

Voici une compilation de la recension d'avril 2023. Vous y trouverez 44 références.

Bonne lecture !

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Articles

1. Développement du sport

Développement

Talent

Hockey sur glace

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Activité sportive

Sport

Installation sportive



[Main problems of organizing sports events and public sports](#)

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Préparation

Éducation physique



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Socialisation

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[The importance of physical education in the socialization of the person](#)

Esport

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[Training, lifestyle and physiological conditions and performance in esports: a review](#)

Sport d'élite

COVID-19

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Soccer

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[The importance of modern technologies in the development of public sports and physical education lessons](#)

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Attraction Rétention Sport d'élite	The attraction, retention, and transition of elite sport development pathways in surfing in Australia
Apprentissage Développement Entraîneur	International perspectives on coach development
Entraîneur Développement Apprentissage	The coach developer as a system builder
Pickleball Scotland Sport	Volunteer-led sport (and coach) development
Athlète Étudiant Compétence	Student-athletes' perceptions of relationship quality and life skills development
Réflexion Entraîneur Programme	Coach developers and reflective practice: evaluating exercises, mechanisms, and challenges in facilitating reflection within novice coach education
Intégration Elite Équipe	Interdisciplinary practice in performance sport: A scoping review of evidence of collaboration

2. Développement du loisir

Comportement Loisir Qualité de vie	Leisure education in youth with developmental disabilities: Effects on individual quality of life, adaptive behavior, and family quality of life
Leadership Loisir et sport Relation humaine	 Designing, implementing, and evaluating a content and language integrated course on sport and leisure leadership
Enfant Groupe Budget-temps	 Le temps de l'enfant : analyse sociologique des budget-temps des enfants genevois
Développement Soi-même Autoréflexion	 How to feel better: 4 steps to self-coach your way to a happier more authentic you

Vieillesse Perte d'autonomie Organisation	<u>Service delivery and programing adaptations for individuals with disabilities by municipalities and non-profit organizations during the COVID pandemic</u>
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3. Développement du plein air

Zone résidentielle Enfant Plein air	 <u>A study on the safety evaluation system of outdoor children's activity space in residential area</u>
Aménagement Enfant Espace public	 <u>En Norvège, des grands ensembles attentifs aux enfants</u>
Activité plein air Aire protégé Parcs nationaux	 <u>Outil d'aide à la décision pour la mise en place de mesures d'adaptation aux changements climatiques pour les activités de plein air dans les aires protégées</u>
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Environnement Gestion verte Durabilité structurelle	 <u>Providing a sustainable green model for large sports venues</u>
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4. Développement de l'activité physique

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Exercice



[The role of physical exercise in promoting a healthy lifestyle](#)

Mode de vie sain

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Vie saine



[Significance of physical education today](#)

Forme physique

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[Pedagogical approach in physical education](#)

Étudiant

Éducation physique

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[Physical education and sports: current status and future prospects in educational system](#)

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[Integration of self-efficacy in digital-based physical training in increasing physical activity of young women](#)

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[Strategies to improve access to physical activity opportunities for people with physical disabilities](#)

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[Cost-effectiveness of physical activity programs and services for older adults: a scoping review](#)

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5. Sécurité et intégrité dans les sports

Sport organisé
Jeune
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[PROTOCOL: Participation in organised sport to improve and prevent adverse developmental trajectories of at-risk youth: A systematic review](#)

Abus
Athlète
Encadrement



[Encountering unsettling stories of sport coaching violence: practitioner reflections on attending an interactive and immersive installation on the topic of abuse in sport](#)

Fraude
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Contrôle

[Fraud vulnerabilities in sport federations: the role of culture, leadership, and control](#)

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[Sport policy across the United Kingdom: A comparative analysis](#)

6. Genre, sport et loisir

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



Inde
Femme
Sport

[The missing gender: Examining the barriers to women's participation in sports in India](#)

Activité physique
Motivation
Étudiant universitaire



[Gender differences in university students' levels of physical activity and motivations to engage in physical activity](#)

1. Développement du sport

International performance level in adult ice hockey: The role of the talent environment in youth

Despite a growing interest in conducive talent development environments (TDE), the relationship between TDEs and the performance level in adulthood remains unclear. Therefore, this study examined the relationship of the micro-environment of former Swiss junior national team ice hockey players with their performance level in adulthood. With quantitative, retrospective data from $n = 106$ players born between 1984 and 1994, patterns of four factors club, family, peer, and school were built for early (13–15 years old) and late (16–19 years old) youth. The results revealed four structurally and mainly individually stable clusters for both developmental stages in youth. The cluster of the moderately above-average supported players between 16–19 years old demonstrated above-average values in all factors of the micro-environment and are more likely to reach international playing level in adulthood, whereas the structurally weak supported players are linked to a later regional playing level. These results indicate that simultaneous support across all four factors of the micro-environment in youth (club, family, peers, and school) is important to reach an international playing level, while low support in one or more area reduces the chance thereof. Thus, creating supportive environments across the board should be considered for a successful talent development.

Lenze, L., Zibung, M., Zuber, C., Stegmann, P., & Conzelmann, A. (2023). [International performance level in adult ice hockey: The role of the talent environment in youth](#). *Journal of Sports Sciences*, 1-12.

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Main problems of organizing sports events and public sports

The article considers the main issues of organizing public sports and leisure activities with the population. Sport-public affairs means a set of measures for the organization of public sports events, the main tasks of which are the organization of entertainment events with physical training and sports equipment.

Norbojev, A. J. (2023). [Main problems of organizing sports events and public sports](#). *Web of Semantic: Universal Journal on Innovative Education*, 2(4), 160-163.

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Intensification of sport activities in the process of training higher education seekers of various specialities

The academic work aims to provide an assessment of scientific studies and to know the relevant practical aspects of the activation of the process of sports activities of higher education applicants of technical and humanitarian specialties. In the course of writing this academic article, analysis, synthesis, abstraction and comparison were used to characterize the scientific sources on the subject of sports activities in the training of applicants for higher education. In the course of the research, the main theoretical requirements for effective physical training of students of higher educational

Dzhym, V., Saienko, V., Pozdniakova, O., Zhadlenko, I., & Kondratenko, V. (2023). [Intensification of sport activities in the process of training higher education seekers of various specialities](#). *Revista Eduweb*, 17(2), 43-53.

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The importance of physical education in the socialization of the person

The article examines the problems of the impact of sports on the formation of a healthy and developed personality. Factors affecting the student's socialization are determined. The term "personality" is interpreted in terms of the effect of sport on the individual. Each person experiences a process of social interaction and the accumulation of certain personal characteristics. Not only the knowledge gained in the course of studying at a higher educational institution, but also physical education will help this.

Kudratshoevich, S. E., & Oghli, J. Y. I. (2023). [The importance of physical education in the socialization of the person](#). Proceedings of Scientific Conference on Multidisciplinary Studies,

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Training, lifestyle and physiological conditions and performance in esports: a review

Esports practices are fast-growing worldwide with the increasing interest of numerous spectators. Given the competitiveness inherent to this activity, performance optimization is crucial to a large number of professional gamers and staff. However, scientific data, regarding critical factors that could favor such optimization, are still scant. This narrative review aims to provide a brief overview of studies that have examined the impact of lifestyle and psychophysiological parameters on esports players' performance. It has been shown that these factors are significant in a competitive context. The results describe the essential role of, sleep patterns, cognitive abilities, nutrition, and psychological functioning for optimal performance. Esports practices are fast-growing worldwide with the increasing interest of numerous spectators. Given the competitiveness inherent to this activity, performance optimization is crucial to a large number of professional gamers and staff. However, scientific data, regarding critical factors that could favor such optimization, are still scant. This narrative review aims to provide a brief overview of studies that have examined the impact of lifestyle and psychophysiological parameters on esports players' performance. It has been shown that these factors are significant in a competitive context. The results describe the essential role of, sleep patterns, cognitive abilities, nutrition, and psychological functioning for optimal performance in esports. In addition, the following technics including social cohesion, setting up clear life goals, internal discourse, and mental toughness technics positively affected esports players' performance. Our review also suggests that a multimodal coaching program for esports players, that considers all the aforementioned psychophysiological parameters, would account for the most benefits on performance.

Rodrigues-Vion, J. N., Baliros-Bonnel, M., Rodrigues-Vion, F., Assadan, S., & Attoh-Mensah, E. (s.d). [Training, lifestyle and physiological conditions and performance in esports: a review](#).

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Elite-level coaches' coping: Stress appraisal and Covid-19

The current study investigated 97 Norwegian elite-level coaches' appraisal of working as a coach during the COVID-19 pandemic, and the predictive outcomes of these cognitive processes. The participants were part of a Norwegian coach education program carried out by the Norwegian Olympic Sport Center (NOSC). The results in the current study show that the coaches appraised their work during the pandemic as controllable-by-self, as a challenge, as controllable-by-others, and stressful. The regression analysis showed that challenge and controllable-by-self were unique and positive significant predictors of the coaches' subjective performance, and that controllable-by-self was the strongest predictor of the two. Appraising the situation as uncontrollable-by-anyone was also a significant positive predictor of coaches' subjective performance in the step 2 of the regression analysis, and not coaches' exhaustion level as hypothesized. Threat appraisals were found to significant predict coaches' exhaustion level at the first step of the regression analysis, whereas controllable-by-self was the strongest negative significant predictor for coaches' exhaustion. The results indicate that controllable-by-self

appraisals play a particular role in preventing burnout and inducing performance in elite coaches when they face stressors such as the COVID-19 pandemic.

Østerås, M. G., Haugan, J. A., & Moen, F. (2023). [Elite-level coaches' coping: Stress appraisal and Covid-19](#). *Sport Journal*.

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Training defensive high-press in soccer: physical and physiological responses to different small-sided games played by youth athletes

This analysed the impact of high-press oriented rules during soccer small-sided games on players' physical and physiological responses and to analyse whether integrating multiple informational constraints – rules – would increase the effect compared to the control game. Thirty-two U-20 elite soccer players engaged in this study. All players engaged in all the four conditions: control (no additional rules), 1-rule games (A, in which the defending team scores two points every time they regained the ball possession in their offensive midfield, and B, in which the attacking team scores two points every time they achieve a shot on goal in their offensive midfield), and 2-rules game (integrating both rules A and B) in random and balanced order. Physical and physiological variables were collected through a GPS device and a chest strap. A MANOVA was adopted to analyse the main effect of protocol on players' responses. Results indicated that 1-rule games presented higher physical and physiological demands. In addition, high-press games elicited higher physiological and physical responses than free-play. Combining rules decreased the physical and physiological responses compared to applying the rules separately.

Abreu, C. d. O., Morales, J. C. P., Greco, P. J., & Praça, G. M. (2023). [Training defensive high-press in soccer: physical and physiological responses to different small-sided games played by youth athletes](#). *International Journal of Performance Analysis in Sport*, 1-12. <https://doi.org/10.1080/24748668.2023.2198298>

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Science and Football: Identifying and developing talent

This book presents a state-of-the-art overview of the science underpinning talent identification and development in the world's most popular sport. It covers a broad range of topics that span the various sub-disciplines of sports science with contributions from some of the foremost scientists and applied practitioners globally. The chapters provide readers with a comprehensive insight into how sport science is helping practitioners to create more evidence-based approaches when attempting to identify and develop future generations of elite players rather than relying on tradition and precedence. This book dispels some of the myths involved in talent identification and highlights how science is playing an ever-increasing role in guiding and shaping the practices used at the most renowned professional clubs across the globe. It is a must-read for anyone involved in the game at any level including sports scientists, medical staff, coaches, and administrators.

Williams, A. M. (2023). [Science and Football: Identifying and developing talent](#). Taylor & Francis.

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The importance of modern technologies in the development of public sports and physical education lessons

This article talks about innovative technologies for the development of mass sports. Today, innovative technologies are an integral part of any human activity. Physical education and sports are no exception. In modern conditions, innovative technologies help to improve physical results, create comfort for sports, as well as the effectiveness of physical exercises.

Boltayevich, A. S., & Mamur, B. (2023). [The importance of modern technologies in the development of public sports and physical education lessons](#). *Galaxy International Interdisciplinary Research Journal*, 11(3), 284-287.

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Self-compassion in competitive sport

Competitive sport is rife with self- and other-focused evaluation, and high levels of self-criticism can undermine performance, well-being, and mental health. In this context, self-compassion provides an adaptive means for athletes to relate to themselves, particularly during times of competition stress or performance failure. As evidenced by available research, self-compassion among athletes is associated with a range of adaptive outcomes, including less shame, anxiety, and rumination, and more positive body image, adaptive coping, and self-determination. However, there are challenges for the application of self-compassion in sport, including fears of self-compassion and the potential for perceived incongruence between being compassionate toward oneself and pushing oneself toward optimal performance. This chapter discusses these complexities in the context of available evidence documenting the role of self-compassion in competitive sport, with suggestions for future research and translation in the field.

Mosewich, A. D., Ferguson, L. J., & Sereda, B. J. (2023). [Self-compassion in competitive sport](#). In *Handbook of Self-Compassion* (pp. 213-230). Springer.

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The attraction, retention, and transition of elite sport development pathways in surfing in Australia

Purpose

Successful athlete development is subject to stakeholder involvement with the delivery of development pathways. This paper explores the role of stakeholders on elite surfer development during its transition to an Olympic sport.

Research methods

Semi-structured interviews with 26 staff from surfing organisations were used to explore stakeholder involvement in elite surfer pathways.

Findings

Local clubs are responsible for supporting talented surfers to progress to higher levels of competition. Their limited access to support from other stakeholders is problematic because clubs lack capacity to provide surfers with the opportunities to succeed, and on their pursuit of competing at the Olympics, surfers “drop out”.

Practical implications

The important role that local clubs play on athletes’ Attraction-Retention-Transition-Nurturing (ARTN) processes and success, points to the need to revisit the level of support clubs receive, especially if they are to continue laying the foundations and underpin surfers’ success at the Olympics.

Research contribution

A novel outlook on the ARTN framework has been gained by illustrating the need for structural changes on stakeholder involvement with surfer development as that need is brought on to a typically lifestyle sport transitioning into an Olympic sport.

Sotiriadou, P., Thrush, A., & Hill, B. (2023). [The attraction, retention, and transition of elite sport development pathways in surfing in Australia](#). *Managing Sport and Leisure*, 1-18. <https://doi.org/10.1080/23750472.2023.2190755>

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International perspectives on coach development

Evolving from the concept of coach education, which is generally accepted to be the more formal, didactic mode of transmitting information to coaches and prospective coaches, coach development is a relatively new field of research and practice. *Developing Sport Coaches* is a new text that supports the holistic longterm development of sport coaches as well as help aid existing sport coaches to understand their development.

Research in coach learning and coach education has raised important questions about the effectiveness, relevance and value placed on traditional coach education by sport coaches in relation to their practice. The dissatisfaction expressed by many coaches, at all stages of coaching practice, has led to the inception of coach development. This text enables coach development to be studied in higher education institutions as well as enabling organisations to embed coach developers within their organisations.

Written for the sport coaching and expanding coach development market, this book will be used by higher education institutions students as both a core and additional text to advance research and knowledge in this area. At the same time, this book is also a useful reading for practising sport coaches, coach developers and organisations who are currently examining their structures and processes to move their coaching provision from a formal coach education delivery to a more bespoke offering.

Thompson, M., Milistetd, M., Sarodo, S., Kvalsund, P., & Chipande, H. (2023). [International perspectives on coach development](#). *Developing Sport Coaches*.

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The coach developer as a system builder

This section focusses on how high-performance sport has evolved from the traditional 'athlete–coach' relationship to encompass an increasingly complex and dynamic coaching team, plus additional support staff including physiotherapists, doctors, soft tissue therapists, strength and conditioning coaches, psychologists, physiologists, biomechanists, performance analysts and career lifestyle coaches.

Kiosoglous, C. (2023). [The coach developer as a system builder](#). *Developing Sport Coaches*.

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Volunteer-led sport (and coach) development

This chapter explores the development of a new sport and the work towards establishing a National Governing Body (NGB), by case studying the sport of Pickleball in Scotland. Two of the authors of this chapter are actively involved in Pickleball and therefore draw on their experiences of the sport in Scotland to outline the lived experiences of developing a system for an emerging sport. This section of the chapter introduces the fundamentals of sport development and some of the specifics of the sport of Pickleball .

Chapman, P., Mutrie, N., & MacKechnie, S. (2023). [Volunteer-led sport \(and coach\) development](#). *Developing Sport Coaches*.

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Student-athletes' perceptions of relationship quality and life skills development

Positive developmental outcomes for youth are likely to occur when adults intentionally design environments to facilitate that development. However, in sport, studies typically examine only one adult relationship at a time, as opposed to the many that exist. The purpose of this study was to examine high school student-athletes' perceptions of how a variety of stakeholders in their sport-ecosystem contribute to their life skills development and well-being. Bronfenbrenner's Bio-Ecological Model and Prilleltensky's concept of psychopolitical validity served as a guiding framework for interviews conducted with student-athletes (N = 46) in three different states in the United States of America. Themes suggested that the student-athletes' relationships have a reciprocal interaction with their developmental experiences to create three different forms of development. Student-athletes had basic life skills recognition when learning without meaning was fostered by low-engagement relationships, development through adverse experiences when learning through necessity occurred through challenging relationships, and meaningful development when anchored learning experiences were supported by transformative relationships in their sport world. Lay summary: High school student-athletes were asked about their life skills development and how adults in their sport system influenced or hindered that development. Student-athletes favored highly engaged adults that supported opportunities by anchoring their learning in meaningful experiences. The relationship with the adult and the meaningful experience reciprocally influenced each other.

Ault, K. J., Blanton, J. E., & Pierce, S. (2023). [Student-athletes' perceptions of relationship quality and life skills development](https://doi.org/10.1080/10413200.2023.2197970). *Journal of Applied Sport Psychology*, 1-22. <https://doi.org/10.1080/10413200.2023.2197970>

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Coach developers and reflective practice: evaluating exercises, mechanisms, and challenges in facilitating reflection within novice coach education

Developing coaches as reflective practitioners is a key tenet of coach education frameworks, with coach developers playing a significant role in facilitating reflection. Consequently, the aim of this research was to explore the exercises, mechanisms, and challenges coach developers utilise and face when facilitating reflective practice within formal coach education. In-depth, semi-structured interviews were conducted with six active coach developers within an Irish sport governing body (SGB), with transcripts subject to a reflexive thematic analysis process. Findings indicated that while coach developers' understanding and conceptualisation of reflective practice varied, they each attempted to facilitate reflection through similar pedagogical practices. Specifically, coach developers' roles included adapting sessions to utilise learning opportunities, addressing the needs of coaches struggling with reflective practice mechanisms, and active engagement through prompts and feedback. While the relationship between the coach developer and coach was deemed significant in facilitating reflection, time constraints were highlighted as a major challenge when seeking to enable meaningful reflection. Furthermore, learners' motivations for, and attitudes towards, coach education influenced their engagement in reflective discussions. This research adds to the growing body of literature on coach developers by specifically highlighting the practical demands they face in facilitating reflective practice.

Costello, K., Jewitt-Beck, R., & Leeder, T. M. (2023). [Coach developers and reflective practice: evaluating exercises, mechanisms, and challenges in facilitating reflection within novice coach education](https://doi.org/10.1080/14623943.2023.2174963). *Reflective Practice*, 1-16. <https://doi.org/10.1080/14623943.2023.2174963>

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Interdisciplinary practice in performance sport: A scoping review of evidence of collaboration

Performance support teams are increasingly comprised of sub-disciplines, bringing varied expertise to support an athlete or team in achieving the desired result. With more voices in the room, however, there is a need to investigate how these individuals can effectively work together collaboratively. Accordingly, the present study reviewed empirical articles that have examined interdisciplinary practice in performance sport. In total, 22 articles met the full inclusion criteria. We discuss the four key themes that emerged from the literature linked to these contexts: namely, Theoretical frameworks, Facilitative leadership and culture, Organisational and logistical structure and processes, and Personal and interpersonal qualities. To deepen the understanding in this intricate field, conducting future research such as longitudinal studies that follow team working practices over time and delve into the lived experiences of teams, as well as the perspectives of various stakeholders, would be beneficial.

Burns, A., & Collins, D. (2023). [Interdisciplinary practice in performance sport: A scoping review of evidence of collaboration](https://doi.org/10.1080/17461391.2023.2201812). *European Journal of Sport Science*, 1-36. <https://doi.org/10.1080/17461391.2023.2201812>

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2. Développement du loisir

Leisure education in youth with developmental disabilities: Effects on individual quality of life, adaptive behavior, and family quality of life

Leisure participation enhances the learning of adaptive skills and the quality of life in youth with developmental disabilities. The goal of this study was to evaluate the effects of a leisure education program in individuals with developmental disabilities in terms of adaptive behavior and quality of life. Nine participants divided into two small groups and their families were included. A quasi-experimental design was employed to determine whether there was a program effect. The Adaptive Behavior Assessment System, the KIDSCREEN-27, and the Family Quality of Life Scale were administered before and after the intervention. There was a significant increase in social, home, and school skills as well as a better perception of quality of life in relationships with parents, social support, and school. In addition, the program affected the family's perception of practical and emotional support. Findings provide support for the application of this leisure program to enhance quality of life outcomes.

Badia, M., Pérez, B., Orgaz, B. M., & Gómez-Vela, M. [Leisure education in youth with developmental disabilities: Effects on individual quality of life, adaptive behavior, and family quality of life](https://doi.org/10.1177/17446295231168442). *Journal of Intellectual Disabilities*, 0(0), 17446295231168442. <https://doi.org/10.1177/17446295231168442>

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Designing, implementing, and evaluating a content and language integrated course on sport and leisure leadership

This paper will explore the process of planning, designing, implementing, and evaluating a Content and Language Integrated Learning (CLIL) English as a Foreign Language (EFL) course on sport and leisure leadership and human resource management. It will do this by building on previous attempts by the author to establish a comprehensive, coherent, and cohesive framework by which to teach sport and leisure leadership and human resource management. It will use materials developed by the author for the Sport and Leisure Leadership and Human Resources Course to show how this framework has evolved, how it is currently being used in the course, and how the effectiveness of this framework and

the CLIL EFL approach is being evaluated as part of a core course in the English component of the Tokai University's Department of Sport and Leisure Management Program.

Roomy, A. (s.d.) [Designing, implementing, and evaluating a content and language integrated course on sport and leisure leadership.](#)

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Le temps de l'enfant : analyse sociologique des budget-temps des enfants genevois

Ce travail se compose de deux recherches complémentaires. L'une quantitative, est une enquête sur le temps hors école de 900 enfants genevois partagés en deux groupes : les Grands (9-11 ans) et les Petits (4-6 ans) également répartis et choisis selon un tirage aléatoire par la méthode des quotas. En outre, chaque sujet de l'échantillon avait à remplir un questionnaire portant sur trois jours – clés de la semaine pour toute activité d'au moins cinq minutes du lever au coucher. L'autre est une recherche qualitative reposant sur une méthode d'interviews semi-directifs faits sur 48 sujets répartis en 24 dyades mère-enfant des milieux extrêmes : les classes dirigeantes et les classes populaires.

Casassus, P. M. d. R. (2012). [Le temps de l'enfant: analyse sociologique des budget-temps des enfants genevois: thèse présentée à la Faculté des sciences économiques et sociales de l'Université de Genève par Pelagia Marie du Rosaire Casassus.](#) Thèse de doctorat.

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How to feel better: 4 steps to self-coach your way to a happier more authentic you

When we feel broken we look to be fixed, we consume books, have therapy, diet, whatever it takes! BUT true self development is not about being 'fixed' it's about accepting the parts of yourself and then enhancing who we already are.

Focusing on evidence-based approaches, Ruth will teach you how to not just read about, but truly integrate personal development work. She'll take you through 4 key questions that encourage both self-reflection and include action-oriented tasks that will help you create sustainable results.

1. What do you want?
2. Where are you now?
3. How do you get to where you want to be?
4. How do you stay there?

Ruth started our her personal development journey when studying Psychology as she wanted to know what the f**k was wrong with her: she felt that she was different and wanted to see if there was a scientific reason.

Using tools she has developed to help train thousands of coaches, Ruth will help you to create a strong self-coaching mindset, helping you to rewire your brain, so that you can adopt new ways of thinking, feeling and behaving. She draws from a variety of disciplines including neuroscience, positive psychology, somatic and energy work to provide a truly unique self-coaching programme that is totally results focused.

Kudzi, R. (2023). [How to feel better: 4 steps to self-coach your way to a happier more authentic you.](#) Welbeck Publishing Group.

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Service delivery and programing adaptations for individuals with disabilities by municipalities and non-profit organizations during the COVID pandemic

Municipalities and nonprofit organizations play a major role in administrating services that support individuals with disabilities. The purpose of this study was to explore how these organizations responded to the COVID-19 pandemic in regards to service delivery and programming for people with disabilities. This qualitative interpretative description study used semi-structured individual interviews for data collection. Recordings of the interviews were transcribed. Then the transcripts were analyzed qualitatively for themes following an inductive approach. Twenty-six individuals working for nonprofit organization or municipalities participated in the study. Six themes were identified: doing more with less; adapting rather than creating new services; ongoing consultation with stakeholders; feeling successful at adapting the services; being innovative with fundraising and embracing radical change. Flexibility and iterative user-centered approach appeared to be common coping strategies. Remote services were privileged to adapt service delivery during the COVID-19 pandemic.

Lapierre, N., Labrie, D., Routhier, F., & Mortenson, W. B. (2023). [Service delivery and programing adaptations for individuals with disabilities by municipalities and non-profit organizations during the COVID pandemic](https://doi.org/10.1080/01621424.2023.2193560). *Home Health Care Services Quarterly*, 1-16. <https://doi.org/10.1080/01621424.2023.2193560>

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The role of activity games in the development of children with health defects

The article describes the important role of sports and active games in the process of preschool education of children with disabilities. The game, which is an important factor in the physical development of the child, is also considered as a tool of the educational process, as a means of developing the mental and spiritual qualities of the growing person. From this point of view, sports and active play work as a way of correcting and preparing children with disabilities for the most comfortable life in the future and more effective interactions with the social environment. The article shows the specific features of socialization of a child with a health defect, as well as reveals the general and specific tasks of physical education and physical development of children. The importance of the game, in particular mobile, for the entire process of preschool education as a method of comprehensive development of basic skills and abilities of the individual is explained.

Mansurovich, M. S. (2023). [The role of activity games in the development of children with health defects](#). Proceedings of International Conference on Educational Discoveries and Humanities,

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Facilitators and challenges in partnership research aimed at improving social inclusion of persons with disabilities

Purpose

To identify partnership research challenges and facilitators, as experienced by members of the Inclusive Society (IS) initiative.

Materials and methods

A case study was conducted on all partnership research projects conducted between 2017 and 2019 under the IS initiative through surveys, interviews with the IS community, logbooks, and focus group. Thematic analysis and descriptive analysis were undertaken.

Results

To work effectively with a diversity of stakeholders, winning conditions must be created for the project from the outset. These include determining the team functioning, project objectives, the expectations of each party, and agreeing on a

realistic action plan. Project implementation with concern for sustained stakeholder commitment, good working relationships, and achieving project objectives requires organizational planning that favours partner involvement, shared leadership, agreed methods for communicating, conflict resolution methods, recognition of each participant's expertise, and creating a climate of trust. Upon concluding a partnership research project, it is essential to devote time to implement project results in local environments and to ascertain their usefulness to partners.

Conclusions:

IS partnership research challenges and facilitators are similar to those identified in past research. Despite this knowledge, challenges persist. Future research could explore tools and practices from other domain to overcome partnership research challenges.

Latulippe, K., Tessier, A., Routhier, F., Raymond, É., Fiset, D., Corcuff, M., & Archambault, P. S. (2023). [Facilitators and challenges in partnership research aimed at improving social inclusion of persons with disabilities](https://doi.org/10.1080/09638288.2023.2188264). *Disability and Rehabilitation*, 1-12. <https://doi.org/10.1080/09638288.2023.2188264>

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3. Développement du plein air

A study on the safety evaluation system of outdoor children's activity space in residential area

With the rapid development of urban construction in China, the security issue has been increasingly concerned; Safety problems in urban traffic planning, architectural design, urban disaster avoidance and other fields have made great progress from theory to practice. As a small branch, the research on the safety of children's activity space in residential areas is relatively weak and needs further in-depth discussion. With the children as subjects, the safety of residential outdoor space as evaluation object, through the analysis of the related literature and group discussion, this paper selects the safety factors that affect children's outdoor space activities. Through expert questionnaire and the application of AHP method to determine the weight of the indexes, this paper constructs evaluation system and conducts a field survey in five communities. The results show that experts believe that the main factors affecting the outdoor space safety of children in residential areas are the surrounding environment safety, the safety of entertainment venues, and the safety of management and maintenance. Among them, vehicle interference, facility safety, site safety, facility maintenance are considered as the main influencing factors. The results of the questionnaire show that the residents are most worried about vehicle interference, site safety and facility maintenance, which is in agreement with the experts' considerations on safety issues. Three communities scored in between "satisfactory" and "average", one community was graded "average", and one community got the evaluation of "unsatisfactory", indicating that there are still safety deficiencies and hidden dangers in outdoor children's activity space in residential areas, which need to be further improved.

Tian, P., Kim, S., & Wang, J. (2023). [A study on the safety evaluation system of outdoor children's activity space in residential area](#). *Journal of Sociology and Ethnology*, 5(2), 36-44.

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En Norvège, des grands ensembles attentifs aux enfants

Comment les villes peuvent-elles se mettre « à hauteur d'enfant » ? Grégoire Tortosa montre comment des grands ensembles situés à Oslo et Tromsø, avant-gardistes à leur manière, ont été pensés pour favoriser le jeu libre des enfants.

Tortosa, G. (2023). [En Norvège, des grands ensembles attentifs aux enfants](#). *Métropolitiques*. eu.

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Outil d'aide à la décision pour la mise en place de mesures d'adaptation aux changements climatiques pour les activités de plein air dans les aires protégées

L'objectif de cet essai est de proposer un outil d'aide à la décision pour guider la mise en place d'une démarche d'adaptation aux changements climatiques pour les activités de plein air dans les aires protégées au Québec. Les activités de plein air sont importantes au Québec pour la santé des individus, la société, l'économie et l'environnement. Toutefois, leur pratique est influencée par les changements climatiques dont plusieurs conséquences s'observent déjà. L'adaptation est donc nécessaire pour en réduire les effets néfastes inévitables et saisir les opportunités. Un modèle basé sur la gestion adaptative convient pour intégrer la considération des changements climatiques dans les décisions de gestion et l'offre d'activités de plein air. Un cadre théorique représentant un processus itératif est proposé pour créer un outil d'aide à la décision et pour guider la mise en place de stratégies de gestion permettant d'accommoder l'incertitude liée aux changements climatiques. Ce cadre théorique définit cinq étapes qui doivent être répétées selon les observations et les nouvelles informations qui deviennent disponibles. Ces étapes sont le portrait de la situation, l'identification des conséquences sur les activités de plein air ainsi que le niveau de risque selon les projections, la sélection des mesures pour réduire la vulnérabilité, la mise en place de ces mesures et le suivi et l'évaluation.

Dufour, G. (2023). [Outil d'aide à la décision pour la mise en place de mesures d'adaptation aux changements climatiques pour les activités de plein air dans les aires protégées](#).

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Green space creation and utilization in coordination with policies for healthy cities in Japan

Over the past 18 years, policies for Healthy Cities have been introduced in Japan to promote public health and provide ample green spaces through the collaborative efforts of various sections of Japan's local governments. These efforts have been directed at such matters as the health of city residents, grounds maintenance, sport, and community development in both plan-making and implementation, and share the common goal of creating more green spaces. In this study, we reviewed policies for Green Structure Plans in coordination with Health Promotion Plans and policies for Healthy Cities in six Japanese cities, and assessed the role of policies for Healthy Cities in supporting and promoting green spaces and policies for planning green spaces in these cities. We found that the integrated planning of public health and the provision of sufficient green spaces, particularly in disadvantaged city areas, can produce significant improvements in the quality of the environment. We also determined the city size that is best suited to cross-sectional collaboration for policy development and implementation in the planning process.

Miyagawa, T., Otsuka, N., & Abe, H. (2023). [Green space creation and utilization in coordination with policies for healthy cities in Japan](#). *Cities & Health*, 1-21. <https://doi.org/10.1080/23748834.2023.2188636>

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Providing a sustainable green model for large sports venues

The rapid development of industrialization and expansion of urbanization, energy crisis, ecological destruction, environmental environment, and such issues have always been an environment for the survival and growth of human life. In recent years, the sport has been proposed as an engine of sustainable development, recognized as one of the most critical capabilities of sustainable development to promote environmental protection. The current research aimed to provide a sustainable green model for large sports venues. The method of conducting this qualitative and the Statistical research population included specialists in the research field. The statistical sample was selected by the snowball method, and their number reached 15 people. The tool and method of data collection was an individual semi-structured interview. For data analysis, Glaser's grounded theory approach was used, including two main steps actual and theoretical coding. 465 primary codes, 72 categories, and 10 main concepts were identified during the actual coding process. Among the most essential extracted concepts, we can mention cultural factors, structural stability, national and ethnic identity, green management, recycling, transportation, and traffic. In the theoretical coding stage, the final model of the research was drawn, focusing on presenting a sustainable green model of large sports venues. The development and presentation of the sustainable green model of sports venues have increased awareness in designing and building large stadiums and led to the construction of structures following the sustainability of the environment.

Salimi, M., Dadgar, H., & Taghavy, A. (2023). [Providing a sustainable green model for large sports venues.](#)

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Sport, performance and sustainability

This book examines the logic of 'faster, higher, and stronger' and the technoscientific revolution that has driven tremendous growth in the sports economy and in sport performance over the last 100 years. It asks whether this logic needs revisiting in the light of the climate crisis and sport's environmental responsibilities.

Drawing on multi-disciplinary work in sport history, sport pedagogy, sport philosophy, sport science, and environmental history, the book considers not only how sportification may have contributed to the growing environmental impact of sport but also whether it might be used as a tool of positive social change. It reflects on the ways that sport sets performance limits for other ethical reasons, such as doping controls, and asks whether sport could or should set limits for environmental reasons too. *Sport, Performance and Sustainability* touches on key themes in sport studies, including digitisation, activism, social media, empowerment, youth sport, and physical education.

This is fascinating reading for anybody with an interest in sport, the environment, development, sociology, or culture.

Svensson, D., Backman, E., Hedenborg, S., & Sörlin, S. (2023). [Sport, performance and sustainability.](#) In: Taylor & Francis.

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4. Développement de l'activité physique

The role of physical exercise in promoting a healthy lifestyle

This article discusses the role of national games in the formation of the younger generation in the educational process, enriching their psyche with folk gems and the rational use of national values. He also gave examples of our national games and their importance in our lives. separately.

Nazarov, Z. (2023). [The role of physical exercise in promoting a healthy lifestyle](#). *Web of Synergy: International Interdisciplinary Research Journal*, 2(4), 472-475.

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Significance of physical education today

This article is dedicated to the science of "Physical education theory and methodology" and its importance and development in the Republic of Uzbekistan. In the article, all points are analyzed and proved with the help of examples.

Jabborov, U. (2023). [Significance of physical education today](#). *Web of Synergy: International Interdisciplinary Research Journal*, 2(4), 363-366.

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Pedagogical approach in physical education

In modern times, Physical Education is one of the most exciting and dynamic subjects. This subject has changed dramatically during the last 50 years. It has expanded in different areas from school to non-school setting and from school-aged children to people of all ages. Earlier, physical education was generally understood as physical activities either in school time table or some free hand exercises, games, sports, racing, swimming, etc. If we look at the Indian history of physical education after Independence, a number of schemes were launched by the Government of India for schools, where every student must participate in physical activities. We can witness the growing interest in games and sports exemplified by the fitness boom and the wellness movement. Sports events receive worldwide coverage. In schools, students like sports and other forms of physical activities, which help to achieve and maintain their health and well-being. The work of the school pedagogue has fundamental importance in the functioning of the educational process and no other educational and professional profile of a school worker can replace the work and function of the school pedagogue in schools. The benefit of physical activity is incredibly great and should not be missed in any developmental period. Any lack of physical activity, in different developmental periods, will catch you in the next one, and then the next one, and then there are serious repercussions in child's health.

Gacov, S. (2022). [Pedagogical approach in physical education](#). *Physical education, sport, kinesitherapy research journal*, 6(1), pp. 12-19

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Physical education and sports: current status and future prospects in educational system

Physical activity and healthy sports are essential for our health and well being. Appropriate physical activity and sports for everyone constitute one of the major components of a healthy life of a human being and healthy diet, alcohol and tobacco and other drugs free life and avoidance of other substances harmful to health. Development around the world

has made Physical Education and Sports an important part of human life and specially for education of everyone. Hence in recent years due importance to physical education teaching and sports is being given proper attention in our education system. Sports person are considered to be the best ambassadors of the country and the same is also true for a teacher in physical education in Schools and Colleges. In present system our society is facing a very big problem related to health. The present scenario doesn't seem to be encouraging as there is reduced demand for physical education instead of increased risk of life for a common people. In the present research paper the current scenario of physical education and sports in our country. The study also observed the existing status of physical Education and sports development in the country.

Dubey, S. D., & Rajajipuram, L. (2022). [Physical education and sports: Current status and future prospects in educational system](#). *13*(2), pp. 222-227

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Integration of self-efficacy in digital-based physical training in increasing physical activity of young women

This study aims to test the integration of self-efficacy into physical training digitally by increasing the physical activity of young women. Social Cognitive Theory (SCT), by integrating self-efficacy in training and rehabilitation programs, has been used to address health problems. With the help of social support, a person's physical activity can be predicted. This study is based on the low physical activity of young women during the COVID-19 pandemic, which can affect the quality of health and social development. This study is an experimental study using a randomized pretest-posttest control group design. The instrument used to collect the data is the International Physical Activity Questionnaire (IPAQ) for young and middle-aged adults (15–19) and then processed with independent t test analysis techniques. The results of the average scores of knowledge, attitudes, and levels of physical activity in the control group did not differ markedly before and after the intervention. Whereas in the experimental group, the difference before and after the intervention was significant (t count = 6.9159; t table 1.6848 and 2.022; t count > t table), and the average value of the aforementioned factors increased after the intervention. The results of this study revealed that the use of digital media in physical exercise with the integration of self-efficacy can increase the physical activity of young women, and digital media can be effective in improving health-based behaviors. Sociodemographic variables such as the level of motor skills appear to be significant predictors of self-efficacy for coping with sedentary behavior. Understanding self-efficacy predictors for coping with sedentary behavior can help physical education integrate the emotional dimensions of health into physical education interventions, identify groups based on level, customize messages, and prioritize resources in shaping pro-health behavior.

Oktadinata, A., Nugraha, U., & Yuliawan, E. (2023). [Integration of self-efficacy in digital-based physical training in increasing physical activity of young women](#). *Journal Sport Area*, *8*(1), 131-140.

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Strategies to improve access to physical activity opportunities for people with physical disabilities

Community-based physical activity opportunities have been shown to help adults with physical disabilities improve their participation in daily activities and reduce social isolation. Despite the known benefits, substantial barriers and challenges inhibit accessibility to these physical activity opportunities.

To facilitate the co-construction of strategies to overcome accessibility issues pertaining to community-based physical activity opportunities.

In total, 45 individuals with physical disabilities, patients at a rehabilitation hospital, staff members of disability organizations, staff of local or provincial government agencies/departments, kinesiologists, occupational therapists, graduate students, and peer mentors participated in one of four World Cafés held in their respective cities. World Café is a methodology for fostering collaborative, solution-focused conversation that aims to solve problems through collective

intelligence. Participants were divided into groups of three to four people and invited to engage in evolving rounds of discussions responding to prompts about accessibility to physical activity in their communities. Transcripts were analyzed using content analysis.

In total, 17 strategies were identified, addressing 5 areas: representation and visibility (e.g., prioritize hiring people with a disability), finances (e.g., reduce direct costs for participants), connection and social support (e.g., foster social networks that provide informational support), education and programming (e.g., enhance awareness of existing services and resources), and government programs and policies (e.g., enforce accessibility standards for indoor and outdoor spaces).

The findings of this study provide strategies and practical applications for community programs and governments to consider for increasing access to physical activity opportunities for people with physical disabilities.

Herbison, J. D., Osborne, M., Andersen, J., Lepage, P., Pagé, V., Levasseur, C., Beckers, M., Gainforth, H. L., Lamontagne, M.-E., & Sweet, S. N. (2023). [Strategies to improve access to physical activity opportunities for people with physical disabilities](https://doi.org/10.1093/tbm/ibac119). *Translational behavioral medicine*. <https://doi.org/10.1093/tbm/ibac119>

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Rapport mondial de situation sur l'activité physique 2022

Aider davantage de personnes à être plus actives par la marche, le vélo, le sport et d'autres activités physiques présente d'énormes avantages non seulement pour la santé physique et mentale, mais aussi pour la société, l'environnement et l'économie. Cependant, ce premier rapport mondial de situation sur l'activité physique montre que les progrès accomplis par rapport à la cible fixée dans le Plan d'action mondial consistant en une réduction relative de 15 % de la prévalence de l'inactivité physique d'ici à 2030 sont lents et inégaux. La pandémie de COVID-19 a encore aggravé la situation.

Organisation mondiale de la Santé. (2023). [Rapport mondial de situation sur l'activité physique 2022](#).

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Cost-effectiveness of physical activity programs and services for older adults: a scoping review

Background

Evidence supporting physical activity for older adults is strongly positive. Implementation and scale-up of these interventions need to consider the value for money. This scoping review aimed to assess the volume of (i) systematic review evidence regarding economic evaluations of physical activity interventions, and (ii) of cost utility analysis (CUA) studies (trial- or model-based) of physical activity interventions for older people.

Methods

We searched five databases (January 2010 to February 2022) for systematic reviews of economic evaluations, and two databases (1976 to February 2022) for CUA studies of physical activity interventions for any population of people aged 60+ years.

Results

We found 12 potential reviews, two of which were eligible for inclusion. The remaining 10 reviews included eligible individual studies that were included in this review. All individual studies from the 12 reviews (n = 37) investigated the cost-effectiveness of structured exercise and most showed the intervention was more costly but more effective than no intervention. We identified 27 CUA studies: two investigated a physical activity promotion program and the remainder investigated structured exercise. Most interventions (86%) were more costly but more effective, and the remaining were cost-saving compared to no intervention.

Conclusions

There is a scarcity of reviews investigating the value for money of physical activity interventions for older adults. Most studies investigated structured exercise. Physical activity interventions were generally more effective than no intervention but more costly. As such an intervention could be cost-effective and therefore worthy of wider implementation, but there is a need for more frequent economic evaluation in this field.

Pinheiro, M. B., Howard, K., Oliveira, J. S., Kwok, W. S., Tiedemann, A., Wang, B., Taylor, J., Bauman, A., & Sherrington, C. (2023). [Cost-effectiveness of physical activity programs and services for older adults: a scoping review](https://doi.org/10.1093/ageing/afad023). *Age and Ageing*, 52(3). <https://doi.org/10.1093/ageing/afad023>

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5. Sécurité et intégrité dans les sports

PROTOCOL: Participation in organised sport to improve and prevent adverse developmental trajectories of at-risk youth: A systematic review

This is the protocol for a Campbell systematic review. The main objective of this review is to answer the research question: What are the effects of organised sport on risk behaviour, personal, emotional and social skills of young people, who either have experienced or is at-risk of experiencing an adverse outcome? Further, the review will attempt to answer if the effects differ between participants characteristics such as gender, age and risk indicator or between types of sport (e.g., team/individual, contact/non-contact, intensity and duration).

Filges, T., Verner, M., Ladekjær, E., & Bengtsen, E. (2023). [PROTOCOL: Participation in organised sport to improve and prevent adverse developmental trajectories of at-risk youth: A systematic review](#). *Campbell Systematic Reviews*, 19(2), e1321.

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Encountering unsettling stories of sport coaching violence: practitioner reflections on attending an interactive and immersive installation on the topic of abuse in sport

This study examines sport practitioner experiences of an interactive installation, bringing to life athlete voices on the experience of abuse in sport. Guided by art-informed pedagogy, an immersive audio-visual experience was constructed. Sport practitioners, including sport coaches and sport psychologists, were invited to attend the exhibition. Sixty participants attended, 31 (n = 31, 15 females, 16 males, Mage = 27.4) provided post-event qualitative questionnaire reflections and seven (n = 7, 2 males, 5 females, Mage = 37.1) participated in semi-structured interviews to develop an in-depth insight into their experiences of the event. Our findings demonstrate that: (1) practitioners experienced the physical space of the event as “moving” and “difficult” both physically and emotionally, (2) the experience reverberated beyond the event, compelling participants to reflexively make sense of their emotions, and (3) empowered thoughts around practice and change. We reflect on the potential of interactive approaches to sharing data on sensitive topics within practitioner education.

Kavanagh, E., Adams, A., & Harvey, T. (2023). [Encountering unsettling stories of sport coaching violence: practitioner reflections on attending an interactive and immersive installation on the topic of abuse in sport](#). *Sports Coaching Review*, 1-21.

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Fraud vulnerabilities in sport federations: the role of culture, leadership, and control

Research question

Fraud is a major threat to the integrity of sports. Sport federations play a key role in safeguarding the integrity of their sport thus emphasizing the importance of internally strengthening their practices. However, a lack of research exists in understanding meso-level processes that contribute to organizations vulnerabilities to fraud. Drawing from the Organizational Fraud Triangle (OFT), this research examines the role of culture, leadership, and management controls that aims to provide insights into organizational processes, which contribute to sport federations? vulnerability to fraud.

Research method

Primary (17 semi-structured interviews) and secondary data (archival documents) were collected within five sport federations across three sports in Belgium.

Results and Findings

Sport federations increasingly act against fraud. Federations engage in (in)direct fraud prevention by addressing matters of transparency and communication. However, federations struggled to address their vulnerability to fraud beyond implementing management controls which mainly target athletes rather than governance processes. Furthermore, despite accepted effective fraud safeguarding practices, existing initiatives were not fully embedded throughout the respective sports? cultures.

Implications

This study recommended a broader perspective within anti-fraud narratives, where leadership and culture are cornerstones in developing and embedding preventive fraud measures within sport federations. Likewise, by applying the OFT we introduce a novel perspective to assess fraud vulnerability in sport federations.

Souvenir, G., Schyvinck, C., Kihl, L. A., Hardyns, W., Vermeersch, A., & Willem, A. (2023). [Fraud vulnerabilities in sport federations: the role of culture, leadership, and control](https://doi.org/10.1080/16184742.2023.2189923). *European Sport Management Quarterly*, 1-24. <https://doi.org/10.1080/16184742.2023.2189923>

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Sport policy across the United Kingdom: A comparative analysis

This book provides a comparative analysis of sport and physical activity policies, processes, and practices across the home nations (England, Scotland, Wales, and Northern Ireland) of the United Kingdom.

Drawing upon in-depth analysis by internationally recognised experts within the sport policy and management field, and applying a novel analytical framework, this book offers the first comprehensive intra-country comparison of the most significant features of the sporting infrastructure across the home nations. With chapters focusing on each of the four nations in detail, followed by a comparative chapter that identifies themes regarding the evolution of sport policy across the UK, the book examines the differences and similarities across elite, community, and school sport policy. It provides an important insight into how sport policy interacts with national and devolved political structures and with sociocultural factors to drive both elite sporting success and community sport development.

This book is essential reading for any student, researcher, policymaker or sport practitioner with an interest in sport policy, sport development, sport management, public policy, or politics.

Dowling, M., Harris, S., & Mackintosh, C. (2023). [Sport policy across the United Kingdom: A comparative analysis](#). Taylor & Francis.

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The missing gender: Examining the barriers to women's participation in sports in India

The advent of modernity has changed the sports landscape of the world, wherein all barriers, especially gender discrimination, have been broken, with men and women competing shoulder to shoulder in the sports arena. However, the sports landscape in India is completely different, as all the major sports activities are dominated by men. The aim of this study is to classify and rank the barriers that deter women's participation in sports in India. For achieving this objective, a multi-criteria decision-making technique of Interpretive Structural Modelling (ISM) and MICMAC analysis has been used for relative ranking and classification of barriers that lead to gender discrimination in sports in India. The study encapsulates significant barriers that hinder women from actively participating in sports in India. The findings of our study suggest that economic barriers, lack of sporting infrastructure and culture, lack of potential career opportunities, knowledge barriers, and socio-cultural barriers are vital reasons that have implications for limiting women's participation in sports and society alike. From a policy perspective, the proposed model will help identify the key barriers that ought to be addressed to bridge the gap between men and women in the sports sector in India.

Das, D., Kumar, P., Dixit, A., & Vivek. (2023). [The missing gender: Examining the barriers to women's participation in sports in India](#). *Business Perspectives and Research*, 22785337221148557.

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Gender differences in university students' levels of physical activity and motivations to engage in physical activity

The transition of students to the university stage is a critical period in which there are numerous changes that could influence their lifestyles. The aim of this research was to analyse the levels of physical activity and the types of motivation for physical activity among university students according to gender. A quantitative, descriptive, and cross-sectional survey methodology was used. A total sample of 3060 university students, 47.8% women and 52.2% men, with a mean age of 20.88 ± 2.01 years was recruited. The sampling margin of error was $\pm 1.85\%$. The short form of the International Physical Activity Questionnaire and the third version of the Behavioural Regulation in Exercise Questionnaire were used to evaluate MVPA and motivations to exercise, respectively. Two-way ANCOVA and a mediation analysis were performed. The most relevant results show that less than half of the university men and women are considered physically active. Furthermore, when analysing the interaction between motivation and gender, a large effect in identified motivation ($F = 65.03$; $p \leq 0.001$) and integrated motivation ($F = 324.58$; $p \leq 0.001$) and a medium one intrinsic motivation ($F = 169.39$; $p \leq 0.001$) was found. Therefore, women university students have lower levels of physical activity practice than men students and show higher external motivation and demotivation.

Espada, M., Romero-Parra, N., Bores-García, D., & Delfa-De La Morena, J. M. (2023). [Gender differences in university students' levels of physical activity and motivations to engage in physical activity](#). *Education Sciences*, 13(4), 340. <https://www.mdpi.com/2227-7102/13/4/340>

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