models to explain and change health behavior and physical activity.](#) In *Sport and Exercise Psychology: Theory and Application* (pp. 617-647). Springer.

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### **Physical exercise to improve healthy lifestyles**

The relevance of the problem of forming a healthy lifestyle of students is determined by the fact that most students lose the understanding that self-development, having healthy lifestyle skills is a help not only to themselves, but also to others. Modern conditions of educational activity in universities place increased demands on the state of health of students. Motor activity with a wellness orientation is currently considered as the main, and sometimes the only way to form and maintain health.

Ibragimovich, S. U., Albertovich, S. A., & Muminjonovna, O. K. (2023). [Physical exercise to improve healthy lifestyles.](#) *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 *Impact factor: 7.429, 12(02), 95-98.*

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## 4. 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.

Lachance, E. L., & Parent, M. M. (2023). [Policy implementation and collaboration in a federated sport system: the case of the official languages act](#). *International Journal of Sport Policy and Politics*, 15(1), 63-79.

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### **Predicting injury risk using machine learning in male youth soccer players**

The aim of this study was twofold: a) to build models using machine learning techniques on data from an extensive screening battery to prospectively predict lower extremity soft tissue (LE-ST) injuries in non-elite male youth soccer players, and b) to compare models' performance scores (i.e., predictive accuracy) to select the best fit. A sample of 260 male youth soccer players from the academies of five different Spanish non-professional clubs completed the follow-up. Players were engaged in a pre-season assessment that covered several personal characteristics (e.g., anthropometric measures), psychological constructs (e.g., trait-anxiety), and physical fitness and neuromuscular measures (e.g., range of motion [ROM], landing kinematics). Afterwards, all LE-ST injuries were monitored over one competitive season. The predictive ability (i.e., area under the receiver operating characteristic curve [AUC] and F-score) of several screening models was analysed and compared to select the one with the highest scores. A total of 45 LE-ST injuries were recorded over the season. The best fit screening model developed (AUC = 0.700, F-score = 0.380) allowed to successfully identify one in two (True Positive rate = 53.7 %) and three in four (True Negative rate = 73.9 %) players at high or low risk of suffering a LE-ST injury throughout the in-season phase, respectively, using a subset of six field-based measures (knee medial displacement in the drop jump, asymmetry in the peak vertical ground reaction force during landing, body mass index, asymmetry in the frontal plane projection angle assessed through the tuck jump, asymmetry in the passive hip internal rotation ROM, and ankle dorsiflexion with the knee extended ROM). Given that these measures require little equipment to be recorded and can be employed quickly (approximately 5–10 min) and easily by trained staff in a single player, the model developed might be included in the injury management strategy for youth soccer.

Robles-Palazón, F. J., Puerta-Callejón, J. M., Gámez, J. A., De Ste Croix, M., Cejudo, A., Santonja, F., . . . Ayala, F. (2023). [Predicting injury risk using machine learning in male youth soccer players](#). *Chaos, Solitons and Fractals: the interdisciplinary journal of Nonlinear Science, and Nonequilibrium and Complex Phenomena*, 167.

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## Climate change and the future of the Olympic Winter Games: athlete and coach perspectives

The International Olympic Committee recognizes the risks climate change pose to the Games and its responsibility to lead on climate action. Winter is changing at the past Olympic Winter Games (OWG) locations and an important perspective to understand climate change risk is that of the athletes who put themselves at risk during these mega-sport events. A survey of 339 elite athletes and coaches from 20 countries was used to define fair and safe conditions for snow sports competitions. The frequency of unfair-unsafe conditions has increased over the last 50 years across the 21 OWG host locations. The probability of unfair-unsafe conditions increases under all future climate change scenarios. In a low emission scenario aligned to the Paris Climate Agreement, the number of climate reliable hosts remains almost unchanged throughout the twenty-first century (nine in mid-century, eight in late century). The geography of the OWG changes radically if global emissions remain on the trajectory of the last two decades, leaving only one reliable host city by the end of the century. Athletes expressed trepidation over the future of their sport and the need for the sporting world to be a powerful force to inspire and accelerate climate action.

Scott, D., Knowles, N. L. B., Ma, S., Ruddy, M., & Steiger, R. (2023). [Climate change and the future of the Olympic Winter Games: athlete and coach perspectives](#). *Current Issues in Tourism*, 26(3), 480-495.

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## 5. Genre, sport et loisir

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



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## Advancing feminist innovation in sport studies: A transdisciplinary dialogue on gender, health and wellbeing

Athlete health and wellbeing requires a holistic, multidimensional approach to understanding, supporting, and treating individual athletes. Building more supportive, inclusive, and equitable environments for the health and wellbeing of women and gender expansive people further requires gender-responsive approaches that promote broader cultural change. Feminist sport and exercise medicine practitioners, sports scientists, and social science researchers are increasingly coming together in their efforts to do this work. However, working across disciplines inevitably includes an array of ontological, epistemological, and political challenges. In this paper, we offer a curated 'dialogue' with a group of feminist scholars engaged in research and practice across disciplines, bringing them together to discuss some of the most pressing gendered issues in sport today (i.e., ACL injury, concussion, menstruation in sport, mental health, gender categories). In so doing, we amplify the voices of those working (empirically and clinically) at the disciplinary intersections of gender, sport and health, and learn about some of the current and future possibilities for transdisciplinary innovations and strategies for building (responsiveness to) cultural change.

Thorpe, H., Bekker, S., Fullagar, S., Mkumbuzi, N., Nimphius, S., Pape, M., . . . Travers, A. (2023). [Advancing feminist innovation in sport studies: A transdisciplinary dialogue on gender, health and wellbeing](#). *Frontiers in Sports and Active Living*, 4.

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## Gender inclusive sport: a paradigm shift for research, policy, and practice

This commentary develops the concept of gender inclusive sport: sport that is inclusive and affirming of—and safe for—all women and sex and gender minoritized people, regardless of whether their bodies, gender expression, and/or identity align neatly with normative notions of the female/male binary. Debates about the sports participation of transgender (trans) athletes and athletes with natural sex variations often assume a choice between inclusion on one side and fairness on the other, particularly in the context of women's sport. In this commentary, we instead demonstrate the value of approaching equity and inclusion as allied causes. We offer four principles of Gender Inclusive Sport as an alternative policy and research paradigm: lead with inclusion; de-centre regulatory science; increase access to community and youth sport; and double down on gender equity. Whereas sports studies scholars have often focused on the important work of critiquing the existing regulatory and epistemic practices of sports governing bodies, we call on scholars to also engage in research that expands the knowledge base needed to build change. From the grassroots to the elite level, increasingly, there are opportunities to learn about the best practices and interventions that can support the realisation of Gender Inclusive Sport in practice.

Bekker, S., Storr, R., Patel, S., & Mitra, P. (2023). [Gender inclusive sport: a paradigm shift for research, policy, and practice](#). *International Journal of Sport Policy and Politics*, 1-9.

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## Storying the gender binary in sport: Narrative motifs among transgender, gender non-conforming athletes

This study utilized a two-tiered, thematic and structural narrative analysis to understand the ways transgender, gender non-conforming (TGNC) athletes story their experiences of sport. All participants (N = 20) self-identified as TGNC and as athletes. A thematic narrative analysis of semi-structured interviews revealed several convergent narratives (i.e., gender sanctioning, binary gender survival, gender transition and disclosure, and gender affirming) within TGNC athlete stories. A secondary structural analysis of evaluation statements in each story offered insight into what master narratives within sport are (re)producing binary gender structures and as a result excluding non-binary athletes from participation and inclusion. The structural analysis also uncovered counter narratives within TGNC athlete stories that challenged the binarized structures of sport. Theoretical and practical implications are discussed in relation to how master narratives might be altered to foster gender inclusion beyond the binary.

Zanin, A. C., LeMaster, L. T., Niess, L. C., & Lucero, H. (2023). [Storying the gender binary in sport: Narrative motifs among transgender, gender non-conforming athletes](#). *Communication & Sport*, 21674795221148159.

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## Sport and physical activity among transgender, gender diverse, and questioning adolescents

### Purpose

We compared rates of sport and physical activity (PA) of transgender and gender diverse adolescents and adolescents questioning their gender (TGDQ) with those of cisgender adolescents. Additionally, we tested for differences in sport and PA among TGDQ youth.

### Methods

We used 2019 Minnesota Student Survey data (N = 125,375). We calculated descriptive statistics, then used chi-squares and one-way analyses of variance to test for differences in involvement in sports, PA lessons, and PA between TGDQ and cisgender adolescents. Then, we used the same tests to compare participation among all TGDQ adolescents, considering their gender identity and sex assigned at birth.

### Results

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Overall, TGDQ adolescents participated in sport and PA less than cisgender adolescents; TGD youth participated less than questioning youth. Within sex assigned at birth, participation varied by gender identity.

### **Discussion**

TGDQ adolescents need support to participate in sport and PA. Adults should remain cognizant that sport restrictions could impair TGDQ adolescents' health.

Espinoza, S. M., Brown, C., Gower, A. L., Eisenberg, M. E., McPherson, L. E., & Rider, G. N. (2023). [Sport and physical activity among transgender, gender diverse, and questioning adolescents](#). *Journal of Adolescent Health, 72*(2), 303-306.

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### **Gender performance in the sporting lives of young trans\* people**

This paper explored how UK trans\* youth experienced Physical Education (PE) during secondary school, and its impact on remaining physically active. Seven self-identified trans\* people aged 14–25 took part in semi-structured interviews. Findings show participants' performances of gender were restricted by practices privileging the “natural” gender binary. Following school, medical procedures or other physical changes were desired in order to “pass” as their chosen gender before physical activity could occur. Recommendations are presented for improvements to PE policy for trans\* youth.

Ferguson, L., & Russell, K. (2023). [Gender performance in the sporting lives of young trans\\* people](#). *Journal of Homosexuality, 70*(4), 587-611.

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### **Remembering learning to play: reworking gendered memories of sport, physical activity, and movement**

In this article, we explore young women's memories of their experiences with sport, physical activity, and play during their childhood. Through collective memory work – sharing, discussing, writing, and analysing sporting memories/histories – we examine (re)constructions of young women's experiences of gendered relations of power, bodily awareness, and regulation within movement-based practices. The approach taken explores relationships between theory and method, a feature of post-qualitative inquiry. Forming a collaborative memory workshop with six young women (aged 19–22) and two researchers, we illustrate how working memories facilitates the interrogation of taken-for-granted assumptions about women's active bodies. Represented through two memories in this paper, their production, representation, and analysis were a collaborative effort, not solely representative of two individual experiences. Despite growing up within a period wherein women's access to and engagement with sport and physical activity is more available, common, and diverse compared to the youth of past generations, young women's experiences explored here illustrate the ways in which movement-based practices are located within the confluence of postfeminist sensibilities including, intensely scrutinised gendered body cultures, potent neoliberal configurations, and discourses of empowerment. It is these new sporting and active femininities and the gendering experiences of physical culture that are explored within this paper through memory work and collective biography.

Clift, B. C., Francombe-Webb, J., & Merchant, S. (2023). [Remembering learning to play: reworking gendered memories of sport, physical activity, and movement](#). *Qualitative Research in Sport, Exercise and Health, 1*-18.

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## Barriers and facilitators to physical activity for young adult women: a systematic review and thematic synthesis of qualitative literature

### Background

Physical activity (PA) has many benefits in preventing diseases and maintaining physical and mental health. Women, in particular, can benefit from regular PA. However, women's PA did not increase over the past decade globally, and the situations faced by women are often gender-specific. Healthy young adult women's PA does not receive as much attention as older women and adolescent girls, yet, they face the same situation of low level of PA. This review aims to explore and synthesise the self-identified barriers and facilitators to young adult women's participation in PA from qualitative research studies and offer suggestions for future studies and programs designed for this population.

### Methods

A systematic search was conducted in Pubmed, Web of Science, Scopus, Medline, and SPORTDiscus for studies published between January 2000 to February 2022 to identify qualitative studies on the barriers and facilitators of young adult women's PA between ages 18 to 40. The search yielded 694 studies initially, of which 23 were included. The research quality of included studies was appraised using the Critical Appraisal Skills Programme (CASP) tool. Data were extracted and thematically analysed based on the tenets of the social-ecological model (SEM).

### Results

Identified barriers and facilitators were grouped into different levels of the SEM, with the most frequently cited factors being time, body image and societal beauty standards, family duty and social support, religious and cultural norms, organisation and community facilities and environment, safety issues and physical environment. Descriptive data were thematically analysed and synthesised in line with the five levels: body image, health and beauty; multiple roles, support, and PA; religious identity, cultural identity, and PA; safety issues and women's fears.

### Conclusions

This qualitative synthesis revealed in-depth information on barriers and facilitators influencing young adult women's PA. It highlighted that the factors young adult women face are diverse at different levels yet holistic and intertwined. Future studies on young adult women's PA should address the social-cultural influence and would benefit from applying multilevel strategies employing the SEM model. It is critical to create an open and inclusive environment and offer more opportunities for women.

Peng, B., Ng, J. Y., & Ha, A. S. (2023). [Barriers and facilitators to physical activity for young adult women: a systematic review and thematic synthesis of qualitative literature](#). *International Journal of Behavioral Nutrition and Physical Activity*, 20(1), 1-17.

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## Impact of the first year of the “This girl can” physical activity and sport mass media campaign in Australia

### Introduction

Addressing gender inequalities in physical activity is an important public health goal. A major campaign, ‘This Girl Can’ (TGC) was conducted by Sport England from 2015, and TGC was licenced in 2018 by VicHealth in Australia for development and use in a 3-year mass media campaign. The campaign was adapted through formative testing to Australian conditions and implemented within the state of Victoria. The purpose of this evaluation was to assess the initial population impact of the first wave of the TGC-Victoria.

### Methods

We assessed campaign impact using serial population surveys, with the target population being women living in Victoria who were not meeting the current physical activity guidelines. Two surveys were carried out before the campaign (October 2017 and March 2018), and the post-campaign survey immediately following the first wave of TGC-Victoria mass

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media (May 2018). Analyses were primarily on the cohort sample of 818 low-active women followed across all three surveys. We measured campaign effects using campaign awareness and recall, and self-report measures of physical activity behaviour and perceptions of being judged. Changes in perceptions of being judged and in reported physical activity were assessed in relation to campaign awareness over time.

### Results

Overall, TGC-Victoria campaign recall increased from 11.2% pre-campaign to 31.9% post-campaign, with campaign awareness more likely among younger and more educated women. There was a slight increase of 0.19 days in weekly physical activity following the campaign. Feeling that being judged was a barrier to physical activity declined at follow up, as did the single item perceptions of feeling judged ( $P < 0.01$ ). Feeling embarrassed decreased, and self-determination increased, but exercise relevance, theory of planned behaviour and self-efficacy scores did not change.

### Conclusions

The initial wave of the TGC-Victoria mass media campaign showed reasonably high levels of community awareness and encouraging decreases in women feeling judged whilst being active, but these did not yet translate into overall physical activity gains. Further waves of the TGC-V campaign are in progress to reinforce these changes and further influence the perception of being judged among low-active Victorian women.

Bauman, A., McNeil, N., Nicholson, M., O'Halloran, P., Seal, E., Randle, E., & Stukas, A. (2023). [Impact of the first year of the "This girl can" physical activity and sport mass media campaign in Australia](#). *BMC Public Health*, 23(1), 1-9.

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