

Voici une compilation de la recension de mai 2023. Vous y trouverez 41 références.

Bonne lecture !

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6. Genre, sport et loisir

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



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1. Développement du sport

The pandemic crisis and its impact on sport

The article describes the changes in the functioning of media-dependent professional and competitive sport caused by the COVID-19 pandemic. It addresses the strong dependence of sport on electronic media; the consequences of a break in the production of sports broadcasts for the media, sports organisations and athletes; and pandemic remedial strategies. A discussion of the role of sport in contemporary consumer culture and its importance in the development and reduction of the impact of the pandemic is also presented.

Lenartowicz, M. (2023). [The pandemic crisis and its impact on sport](#). *Acta Universitatis Lodzianis. Folia Sociologica*(84), 5-18.

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Preparing for esports competitions: gaming communities of practice

Communities of practice are groups of people united by a passion for something, who deepen their knowledge and experience in their field through ongoing interactions. This article focuses on the importance of institutionalized relationship networks and mutual recognition in preparation for esports competitions. The study represents inductive, qualitative analyses. Individual in-depth interviews were conducted with players (n = 12) that have significant achievements in Magic: The Gathering (MTG) competitions. In the social world of MTG enthusiasts, numerous groups reflect the functionality of a community of practice. These groups constitute a fundamental aspect of preparation for top-level MTG tournaments. Examples of the functioning of so-called testing groups among MTG enthusiasts allow the formulation of a new analytical category – the gaming community of practice. Contrary to stereotypes, the presented study supports the thesis about the significant role of video games in the formation of social competencies and the creation of specific communities, which is particularly important in the context of the COVID-19 pandemic.

Jasny, M. (2023). [Preparing for esports competitions: gaming communities of practice](#). *Acta Universitatis Lodzianis. Folia Sociologica*(84), 75-86.

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Developmental outcomes for young people participating in informal and lifestyle sports: A scoping review of the literature, 2000–2020

The aim of this study is to review the literature on lifestyle sports and lifestyle sport contexts with regard to the developmental potential they may represent in young people's everyday lives. The review applies a relational developmental systems approach to youth development. The eligibility criteria are based on the phenomenon of interest and outcomes. Hence, we include studies examining the associations between young people performing lifestyle sports and potential developmental outcomes: mental, biological, social, and behavioral. The present study shows that the volume of research on informal lifestyle sport is rather extensive and that studies on the way these activity contexts may affect developmental processes in youth are diverse and wide ranging. The studies suggest that performing lifestyle sports may have several beneficial health and skills outcomes. Furthermore, positive associations are suggested between involvement in lifestyle sport contexts such as climbing, snowboarding, parkour, tricking, kiting, and surfing and (a) mental outcomes such joy, happiness, freedom, euphoria, motivation, self-efficacy, and well-being; (b) social outcomes such as gender equality, network building, social

inclusion, interaction, friendship; and (c) behavioral outcomes such as identity, creativity, and expressions of masculinity and/or femininity. The review performed indicates that lifestyle sport contexts are flexible according to needs and desires that exist among the practitioners and that the human and democratic origins of these contexts make them supportive for positive movement experiences and for positive youth development. The findings have implications for PE teachers, social workers, policymakers, sport organizations, and urban architecture, in that providing lifestyle sport opportunities in the everyday lives of young people will foster a holistic development in a positive way.

Säfvenbom, R., Strittmatter, A.-M., & Bernhardsen, G. P. (2023). [Developmental outcomes for young people participating in informal and lifestyle sports: A scoping review of the literature, 2000–2020](#). *Social Sciences*, 12(5), 299.

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The importance of sport activity for adolescents. Italy" actual problems of science and education in the face of modern challenges"

This article analyzes information on the important role of sport for teenagers and its benefits in social life, related to diseases, weight gain or personal development.

Erkinovna, K. S. (2023). [The importance of sport activity for adolescents. Italy" actual problems of science and education in the face of modern challenges"](#). 14(1).

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Sport organisations' contribution to migrants' social inclusion in Italy: a sociological insight

The extensive involvement of Italian sport organisations in delivering various social and humanitarian services and activities to migrants, along with the peculiarity of the country, offered the ground to the conceptualisation of this paper. This study aims to discuss the contributions of sport to migrants' social inclusion through a review of the pertinent literature and the use of a Qualitative Document Analysis (QDA) to examine a group of projects and interventions carried out in Italy. In Italy, the third sector, and in particular, sport for all organisations, develop several initiatives to respond to the heterogeneous needs of the migrants, including educational and communication campaigns, research activities and direct participation of migrants in sport events and tournaments. Our study highlights the importance of overcoming the lack of homogeneity in those projects and interventions with common and shared strategies, and the importance of educating and training coaches and other professionals for working in these contexts. The findings also led us to propose a conceptual framework with the critical areas of intervention for research and sport-based projects: social inclusion, settlement, positive development and social capital.

Digennaro, S., & Falese, L. (2023). [Sport organisations' contribution to migrants' social inclusion in Italy: a sociological insight](#). *Sport in Society*, 1-18. <https://doi.org/10.1080/17430437.2023.2211018>

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Adaptive sport as affirmation: “We focus on our strengths, not our disabilities”

This paper offers a counter-narrative to the stereotype of people with physical and cognitive impairments being less inclined to participate in athletic activities. It contributes to the affirmative model proposed by Swain and French, which posits a non-tragic view of disability that encompasses positive social identities. We employed the tools of ethnography and phenomenology to explore the adaptive athlete experience among individuals practicing various sports and exhibiting divergent levels of proficiency. Findings confirm the appropriateness of the affirmative model and provide examples of movement from the state of liminality to that of *communitas* as defined by Victor Turner.

Schwartz, N. A., & von Glasco, C. A. (2023). [Adaptive sport as affirmation: “We focus on our strengths, not our disabilities”](#). *Plos One*, 18(5), e0283842.

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Youth voices creating healthy eating and physically active environments in schools

Objective: The objectives of this study were to (1) measure the acceptability of Students As LifeStyle Activists (SALSA) Youth Voices (SYV) programme, (2) determine the skills gained by peer leaders from their participation in SYV and (3) determine whether peer leaders were able to design and implement an action to promote healthy eating and physical activity in their school.

Design: Process evaluation.

Setting: Peer leaders (aged 15–16 years) from high schools in Western Sydney, Australia.

Method: We conducted a process evaluation to determine the reasons why students participated in SYV, which workshop activities they enjoyed, the skills they gained from participating in SYV and whether the actions were designed and implemented. Peer leaders completed an online survey at the end of the Leadership Day. The peer leaders then presented their actions at an SYV Action Day event and completed a further online survey.

Results: Eighty-four peer leaders from seven high schools in Western Sydney participated in SYV. Peer leaders reported their involvement with the SYV programme as positive, with 68% rating it as ‘very valuable’. Skills gained by the peer leaders included teamwork (90%), communication (85%), leadership (77%) and confidence (65%). Peer leaders planned and devised actions, which included installing water refill stations, fitting the school gymnasium with new equipment, redesigning girls’ sports shorts, and other strategies to engage girls in physical activity. Students from all seven schools presented their actions to receive feedback and expressed confidence that their actions were sustainable.

Conclusion: The SYV programme showed that providing peer leaders with ownership of their actions was successful in creating healthy school environments, while building leadership, teamwork, communication skills and confidence in adolescents.

Shah, S., Rizzo Liu, K., Lockett, C., & Sainsbury, E. [Youth voices creating healthy eating and physically active environments in schools](#). *Health Education Journal*, 0(0), 00178969231173266. <https://doi.org/10.1177/00178969231173266>

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The coach's role in young athletes' emotional competence and psychological well-being

This paper presents a model that analyses the relationship between the coach's emotional competences and the training climate as predictors of the youngsters' emotional competences and psychological well-being. In the present study, 309 athletes and 17 coaches participated in the study. A general predictive model was estimated with path analysis and the maximum robust likelihood (MLR) estimation method. The results showed that the coach's emotional competences are associated with autonomy-supportive climates ($\beta = .15, p < .005$). This climate is related to youth's emotional competences ($\beta = .30, p < .005$) and lower emotional ($\beta = -.27, p < .005$), behavioural ($\beta = -.51, p < .005$), and social ($\beta = -.33, p < .005$) symptomatology. These results have important practical implications in designing interventions that promote coaches' emotional competences given its association with autonomy-supportive climates, which in turn are related to athletes' emotional competences and psychological well-being.

San José, I. A., Martínez-Pampliega, A., Santamaría, T., & Ramos, L. M. (2023). [The coach's role in young athletes' emotional competence and psychological well-being](#). *International Journal of Emotional Education*, 15(1), 136-151.

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National Paralympic sport policies influencing a country's Paralympic success

The Paralympics Games are increasing in competitiveness as more countries seek top medal outcomes. In response, governments are focusing on the development and implementation of effective national sport policies/systems to optimise Paralympic success. However, little is known about national sport policy influencing a country's Paralympic success. Indeed, the literature on national elite sport policy has focused on Olympic sport and emerging Paralympic sport studies are limited to a country/sport. The aim of this research was to identify key national Paralympic sport policy interventions influencing a country's Paralympic medal outcomes. This exploratory qualitative study was informed by a realist perspective, and by the social relational and human rights models of disability. Twenty-three semi-structured interviews were conducted with national Paralympic sport managers from the United Kingdom, Australia, France and Canada, and the data was analysed using qualitative descriptive analysis. Findings confirm that existing national Olympic sport policies are also important for Paralympic success, however, within these policies, parasport-specific processes were identified, and two policy interventions unique to Paralympic sports were found: integration of disability-specific and Paralympic sport knowledge in the sporting system, and a national framework for Paralympic athlete classification. This study advances knowledge on national Paralympic sport policies and suggests that researchers, evaluators, and practitioners need to account for Paralympic-specific policies and processes. Tailoring policies to the specificities of the Paralympic domain may provide competitive advantage in the Paralympic Games. This study argues for further research to understand how the identified policy interventions may be influenced by the country's context.

Pankowiak, A., Brockett, C., De Bosscher, V., & Westerbeek, H. (2023). [National Paralympic sport policies influencing a country's Paralympic success](#). *International Journal of Sport Policy and Politics*, 1-21. <https://doi.org/10.1080/19406940.2023.2196992>

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An assessment of recreational directors' leadership performance level and implementation of volunteer coach training programs

Purpose: In the United States, youth sports programs primarily rely on volunteer coaches. Most coaches do not receive formal training about the sport they coach (Wiersma & Sherman, 2013). DiSanti (2019) discusses how participation numbers have dropped in recreation-based youth sports while rising in travel ball teams. The lack of formal training programs for volunteer coaches and limited access to the standardized curriculum for existing training programs has resulted in untrained volunteer coaches with limited practical experience or knowledge attributed to declining. These factors have contributed to youth sports participation rates and warrant further investigation of volunteer coach training programs (Fawyer et al., 2020). Sjøvik

(2017) discovered that the lack of follow-up, time, organizational factors, and support from officials has strained coaches from reaching their full potential. The training process follows closely with leadership qualities and characteristics (Michalski & Lee, 2021). Previous research has utilized the Leadership Scale for Sport (LSS) to measure a leader's high and low-performance levels within the sporting industry (Chelladurai & Saleh, 1980). The present study seeks to examine recreational directors' leadership skills - high or low performing as assessed by the Leadership Scale for Sport (LSS) - are implementing a training program for youth sport coaches.

Design: The decrease in youth sports participation has been linked to the lack of coach training offered at recreational departments (Søvik, 2017). Currently, this study used situational leadership theory as a framework regarding the LSS. The LSS assessed recreational directors' leadership performance as high or low. To determine the leadership performance (i.e., high or low) of recreation directors, the research conducted a survey from a sample of recreation directors in the states of Alabama, Florida, and Georgia. Respondents were prompted to describe the nature of their training programs for volunteer coaches, if applicable, and results compared accordingly utilizing one way ANOVA. The survey was sent to parks and recreation directors within the Southeastern region in the following states Alabama, Georgia, and Florida to bridge the literature gap.

Findings: ANOVA was utilized because this study observes more than three or more variables. The five subscales are training, autocratic, democratic, social support, and positive feedback. The three states (Alabama, Georgia, and Florida) were surveyed. The answer "Always" was higher than the other possible answers in the training behavior section (questions 1-5). This concluded that directors show a higher performance in leadership with training aspects than those directors that answered often, occasionally, seldom, and never. Autocratic behavior answers shifted from "Always", to "Seldom" and "Never". According to Chelladurai and Selah (1980), this indicated directors as high performing. This set of answers reflects differently than the first five questions. The remaining questions under Democratic Behavior, Social Support, and Positive Feedback showed that directors who answered "Always" or "Often" were noticed as a high performing director. The overall results of this study revealed that parks and recreation directors seem to function at high-performing levels in reference to their interactions with volunteer coaches.

Gilmore, T. R. (2023). [*An assessment of recreational directors' leadership performance level and implementation of volunteer coach training programs*](#) (Doctoral dissertation, Troy University).

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Burnout in adolescent elite athletes: A pilot study on an Austrian student sample

Objectives: Adolescent elite athletes are generally exposed to considerable stress. This study investigated the extent and intensity of burnout in adolescent athletes attending an elite Austrian sports school.

Methods: The German version of the Athlete Burnout Questionnaire (ABQ) and additional questions on burnout-related risk factors were applied to a sample of 63 students.

Results: The data show a substantial burden of burnout in the student sample, compared to a sample of adult endurance athletes. Burnout was negatively associated with training duration and with a perspective onto a professional sports career, and positively associated with thoughts about finalizing sports, with the number of injuries, and with high levels of success-related psychic pressure.

Conclusions: Burnout in adolescent elite athletes at an Austrian sports school was evident in number and severity. Psychological factors like doubts on the career, perceiving a professional perspective in sports, self-efficacy, or sense-making may interact with contextual factors in a circular way.

Schorb, A., Aichhorn, J., Schiepek, G., & Aichhorn, W. (2023). [*Burnout in adolescent elite athletes: A pilot study on an Austrian student sample*](#). *Sports Psychiatry: Journal of Sports and Exercise Psychiatry*.

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Behavior analysis and sports performance

This chapter discusses applied behavior analysis interventions for enhancing sports performance. The chapter discusses the importance of sports, the different types of sports and target behaviors, the ages and populations that have been targeted, the different types of interventions evaluated in research, and current issues and future research directions.

Miltenberger, R. G., & Schenk, M. J. (2023). [Behavior analysis and sports performance](#). In J. L. Matson (Ed.), *Handbook of Applied Behavior Analysis: Integrating Research into Practice* (pp. 875-888). Springer International Publishing.

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Measuring the legacies of sports mega events: a systematic review

Problem Statement: The legacies left by Sports Mega Events (SMEs) have been the object of research, studies, and analyses in different fields of science, generating conflicting views on whether they are beneficial or not for the host country or city. Considering this, science emphasizes its scope of research with the intention of understanding, investigating, analyzing, and/or developing proposals that can measure the legacies left behind by SMEs.

Purpose: The purpose of this study was to conduct a systematic review with mixed literature of qualitative convergence regarding the measurement of legacies from SMEs. Approach: A mixed systematic review of qualitative convergence, which aims to transform results from qualitative and quantitative studies into qualitative findings, was conducted on three scientific databases in Portuguese, Spanish, and English languages, in accordance with the PRISMA protocol.

Results: In total, 147 publications were found by the search. After applying the inclusion and exclusion criteria, 13 articles were included in the review. Content analysis using two analytical categories (theoretical implications and practical applications) was used to conduct the discussion. The theoretical implications category reveals articles that formulate concepts and express conceptual proposals for measuring legacies. The practical applications category contains articles with empirical studies that seek to somehow measure legacies.

Conclusions: The data reveals that there are theoretical and practical studies about measuring the legacies of SMEs, especially in the fields of sports management and tourism. However, there is a lack of empirical studies that measure or demonstrate the positive and negative results stemming from SME legacies.

Reis, R., Telles, S., & Teixeira, M. (2023). [Measuring the legacies of sports mega events: a systematic review](#). *Reis*.

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The Influence of a Coach: Biblical principles from A to Z

The pressures of life can mount on the shoulders of the best coaches. Nevertheless, overwhelmed by the issues of family, athletes, coworkers, and others in academic, professional, and athletic settings, each coach, no matter the level of struggle, has an opportunity to consult with the Holy Spirit and community, humbly applying wisdom through down the earth principles to encourage through non-judgemental lenses. Coaches occupy a critical leadership position through righteous character, influence, and real-life stories strategically relayed through practical applications to build self-confidence and meet those they lead where they are.

Sports coaches to CEOs can use clear examples and real stories outlined in this devotional to hone their skills to bring out the best in their team (in the field and off) to become more effective and inspiring leaders, ensuring that every moment matters and they are intentional in all they do.

This devotion will challenge and equip coaches to strategically occupy their rightful position to change lives.

King Jr, K. (2023). [The Influence of a Coach: Biblical principles from A to Z](#). Kelvin King Jr.

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Invariance testing of the adult-oriented sport coaching survey across masters athletes' age, gender, competition level, and sport

The Adult-Oriented Sport Coaching Survey (AOSCS) is a valid and reliable measure of coaches' and Masters athletes' perspectives of how often adult-oriented coaching practices are used. However, Masters athletes' heterogenous traits have been acknowledged as barriers to generalizing research findings on coaching behaviors. Therefore, this study aimed to conduct invariance testing of the AOSCS across groups of Masters athletes based on age, gender, competition level, and sport grouping variables. A sample of 616 Masters athletes (61.9% female, 37.5% male; Mage = 54.47 years, SD = 10.82) completed the AOSCS-A (athlete version) and demographic questions. The results indicated the AOSCS-A demonstrates configural, metric, scalar, and strict invariance across Masters athletes that differed on age, gender, competition level, and sport. This evidence advances the AOSCS-A as an assessment tool by ensuring confidence in the measurement and interpretation of adult-oriented coaching practices reported by Masters athletes, irrespective of age, gender, competition level, and sport.

Motz, D., Rathwell, S., Callary, B., & Young, B. W. (2023). [Invariance testing of the adult-oriented sport coaching survey across masters athletes' age, gender, competition level, and sport](#). *Measurement in Physical Education and Exercise Science*, 1-14.

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2. Développement du loisir

Interventions to promote healthy lifestyle behaviors in children and adolescents in summer day camps: a scoping review

Background : Children and adolescents have suboptimal physical activity and eating habits during summer breaks. Unlike the school setting, there is little evidence on interventions to promote healthy lifestyle behaviors in Summer Day Camps (SDCs).

Methods : The aim of this scoping review was to examine physical activity, healthy eating, and sedentary behavior interventions in the SDCs. A systematic search on four platforms (EBSCOhost, MEDLINE, EMBASE, and Web of Science) was performed in May 2021 and was updated in June 2022. Studies related to promoting healthy behaviors, physical activity, sedentary behaviors and/or healthy eating among campers aged 6 to 16 in Summer Day Camps were retained. The protocol and writing of the scoping review were done according to the guidelines of the "Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for scoping reviews (PRISMA-ScR)".

Results : Most interventions had a positive effect on the behavioral determinants or the behaviors themselves (i.e., physical activity, sedentary behaviors, or healthy eating). Involving counsellors and parents, setting camp goals, gardening, and education are all relevant strategies in promoting healthy lifestyle behaviors in SDCs.

Conclusions : Since only one intervention directly targeted sedentary behaviors, it should strongly be considered for inclusion in future studies. In addition, more long-term and experimental studies are needed to establish cause-and-effect relationships between healthy behavior interventions in SDCs and behaviors of children and young adolescents.

Larose, D., Chih-Shing Chen, M., Panahi, S., Yessis, J., Tremblay, A., & Drapeau, V. (2023). [Interventions to promote healthy lifestyle behaviors in children and adolescents in summer day camps: a scoping review](https://doi.org/10.1186/s12889-023-15521-1). *BMC Public Health*, 23(1), 773. <https://doi.org/10.1186/s12889-023-15521-1>

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Final project report Greater Manchester physical activity, sport and movement volunteering

This report presents the key research activities conducted for a GreaterSport-commissioned project ‘Greater Manchester Physical Activity, Sport and Movement Volunteering,’ and discusses findings and recommendations drawn from these activities. The overall goal of this project is to help GreaterSport attain its central aim: ‘To work alongside VCSE (voluntary, community and social enterprise) sector organisations to create a collective understanding of how to develop a systemic approach to volunteering in physical activity, sport and movement across Greater Manchester.’

This goal is accompanied by three objectives:

- 1) Understand the value and impact of building relationships between VCSE infrastructure organisations and voluntary led physical activity organisations and groups.
- 2) Identify the underlying trends, inequalities, and barriers within physical activity, sport and movement volunteering to make it more accessible, inclusive, and reflective of Greater Manchester communities.
- 3) Determine what training, support, resources, information, and funding is needed and the role of the system to develop physical activity, sport and movement volunteering across Greater Manchester.

Inoue, Y., Elliott, C., Conricode, D., Peng, Q., Whiley, T., & Khan, W. (2023). [Final project report Greater Manchester physical activity, sport and movement volunteering](#).

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3. Développement du plein air

Older adventurers’ motivations in Ireland – Age is not a barrier

The exponential ageing demographic has prompted governments and organisations such as the World Health Organisation (WHO) to seek innovative ways to promote healthy ageing (WHO, 2015). The recognition that physical activity (PA) in general and particularly outdoor PA contributes to wellbeing, healthy ageing and quality of life (QoL) is gaining momentum. There are obvious social and economic benefits to be achieved through encouraging PA as people age with regard to health, independence and functional ability. There is also a business case to be made regarding engaging with this exponentially growing section of society as poor health, dependency and diminished functional ability are a financial burden on the state and society. Outdoor adventure engagement may be a solution. However, a more proactive approach on the part of the adventure leisure and tourism sector to engage this exponentially growing market is needed. To achieve this, it is essential to understand motivations and tell the stories of those who do engage. Case studies that challenge stereotypes and negative perceptions of ageing, normalising participation in outdoor adventure are important. Participants’ motivation to continue is their passion for the activity, connectedness with likeminded people and the natural environment. Older adventurers embrace opportunities to travel, develop skills, set goals, increase social networks or just have fun. The findings in this case study demonstrate the impact on wellbeing, autonomy, health, resilience and quality of life. In addition, older adventurers are motivated to maintain their fitness to continue their activity.

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Barriers to outdoor recreation for marginalized groups at the University of Montana

Exclusion from outdoor recreation reflects legacies of oppression of marginalized communities and makes access to the outdoors not equally available. In the United States, approximately 38% of Black Americans and 48% of Hispanic Americans participated in outdoor recreation in 2020. This is compared to 55% participation among Caucasian Americans. Many other intersecting identities are actively excluded, including people with disabilities, fat populations, and members of the LGBTQIA2S+ community; furthermore, class-based hierarchies are shown through the restricted outdoor access of low-income populations. While numerous studies show a lack of diversity in outdoor recreation, little to no research has been conducted on the experience of marginalized groups in higher education settings globally and at the University of Montana (UM). The first part of our project includes an event where we invited outdoor community groups within the Missoula and UM community to connect with students and share their resources. We also conducted an anonymous survey of students at the University of Montana to better understand their experiences with outdoor recreation and the barriers in place. Participants were asked a series of questions about their recreation experiences and participation with various outdoor groups within the Missoula community. They were also asked questions relating to the barriers they may face to outdoor 2 participation, with responses including quantitative answers and open-space personal reflections. Respondents reported facing seven key barriers to outdoor recreation: financial, social, lack of information, accessibility, time and money, safety, and transportation. The main objective of our research is to better understand the experience of and identify the barriers to outdoor recreation for various marginalized groups at the University of Montana so that we can better promote community awareness.

Englert, S. R., Frissell, B., Liebert, A., Rodriquez, S., Jensen, M., Harris, R., & Doss, A. (2023). [Barriers to outdoor recreation for marginalized groups at the University of Montana.](#)

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Programming parks. How do organized events and activities affect the inclusivity of urban green spaces?

Programming is one aspect of urban parks provision that has been neglected in existing research, even though it can provide flexible ways of connecting parks with their communities and attracting different users. Planned events and activities can also exclude, especially when they aim to generate income to help pay for parks. This paper analyzes park programming by using interviews and observations to analyze a significant case study, Finsbury Park in north London, which hosts a wide range of organized activities and events every year. The research assesses the compatibility of events and activities - with each other and with the aim to produce inclusive public space. We conclude that programming can produce more inclusive parks by making spaces more accessible, flexible, relatable and sociable. However, over-programming park space should be avoided and we recommend a looser approach that blurs the lines between organized, scheduled events and more informal, spontaneous happenings.

Smith, A., Osborn, G., & Vodicka, G. (2023). [Programming parks. How do organized events and activities affect the inclusivity of urban green spaces?](#) *Journal of Leisure Research*.

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Leadership development of university students through outdoor training: a systematic literature review

This review attempts to determine the observed outcomes of the outdoor training (OT) approach with a special focus on leadership development in higher education students. Fifty-eight studies fulfilled the inclusion criteria and were selected as primary studies, with a total number of 7,579 university students over 18 years old. The leadership skills domain received noticeable focus with team development being the most common competency, followed by change leadership. The most frequently observed personal attribute outcomes were accurate self-insight, and positive disposition. Interpersonal skills were the third most frequent outcome, with development of relationships and interpersonal effectiveness being the most observed competencies. The last domain of outcomes included skills directly related to management effectiveness, such as decision making and managing the job. The findings of this systematic review provide relevant information for planning and applying a high-impact experimental OT program as part of leadership development amongst university students.

Kourtesopoulou, A., & Kriemadis, A. (2023). [Leadership development of university students through outdoor training: a systematic literature review](#). *International Journal of Sport Management and Marketing*, 23(3), 229-254.

[Retour au sommaire](#)

Green is not enough: A management framework for urban biodiversity friendly parks

The potential of cities to conserve biodiversity is increasingly gaining more recognition and cities mainly contribute to biodiversity through planning and managing urban green spaces (UGS), for example, urban parks. Research finds that the ability of UGS to support biodiversity depends on several factors, and management activities are one of them. Urban parks are important urban infrastructures and are under a high level of management. Proper management after planning and construction is significant for meeting human needs as well as providing suitable habitats for wildlife. Therefore, understanding how urban parks are managed and operated is critical for urban biodiversity enhancement but accepts insufficient attention in China.

As urban infrastructures and public spaces, urban parks bear multiple functions for urban residents and hold the responsibility to fulfill basic safety and recreational requirements. The requirements of environmental hygiene and the need for horticultural aesthetics have shaped the current intensive management practices. Urban parks in Chinese cities face challenges when introducing biodiversity conservation into their missions, for example, the large size of monocultural turf-grass lawns, aesthetically pleasing shapes for trees and shrubs, pesticide and herbicide utilization for disease control, etc. Meanwhile, there are missing practices that impact biodiversity, e.g., domestic cat management, invasive species prevention and control, species monitoring, etc. Behind the challenges are the conflicts between human needs and biodiversity needs.

Hu, M. (2023). [Green is not enough: A management framework for urban biodiversity friendly parks](#).

[Retour au sommaire](#)

No walk in the park: Urban green space planning for health equity and environmental justice

Cities are complex socio-ecological systems where social, cultural, economic, political, and environmental factors influence health outcomes. With the global population growing increasingly urbanized, understanding how urban environmental conditions affect human health has become a topic of interest among researchers across multiple disciplines. Urban green space—which includes all vegetated land cover (e.g., trees, grass, shrubs, and woodlands), as well as any land uses with publicly available recreational amenities (e.g., parks, schoolyards, university campuses, and conservation areas) located within a city's geographic boundary—provides multiple health and health-promoting benefits. As such, disparities in park access, park quality, and green cover exposure (i.e., tree canopy and all other vegetation) are considered environmental justice and health equity issues. A wealth of recent research has found that, in general, increased access to parks has been associated with greater likelihood that residents will participate in physical activities and meet physical activity guidelines, and increased exposure to vegetated land cover has corresponded with improved psychological well-being and reduced risk of some mental illnesses. Yet, urban green spaces, and the health benefits such spaces afford, are not distributed equitably,

and disparities in urban green space access and exposure based on race, ethnicity, or income represent environmental justice and health equity concerns. In this dissertation, I build upon the existing body of knowledge to 1) investigate how issues of health have shaped urban landscapes in the United States and how the policies and decisions that have shaped urban landscapes have exacerbated health inequities, 2) build upon existing research at the nexus of health and urban green space to improve understanding of relationships between urban green space access/exposure, physical activity, and mental well-being, and 3) develop a method for identifying distributional justice concerns related to urban green space access/exposure to inform urban green space planning for health equity.

Elderbrock, E. M. (2023). [*No walk in the park: Urban green space planning for health equity and environmental justice.*](#) (Doctoral dissertation, University of Oregon).

[Retour au sommaire](#)

Influence of urban green spaces on quality of life and health with smart city design

Publicly available green spaces are great places for people to relax. Currently, the deficiency of such spaces is decreasing daily, especially in urban regions. Urban green spaces (UGSs) have become a topic of great importance in enhancing life expectancy and health. To overcome these issues, the current research highlights the importance of UGSs for the residents' living quality and urban health. UGSs are relevant for analyzing and investigating better urban lifestyles and development. To perform the experimental work, a green laboratory (GL) in a smart city (SC) area was involved in the investigation. The GL was made of wood, and different types of green infrastructure were analyzed. The research investigation resulted in upgrading the locality. Semi-structured interviews were conducted to enhance the quality of the research. Interviews with residents, occupants of offices, and government experts were conducted. Special survey questions, i.e., quantitative and qualitative, were developed while considering the current demands of the residents. A total of 500 responses were recorded, and by using the MAXQDA software, an analysis was carried out. The results showed that there was a dire requirement for UGSs in terms of size and quantity because of security and opportunities. The proposed research results will provide an opportunity for open spaces to be created in this local district. To fully improve residents' living style and health, the necessity of deploying UGSs became more apparent. Finally, it became clear that green spaces are necessary to improve the country's economy.

Addas, A. (2023). [Influence of urban green spaces on quality of life and health with smart city design.](#) Land 2023, 12, 960. In.

[Retour au sommaire](#)

Pro-environmental behaviour in sport and outdoor activities: a literature review

Sport and outdoor activities are an important part of many people's everyday lives. Nevertheless, because of how they are organized and practiced, these activities can have a considerable impact on the environment. The Mistra Sport & Outdoors programme aims to make such activities more sustainable in Sweden. This report aims at contributing to this programme's main purpose by investigating previous research on proenvironmental behaviour (PEB) with a focus on the sports and outdoor recreation sectors. We provide an overview of the theoretical concepts of PEB and the factors that explain them. This overview also includes a discussion of behaviours and also different concepts, which determine whether or not a behaviour is more or less environmentally friendly. The methods are based on the procedures of a scoping review while the analysis is a qualitative content analysis. We used the software NVivo for all the different parts of the analysis and coding. In the results we provide an overview of some basic characteristics related to the studies' approach, activities that are analysed and countries in which the research was conducted. We then provide some examples of the behaviours that have been studied and also of the determinants and relevant variables that determine these behaviours. Finally, we make recommendations for the future work of the Mistra Sport & Outdoors programme.

de Bernardi, C., Linde, S., & Ioannides, D. (2023). [Pro-environmental behaviour in sport and outdoor activities: a literature review.](#)

[Retour au sommaire](#)

L'intégration de la santé dans l'éco-urbanisme. "Prendre soin du territoire"

The territorialist idea of "taking care of territory" as a living ecosystem (in the double sense of protecting/enhancing and healing it) is consistent with the ecologist proposal of a new alliance with nature supporting the "One Health" approaches: for both, the topic of human health must be (re)integrated into a general eco-urbanism view in which a resumption of co-evolutionary relationship between humans and ecosystems is a necessary precondition for their common survival. In this perspective, our cahiers de doléances may perhaps become an operative to-do list to heal illnesses introduced by Anthropocene.

Levy a. (2022), ["L'intégration de la santé dans l'éco-urbanisme. 'Prendre soin du territoire'"](#), *Scienze del Territorio*, vol. 10, n. 1, pp. 111- 124.

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4. Développement de l'activité physique

The provision and experience of variety in physical activity settings: A systematic review of quantitative and qualitative studies

Background: Emerging evidence indicates that the provision or experience of "variety" may be an important determinant of physical activity behavior. Variety refers to diverse endeavors, opportunities, or tasks and, in the context of physical activity, has been examined as a feature of an activity or environment (i.e., variety support) and an experience (i.e., one's felt experience or perceived variety).

Objective: The primary aim of our review was to synthesize studies investigating the provision or experience of variety in physical activity settings on health and well-being, behaviors, and motivation. Our secondary aim was to examine quantitative data reporting on different facets of variety in physical activity settings.

Methods: We conducted a systematic search of five electronic databases (Scopus, SPORTDiscus, Science Direct, MEDLINE, and the Human Kinetics Library) to identify studies providing a quantitative or qualitative assessment of variety in physical activity settings.

Results: We identified 5,576 potentially relevant articles to examine. After title and abstract screening (and removal of duplicates), 74 articles remained for full-text screening, from which 28 studies were deemed eligible. Our findings from qualitative and quantitative (experimental and cross-sectional) studies demonstrate that the provision and experience of variety relates to participation and engagement in physical activity, motivation for exercise and physical activity, and well-being outcomes. Our results also indicate that the provision of variety can increase enjoyment, interest (i.e., motivation), and adherence to a physical activity program.

Conclusion: Our findings support the assertion that variety should be considered during planning, implementation, and evaluation of physical activity programs. Additional experimental studies are needed to gain a better understanding of how elements of physical activity and exercise programs, delivery, and environment can be manipulated to increase variety and foster participation in physical activity.

Eather, N., McLachlan, E., Sylvester, B., Beauchamp, M., Sanctuary, C., & Lubans, D. (2023). [The provision and experience of variety in physical activity settings: A systematic review of quantitative and qualitative studies](#). *Journal of Sport & Exercise Psychology*, 1-18. <https://doi.org/10.1123/jsep.2020-0355>

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Physical inactivity, sedentarism, and low fitness: A worldwide pandemic for public health

Physical inactivity, sedentary lifestyle, and low physical fitness are three major health problems worldwide. This chapter analyzes conceptual aspects, consequences, and temporal trends in the prevalence of physical inactivity, sedentary lifestyle, and fitness levels, based on the high-quality studies that included worldwide data and large samples to provide a global vision of these problems. In brief, physical inactivity, sedentarism, and low fitness negatively affect physical and mental health, which infer a substantial economic burden worldwide. Physical inactivity prevalence and sedentary behavior levels in children, young adolescents, and adults have been stable for different world regions over the last 15 years, with a decrease in the prevalence of physical inactivity among boys and an increase in adults from high-income countries. Also, there is an overall temporal trend of decline in cardiorespiratory fitness levels across all ages. In contrast, there is an increase in musculoskeletal fitness among children and adolescents with stable/mixed results among adults. Scientific evidence dissemination throughout society is necessary to raise awareness to achieve a more active lifestyle, reduce time spent in sedentary behaviors, and reach and maintain adequate fitness levels. This chapter calls for researchers and institutions to clarify scientific gaps (e.g., the situation analysis in the middle- and low-income countries) and harmonize work methodologies and lines of interest with professionals and entities from other countries to coordinate efforts more effectively.

Bueno-Antequera, J., & Munguía-Izquierdo, D. (2023). [Physical inactivity, sedentarism, and low fitness: A worldwide pandemic for public health](#). In *Integrated Science of Global Epidemics* (pp. 429-447). Springer.

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Get toned with out the bulk

Many ladies spend hours each week lifting weights and figuring out, however some challenge radically completely different photos. Match, lean celebrities exude magnificence and sexuality and characterize position fashions to legions of ladies world wide. Some athletes like shot-putters, alternatively, convey the picture of bulked-up, stodgy behemoths. Sadly, many ladies keep away from weight coaching as a result of they don't wish to get any greater than they're now. In the event that they carry weights in any respect, they do high-repetition, low-weight exercises and by no means enhance the load. Coaching this fashion is virtually nugatory; you received't enhance muscle tone or eliminate the fats that's protecting your legs, butt, stomach, or arms. Poor weight coaching packages are stopping you from wanting lean and match. The reality is which you can enhance muscle tone and lose fats and inches by doing an intense weight coaching program – with out gaining bulk.

Lean, N. C. (2023). [Get toned with out the bulk](#).

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Types of physical activity

Physical activity is established as one of the most beneficial drugs for the world's population in contributing to the reduction of diseases. At the same time, it is an indispensable factor in the rehabilitation of patients to recover the functionality and physical condition that allows the autonomy of people. Individualized exercise prescription is the main tool to combat the risk factors that cause countless pathologies and to obtain better results in rehabilitation protocols.

Hernández Lougedo, J. (2023). [Types of physical activity](#). In *Physical Activity and Bariatric Surgery* (pp. 17-22). Springer.

[Retour au sommaire](#)

The importance of physical activity in improving public health

This article discusses the importance and value of exercise in promoting public health.

Dilobar, S. (2023). [The importance of physical activity in improving public health](#). *Intersections of Faith and Culture: American Journal of Religious and Cultural Studies*, 1(1), 16-18.

[Retour au sommaire](#)

5. Sécurité et intégrité dans les sports

Facilitating inclusive running events: Policy analysis to reduce barriers for persons with disabilities

Through an Inclusive Design lens, this secondary research investigates the current state of accessibility for persons with disabilities (PWDs) within Toronto road-running events. The current academic literature demonstrates that PWDs benefit from participating in athletic and sports activities but that there are barriers preventing PWDs from participating. This research looks at the role event facilitators can play in reducing barriers for PWDs. The research uses evidence, in the form of policy documents, collected from event facilitators' online public accessibility policies and, wherever possible, internal accessibility policies were also collected. The collected policies were then compared to the Accessibility for Ontarians with Disabilities Act, 2005 (AODA). The AODA is a Government of Ontario law that aims to ensure persons with disabilities (PWDs) have the same opportunity as people without disabilities in all aspects of daily life. Using Critical Discourse Analysis (CDA), the collected event facilitator's accessibility policies were compared to the AODA. The research found that the current state of event facilitators' accessibility policies varies widely and often does not comply with the AODA standards. As such, event facilitators must do more to comply with the AODA and work towards creating more inclusive road-running events.

Gaudio, E. P. (2023). [Facilitating inclusive running events: Policy analysis to reduce barriers for persons with disabilities](#).

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Bullying and physical education: A scoping review

This scoping review aimed to provide a comprehensive overview of physical education (PE) literature related to bullying. The review was outlined and guided by the Preferred Reporting Items for Systematic Reviews Extension for Scoping Reviews (PRISMA-ScR) checklist. All English-language articles published in peer-reviewed journals that focused on bullying and PE were included. Thematic analysis was used to summarize data extracted from the selected literature. In total, 43 articles conducted in 16 countries were included in this scoping review. Results identified individual-, peer-, school-, and family-level factors that trigger bullying in PE. The impacts of bullying in PE, antibullying strategies and interventions, and summary of future study directions are also discussed. Results from the study highlighted the importance of adopting social ecological perspectives to address bullying behavior and guide antibullying interventions in PE. Physical activities that can potentially promote children's social emotional learning are also needed to reduce and prevent bullying in PE.

Wei, M., & Graber, K. C. (2023). [Bullying and physical education: A scoping review](#). *Kinesiology Review*, 1-18. <https://doi.org/10.1123/kr.2022-0031>

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Protective equipment in youth ice hockey: are mouthguards and helmet age relevant to concussion risk?

Objectives : To compare the incidence rates and odds of concussion between youth ice hockey players based on mouthguard use and helmet age.

Materials and methods : Within a 5-year longitudinal cohort (2013/2014 to 2017/2018) of male and female ice hockey players (ages 11–18; n=3330 players) in Alberta (Canada), we analysed the relationship of equipment and concussion in both a prospective cohort and nested case (concussion) control (acute musculoskeletal injury) approach. The prospective cohort included baseline assessments documenting reported mouthguard use (yes/sometimes, no use), helmet age (newer/<2 years old, older/≥2 years old) and important covariables (weight, level of play, position of play, concussion history, body checking policy), with weekly player participation throughout the season. The nested case–control component used injury reports to document equipment (mouthguard use, helmet age) and other information (eg, mechanism and type of injury) for the injury event. Multivariable mixed effects negative binomial regression (prospective cohort, incidence rate ratios (IRRs)) and multivariable mixed effects logistic regression (nested case–control, odds ratios (OR)) examined the association between equipment and concussion.

Results : Players who reported wearing a mouthguard had a 28% lower concussion rate (IRR=0.72, 95% CI 0.56 to 0.93) and 57% lower odds of concussion (OR=0.43, 95% CI 0.27 to 0.70) compared with non-wearers. There were no associations in the concussion rate (IRR=0.94, 95% CI 0.75 to 1.15) and odds (OR=1.16, 95% CI 0.73 to 1.86) between newer and older helmets.

Conclusions : Wearing a mouthguard was associated with a lower concussion rate and odds. Policy mandating use should be considered in youth ice hockey. More research is needed to identify other helmet characteristics (eg, quality, fit) that could lower concussion risk.

Ash, T. K., Paul, H. E., Jean-Michel, G., Amanda Marie, B., Brent, E. H., & Carolyn, A. E. (2023). [Protective equipment in youth ice hockey: are mouthguards and helmet age relevant to concussion risk?](https://doi.org/10.1136/bjsports-2022-105585) *British Journal of Sports Medicine*, 57(10), 571. <https://doi.org/10.1136/bjsports-2022-105585>

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6. Genre, sport et loisir

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



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.

[Retour au sommaire](#)

Gender equality and economic entanglements in male-dominated sport organizations: The disruptive value of Australian rules football women

Focusing on the Australian Football League and its development of a national competition for women, this article contributes toward broader debates around the inclusion and incorporation of women in professional sport. It traces the particular logics and desires (such as corporate expansion) that drove the Australian Football League to develop a women's competition in the name of equality. We map the organizational tensions and affects that produce (the doing of) gender equality through different desires. Drawing on feminist new materialist conceptions of assemblage, we work to identify the material (numbers of women and girls participating, revenue, and expenses) and discursive (attitudes toward girls and women, meanings attached to sport, and gender) entanglements that contribute to the (de)valuing of women in male-dominated sporting organizations and how this might be disrupted both now and in the future.

Pavlidis, A., Fullagar, S., & O'Brien, W. (2023). [Gender equality and economic entanglements in male-dominated sport organizations: The disruptive value of Australian rules football women](#). *Sociology of Sport Journal*, 1-10.

[Retour au sommaire](#)

Branded media representations of coach Sarah Murray: The intersection of Olympic Nationalism, gender, and whiteness in ice hockey

This study offers a critical discourse analysis of media representations of coach Sarah Murray, the first foreign, the first female, and the youngest head coach of the South Korean women's national ice hockey team at the 2018 PyeongChang Olympics. We focus on the South Korean media, which framed and manipulated coach Murray's credibility, especially the caliber of her coaching, while constructing a familial tie and restating the global hierarchy between North America and South Korea in the sport of ice hockey. We suggest how the media (re)produced denotative/connotative meanings of the recruitment of Coach Murray and her leadership through determinant moments by engaging a discussion of the discourse that both constructed coach Murray as subordinate to male figures and affirmed whiteness as the center of the global context.

Park, D., & Shin, N. (2023). [Branded media representations of coach Sarah Murray: The intersection of Olympic Nationalism, gender, and whiteness in ice hockey](#). *Journal of Sport and Social Issues*, 47(1), 36-55.

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Reconceptualizing women's wellbeing during the pandemic: Sport, fitness and more-than-human connection

This paper explores the gendered, disruptive effects and affective intensities of COVID-19 and the ways that women working in the sport and fitness sector were prompted to establish more-than-human connection through technologies, the environment, and objects. Bringing together theoretical and embodied insights from object interviews with 17 women sport and fitness professionals (i.e., athletes, coaches, instructors) in Aotearoa New Zealand, this paper advances a relational understanding of the multiple human and nonhuman forces that shape and transform women's wellbeing during pandemic. Drawing upon particular feminist materialisms (i.e., Barad, Braidotti, Bennett), we reconceptualize wellbeing to move beyond biomedical formulations of health or illness. Through our analysis and discussion, we trace embodied ways of knowing that produce wellbeing as a more-than-human entanglement, a gendered phenomenon that can be understood as an ongoing negotiation of affective, material, cultural, technological and environmental forces during a period of disruption and uncertainty.

Thorpe, H., Jeffrey, A., Fullagar, S., & Pavlidis, A. (2023). [Reconceptualizing women's wellbeing during the pandemic: Sport, fitness and more-than-human connection](#). *Journal of Sport and Social Issues*, 47(1), 3-35.

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Women sport and fitness professionals in pandemic times: Feminist ethics, digital connection and becoming community

In this chapter we draw upon interviews and object-oriented methods with women working in the sport and fitness sector (i.e., athletes, coaches, fitness instructors, studio owners) about their experiences during the pandemic in Aotearoa New Zealand. Engaging with feminist new materialisms, we explore the women sport and fitness professionals' initial affective respondings to the pandemic, their use of digital technologies to support their communities during lockdown(s), and how the re-turn to social life post-lockdown(s) prompted new feminist ethics in their ways of working. In so doing, this chapter highlights the gendered impacts of the pandemic, focusing particularly on how women in the sport and fitness sector responded with creativity and care to support their colleagues, teammates and communities during times of great uncertainty and upheaval.

Thorpe, H., Jeffrey, A., & Ahmad, N. (2023). [Women sport and fitness professionals in pandemic times: Feminist ethics, digital connection and becoming community](#). In *Sport and Physical Culture in Global Pandemic Times: COVID Assemblages* (pp. 117-143). Springer.

[Retour au sommaire](#)

Improving inclusion and well-being of trans and gender nonconforming collegiate student-athletes: foundational concepts from the National Collegiate Athletic Association summit on gender identity and student-athlete participation

The National Collegiate Athletic Association (NCAA) Summit on Gender Identity and Student-Athlete Participation was convened to identify institutional/athletic department strategies that may support the well-being of trans and gender nonconforming (TGNC) collegiate student-athletes in the USA. The Summit's purview did not include policy-level changes to eligibility rules. A modified Delphi consensus process was used to identify strategies for supporting collegiate TGNC student-athlete well-being. Key steps included an exploration phase (learning, generating ideas), and an evaluation phase (rating ideas in terms of their utility and feasibility). Summit participants (n=60) included individuals meeting at least one

of the following criteria: current or former TGNC athlete, academic or healthcare professional with topical expertise, collegiate athletics stakeholder who would be involved in implementing potential strategies, representative from leading sports medicine organisation, or representative from relevant NCAA membership committee. Summit participants identified strategies in the following domains: healthcare practices (patient-centred care and culturally sensitive care); education for all stakeholders involved in athletics; and administration (inclusive language, quality improvement processes). Summit participants also proposed ways that the NCAA, through its existing committee and governance structures, could help support the well-being of TGNC athletes. NCAA-focused concepts were in the following domains: policy making processes; eligibility and transfer processes; resource development and dissemination; and visibility and support for TGNC athletes. The strategies developed represent important and relevant approaches that member institutions, athletic departments, NCAA committees, governance bodies and other stakeholders might consider in their efforts to support TGNC student–athlete well-being.

Emily, K., Kathryn, E. A., Mac, B., Pat, G., LaGwyn, D., Jean, M., Amy, W., & Brian, H. (2023). [Improving inclusion and well-being of trans and gender nonconforming collegiate student–athletes: foundational concepts from the National Collegiate Athletic Association summit on gender identity and student–athlete participation](https://doi.org/10.1136/bjsports-2022-106392). *British Journal of Sports Medicine*, 57(10), 564. <https://doi.org/10.1136/bjsports-2022-106392>

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