

Mensuellement, l'équipe de l'Observatoire québécois du loisir réalise une veille permettant de répertorier plusieurs articles scientifiques récents. En collaboration de la Direction du sport, du loisir et de l'activité physique (DSLAP), nous vous proposons de nombreux articles portant sur des thématiques variées : sport, activité physique, sécurité et intégrité dans les sports, loisir et plein air.

Voici la recension pour octobre 2023. Vous y trouverez 38 références.

Bonne lecture !

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1. Développement du sport

Sport communication: an analysis of coach roles through instructional communication framework

This research aims to identify the coach roles in youth football coaching at ASIFA (Aji Santoso International Football Academy) through an instructional communication framework. This research uses an approach method with two data collection techniques which include: Interviews with ASIFA coaches, and participant observations at ASIFA football coaching. The data analysis technique combines interactive analysis models and the theory of instructional communication. The results of this study showed that the role of coaches at ASIFA in the instructional communication framework can be classified into two types, namely: 1) Coach as communicators-instructors; and 2) Coach as communicator-facilitator. The difference in type has implications for the communication approach used by the coaches, which is mapped into a rhetorical approach and a relational approach. However, the type of coaches and the communication approach used by the coaches has a relationship with the coaching context that occurs. This research contributes to the formulation of an instructional communication quadrant model that can be carried out by coaches in youth football coaching.

Wahyudi, D., & Laturrahmi, Y. F. (2023). [Sport communication: an analysis of coach roles through instructional communication framework](#). *Jurnal Keolahragaan*, 11(2).

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Building a relationship culture in sport

Caring relationships with athletes form the foundation of successful coaching. Without relationships, athletes often wonder why they are playing for a coach or why they are working so hard for a coach. This article presents ideas for developing a six-pillar relationship culture in sport settings based on Maslow's Hierarchy of Needs, emotional intelligence, social-emotional learning, vulnerability and empathy, and education-based athletics.

Strand, B. (2023). [Building a relationship culture in sport](#). *Strategies*, 36(5), 15-23.

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The psychology of golf performance under pressure

The Psychology of Golf Performance under Pressure offers contemporary, research-informed information regarding the key psychological factors affecting golf development and performance under pressure. Through the authors' substantive expertise – all of whom are notable scholars and/or practitioners in the field of golf psychology – the text provides a highly accessible “real world” application of theory to practice, through the provision of evidence-based guidance regarding how to maximise golf performance under pressure.

Golf is a sport that has embraced sport psychology, with many of the highest ranked players in the world (male and female) openly working with a sport psychologist and advocating their importance. As a result, an increasing number of high-profile practitioners are working full-time within the sport around the world, encouraging trainee sport psychology practitioners to pursue their career within golf. Accordingly, there is an ever-increasing demand for high-quality information pertaining to the psychological demands of golf; the key psychological variables that affect golfing development and performance; and evidence-based strategies which enable effective golf performance under pressure.

This novel text provides a comprehensive portrayal of the psychological factors which enable effective golfing development and optimal performance under pressure. A theoretical review of the pertinent psychological factors followed by the practical application of theory for the provision of “take home messages” will ensure that this book is of value, interest, and benefit for golfers, coaches, golf organisations, and even the parents of golfers, alongside sport psychology scholars, students, practitioners, and researchers alike.

Hill, D., Barker, J., & Steptoe, K. (Eds.). (2023). [*The Psychology of Golf Performance under Pressure*](#). Taylor & Francis.

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Research on the relationship between ski and snowboard athletes' fear of failure and their sport enjoyment and goal orientation

Enjoying sport is a critical factor in understanding the sources of athletes' enthusiasm for sport, creating enjoyable sport experiences for young athletes, maintaining their participation in sport, and setting specific goals. It is well known that fear of failure is amongst the main motivational problems on the path to achieving set goals. The inability to eliminate the fear of failure can lead to a decline in the level of fulfilment, satisfaction, and pleasure, interfering with the achievement of goals set by the athlete for a specific purpose. From this point of view, the aim of our study is to examine the effects of ski and snowboard athletes' enjoyment of sport and goal orientation on their fear of failure in terms of various variables. This study is quantitative research in which the correlational survey model was applied. The Sources of Sports Enjoyment Scale (SSEE) adapted to Turkish by Çimen and Gürbüz (2008), the Task and Ego Orientation Scale (TEOS) adapted to Turkish by Toros (2004), and The Performance Failure Appraisal Inventory translated into Turkish by Kahraman and Sungur (2016) were used. The population of the study consists of ski and snowboard athletes in Turkey, while the sample group consists of a total of 124 ski and snowboard athletes 72 of whom are male and 25 of whom are female randomly selected from various ski clubs. Significant differences were found in all subscales of the participants' gender variable and sports failure scale, and in both sub-scales of participation level variable and goal orientation. Positive moderate linear relationships were observed between sources of goal orientation, ego orientation and enjoyment of sport, and between ego orientation and goal orientation. Regarding the Failure in Sports scale, the female participants who regularly attended the trainings had, on average, higher scores on the "Participation Level" variable and the "Goal Orientation" scale. As the sources of sports enjoyment increase, goal orientation and ego orientation also increase. As ego orientation increases, goal orientation also increases.

BUDAK, D., & Kandil, N. (2023). [Research on the relationship between ski and snowboard athletes' fear off failure and their sport enjoyment and goal orientation](#). *Journal of Education and Recreation Patterns*, 4(2).

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Predictive and performance analytics in fitness and sport

With the help of predictive and performance analysis, it is simple to identify the elements of a good or service that might need the most improvement or that could benefit from cost-cutting techniques without degrading the product's quality as a whole. Different sports require different fitness levels to perform at their best. Factors such as endurance and physical fitness have been shown to have a significant impact on an athlete's performance. The data collected by trainers from physical fitness testing, typically for recording and monitoring purposes, consist of many data attributes of athletes and the sports they play. However, the relationship between these components and sports is not well understood. Analyses such as cross-tabulation to understand relationships are not considered here. The purpose of this chapter is to examine the associations between adult fitness and self-reported physical activity, and how adult fitness levels and recreational physical activity correlate with anthropometric measurements, physical performance, physical activity, and attitudes toward the body.

Chhabra, G., Kumar, S., Gupta, S., & Nagpal, P. (2023). [Predictive and performance analytics in fitness and sport](#). In *Artificial Intelligence to Analyze Psychophysical and Human Lifestyle* (pp. 129-140). Singapore: Springer Nature Singapore.

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The difficulties of making sport policy succeed: In a case study of Sri Lanka

Although a new Sri Lankan sport policy framework was introduced in 2012, no research has been done to evaluate the implementation of the policy framework. Consequently, the purpose of this study was to evaluate and identify mitigating factors in achieving the strategic goals of the Sri Lankan sport policy framework. Qualitative data and a quantitative approach were used to analyse and investigate the sport policy framework. A questionnaire (N = 240) and interviews (N = 05) were utilised to gather data from sport participants, non-sport participants and top-level sport administrators. Both quantitative and qualitative analyses suggested that the goals of the national sport policy framework have not been achieved. Lack of financial support, deficiency of government provision, institutional structural issues, and negative attitudes of policy actors were identified as mitigating factors in the process of policy implication. Developing an umbrella organisation for coordinating sport and government's support are vital to resolve those problems.

Wilawa-Mudiyanselage, A. (2018). The difficulties of making sport policy succeed: In a case study of Sri Lanka, paper presented at the 26th conference of the European Association of Sport Management, Malmö (Sweden, 5-8 September 2018).

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Sports build character: A review of qualitative literature

Participation in sports is one of the most popular social practice of the modern days. There is general presumption among the masses that sports build character. Purpose of this paper was to explore the role of participation in sports in perspectives of development of character of the participants. Evaluation of the relationship between participation in sports and development of character is very significance to clarify the position as where this claim stands? Bulk of literature was examined and it was revealed that diverse opinion exists among the sport scholars and experts. The perception of sports builds character has remained intact among the masses for quite long period. With the gradual development of approach of the scholars, a careful shift in the viewpoint emerged claiming that sports might play its decisive role in the development of character provided it is played under conducive conditions. The situation is not completely clear as there exists missing links between the actual situation and our understanding at large. So far, research has confirmed two different and conflicting point of views regarding the same issue. Promoters argue that the role of sports has always been positive and encouraging particularly with reference to the young age. On the contrary, scholars from the other school of thoughts claim that participation in sports does not independently promote character rather it works to induce the essence of rude behavior, cheating, violence, aggression and dishonest approach among the participants. In this context, the role of coach occupies key position in guiding the participants towards the positive direction. Surfing of the literature has confirmed that sports do build character provided intention of the parents, coach, trainer and administrators is positive and they want the same to happen. Consolidated and coordinated efforts on part of the sports administrators, coaches and other concerned are needed to device strategies of developing character through participation in sports.

Marwat, M. K., Saman, S., Cheema, F. T., Arshad, S., Waraich, Y. I., & Basit, A. (2023). [Sports build character: A review of qualitative literature](#). *Al-Qanṭara*, 9(2).

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A proposed novel multidisciplinary approach to the care of the young athlete

Around the turn of the twentieth century, sports played an increasingly prominent role in the lives of adults as well as children. During this time, formal professional leagues were created, and children played sports casually in the streets and parks for fun. There were no parents, let alone coaches, and certainly no pressures beyond the desire to have fun and compete against peers. This trend was universal in nature, and similar scenarios could be observed across the globe. Whether it was a modified game of soccer, a culturally specific game such as “kick the can”, or a game of tag, it was just a group of kids being active together. Sadly, over the past hundred years, this has changed. There has been a dramatic increase in costs, time commitment, and stress on the young athlete. Youth sport participation shifted from casual and jovial to more intense and demanding. Despite this massive adjustment, youth sports generally do not offer the same equivalent level of total care that is provided to their older, and paid, counterparts.

Baron Steven, H., Baron Michael, A., & Baron Steven, J. (2023). [A proposed novel multidisciplinary approach to the care of the young athlete](#). In *Sport and Mental Health: From Research to Everyday Practice* (pp. 3-22). Cham: Springer International Publishing.

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Esport from a sociological perspective

Competitive computer and video gaming, commonly known as esport, has evolved from a subculture to a mainstream phenomenon in the last three decades. Due to various parallels with traditional sports in terms of professionalization, sportsmanship, marketing, or media coverage, esport is often referred to as a sport. At the same time, esport is characterized by a new form of movement culture in sports, where virtual and real worlds overlap. This dissertation examines the social dimensions of esport and competitive gaming from a sports sociological perspective to investigate the impact esport has on society. It sheds light on the academic discourse surrounding esport and explores theoretical and practical implications for sport and society. The digitalization and technological advancements have significantly influenced the development of esport, leading to its discussion as part of popular media and sports culture. Despite some counterarguments regarding the legitimacy of esport as a sport, it has evolved into a thriving ecosystem and a multi-million-dollar industry with many links to the traditional sport system. However, a key difference between esport and traditional sports is that esport takes place in both the digital and real world, while traditional sports are exclusively practiced in physical spaces. Players immerse themselves in the virtual world of gaming and are physically and mentally connected to it. This poses unique demands on players compared to other sporting activities. In esport, players engage in real competitions, are aware of their physical and mental performance, and utilize the interplay between the digital and real worlds to surpass their opponents. In this context, the role of the body in esport is an emerging research topic and differs from the extensive exploration of the body in traditional sports. Due to the disruptive nature of esport in the realm of traditional sports, this dissertation focuses on one of the fundamental questions of sports sociology: the impact of sport, in this case esport, on society. To do so, different social dimensions of esport are investigated by answering the following research questions: • What societal impact does esport have? • What role does the body play in esport and competitive gaming? • What effect does the shifting focus from physical to digital corporeality have on players' behavior and the ecosystem? After initially providing an overview of relevant definitions, the origins, and the current state of research on esport, the thesis then explains the theoretical background concerning the role of digitalization in sports, the relevance of immersion, and the interface between the virtual and real worlds in esport and competitive gaming. Subsequently, two scoping reviews and a conceptual paper address the research questions, which are discussed and summarized in the final part, thus providing the basis for new research on the societal impact as well as other social dimensions of esport.

Riatti, M. P. [Esport from a sociological perspective.](#)

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Sustaining the unsustainable: meaningful longevity and the doing of coaching

The purpose of the paper is to propose a reconceptualization of coaching as a more sustainable profession. This is not to merely claim that current coaching practice, complete with its anxiety and compulsive tendencies, is unproblematically unsustainable. Rather, it is to position coaching, inclusive of such inclinations, as viable and workable for those who do it. It is subsequently argued that change needs to occur at both individual and institutional levels. The former declares for greater critical consciousness, meaningful experiences, and occupational value for coaches, while the latter argues for a recognition that the perceived structures of coaching are socially configured considerations arising, in essence, from agential practice. In addressing the question of 'how can coaching be considered sustainable?' the paper thus argues for a change not in the nature of coaching itself, but through developing its 'professional meaningfulness' from within.

Jones, R. L., Corsby, C. L., & Lane, A. (2023). [Sustaining the unsustainable: meaningful longevity and the doing of coaching.](#) *Sport in Society*, 1-15.

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The element of surprise: how predictive processing can help coach practitioners understand and develop skilled movement in sport settings

Predictive processing provides a framework for explaining how the brain solves problems of perception, decision making, and movement control by forming predictions, or plausible explanations, for what is happening in an approximately optimal manner. The strength or confidence of the prediction subjectively shapes whether something “surprising” has happened and whether a person’s perceptions and actions require adjustment. We put forward how predictive processing accounts of skill development emphasise predictive processes of action and perception that allows coaches who identify as “sporting ecology designers,” to better understand how to select the right action opportunities (i.e., affordances) to include in their training designs. We describe how motor learning can be incorporated into training designs through the element of “surprise” or the unexpected variations from the already established internal patterns that athletes have learned over time in a range of performance and practice settings. We conclude by presenting an applied example of coaching the backdoor cut manoeuvre in basketball using predictive processing techniques, outlining how aspects of athlete knowledge, intentionality, memories, decision making, and prior experience cognitively coalesce during a coach-led training design to produce stable, yet flexible, movement couplings in a sport-based setting.

O’Brien, K. A., Kennedy, A., & O’Keeffe, M. J. (2023). [The element of surprise: how predictive processing can help coach practitioners understand and develop skilled movement in sport settings](#). *International Sport Coaching Journal*, 1(aop), 1-10.

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Regulatory schemes and legal aspects of sport governance: theoretical perspectives and conceptual framework

Sport governance has become one of the most prominent subjects in the field of sport management research. Nevertheless, a dearth of understanding and consensus still exists in terms of the paradigmatic orientation, conceptual classification, and taxonomy in the field, resulting in limited and vague theoretical contributions and practical implications of sport governance literature. This article is an attempt to explore the area of sport governance practice and research by focusing on the regulatory schemes and the legal aspects of the system. Pursuant to previous studies, a theoretical framework and elements of sport governance practice are identified, and as a result, a working definition of sport governance is proposed. The studies published in this special issue are introduced in the context of the conceptual framework and the identified elements while their implications are noted and possible inquiries for future research are suggested.

Cho, S., Conrad, M., Holden, J., & Dodds, M. (2023). [Regulatory schemes and legal aspects of sport governance: theoretical perspectives and conceptual framework](#). *Journal of Global Sport Management*, 1-16.

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Governance in the socio-cultural role of sports

Sports is known for its developmental and socio-cultural values. Most people are familiar with the elite, high performance, and professional dimensions of the sports ecosystem. Here the socio-cultural values involve extrinsic rewards as incentives where athletes are motivated by their high profile and material returns. However, there are also the intrinsic aspects of sports which involve various areas of human development such as personal, social, emotional, mental, and cultural values. Globally, this dimension expands to political and globalised sustainable developmental goals. Although the elite and professional dimensions of sports have generated economic and financial benefits for professional athletes, there is also a negative side to it, such as an excessive concern over material benefits. It is this unhealthy fixation on financial gain that opened the door to doping, cheating, corruption, fraud, and lifelong injuries that affect the physical development of the athletes. Recently, the uncontrolled emotional reaction of fans after losing a football match has resulted in a stampede causing death and serious injury to hundreds of spectators. However, these harmful excesses in sports can be addressed if there is better governance, legislative framework, education and understanding of the socio-cultural role of sports to support sports development. This chapter will examine the socio-cultural issues of sports and the governance of the sports bodies to propose its future direction towards the sustainability of sports imbued with socio-cultural values. It will also determine what can be done to strengthen and improve the governance of sports by highlighting and advocating its true ethical and socio-cultural values. In doing so, it is hoped there will be a greater understanding of the whole spectrum of the sports ecosystem and a way so that sports can bring holistic development to all its stakeholders, from the individual athletes to the industry as a whole and the social fabric of human society. Sports is first and foremost about humanity, and humanity is the basic tool to develop ethics and morality in every athlete's developmental program.

Lee, K. M., & Hassim, J. Z. (2023). [Governance in the socio-cultural role of sports](#). In *Globalisation, human rights, sports, and culture* (pp. 129-155). Cham: Springer Nature Switzerland.

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Exploring the use of individualized consideration by minor hockey coaches

Transformational leadership has been presented as a tool for coaches to foster positive youth development. One component of this concept is individualized consideration (IC), where leaders show care through supporting their followers' individual needs. Examining the unique context of minor hockey will provide a more nuanced and complex description of IC. Therefore, the purpose of this study is to demonstrate how minor hockey coaches consider individual differences and tailor their practice to athletes' needs. Semi-structured qualitative interviews were conducted with 10 male minor hockey coaches whose teams consisted of 9- to 13-year-old, predominantly male, athletes. Findings show these coaches demonstrated the use of IC through three steps (a) gathering information about their athletes (e.g. engaging in interactions), (b) assessing individual needs (e.g. developmental) and (c) acting to support IC (e.g. adjusting coaching practices). Findings suggest (a) IC can be implemented to support basic and more complex needs of athletes, (b) IC can be implemented with teams of athletes and (c) the context of minor hockey is constraining the implementation of IC.

Matthews, A. D., & Erickson, K. (2023). [Exploring the use of individualized consideration by minor hockey coaches](#). *International Journal of Sports Science & Coaching*, 17479541231193302.

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The future-oriented hopes and goals of adolescent student-athletes in Finnish sport high schools

As most young athletes do not end up making a living in sport, and professional athletic careers are relatively short, adolescent athletes need to think about and plan their future outside of sport. The present longitudinal study examined the future-oriented hopes and goals of adolescent student-athletes in Finland at the beginning and end of sport high school. Gender differences in these hopes and goals were also examined. The sample consisted of 381 student-athletes (51% females, 49% males) in the autumn of the first year of high school and 351 student-athletes (50% females, 50% males) in the spring of the third year, who filled in a questionnaire at both measurement points. A total of 11 goal categories consisting of 49 subcategories were identified using directed content analysis. Changes across time and gender differences in these hopes and goals were examined using the “N-1” chi-squared test. The results showed that sport-related hopes and goals were the most common at both measurement points. However, only 51% and 27% of the participants mentioned dual careers in their goals for the future at the beginning and end of high school, respectively. The female participants reported statistically significantly more goals related to education and a dual career and statistically significantly fewer goals related to sport than males. Further, male participants reported statistically significantly more often not knowing their future hopes and goals than females.

Sääksi, P., Saarinen, M., Aunola, K., Korpela, M., & Ryba, T. V. (2023). [The future-oriented hopes and goals of adolescent student-athletes in Finnish sport high schools](#). *International Journal of Sport and Exercise Psychology*, 1-18.

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2. Développement du loisir

Increasing access to outdoor play for families of children with disabilities

Background. There are various benefits, supports, and barriers which contribute to participation in outdoor play for children with disabilities. Rainbow Tree Therapies (RTT) and its community face various accessibility challenges that limit outdoor play participation. Purpose. The purpose of this project was to develop educational materials and resources for families of children with disabilities who have experienced accessibility concerns. Approach. The approach of this project can be divided into 4 activities: (1) evaluation of RTT, (2) creation of accessible garden planters, (3) development of educational materials, and (4) analysis of survey results. Outcomes. There were seven survey responses, all of which identified themselves as parents. Respondents noted the desire to increase community accessibility, specifically including playgrounds as an area of need. Parents ranked high confidence levels in understanding accessibility, advocating for their child, and teaching their child self-advocacy skills following educational lesson participation. Implications. Making community spaces truly accessible and inclusive is a big undertaking that requires collaboration from leaders, professionals, and families. OT practitioners can and should undertake advocacy when considering accessibility, inclusion, and universal design.

Dalki, T. (2023). [Increasing access to outdoor play for families of children with disabilities.](#)

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Nature-based integration of migrants: A cross-national systematic literature review

Migration is as old as humankind, and the integration of people with a migration background is a hot topic worldwide. The focus on nature-based integration has increased over the last 20 years. Previous reviews discussing nature-based integration have focused mainly on Europe and the [USA](#); this systematic quantitative review provides a global overview of the nature activity patterns, nature experiences, and possible hindrances migrants face. We reviewed 42 studies focusing on nature activity and the experiences of migrants. Our specific research questions were: (1) In the studies, what type of nature activities can be found in which people with a different migration background have participated or preferred? (2) How do nature activities and experiences affect the integration of people with different migration backgrounds? (3) What kind of negative nature experiences can act as hindrances in the integration of people with a migration background? Walking, sport, and gardening are the most reported [physical activities](#) by people with a different migration background, but migrants' nature activity patterns differ at the levels of ethnicity and the individual. Nature activity patterns cannot be generalised for everyone with a different migration background, and tailored individual nature-based integration measures are needed. Elements that can promote integration are social interaction, emotional attachment, and a sense of belonging, whereas possible hindrances to the migrant's integration are discrimination, the accessibility of nature, and a lack of information and communication. We conclude that nature activities have positive impacts on the integration of people with a migration background, and the human–nature relationship can be further extended to the human–nature–social relationship, but the empirical evidence is lacking, and nature-based integration effectiveness requires further investigation. We identify the need for a shift from nature-based integration to nature-based inclusion. This shift will require a participatory approach to incorporate the voices and experiences of people with a different migration background.

Rai, S., et al. (2023). "[Nature-based integration of migrants: A cross-national systematic literature review.](#)" *Urban Forestry & Urban Greening* **88**: 128089.

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Justice as inclusion: a critical conversation about inclusion and belonging

Using Kovach's conversational method and with our epistemological assumptions (knowing through embodiment, lived experience and scholarship) three leisure scholars used conversation and storytelling as method to explore current understandings of inclusion and belonging that perpetuate the violence of colonialism and the heteropatriarchy. For example, inclusion as it is often enacted is a token gesture of an organization but without making any of the structural changes necessary to ensure true belonging. Much like current rhetoric around decolonization, inclusion can become a metaphor that ultimately maintains the notion of settler futurity. Reframing inclusion to 'justice as inclusion' insists that practitioners and scholars, for example, de-program essentialist and capitalist notions of what we imagine Indigeneity to be, name systems of oppression and privilege, and centre Indigenous notions of relationality, including emphasizing the experience of connecting over what it means to be human, and establishing and re-establishing a connection to the non-human world.

Litwiller, F., Chesser, S., & Henhawk, D. (2023). [Justice as inclusion: a critical conversation about inclusion and belonging](#). *Leisure/loisir*, 1-20.

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3. Développement du plein air

Nature trails and urban inclusion: The integration of city spaces into Sweden's long trekking

Cities have long been poorly integrated into nature trails, which are popularly associated with rural areas. Yet these trails can be seen as places of connection between the urban and the rural, constituting a mélange of cultural identities that are assembled in these places and in turn act on these places through interwoven socio-materialities. How these characteristics of place-making are assembled has implications for environmental justice, social inclusion, as well as the future of urban spaces. This thesis examines three prominent long nature trails in Sweden, which weave through its most populous cities. It undertakes comparative case study analysis of the nature of this integration, drawing upon document analysis, expert interviews, and limited participant observation. Based on empirical analysis, I argue that the integration of cities into long distance nature trails must be an active and intentional process. Analysis also shows that the relationship between cities and nature is constantly evolving which influences strategic urban planning goals and the physical pathways of these nature trails. These insights are discussed in relation to scholarship on environmental justice, public health, and the benefits of long nature trails. Overall, Sweden's integration of city spaces into long distance trails over the past five decades has been an impressive shift to better include urban residents into outdoor activities, despite not being at the forefront of the Swedish policy agenda.

King, K. (2023). [Nature trails and urban inclusion: The integration of city spaces into Sweden's long trekking trails](#) [unpublished].

[Retour au sommaire](#)

Planning a city for health and well-being

Like much of the rest of the world, Singaporeans are living longer. But longer lifespans are meaningful only if more of it is spent in good health. What does it take for a city to continually improve the health and well-being of all who live in it? This Urban Systems Study traces Singapore's efforts on the fronts of urban and healthcare development, which have resulted in the city being one that protects and promotes the health of its residents. Weaving together archival research and insights from key leaders, policymakers and stakeholders, this Study illustrates the importance of an integrated approach to planning and activating the various urban systems that supports a Healthy City.

Kiyota, E. "[Planning a City for Health and Well-being](#)."

[Retour au sommaire](#)

The use of the smart technology for creating an inclusive urban public space

This paper strives to enhance the inclusivity of urban public spaces, which play a crucial role in providing essential services for all citizens, including community building, physical and mental well-being, social interaction, civic engagement, citizen participation, and economic vitality. Despite the importance of these spaces, as recognized by the UN's 2030 sustainability goals, the 2023 UN sustainable development report and scholars have drawn attention to their low availability, particularly for low-income individuals, women, children, and people with disabilities. To improve the inclusivity of public spaces, this paper offers the following contributions. (i) The establishment of a comprehensive framework for assessing public space inclusivity. This framework incorporates eight indicators: spatial distribution, typology, facilities and services, green and humid areas, governance and management, safety, user categories, and user satisfaction. (ii) The utilization of the framework to assess the inclusivity of public spaces in Nablus, a major Palestinian city. This assessment confirms the observations made by the UN and scholars regarding the low inclusivity of public spaces; in particular, a lack of public space, poor spatial distribution, and user dissatisfaction with safety conditions and services. (iii) The introduction of the concept of smart public space, which involves citizens in the governance of this space and leverages smart technology for monitoring, providing real-time information and services to citizens, improving facility efficiency, and creating an eco-friendly environment that preserves resources and biodiversity. By addressing these aspects, this paper enhances inclusivity. It promotes the development of an urban public space that caters to the diverse needs of the community, fostering a sense of belonging and well-being for all.

Itair, M., et al. (2023). "[The Use of the Smart Technology for Creating an Inclusive Urban Public Space.](#)" *Smart Cities* 6(5): 2484-2498.

[Retour au sommaire](#)

Accessible outdoors: preparing volunteers and staff to work with diverse populations

Despite recent advances in outdoor recreation accessibility, many people still face barriers to spending time in nature. This doctoral capstone project was completed in partnership with outdoors equity organization Wilderness Inquiry to address outdoor accessibility through an occupational therapy lens. This project aimed to enhance knowledge and confidence of Wilderness Inquiry staff and volunteers on topics related to working with individuals with physical or neurodivergent abilities during Wilderness Inquiry activities. Needs for training topics were ascertained through survey, interview, and observation of organizational activities. The quality improvement project included the development, dissemination, and evaluation of educational modules on the topics of transferring participants on the trail, working with neurodiverse populations, and when/how to use adaptive gear. The outcomes of dissemination of the educational modules showed statistically significant differences in comfort with transfers when comparing pre-training and post-training responses. A self-reported increase in knowledge and comfort with neurodiversity was also noted and no change in knowledge was noted related to the topic of adaptive gear. Despite limited sample size for evaluation, positive feedback from those who completed the module indicate potential for usefulness in future training. Through this project, access and inclusion in Wilderness Inquiry trips was enhanced through providing leader/volunteer education that will make them more aware, skilled facilitators when working with diverse populations. Because of the alignment of OT scope with the Wilderness Inquiry mission, there are many more opportunities for partnership for further education and process development.

Hiestand, E. (2023). [Accessible outdoors: preparing volunteers and staff to work with diverse populations.](#)

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Planning for an urban recreational landscape

Outdoor recreational activities, at recreational facilities, in nature and urban green areas, are proven to benefit both the mental and physical health of urban residents. However, in the contemporary urban planning paradigm, where compact cities are forefront, planning for outdoor recreational amenities is increasingly in conflict with such compact ideals. In a Swedish context, a historical perspective on the question of outdoor recreation in the urban sphere discloses a rich legacy of past welfare recreational planning resting on the notion of enabling sports for all. In this thesis, I aim to offer an interpretation, and to deepen the understanding of, the interactions and tensions between outdoor recreation, compact city models and lingering planning legacies of past recreational planning. I do this in order to scrutinise the conditions for outdoor recreation within the compact city. The thesis adopts a material-semiotic approach and leans on assemblage theory, science and technology scholars working on the ordering effects of planning and previous studies on materialised discourses in the landscape. Findings of the thesis indicate an increasing fragmentation of outdoor recreation. This fragmentation leads to multiple definitions of the issue and a fragmented geography for outdoor recreation. These intertwined fragmentations, the thesis argues, support the rationales of the compact city, while marginalising outdoor recreational geographies. Based on the findings, the thesis concludes a need of reassembling landscapes for outdoor recreation and suggests that a historical perspective offers a fruitful way to do so.

Engström, A. [Planning for an urban recreational landscape](#).

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Children's experiences of playground characteristics that contribute to play value and inclusion: Insights from a meta-ethnography

For children, playing outdoors is a meaningful occupation, and such play is enabled by outdoor playgrounds. As play is a fundamental right for every child, Universal Design is an approach to creating inclusive playgrounds that welcome all children. Yet, research investigating how the physical environment of a playground supports children's play needs, in terms of play value and inclusion, is largely absent. Therefore, this study aimed to investigate how children's experiences of the environmental characteristics of outdoor playgrounds add to the understanding of play value and inclusion from a child-centred perspective. Using a metaethnography approach, a systematic review of qualitative evidence was conducted, which included 17 studies. The study identified two themes. Theme one describes the understanding of play value from the children's view, which includes their experiencing and mastering of challenges, creating and shaping of the physical environment, social experiences of playing with or alongside other children, and sense of belonging felt from the welcoming playground atmosphere. Theme two describes how the design of the physical environment of a playground in the sense of the variety of spaces and places, and the variability of designed and non-designed elements, influences play value and inclusion. The line of argument synthesis describes the interrelationship between the physical (variety and variability) and the social environment (inclusion) characteristics of the playground through the socio-spatial element of play value. This study identified the interrelated elements contributing to high play value, and consequently place-making, which can contribute to the understanding of inclusive design for playgrounds

Wenger, I., Lynch, H., Prellwitz, M., & Schulze, C. (2023). [Children's experiences of playground characteristics that contribute to play value and inclusion: Insights from a meta-ethnography](#). *Journal of Occupational Science*, 1-28.

[Retour au sommaire](#)

Availability of recreation facilities and parks in relation to adolescent participation in organized sports and activity programs

Most adolescents do not meet physical activity guidelines, so understanding facilitators and barriers is important. This study used surveys and geocoded location data to examine associations of availability of parks and recreation facilities with adolescent-reported participation in organized team sports and physical activity classes. The study was conducted with 928 adolescents aged 12-17 years, plus one parent/caretaker, recruited from two regions of the US. Adolescents' participation in teams and classes was positively associated with parents' perceptions of multiple available recreation environments, but not with objectively-measured availability. Having multiple nearby parks and recreation facilities may provide adolescents with more options for participating in preferred organized team sports and activity classes.

McCormack, M., Pratt, M., Conway, T. L., Cain, K. L., Frank, L. D., Saelens, B. E., ... & Sallis, J. F. (2023). [Availability of recreation facilities and parks in relation to adolescent participation in organized sports and activity programs](#). *Journal of Healthy Eating and Active Living*, 3(1), 19.

[Retour au sommaire](#)

4. Développement de l'activité physique

Exploring new approaches to youth sports programs: montessori motor development

Children are being introduced to organized sports programs at younger ages today. The first experience sets the stage for how they may view their physical competency and acceptance within a group. In these experiences, frequently, the coach is a well-intended parent who may not have any background in coaching or physical education training. Dr. Maria Montessori is widely known for her contributions to experiential learning for young children. Although Montessori addressed motor development through her pedagogical approach, it is rarely associated with physical education or sports. This article aims to provide some insight to educators, physical education teachers, coaches, and parents with an alternative approach to sport introduction through a Montessori theoretical lens which may allow children to develop a love for physical activity and/or future athletes.

Rigaud, V., & Quinn, R. W. (2023). Exploring new approaches to youth sports programs: montessori motor development. *Journal of Physical Education, Recreation & Dance, 94*(7), 19-25.

[Retour au sommaire](#)

That's where you start to think like, does anyone actually listen to or watch women's sport?" Gender regimes and students experiences on higher education sport courses

In this article we apply theoretical tools from the work of Elias and Connell to critically discuss the ways in which gender relations on Higher Education sport courses are manifested and experienced by students. Drawing on data from an analysis of curriculum, as well as interviews, surveys and workshops with students across a range of sport courses at one university, we explore curriculum design and the ways in which knowledge is presented which both marginalises and compartmentalises issues of gender, as well as presenting knowledge as gender neutral. This article provides a critical understanding of how knowledge about gender and women's sport features and is taught in UK Higher Education sport courses, alongside how students experiences in the classroom to provide an understanding which reinforces existing gender regimes and gender relations.

Velija, P., & Phipps, C. (2023). ["That's where you start to think like, does anyone actually listen to or watch women's sport?" Gender regimes and students experiences on higher education sport courses](#). *International Review for the Sociology of Sport*, 58(2), 233-252.

[Retour au sommaire](#)

Side-by-side sports reporters: A between-subjects experiment of the effect of gender in reporting on the NFL

Women are more visible than ever in sports media. Yet, extant research has shown that females have endured an array of issues exclusive to their gender. Consistent research updates on gender in sports media is necessary in order to discover whether an increase in numbers has changed the assessment of women in sports media. This study's objective was to understand how audiences now perceive women in television sports media, specifically as sports reporters covering the NFL. This quantitative experiment employed two current, veteran sports reporters (one female and one male) and pre-tested for the purpose of this study. It is the first known study that utilized professional television sports reporters. Each reporter recorded the same two "stand-ups" with identical backdrops. Survey participants randomly watched a video either of the male or female giving a fact or an opinion report and were then asked questions to measure their perception of the sports reporter's knowledge and credibility. Intriguingly, this study did not replicate results from prior research, and therefore could contribute to literature on women in sports media moving forward.

Brisbane, G. J., Ferrucci, P., & Tandoc, E. (2023). [Side-by-side sports reporters: A between-subjects experiment of the effect of gender in reporting on the NFL](#). *Communication & Sport*, 11(1), 115-134.

[Retour au sommaire](#)

How gender affects the newsworthiness of sports news on German TV: An application of the news-factors approach to understanding gender-biased sports news presentation

Gender inequalities in sports media are well-documented. This study focuses on sports news composition and how gender influences the prominence of sports news stories. The news-factors approach offers a causal explanation for the lower prominence (i.e. newsworthiness) of women's sports in TV sports reporting. Following this theory's perspective, athletes' gender is supposed to work as a moderating variable on news values of news factors in sports reports. The content analysis of seven German sports news programs reveals whether the same news factors are treated unequally with regard to women's and men's sports in TV news coverage. The results show that women's sports are presented as less newsworthy than men's sports, although news factors do not differ significantly by gender. However, the moderation effect of gender does not cause lower newsworthiness. That means, e.g., sports women's successes are equally emphasized as the success of male athletes in sports news on TV, and gender does not lower the credits female athlete's success receive in any given news stories. Instead, the results suggest that gender works as a news factor of its own, reducing not the news value of certain news factors but the overall newsworthiness of women's sports in TV coverage. Thus, the results demonstrate that gender inequality in sports media does not necessarily come from journalists perceiving female athletes' performance as inferior but from presenting women's sports less often and in a far less prominent way than men's sports.

Ihle, H. (2023). [How gender affects the newsworthiness of sports news on German TV: An application of the news-factors approach to understanding gender-biased sports news presentation](#). *International Review for the Sociology of Sport*, 58(2), 253-277.

[Retour au sommaire](#)

From the via Crucis to paradise. The experiences of women football players in Spain surrounding gender and homosexuality

The number of women in football has considerably grown in Spain, which in addition to increasing its media and social visibility is also attracting academic interest. In this regard, the objective of this article is to understand and interpret the experiences of 15 elite female football players regarding their gender and sexual orientation. The semi-structured interviews followed a pattern already used in other related research and dealt with topics such as the stereotypes that accompany women who play football, family reluctance, coexistence in locker rooms, lesbians coming out of the closet, or the need for more and better reference models. The data point to a clear homosociability within the teams and the benefits of supporting one and other when coming out of the closet, offering a counterpoint to family attitudes mostly characterized by rejection or stigmas that mark women as 'tomboys.' The conclusions highlight, on the one hand, the discrimination that the female players experience for being women who practice a traditionally masculine sport, and how homonegativity contributes to the control of women and the gendered nature of sport, and on the other hand, the open and inclusive climate that lesbian players have found in the football environment.

Martos-Garcia, D., Garcia-Puchades, W., Soler, S., & Vilanova, A. (2023). [From the via Crucis to paradise. The experiences of women football players in Spain surrounding gender and homosexuality](#). *International Review for the Sociology of Sport*, 10126902231153349.

[Retour au sommaire](#)

“If you let me play”: girls’ empowerment and transgender exclusion in sports

This article examines discourses of (cisgender) girls’ empowerment in American sports and the concurrent legislative debates in U.S. politics to exclude trans girls from gender affirming teams. I deploy discourse analysis of Nike advertising featuring sportswomen and girl athletes and the political debates in state governments about transgender inclusion in sports. One discourse relies on affective circulation of hope and positivity generated from the image of the cis white girl while the other draws upon fear and hyperbole to disenfranchise trans athletes. These transmisogynistic legal measures exclude trans girls under the auspice of protecting cis white girl athletes from “biological men” who may hurt them or steal their confidence and opportunities. I argue that there is a strategic connection, or discursive formation, made between cis girls’ empowerment and trans exclusion that is fueled by patriarchal notions of protecting cis girls. This formation works primarily by infantilizing cis white women and adultifying trans girls and cis Black girls. As a result, feel-good representations of cis white girls serve as justification for the persistent subjugation of *all* women and girls by deflecting the cause of gender inequality away from the cis-white supremacist-patriarchy and onto trans girls—especially those who are Black.

McClearn, J. (2023). [“If you let me play”: girls’ empowerment and transgender exclusion in sports](#). *Feminist Media Studies*, 23(4), 1361-1375.

[Retour au sommaire](#)

The under representation of women coaches in high-performance sport

High-performance sport is still not appropriately addressing issues that perpetuate women's underrepresentation in elite sport coaching and leadership. Therefore, it is also unlikely representation for other minority groups in high-performance sport will be achieved any time soon. For high-performance sport to progress, there is an opportunity to create environments that foster a variety of coaching styles with diverse racial, ethnic and gender identities. This paper points to statistics from elite football and Olympic sports to highlight the issue of the underrepresentation of women coaches in high-performance sport and draws upon a range of literature to inform an evidence-based and strategic approach to designing development in the context of increasing coach and leader gender diversity in these settings. It explores leadership in high-performance sport, learning and development, and high-performance sport environments. We argue future focused development should prepare high-performance sport leaders to intervene at an environmental level where they provide leadership, facilitate performance enablers, and engage athletes and performance staff to shape cultural change

Serpell, B. G., Harrison, D., Dower, R., & Cook, C. J. (2023). [The under representation of women coaches in high-performance sport](#). *International Journal of Sports Science & Coaching*, 17479541231160229.

[Retour au sommaire](#)

6. Sécurité et intégrité dans les sports

En collaboration avec Chaire de
recherche Sécurité et intégrité
en milieu sportif.



Differential profiles of sexually abused adolescent boys

Victims of child sexual abuse (CSA) are a heterogeneous population. Several characteristics may influence the outcomes associated with this adverse childhood experience, including personal (e.g. age) and CSA characteristics (e.g. relationship to the perpetrator). This study relied on a person-centered approach to account for this heterogeneity and focused on adolescent boys, an understudied population. Data were drawn from a representative sample of high school students aged 14 to 18 years old in Quebec, Canada. A total of 3.9% ($n = 138$) of boys reported CSA. Various CSA characteristics (severity, relationship to the perpetrator, and number of events) were used as indicators to derive classes. A four-class solution emerged from the latent class analysis: CSA in a sports context (6%), intrafamilial CSA (8%), extrafamilial CSA (52%) and multiple CSA (34%). The multiple CSA profile included boys who were sexually abused in multiple situations by different perpetrators and who were victims of acts involving penetration. The exploration of correlates associated with class membership revealed that adolescent boys included in the multiple CSA profile were distinguished by higher rates of delinquent behaviors and alcohol and drug use. They were more likely than members of other latent classes to belong to sexual minorities. This exploratory study sheds light on sexually victimized adolescent boys and the deleterious consequences that may affect them, particularly boys who have experienced multiple CSA events. We conclude that prevention efforts should focus on the demystification of sexual trauma among boys and on using trauma-informed care approaches for adolescent externalizing behaviors.

Gauthier-Duchesne, A., Hébert, M., Blais, M., & Wekerle, C. (2023). [Differential profiles of sexually abused adolescent boys](#). *Journal of Child Sexual Abuse*, 1-19.

[Retour au sommaire](#)

Youth sport coaches' perceptions of sexually inappropriate behaviors and intimate coach-athlete relationships

Although sexual harassment and abuse in youth sport have received increasing research attention worldwide, less is known about youth coaches' perceptions of sexually inappropriate behaviors and intimate relationships with athletes. The purpose of this exploratory study was to examine youth sport coaches' perceptions of behaviors that can lead to potential sexual harassment and abuse, as well as to understand how coaches perceive coach-athlete sexual relationships. A cross-sectional survey was completed by 200 male coaches from various U.S. youth sport programs. Overall, a majority of coaches indicated behaviors associated with *sexist comments* and *verbal/physical advances* as sexually inappropriate. There was, however, a lack of consensus regarding what constitutes sexually inappropriate behaviors when the behavior was *instruction-related/contextually dependent*. Results were mixed regarding the perceptions of coach-athlete sexual relationships, with a notable number of coaches agreeing that sexual intimacies with young athletes (17 years or younger) are not always harmful and should not be prohibited. Based on a regression analysis, white coaches were more likely to exhibit negative perceptions about coach-athlete sexual relationships compared to ethnically diverse coaches. Overall, these findings warrant the development or reevaluation of policies and interventions aimed at preventing sexual harassment and abuse in the youth sport environment. Continued research is needed to better understand youth sport coaches as the perpetrators of sexual harassment and abuse.

Kim, S., Connaughton, D. P., & Hedlund, D. P. (2023). [Youth sport coaches' perceptions of sexually inappropriate behaviors and intimate coach-athlete relationships](#). *Journal of Child Sexual Abuse*, 32(4), 397-417.

[Retour au sommaire](#)

Athlete and coach-led education that teaches about abuse : An overview of education theory and design considerations

Research shows that athletes across levels and sports have been subjected to maltreatment with non-sexualised forms such as psychological abuse and neglect found to be the most common. With the normalisation of many of these forms of abuse occurring in sports, researchers have called for the ‘safeguarding’ of athletes to focus on prevention through evidence-based education. Yet evidence-based education that teaches about abuse remains limited in the research literature. Further, an examination of educational theory, design considerations and the implications of such applications when applied to learning contexts in sport remains scarce. This paper is the first generated from a project where an online athlete-and coach-led abuse education program was designed, implemented, and evaluated with the purpose of teaching children through to adults (coaches, athletes) about non-sexualised types of abuse, along with the effects of such maltreatment. This paper provides an overview of the educational theory and design considerations, namely Ivor Goodson and Scherto Gill’s narrative pedagogy and the use of culturally responsive and culturally relevant content, with challenges and possibilities of these applications outlined. Recommendations are then made, based on facilitator and participant feedback which may assist sporting organisations and child protection agencies worldwide when designing, developing, revising, or implementing their own education programs to teach about abuse.

McMahon, J., Lang, M., Zehntner, C., & McGannon, K. R. (2023). [Athlete and coach-led education that teaches about abuse : An overview of education theory and design considerations](#). *Sport, Education and Society*, 28(7), 855-869. Taylor and Francis Journals.

[Retour au sommaire](#)

Anti-doping sciences, abjection and women’s sport as a protected category

In this article we explore the relationships amongst anti-doping sciences, ‘abjection,’ and the protection of ‘women’s’ sport. We introduce three novel concepts: ‘abjection bias,’ ‘abjection potential,’ and ‘intersectional abjection,’ as tools with the potential to provide greater nuance to understanding the context for these contentious issues in contemporary sport. The debate concerning participation in women’s sport—especially elite sport—of people who do not fit within traditional definition of ‘women’ is increasingly fraught with acrimony with anti-doping sciences often recruited as arbitrator. With access to opportunities such as participation at the Olympic Games at stake, emotions run high in arguments that typically centre on inclusion of transgender and gender diverse (TGD) athletes on the one hand and protection of the women’s category on the other. While sport theorists have begun the important work of identifying the roots of these problems deep within the structure of modern sport and society itself, they have hitherto paid little attention to the philosophical underpinnings of that structure. Through the lens of feminist critical analysis, we seek, in this paper, to understand the complex role of ‘abjection’ in framing the current debate in sport and in related anti-doping sciences. From a clear definition of abjection as a perceived existential threat due to violation of the status quo, we introduce the new concepts of ‘abjection bias,’ ‘abjection potential,’ and ‘intersectional abjection’ in order to understand and explain what in common parlance we might call ‘gut reaction.’ By looking at the few notable previous treatments of sport abjection and highlighting the historical connections between anti-doping sciences and efforts to protect the women’s category, we demonstrate that this co-development is, in part, more easily understood in the context of ‘abjection.’ We conclude that the clarity gained can also help to shed light on current policy decision-making in relation to the question of protecting the women’s sport category.

Schneider, A. J., Oldham, A. C., & Butcher, L. H. G. (2023). [Anti-doping sciences, abjection and women’s sport as a protected category](#). *Frontiers in Sports and Active Living*, 5.

[Retour au sommaire](#)

Doping in Paralympic sport : Perceptions, responsibility and anti-doping education experiences from the perspective of Paralympic athletes and parasport coaches

Limited effort has been invested in understanding doping in Paralympic sport. The limited evidence that exists suggests that factors influencing doping in parasport are similar to Olympic sport. However, based on the design and nature of the previous studies, where methods have been mostly limited to qualitative data and prevalence numbers, further research is warranted to extend previous findings.

Blank, C., Weber, K., Boardley, I. D., Abel, T., Schobersberger, W., & Patterson, L. (2023). [Doping in Paralympic sport : Perceptions, responsibility and anti-doping education experiences from the perspective of Paralympic athletes and parasport coaches](#). *Frontiers in sports and active living*, 5, 1166139.

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Compulsive exercise and its relationship with mental health and psychosocial wellbeing in recreational exercisers and athletes

Better understanding of compulsive exercise is needed in sports medicine. Whilst compulsive exercise may impact mental health, the limited research exploring the relationship between compulsive exercise and psychosocial outcomes is equivocal. The majority of studies have examined eating disorder populations where the eating disorder pathology might account for distress. This study explores relationships between compulsive exercise and mental health.

Cosh, S. M., McNeil, D. G., & Tully, P. J. (2023). [Compulsive exercise and its relationship with mental health and psychosocial wellbeing in recreational exercisers and athletes](#). *Journal of Science and Medicine in Sport*, 26(7), 338-344.

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