

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

Voici la recension pour février 2024. Vous y trouverez 39 références.

Bonne lecture !

Table des matières

Articles	2
1. Développement du sport	2
2. Développement du loisir	3
3. Développement du plein air	5
4. Développement de l'activité physique	5
Résumés	7
1. Développement du sport	7
2. Développement du loisir	14
3. Développement du plein air	18
4. Développement de l'activité physique	21

Articles

1. Développement du sport

Politiques
Développement
Gestion du sport

[Sport development policy: Applications in sport development and sport for development](#)

E-sport
Agressivité
Comportement
civique

[When breaking glass ceiling leads to glass screens: gender differences in civility and competitive aggressiveness in esports](#)

Environnement
Nature
Éducation



[Vers un nouveau modèle sportif durable ?](#)

Clubs sportifs
Loisirs sérieux
Passion harmonieuse

[The contribution of serious leisure qualities to passion in the context of collegiate sport club participation](#)

Enjeux sociaux
Participation
Sociologie sportive

[Social issues in sport, leisure and health](#)

Comportement
Sport féminin
Promotion



[The Promotion of women's leisure sports behavior based on improved decision tree algorithm](#)

Équité
Escalade
Inclusion



[A Cross-sectional, survey-based study of equity, diversity, and inclusion in the canadian indoor climbing community](#)

Diversité
Genre
Gestion du sport



[Research handbook on gender and diversity in sport management](#)

Événements sportifs
Impacts sociaux
Impacts économiques



[Impacts des grands événements sportifs internationaux : points de repères et controverses](#)

Encadrement
Entraîneurs
Évaluation

[National coaching certification program in Canada: understanding the relationship dynamics between coach evaluators and the coach](#)

Communautaire
Contraintes
Inclusion

[Community sport and recreation organizations' inclusion of low-income families in sport and recreation in New Brunswick](#)

Fauteuil roulant
Sports adaptés
Qualité de vie

[Effect of adaptive sports on quality of life in individuals with disabilities who use wheelchairs: a mixed-methods systematic review](#)


Gestion
Innovation
Employés du sport

 [The roles of perceived safety climate and innovativeness in the performance of sport and recreation organizations](#)

Événements
Héritage sportif
Participation

[Direct and indirect trickle-down effects on sport participation legacy through non-mega sports events](#)

Participation sportive
Facilitateurs
Contraintes


 [Facilitators and constraints to adult sports participation: A systematic review](#)

2. Développement du loisir


Personnes âgées
Gestion des loisirs
Bien-être subjectif

[Leisure-time management and subjective well-being among older adults: A three-wave longitudinal survey](#)

Lésion cérébrale
Engagement
Facteurs personnels

 [Leisure engagement among people living with acquired brain injury: A scoping review](#)

Impacts
Satisfaction
Bien-être subjectif

 [How do leisure activities impact leisure domain and life domain satisfaction and subjective well-being?](#)

Centres de loisirs
Inclusion
Accessibilité

 [Priority populations' experiences of the accessibility and inclusion of recreation centres: a qualitative study](#)

Éducation aux loisirs
Revue intégrante
Connaissances

[An integrative review of leisure education research](#)

Loisirs familiaux
COVID-19
Approche
phénoménologique

[Disrupting, adapting and discovering family leisure during COVID-19](#)

Expériences de loisir
Maternité
Significations



[Negotiating intensive mothering and the gendered politics of active leisure among first time mothers in Canada](#)

Recherche en loisir
Paradigmes
Post-positivisme

[Philosophy of science and leisure research: an exploratory analysis of research paradigms](#)

Initiatives
Bien-être
Capital social



[Community initiatives for well-being in the United Kingdom and their role in developing social capital and addressing loneliness: A scoping review](#)

Espace interculturel
Intégration sociale
Communautés

[Intercultural space—A review of the literature](#)

3. Développement du plein air

Adaptation
Climat
Espaces verts



[Urban Greening in the process of climate change adaptation of large cities](#)

Activité physique
Déplacements actifs
Voies vertes



[Greenway interventions effectively enhance physical activity levels-a systematic review with meta-analysis](#)

Espaces verts
Planification urbaine
Villes durables

[The role of green spaces in urban planning enhancing sustainability and quality of life](#)

Adolescents
Bien-être
Environnements



[Adolescents' experiences in nature: Sources of everyday well-being](#)

Interactions
Santé
Plein air



[Winter-human-nature interactions: A scoping review for a neglected season](#)

4. Développement de l'activité physique

Identité de genre
Activité physique
Jeunesse



[A scoping review of trans and gender diverse children and adolescents' experiences of physical activity, sport, and exercise participation](#)

Obstacles
Facilitateurs
Personnes âgées

[Barriers and facilitators to participation in vigorous lifestyle physical activity in adults aged 55–75 Years: A Scoping Review](#)

Politique publique
Outil d'interaction
Activité physique



[Breaking barriers: An innovative tool to assess the national and city-level physical activity policy development to practice disconnect](#)





Adolescents
Offre scolaire
Santé physique



[The Impact of typical school provision of physical education, physical activity and sports on adolescent physical health: A systematic literature review and meta-analysis](#)

Mode de vie actif
Adolescents
Implication durable

[I Actually have to decide what I'm doing:" how youth maintain active lifestyles in the transition to young adulthood](#)

Dépense énergétique Équivalent (MET) Compendium activités physiques		<u>2024 Adult compendium of physical activities: A third update of the energy costs of human activities</u>
Compétences cognitives Sédentaires Méta-analyse		<u>Physical activity on executive function in sedentary individuals: Systematic review and meta-analysis of randomized controlled trials</u>
COVID-19 Activité physique Exercice en ligne		<u>Online exercise during the COVID-19 pandemic and factors promoting or hindering participation in adults: a scoping review</u>
Promotion de la santé Comportements Environnementale.		<u>Physical activity interventions in workplace health promotion: objectives, related outcomes, and consideration of the setting a scoping review of reviews</u>

Résumés

1. Développement du sport

Sport development policy: Applications in sport development and sport for development

This chapter examines policy as it relates to sport development (SD) and sport for development (SFD). In particular, considering what policy is and how it influences SD. Key policy actors, including organisations and institutions at international, national, and local levels, are considered and discussed in relation to the ways in which they may influence the formation and implementation of policy. The policy process is explored in-depth through two case studies. The first charts the development of SFD policy drawing on a global analysis. The second case study provides a country-specific examination of SD and SFD policy using Australia as the context. Collectively, these case examples and the introductory content provide insight into the application of policy in SD and SFD contexts.

Truskewycz, H., Lindsey, I., & Jeanes, R. (2024). [Sport development policy: Applications in sport development and sport for development](#). In *Managing Sport Development* (pp. 30-47). Routledge.

[Retour au sommaire](#)

When breaking glass ceiling leads to glass screens: gender differences in civility and competitive aggressiveness in esports

The purpose of this paper is to examine whether gender differences exist in terms of the perceived response to civility as well as competitive aggressiveness and anger in esports. There is a dearth of literature on how these variables affect male and female participation in esports. To fill this gap, a total of 84 professional esports players from 27 different countries completed a quantitative survey of measures related to their competitive aggressiveness and anger and their perception of civil behaviours among competitors. Results revealed that female players perceived lower levels of civility compared to male participants who displayed higher competitive aggressiveness. No significant difference was found between gender regarding anger behaviours. This paper adds to the work in civility, diversity-gender and equity research area in esports. Specifically, it highlights how male and female professional players perceive civility while emphasising some factors that jeopardise gender equality when facing competition.

Kulari, G., Ribeiro, L., Heinzelmann, F. L., & Henrique, P. S. C. S. (2024). [When breaking glass ceiling leads to glass screens: gender differences in civility and competitive aggressiveness in esports](#). *European Journal for Sport and Society*, 1-17.

[Retour au sommaire](#)

Vers un nouveau modèle sportif durable ?

À l'heure où la question environnementale s'impose à la société, un bilan dans les réflexions soulevées à travers la littérature scientifique exige d'investir quelques pistes critiques. Dans cet article, nous abordons d'abord la question de l'usage des activités de pleine nature en revenant sur ses bienfaits, démontrés dans de nombreuses études. Néanmoins, le développement de ces pratiques physiques interroge au regard de leur impact environnemental et d'une conception anthropocentrée prédominante des pratiquants. Ce sont ensuite les propositions autour de nouvelles formes de pratique qui sont discutées pour faire du sport un espace d'éducation et de reconnexion à l'environnement. Enfin, des réflexions autour d'une éducation au politique qui dépasse la transmission de connaissances ou d'écogestes individuels permettent d'envisager la façon dont une éducation à l'environnement peut se faire à différentes échelles et de façon systémique.

Gottsmann, L. & Hugedet, W. (2024). [Vers un nouveau modèle sportif durable?. Staps, Pub. Anticipées \(0\), 180-X.](https://doi.org/10.3917/sta.pr1.0080)
<https://doi.org/10.3917/sta.pr1.0080>

[Retour au sommaire](#)

The contribution of serious leisure qualities to passion in the context of collegiate sport club participation

This study aims to explore the relationship between dimensions of collegiate sport club experiences and the development of harmonious and obsessive passions. A measure of serious leisure qualities was employed to assess members' systematic pursuit with both the sporting and social facets of clubs. Dual passions signify contrasting psychological inclinations arising from optimal and excessive engagement, respectively. Online surveys were administered to collegiate sport club members from two universities. Completed responses from 145 individuals were included for analysis. Regression models revealed that identification and personal rewards facilitated harmonious passion. Notably, no serious leisure qualities fostered obsessive passion, but weekly practice hours did. Our results suggest that club members' development of their identities and meanings to clubs are crucial to foster an optimal club experience. This finding adds knowledge to recent literature concerning club factors and mechanisms enhancing personal development and successful club operations. Moreover, the exploration of obsessive passion also underscores the needs to further examine the factors that drive members to overly engage in sport clubs. Future research utilising the concept of dual passions can help elucidate the psychological processes club members undergo in balancing their club commitments with other aspects of their lives.

Lee, K., Liu, Hung-Ling. & Bentley, J.P. (2024). [The contribution of serious leisure qualities to passion in the context of collegiate sport club participation.](#) *Leisure studies*, 1-12.

[Retour au sommaire](#)

Social issues in sport, leisure and health

This book examines how social issues shape and influence our engagement with sport, leisure time physical activity, and health-promoting exercise. Connecting the personal with the public, it helps the reader understand how individual exercise, leisure, and sport participation are both facilitated and constrained by their social contexts. Presenting a series of in-depth descriptions of grassroots sport, urban lifestyle sport, physical activity across the life course, sport for children with special needs, and the development of creative climates in sport, this book seeks to encourage what C. Wright Mills described as the “sociological imagination”. Every chapter begins with an individual-level account centred on everyday challenges with accessing sport, partaking in leisure activities, and meeting guidelines for daily exercise before exploring the larger, socially determined patterns in which those experiences are located, establishing a vital template for the social scientific study of sport, leisure, and health. Touching on key contemporary themes including diversity, inclusion, health inequalities, and physical inactivity, as well as selection and intensification in sports, this book offers new case material and theoretical tools for understanding the relationships between sport, leisure, health, and the wider society. This is an indispensable companion for any course on the sociology of sport, exercise, leisure, or physical activity and health.

Agergaard, S., & Karen, D. (Eds.). (2024). [Social issues in sport, leisure and health](#). Routledge.

[Retour au sommaire](#)

The Promotion of women's leisure sports behavior based on improved decision tree algorithm

In women's daily leisure choices, sports is an important content that cannot be ignored. In this context, this paper studies the promotion of women's leisure sports behavior based on improved decision tree algorithm. Based on the simple analysis of the research progress of leisure sports and decision tree algorithm, a female leisure sports behavior model based on decision tree is constructed. Based on the decision tree algorithm, the calculation method of information gain rate is optimized to avoid logarithmic operation, and the continuous attributes are discretized. Simulation results show that in terms of classification accuracy, the improved decision tree algorithm is significantly higher than the classical decision tree algorithm, and can significantly shorten the running time, which has high application value in the realization of accurate classification analysis of female leisure sports behavior.

Luo, H. (2024). [The Promotion of women's leisure sports behavior based on improved decision tree algorithm](#). *International Journal of Intelligent Information Technologies*, 20(1).

[Retour au sommaire](#)

A Cross-sectional, survey-based study of equity, diversity, and inclusion in the canadian indoor climbing community

Purpose: This study sought to offer insights into the demographics of the Canadian climbing community, as well as the perceived motivators and constraints to participating in climbing through an equity, diversity, and inclusion (EDI) lens. **Approach:** This cross-sectional, survey-based study was conducted in partnership with Climbing Escalade Canada (CEC), the national governing body of climbing in Canada. **Findings:** The average respondent in this study was white, heterosexual, young, highly educated and living in a household that earns over \$100,000 annually. Social motivations were noted as a significant motivator for climbers—especially for women. Women, gender minorities, and racialized people all faced heightened constraints to participate in climbing. **Implications:** The findings of this study provide valuable insights for program and policy improvement across the Canadian climbing community, which can lead to sustaining the rapid rise in popularity taking place in the sport. **Research Contributions:** With the exception of one recent study, much of the research investigating EDI in climbing has focused almost exclusively on gender and has been conducted outside of Canada. Future work within the sport of climbing can focus on improving the accessibility to climbing, as well as the overall sense of inclusion and diversity within the sport.

Wigfield, D. & Acai, A. (2024). [A Cross-sectional, survey-based study of equity, diversity, and inclusion in the canadian indoor climbing community](#). *Journal of emergencing sport studies*, 10.

[Retour au sommaire](#)

Research handbook on gender and diversity in sport management

This groundbreaking Research Handbook adeptly navigates how gender and diversity are addressed in sport management. Offering insight into practices and processes that work to exclude certain groups and practices, and favour others, it highlights how gendered ways of organizing sport are experienced and may be sustained, disrupted, and challenged.

Markula, P., & Knoppers, A. (2024). [Research handbook on gender and diversity in sport management](#). Edward Elgar Publishing.

[Retour au sommaire](#)

Impacts des grands événements sportifs internationaux : points de repères et controverses

Paris 2024 ambitionne d'établir un nouveau modèle de grand événement sportif international (GESI) durable en s'appuyant sur l'agenda 2020+5. En plaçant les Jeux sous l'angle d'un projet de société ambitieux, les organisateurs suscitent beaucoup d'espérance sur de nombreuses dimensions (touristiques, économiques, sociales), alors que les précédentes olympiades ainsi que le grand nombre d'inconnues liées à la candidature puis à l'organisation pourrait justifier la prudence. Précisément, la littérature académique se caractérise par une approche nuancée des impacts des événements sportifs. En effet, la prégnance actuelle de la notion d'héritage ne doit pas occulter des décennies de recherche scientifique sur la complexité de chacune des dimensions censées la constituer. Nous proposons ici une revue de littérature de ces travaux qui portent sur la mesure, l'analyse ou l'évaluation des impacts économiques, sociaux, touristiques et environnementaux. Ils se caractérisent par une forme de complexité et sont grevés d'effets contre-intuitifs qui doivent être appréhendés pour saisir le potentiel rôle structurant de l'événement sur son territoire hôte. Cette contribution ambitionne de donner des clefs de compréhension aux chercheurs ou aux étudiants qui s'intéressent à ces questions de l'impact des événements sportifs car malgré les difficultés méthodologiques qui jalonnent cette thématique, les GESI restent de précieux révélateurs des dynamiques démocratiques, sociétales et politiques à l'œuvre dans nos sociétés.

Bourbillères, H. & Djaballah, M. (2024). [Impacts des grands événements sportifs internationaux : points de repères et controverses](#). *Revue Européenne de Management du sport*.

[Retour au sommaire](#)

National coaching certification program in Canada: understanding the relationship dynamics between coach evaluators and the coach

Amateur sports organizations rely on volunteer coaches to ensure that successful programmes are implemented. As such, in Canada, it has become common practice that these coaches must participate in minimum educational experiences and demonstrate their coaching abilities through an evaluation. With a low number of coaches achieving certified status relative to those engaging in training workshops it becomes important to understand more about the evaluation process. Thus, the purpose of this research was to understand how Coach Evaluators (CEs) build relationships in evaluation situations and how those relationships are needed for achieving certification. Using an interpretive phenomenological analysis, data were collected through semi-structured interviews with 27 CEs representing 14 sports in Canada. The results identified themes that were explained by applying a framework on coaching types. Through this framework, this research determined the success or non-success of the evaluation process.

Edwards, J., & Kloos, K. (2024). [National coaching certification program in Canada: understanding the relationship dynamics between coach evaluators and the coach](#). *Leisure/Loisir*, 48(1), 149-181.

[Retour au sommaire](#)

Community sport and recreation organizations' inclusion of low-income families in sport and recreation in New Brunswick

Fee assistance programmes (FAPs) used by community sport and recreation organizations (CSROs) are a popular means of addressing the financial barriers low-income families face. However, there is a dearth of literature that speaks to the other ways CSROs support the inclusion of low-income families. The purpose of this study is to use Ponich and Frisby's organizational dimension of inclusion which was published in 2010, as a conceptual framework to examine how CSROs support the inclusion of low-income families in sport and recreation. Through data analysis, three main themes were constructed to illuminate how CSROs facilitated inclusion to support sport and recreation participation for low-income families: 1) CSROs' financial access provisions; 2) supplying equipment; and 3) relationship building. Our findings indicated that New Brunswick CSROs facilitate inclusion through supports beyond FAPs, but these practices continue to have a narrow focus on financial limitations.

Fortune, M., & Oncescu, J. (2024). [Community sport and recreation organizations' inclusion of low-income families in sport and recreation in New Brunswick](#). *Leisure/Loisir*, 48(1), 1-24.

[Retour au sommaire](#)

Effect of adaptive sports on quality of life in individuals with disabilities who use wheelchairs: a mixed-methods systematic review

Purpose: Adaptive sports participation has been shown to improve quality of life (QoL) in individual with disabilities. However, inconsistent results in various domains of QoL exist in the literature. The objective of this mixed-methods systematic review is to identify and synthesize evidence from quantitative and qualitative studies on the effect of adaptive sports on QoL in individuals with disabilities who use wheelchairs for mobility. **Methods:** A systematic literature review of quantitative, qualitative, and mixed-methods research on the effect of adaptive sports on QoL was conducted on five databases (Scopus, Web of Science, PsycINFO, Medline, and PubMed). Quality appraisal was conducted by two authors by using the Mixed Methods Appraisal Tool. **Results:** This review identified 4 key findings from 41 studies, including 31 quantitative and 10 qualitative studies. First, individuals with disabilities using wheelchairs for mobility who actively engaged in adaptive sports tend to report higher QoL scores compared with those who were inactive or did not participate. Second, the relationship between the duration of regular participation in adaptive sports and QoL scores exhibited inconsistent results. Third, a multi-component adaptive sports program demonstrates the potential to further improve QoL scores. Last, qualitative investigations reveal that participation in adaptive sports positively influences various domains of well-being in wheelchair users, including encompassing physical and emotional well-being, interpersonal relationships, material well-being, personal development, self-determination, and social inclusion. **Conclusion:** This review provides a comprehensive relationship between adaptive sports participation and QoL of wheelchair users. This study identifies the value of multi-component interventions and demonstrates the diverse positive influences of adaptive sports on well-being. **Implications for rehabilitation:** (1) Individuals with disabilities who actively engage in adaptive sports report higher quality of life (QoL) scores compared with those who were inactive or did not participate. (2) The relationship between the duration of regular participation in adaptive sports and QoL scores exhibits inconsistent results. (3) A multi-component adaptive sports program may further improve QoL scores. (4) Qualitative investigations reveal that participation in adaptive sports positively influences various domains of well-being in wheelchair users, including encompassing physical and emotional well-being, interpersonal relationships, material well-being, personal development, self-determination, and social inclusion.

Chen, P., Yu, H., Lin, C.-F., Guo, J., Elliott, J., Bleakney, A., & Jan, Y.-K. [Effect of adaptive sports on quality of life in individuals with disabilities who use wheelchairs: a mixed-methods systematic review](#). *Disability and Rehabilitation: Assistive Technology*, 1-17.

[Retour au sommaire](#)

The roles of perceived safety climate and innovativeness in the performance of sport and recreation organizations

The recent COVID-19 pandemic created an unpredictable environment regarding the safety operations of sport and recreation organizations. This study was designed to examine how safety climate and organizational innovativeness could promote preferred organizational behavior outcomes in college campus sport and recreation centers. A total of 227 sport and recreation employees were recruited through the National Intramural and Recreational Sports Association. With the collected data, we employed structural equation modeling to assess the research hypotheses. The results indicated that safety climate and innovativeness positively influenced job engagement, therefore leading to enhanced safety compliance and employee innovativeness, which ultimately resulted in higher levels of organizational performance. Peer safety compliance was also found to be a moderator in the relationship between job engagement and safety compliance. In this study, the authors offer new insights into sport organizational performance by emphasizing safety and innovation.

Kim, M., Kim, H. S., Oja, B. D., Hill, J., Zvosec, C., & Doh, P. Y. (2024). [The roles of perceived safety climate and innovativeness in the performance of sport and recreation organizations](#). *Journal of Sport Management*, 1-12.

[Retour au sommaire](#)

Direct and indirect trickle-down effects on sport participation legacy through non-mega sports events

Mega sport events are frequently criticized for excessive commercialization and sustainability concerns. By contrast, non-mega sport events (NMSEs) offer more cost-effective, locally suitable, and socially sustainable benefits. To understand the lasting influence of NMSEs on local sport participation, we constructed a research model based on systems theory and integrated with youth and grassroots sport development legacies into a trickle-down effect model to examine their mediating roles. In the context of the National Sports Festival, an annual Japanese sport competition, we surveyed sport and government officials ($n = 158$) on the legacies of youth and grassroots sport development, sport infrastructure, sport inspiration, and sport participation. The findings indicate both sport infrastructure and sport inspiration legacies have positive indirect effects on sport participation legacy through grassroots sport development legacy. This study adds new insights on the importance of NMSEs, identifying grassroots sport development legacy as a mediating mechanism that facilitates sport participation.

Yoshida, M., Inoue, Y., Pizzo, A. D., Nagazumi, J., & Aizawa, K. (2024). [Direct and indirect trickle-down effects on sport participation legacy through non-mega sports events](#). *Event Management*.

[Retour au sommaire](#)

Facilitators and constraints to adult sports participation: A systematic review

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

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

[Retour au sommaire](#)

2. Développement du loisir

Leisure-time management and subjective well-being among older adults: A three-wave longitudinal survey

As older adults have longer leisure time and the types and influences of leisure activities, they participate in are diverse, appropriate management of their leisure time would be important to optimize their subjective well-being. Although greater use of time management in educational and occupational settings is associated with better job performance, academic achievement, and the well-being of workers and students, few studies have investigated time management in leisure settings. This study aimed to examine the longitudinal association between leisure-time management and subjective well-being among older adults. Methods: Data on 879 individuals in Nada Ward, Kobe, Japan were obtained from a three-wave questionnaire-based longitudinal survey (Wave 1: December 2017 to January 2018; Wave 2: after one year; Wave 3: after three years). In each survey, leisure-time management (newly developed in this study) and subjective well-being (simplified Japanese version of the World Health Organization Five Well-Being Index) were measured. This study used a cross-lagged model to analyze the longitudinal association between leisure-time management and subjective well-being after considering their inverse association. Results: The cross-lagged model indicated that that the standardized path coefficients from leisure-time management in Wave 1 to subjective well-being in Wave 2 (0.13, $p < 0.001$) and from leisure-time management in Wave 2 to subjective well-being in Wave 3 (0.06, $p = 0.042$) were positive and significant. Conclusions: This study found that leisure-time management is a determinant of subjective well-being among older adults. This finding indicates that the management of leisure time elevates one's subjective well-being among them.

Kazuhiro, H., Masumoto, K. & Okada, S. (2024). [Leisure-time management and subjective well-being among older adults: A three-wave longitudinal survey](#). *Archives of Gerontology and Geriatrics*, 117.

[Retour au sommaire](#)

Leisure engagement among people living with acquired brain injury: A scoping review

Return to previously valued occupations is a common goal of individuals following acquired brain injury (ABI). However, the focus of rehabilitation is often on self-care and productivity occupations. Return to leisure should be a priority of rehabilitation to support a person's physical, cognitive, social, and emotional well-being. Consequently, the aim of this article was to review the research evidence on engagement in leisure occupations among community-dwelling adults living with ABI. A six-step scoping review was conducted searching five databases. Articles were included if they focused on leisure engagement post-stroke or traumatic brain injury. Seventeen studies were included. Leisure engagement decreased post-ABI with engagement primarily in solitary, sedentary, cognitively inactive, home-based leisure. Leisure engagement was impacted by personal and contextual factors. The findings identify a need to focus on and address changes to leisure following ABI, with exploration of why these changes have occurred beyond personal factors.

Trevorrow, S., Gustafsson, L. & Hodson, T. (2024). [Leisure engagement among people living with acquired brain injury: A scoping review](#). *Occupational Therapy Journal of Research*, 1-15.

[Retour au sommaire](#)

How do leisure activities impact leisure domain and life domain satisfaction and subjective well-being?

This study examines the impact of leisure activities on leisure domain and life domain satisfactions and subjective well-being (SWB) and explores the differences between genders in these associations, using data from 316 middle-aged adults. The results suggest that sports and travel & outdoor activities have the greatest impact on physiological, psychological, and relaxing satisfactions. Social activities are key ingredients in social, psychological, and physiological satisfactions as seen by men, whereas cultural activities and hobbies are important in women's psychological satisfaction. While relaxing and social satisfactions are important in men's SWB, psychological satisfaction is the most important factor in women's SWB.

Kim, D., Park, J. & Park B. (2024). [How do leisure activities impact leisure domain and life domain satisfaction and subjective well-being?](https://doi.org/10.1002/jtr.2618) *International journal of Tourism Research*, 26(1). <https://doi.org/10.1002/jtr.2618>

[Retour au sommaire](#)

Priority populations' experiences of the accessibility and inclusion of recreation centres: a qualitative study

Background: Although the health benefits of physical activity are well documented, certain priority populations are often disproportionately insufficiently active and at higher risk of poor health. Recreation centres have the potential to provide accessible and supportive environments for physical activity for all. However, little is known about priority populations' experiences of these venues and their views of how accessibility and inclusion can be optimised. This study aimed to gain in-depth insights of recreation centre experiences and potential strategies for improving inclusion and accessibility amongst priority populations (women, older adults, ethnic minorities, persons living with disabilities/additional needs, individuals identifying as LGBTQIA+, low socio-economic position). **Methods:** This qualitative study (2021–2022) involved 18 semi-structured individual interviews with adult priority population users of recreation centres (50% 65 + years, 61.2% female) in one Melbourne municipality. Participants were asked to discuss their positive and negative experiences at the centres and to identify strategies for enhancing accessibility and inclusion. Interviews were audio-recorded and transcribed verbatim. Content analysis was performed for data analysis. **Results:** While many participants had positive views of the facilities and programs at the centres, as they met their needs, they also had suggestions for improving accessibility and inclusion. Similarly, most participants were happy with the communications, felt included, and perceived the culture positively. Those who did not feel included at the centres offered many potential strategies for changing the culture, modifying communications (e.g., signage), and establishing partnerships for better access and inclusion. **Conclusions:** The present study adds to essential knowledge concerning priority populations' experiences of recreation centres. For recreation facilities that were generally perceived as having positive inclusion and accessibility, the findings nonetheless highlighted suggestions for further enhancement. These strategies may be useful more broadly for improving accessibility and inclusion, thereby promoting physical activity and ultimately health for all.

Rivera, E., Smith, C. & Hestketh, K.D. (2024). [Priority populations' experiences of the accessibility and inclusion of recreation centres: a qualitative study](#). *BMC Public Health*, 24(1), 205.

[Retour au sommaire](#)

An integrative review of leisure education research

Leisure education (LE) is a common approach to enhance people's well-being. Yet, no systematic review exists that synthesizes LE studies, identifies gaps in the literature, and suggests future research directions. Using an integrative review design, we conducted data-base and hand searches as well as systematic applications of exclusion and inclusion criteria, which resulted in 64 articles. Reviewed LE studies involved diverse sex and age groups, although racial/ethnic characteristics were unclear. Most LE studies occurred in North America. People with intellectual and developmental as well as physical disabilities most frequently received LE. Typical sample size range was 10–50. LE interventions usually lasted 6–15 weeks. Researchers used various research designs and data collection methods to study effects of leisure-specific factors (e.g., leisure awareness, leisure planning) in interventions and outcomes, as well as personal and social factors (e.g., self-awareness, socialization). Overall, LE is versatile and has assisted various social groups.

Kono, S., Lee, C., & Dattilo, J. (2024). [An integrative review of leisure education research](#). *Journal of Leisure Research*, 55(2), 208-230.

[Retour au sommaire](#)

Disrupting, adapting and discovering family leisure during COVID-19

COVID-19 and the associated restrictions influenced family life including the practice of family leisure of those living in the same household and those who did not. The purpose of this study was to explore how individuals' family leisure was affected by the COVID-19 restrictions in New Brunswick, Canada, and the ways individuals and their families adapted to those restrictions. Phenomenology guided the study. Interviews that utilized a photo elicitation technique were conducted virtually with 12 women, 3 men, and 1 gender fluid individual. The findings revealed the lockdown in March 2020 contributed to a 'disruption to valued family leisure'. A period of 'adaptation, exploration, and discovery' followed characterized by determining what family leisure would include through participation in home-based, outdoor, and virtual family activities. Loosened restrictions and the opportunity to bubble with another household introduced the experience of 'expanding family leisure' as participants considered how family members would bubble.

Shannon, C. S. (2024). [Disrupting, adapting and discovering family leisure during COVID-19](#). *Leisure/Loisir*, 48(1), 49-75.

[Retour au sommaire](#)

Negotiating intensive mothering and the gendered politics of active leisure among first time mothers in Canada

This article interrogates the experiences of an interdisciplinary research team that engaged in a qualitative research program for over 5 years, beginning with the grant writing process through to knowledge dissemination. We highlight the challenges of constructing shared understanding and developing research synergies, embracing vulnerability and discomfort to advance knowledge, and negotiating risks of legitimacy and transcending disciplinary boundaries. Based on critical reflections from the research team, the findings call attention to the politics of knowledge production, the internal and external obstacles, and the open mindedness and emotional sensitivity necessary for interdisciplinary qualitative research. Emphasis is placed on relational and structural processes and mechanisms to negotiate these challenges and the potential for interdisciplinary research to enhance the significance of scholarly work.

Trussell, D. E., Hebblethwaite, S., Xing, T. M. K., Paterson, S., & Evans, M. (2024). [Negotiating intensive mothering and the gendered politics of active leisure among first time mothers in Canada](#). *Leisure/Loisir*, 48(1), 77-102.

[Retour au sommaire](#)

Philosophy of science and leisure research: an exploratory analysis of research paradigms

The purpose of this exploratory analysis was to examine paradigmatic trends within leisure research. Thomas Kuhn's philosophy of science suggested that a field is the operational paradigm composed of a set of assumptions that include theories, methodology and instruments that guide inquiry. In contemporary leisure research, the scholarship being produced can be categorized into four research paradigms: (post)positivist, interpretive, critical and postx. The sample for this exploratory study included two timeframes (1991–1993 and 2014–2016) resulting in a total sample of N = 495 articles. Results confirmed evidence of a dominant (post)positivism in leisure research in the first sample and a trend toward paradigmatic pluralism in the second. Findings suggest that the philosophy of Larry Laudan's 'research traditions' may be a more accurate model, compared to Kuhnian philosophy, for discourse within the leisure field. Additionally, results indicate a lack of paradigmatic and ontological and epistemological reflexivity among authors in leisure research.

Means, W. T., & Mowatt, R. A. (2024). [Philosophy of science and leisure research: an exploratory analysis of research paradigms](#). *Leisure/Loisir*, 48(1), 123-147.

[Retour au sommaire](#)

Community initiatives for well-being in the United Kingdom and their role in developing social capital and addressing loneliness: A scoping review

Introduction: Loneliness can have a negative impact on people's physical and psychological well-being; building social capital is a potential means of addressing this connection. Community initiatives (e.g., groups, clubs, neighbourhood activities) may be a route that enables people to build social capital to tackle loneliness. Understanding what is known, and where gaps in knowledge exist, is important for advancing research on this topic. **Methods:** A scoping review was undertaken to explore the question – What community initiatives, with a focus on well-being, have been evaluated in the United Kingdom that include information about social capital and loneliness? Four databases (Medline, CINAHL, ASSIA and Embase) were searched for relevant research papers. References were screened by two researchers to identify if they met the review's inclusion criteria. Data were summarised as a narrative and in tables. **Results:** Five papers met the review's inclusion criteria. They all used qualitative methods. Findings suggested that social capital could be developed through creating a sense of trust, group cohesion and reciprocity among participants in the community initiatives. This connection enabled people to experience a sense of belonging and to feel they had a meaningful relationship with others, which appeared to alleviate feelings of loneliness. **Conclusion:** More research is warranted on the review topic, including studies that have employed quantitative or mixed methods. Clarity around definitions of social capital and loneliness in future research is required. Engagement with community initiatives can provide a formalised route to help people develop connections and counteract limitations in their social networks. However, individuals may be wary about attending community initiatives, needing support and encouragement to do so. Social prescribing link workers are one means of motivating people to access groups, events or organisations that could improve their well-being.

Tierney, S., Rowe, R., Connally, E. L., Roberts, N. W., Mahtani, K. R., & Gorenberg, J. (2024). [Community initiatives for well-being in the United Kingdom and their role in developing social capital and addressing loneliness: A scoping review](#). *Lifestyle Medicine*, 5(1), e298.

[Retour au sommaire](#)

Intercultural space—A review of the literature

In the context of the current migration crisis and its sociopolitical impacts on the public and multicultural societies among European countries, the activation and management of intercultural communities are urgently needed. Thus, a literature review of the intercultural space for social integration becomes essential. To analyze the current situations and trends on this subject, this paper aims to systematize the existing information on intercultural spaces and relevant design strategies, providing a comprehensive overview of the current issues and problem-solving suggestions related to social coexistence by using PRISMA methodology. Data are drawn from 42 studies, and outcomes for multiple dimensions of intercultural spaces are summarized. The results highlight elements referring to spatial, functional, and characteristics dimensions for better facilitating intercultural spaces. This study contributes to the literature on intercultural spaces by providing a systematization of the literature developed to date and proposing future references to guide policymaking.

Chen, P., & Borsari, A. (2024). [Intercultural space—A review of the literature](#). *International Journal of Intercultural Relations*, 99, 101934.

[Retour au sommaire](#)

3. Développement du plein air

Urban Greening in the process of climate change adaptation of large cities

Cities—being places where both growth at large and human activity concentrate to the maximum extent, as well as being places of creation, innovation, and development—have been facing the challenge of adaptation to changing climate conditions. Successive greening of urban spaces is becoming an indicator of civilizational progress and one of the most important aspects of sustainable urban development and quality of life of city dwellers. It also represents a part of the sustainable management of natural resources and energy in the urban environment. This article addresses the subject of urban space greening, perceived as one of the ways of mitigating the effects of climate change. The study focuses on a comparative analysis of various planning and implementing activities related to green areas, as well as on available quantitative data on the greening and climate change adaptation of 44 Polish cities with urban adaptation plans (UAPs) in place. The research, covering the years 2017–2023, identifies the variety of urban greening methods, initiatives, and tools used in the process of urban planning and urban design. The results of the study showed that measures planned by local authorities lacked detailed tools as well as a long-term and systemic approach to greenery, energy, and space management. On the other hand, what was observed in the implementation was an apparent prevalence of urban acupuncture spots and a failure to make the most of all the benefits of the adaptive, social, and ecosystem-forming role of urban greening. The authors imply that their research can be used to formulate conclusions and guidelines for urban development policies which highlight the role and raise the importance of the greening of Polish cities under all urban investments, particularly in the process of adaptation of urban areas to climate change.

Pancewicz, A. (2024). [Urban greening in the process of climate change adaptation of large cities](#). *Energies*, 17(2), 377.

[Retour au sommaire](#)

Greenway interventions effectively enhance physical activity levels-a systematic review with meta-analysis

Background: Previous studies have examined the impact of greenway interventions on physical activity (PA); however, the results have been inconclusive. In order to address this issue, our study conducted a systematic review with meta-analysis to thoroughly evaluate the evidence and determine the effectiveness of greenway interventions in promoting PA. **Methods:** We conducted a comprehensive search of literature databases, such as Web of Science, EMBASE, PubMed (via Medline), Cochrane Library, and Scopus, up to June 15, 2023. To synthesize the available evidence, we performed a meta-analysis using a random effects model. The quality of the included studies was assessed using the criteria developed by the Agency for Healthcare Research and Quality and the Newcastle-Ottawa Scale. **Results:** A total of 9 publications were identified, involving 6, 589 individuals. The overall quality of most included studies was rated as moderate to high. Our study found that the greenway was effective in promoting PA among participants. Specifically, active travel (AT) showed a standard mean difference (SMD) of 0.10 [95% confidence interval (CI): 0.04 to 0.17], moderate-to-vigorous PA had an SMD of 0.11 (95% CI: 0.02 to 0.20), and total PA had an SMD of 0.14 (95% CI: 0.06 to 0.21). We also observed significant differences in AT levels among participants based on greenway characteristics, exposure distance, exposure duration, and male-to-female ratio. **Discussion:** Newly developed or upgraded greenways have been shown to effectively promote PA. Additionally, research suggests that the longer a greenway has been in existence, the greater the benefits it provides for PA. As a result, the construction of greenways should be recognized as an effective public health intervention.

Deng Y., Liang J. & Chen Q. (2023). [Greenway interventions effectively enhance physical activity levels-a systematic review with meta-analysis](#). *Frontiers in Public Health*, 11.

[Retour au sommaire](#)

The role of green spaces in urban planning enhancing sustainability and quality of life

Urbanization and population growth have intensified the need for sustainable urban planning strategies. Green spaces, including parks, gardens, urban forests, and green infrastructure, play a vital role in creating sustainable and livable cities. This scientific article examines the multifaceted benefits of green spaces in urban planning, including environmental, social, and economic aspects. It highlights the contributions of green spaces in mitigating urban challenges, enhancing ecological resilience, promoting physical and mental well-being, fostering social cohesion, and improving economic prosperity. The article emphasizes the importance of integrating green spaces into urban planning frameworks to create sustainable, healthy, and vibrant cities.

Mamajonova, N., Oydin, M., Usmonali, T., Olimjon, A., Madina, A., & Marg'uba, M. (2024). [The role of green spaces in urban planning enhancing sustainability and quality of life](#). *Holders of reason*, 2(1), 346-358.

[Retour au sommaire](#)

Adolescents' experiences in nature: Sources of everyday well-being

Recently, adolescents' decreasing contact with nature has raised concerns in many urbanized societies. In this study, we analyze Finnish adolescents' leisure time experiences in natural environments. The material consists of 39 thematic writings written by 15–16-year-old adolescents living in the city of Lahti, Finland. The analysis of the written accounts was informed by hermeneutic phenomenology. While visiting nature was a spontaneous everyday activity for young participants, it meant a possibility to escape daily life filled with routines, demands, and social norms. Nature was experienced as multisensory via sight, hearing, touch, smell, and taste. Natural environments enabled not only shared experiences with friends and family but also positive experiences in solitude. The experiences were typically described by their psychological well-being benefits, especially increasing calmness, and improving mood or positive feelings. The findings highlight the importance of acknowledging the role of nature in adolescents' leisure time experiences.

Puhakka, R., & Hakoköngäs, E. (2024). [Adolescents' experiences in nature: Sources of everyday well-being](#). *Journal of Leisure Research*, 55(2), 250-269.

[Retour au sommaire](#)

Winter-human-nature interactions: A scoping review for a neglected season

Nature interactions are associated with numerous positive physical, social, and mental health benefits. However, most human-nature interaction research is conducted in spring and summer, with little insight into autumn or winter-human-nature interactions. We therefore conducted a concise scoping review to explore the current state of winter-human-nature interaction research by examining common emergent themes and types of winter-human-nature interaction. Few studies (N = 28) met the inclusion criteria of our review (i.e., primary studies that examined explicit human-nature interactions in winter that reported outcomes for participants). Three main winter-human-nature interaction research topics emerged in the course of this review: winter recreation and tourism, winter and health, and winter and culture. Regarding typology, most studies considered more immediate, conscious, and intentional winter-human-nature interactions. Additionally, few studies considered the outcomes of interactions for both people and nature. More broadly, the general lack of studies involving winter-human-nature interactions is concerning given the depth of research in other seasons connecting humans and nature. Winter-nature interactions are even more important to understand given the ongoing changes in the characteristics of winter due to climate change that are likely to affect people's relationships with nature in the winter and the potential nature-derived benefits of winter-human-nature interaction.

Jakstis, K., & Barnes, M. R. (2024). [Winter-human-nature interactions: A scoping review for a neglected season](#). *Global Environmental Psychology*, 2, 1-13.

[Retour au sommaire](#)

4. Développement de l'activité physique

A scoping review of trans and gender diverse children and adolescents' experiences of physical activity, sport, and exercise participation

Increasing young people's physical activity, along with their motivation and confidence to be active, is widely advocated for supporting desirable health outcomes. Trans and gender diverse (henceforth; trans) young people experience significant physical activity-related barriers compared to cisgender (i.e., an individual for whom gender identity and sex presumed at birth are in alignment) peers. This scoping review aimed to synthesise information relating to physical activity, sport, and exercise, as well as participation experiences among trans young people aged 10–25 years. Database searches of CINAHL, Embase, Medline, PsychINFO, and SportDiscus were conducted for publication until August 2023. Broad search terms included exercise, physical activity, sport, transgender, gender diverse, youth, child, and adolescents, with 24 studies identified for full text review. Following title, abstract, and full text review, 12 studies were retained for data extraction. Methodological quality was assessed with scores ranging from 0.14 to 0.95. Eleven studies reported trans young people participated in less physical activity compared to cisgender peers. All 12 studies reported on barriers to exercise participation—resulting from gender-based isolation, exclusion, and rejection in sports or school physical education—that were associated with mental health-related concerns. Findings demonstrate trans young people typically have lower physical activity participation levels, feel less safe while playing sport, and face more barriers to participation than their cisgender peers, resulting in isolation and exclusion. Findings suggest a need to create more inclusive opportunities and harness motivating factors (e.g., gender affirmation, social capital) to assist the adoption of healthy exercise behaviours.

Felicity, A., Wright, K.E., Jackson, B., Lin, A., Schweizer, K.& Furzer, B.J. (2024). [A scoping review of trans and gender diverse children and adolescents' experiences of physical activity, sport, and exercise participation](#). *Mental health and Physical activity*, 100576.

[Retour au sommaire](#)

Barriers and facilitators to participation in vigorous lifestyle physical activity in adults aged 55–75 Years: A Scoping Review

Despite the well-known benefits of physical activity, less than half of adults aged 55–75 years participate in sufficient physical activity. Short bouts of vigorous intermittent lifestyle physical activity (VILPA) accumulated throughout the day can contribute toward the recommended volume of physical activity. A rich characterization of the barriers and facilitators to participation in VILPA is needed to develop targeted interventions. This scoping review aimed to identify barriers and facilitators to participation in different components of VILPA in adults aged 55–75 years, and to map barriers and facilitators to the Theoretical Domains Framework. Within the 18 eligible studies, the most prevalent barriers were related to a person's skills, environmental context, and social influences. Most facilitators were related to a person's goals, social influences, and environmental context. Interventions to promote VILPA should test the effectiveness of behavioral change measures related to the unique barriers and facilitators in this age group.

Pang, B., Moulin, J.C., Thompson, C., Thogersen-Ntoumani, C., Stamatakis, E. & Mcveigh, J.A. (2024). [Barriers and facilitators to participation in vigorous lifestyle physical activity in adults aged 55–75 Years: A Scoping Review](#). *Journal of Aging and Physical Activity*, 1(aop), 1-14.

[Retour au sommaire](#)

Breaking barriers: An innovative tool to assess the national and city-level physical activity policy development to practice disconnect

Background: Population-level physical activity increases are improbable without intersectoral collaboration across government levels and sectors to develop and implement physical activity promotion policies. This study aims to provide information about the development of the Interaction between National and Local Government Levels in Development and Implementation of Physical Activity Policies Tool (INTEGRATE PA-Pol). A framework was created to examine the development and implementation of national and subnational physical activity policies and the (mis)alignment between government levels. **Methods:** The work was conducted in 3 phases: (1) a scoping review was carried out to identify local government physical activity promotion policies and instruments for assessing them, (2) an expert group designed 6 questionnaires, and (3) cognitive response testing was employed for validity testing and item modification with a panel of research and policy experts. **Results:** The INTEGRATE PA-Pol Tool consists of 6 questionnaires assessing how national and subnational governments collaborate to develop and implement physical activity promotion policies. **Conclusion:** This tool can assist in better understanding the development and implementation of a public policy monitoring system that will allow for benchmarking and priority setting to comprehend how physical activity promotion policies are designed and executed.

Resendiz, E., Ramirez-Varela, A., Mejia-Grueso, J., Moon, J. Miras, J., Brownson, R.C., Salvo, D. & Pratt, M. [Breaking barriers: An innovative tool to assess the national and city-level physical activity policy development to practice disconnect](#). *Journal of Activity and Health*, 1-9.

[Retour au sommaire](#)

The Impact of typical school provision of physical education, physical activity and sports on adolescent physical health: A systematic literature review and meta-analysis

Typical school provision of physical education, physical activity and sports may impact adolescent physical health. However, systematic literature reviews and meta-analysis have not yet considered this impact. The Web of Science, SPORTDiscus, PsychINFO, ERIC and MEDLINE databases were searched for relevant literature (2000–2023) pertaining to adolescents aged 12–18 years in secondary schools. Twenty-nine studies met the inclusion criteria, including twenty-three interventions, four cross-sectional and two longitudinal studies. Included studies contributed 268 reported effects on indicators of adolescent obesity, physical fitness, blood pressure and bone health. Fifteen studies were included in the meta-analysis and reported significantly positive effects on indicators of adiposity in experimental groups with minor modifications to typical school provision ($g = -0.11$ [95% CI $-0.22, -0.01$], $p < 0.04$, $I^2 = 32.49\%$), in boys and girls. Subgroup analysis found significantly positive effects for body fat percentage ($g = -0.28$ [95% CI $-0.49, -0.06$], $p < 0.01$). Robust examples of best practice in schools include extended days dedicated to physical education weekly (≥ 4 days), integration of theoretical components to physical education, sports field/gymnasium availability and a range of training modalities. Studies without the integration of a minor modification to typical school provision were deemed to have a limited impact on adolescent physical health. Further research that examines the additive impact of school physical activity and sports to supplement physical education is warranted.

Rocliffe, P., Tapia-Serrano, M.A., Garcia-Gonzalez, L. Adamakis, M. Walsh, L., Bannon, A., Mulhall, E., Sherwin, I., O'Keffe, B.T, Mannix-McNamara, P. & MacDonncha, C. (2024). [The Impact of typical school provision of physical education, physical activity and sports on adolescent physical health: A systematic literature review and meta-analysis](#). *Adolescent Research Review*, 1-53.

[Retour au sommaire](#)

I Actually have to decide what I'm doing:" how youth maintain active lifestyles in the transition to young adulthood

Even formerly active people can struggle to engage in leisure time physical activity (LTPA) throughout life. Although predictors of LTPA are widely studied, experiences of change in LTPA trajectories are rarely assessed. In this study we interviewed young adults who had been highly active as adolescents (N = 11), and used grounded theory to better understand what facilitated or inhibited their ability to maintain the active lifestyle they had in high school. Results point to participants' agentic choices playing a central role in their LTPA behavior, influenced by characteristics of the participants, their contexts, and their LTPA experiences. These findings suggest that perceived agency contributes to young people's ability to maintain their active lifestyles in the transition to young adulthood (at least for the privileged youth in our sample), and point to the need for additional research on how to encourage active youth to choose to continue their active lifestyles.

Agans, J.P. & Lerner, R.M., (2024). [I Actually have to decide what I'm doing:" how youth maintain active lifestyles in the transition to young adulthood](#). *Leisure science*, 46(1), 40-60.

[Retour au sommaire](#)

2024 Adult compendium of physical activities: A third update of the energy costs of human activities

Background: The Compendium of Physical Activities was published in 1993 to improve the comparability of energy expenditure values assigned to self-reported physical activity (PA) across studies. The original version was updated in 2000, and again in 2011, and has been widely used to support PA research, practice, and public health guidelines.

Methods: This 2024 update was tailored for adults 19–59 years of age by removing data from those ≥60 years. Using a systematic review and supplementary searches, we identified new activities and their associated measured metabolic equivalent (MET) values (using indirect calorimetry) published since 2011. We replaced estimated METs with measured values when possible. **Results:** We screened 32,173 abstracts and 1507 full-text papers and extracted 2356 PA energy expenditure values from 701 papers. We added 303 new PAs and adjusted 176 existing MET values and descriptions to reflect the addition of new data and removal of METs for older adults. We added a Major Heading (Video Games). The 2024 Adult Compendium includes 1114 PAs (912 with measured and 202 with estimated values) across 22 Major Headings. **Conclusion:** This comprehensive update and refinement led to the creation of The 2024 Adult Compendium, which has utility across research, public health, education, and healthcare domains, as well as in the development of consumer health technologies. The new website with the complete lists of PAs and supporting resources is available at <https://pacompendium.com>.

Herrmann, S.D., Willis, E.A., Ainsworth, B.E., Barreira, T.V., Haster, M., Kracht, C.L., Schuna Jr, J.M., Cai, Z., Quan, M., Tudor-Locke, C., Whitt-Glover, M.C. & Jacobs Jr, D.R. (2024). [2024 Adult compendium of physical activities: A third update of the energy costs of human activities](#). *Journal of Sport and Health Science*, 13(1), 6-12.

[Retour au sommaire](#)

Physical activity on executive function in sedentary individuals: Systematic review and meta-analysis of randomized controlled trials

Physical activity has been demonstrated to promote cognitive performance. However, the relationship between physical activity and executive function (EF) in sedentary individuals is not fully understood. This meta-analysis examined the impact of physical activity on EF in sedentary individuals and evaluated potential moderators of the relationship between physical activity and EF. In accordance with the PRISMA guidelines, the electronic databases MEDLINE, Embase, PsycINFO and Web of Science were searched. Included studies had to report sedentary individuals randomized to either a physical activity group or a control group. Subgroup analyses of EF sub-domains, exercise prescription and age were conducted alongside the overall meta-analysis. Thirteen RCT studies were included, with a total of 752 participants. Results showed a small to moderate beneficial effect of physical activity on EF (SMD = 0.24, 95% CI 0.08 to 0.40). In subgroup analysis by EF sub-domains, physical activity enhanced inhibitory control (SMD = 0.38, 95% CI 0.12 to 0.63) and working memory (SMD = 0.22, 95% CI -0.05 to 0.49), but not cognitive flexibility (SMD = 0.11, 95% CI -0.18 to 0.41). Interventions with an intervention length > 12 weeks improved overall EF (SMD = 0.26, 95% CI 0.06 to 0.46), but intervention length = 12 weeks did not (SMD = 0.20, 95% CI -0.08 to 0.47). Interventions with session time = 45 minutes improved overall EF (SMD = 0.47, 95% CI 0.22 to 0.77), but session time < 45 minutes did not (0.17, 95% CI -0.11 to 0.44). Physical activity improves EF for older adults (age = 60 years) (SMD = 0.25, 95% CI 0.08 to 0.42), but not for younger individuals (age < 60 years) (SMD = 0.17, 95% CI -0.25 to 0.59). Overall, physical activity has a beneficial effect on EF in sedentary individuals, although the influence may be domain specific and influenced by exercise prescription and age. These findings have practical implications for those seeking to improve EF in sedentary individuals through physical activity.

Tian S, Liang Z, Qiu F, & Wang X. (2023). [Physical activity on executive function in sedentary individuals: Systematic review and meta-analysis of randomized controlled trials](#). *PLoS One*, 18(12).

[Retour au sommaire](#)

Online exercise during the COVID-19 pandemic and factors promoting or hindering participation in adults: a scoping review

The COVID-19 pandemic and associated containment measures seem to affect the physical activity of adults. Online exercise seems to have the potential for contributing to the maintenance of an active lifestyle under pandemic restrictions. However, the actual utilisation has barely been evaluated. The scoping review investigated the participation of adults in online exercise during the COVID-19 pandemic including factors promoting and hindering participation. The search strategy with a priori defined selection criteria used PubMed as a source of information and considered results from intervention, observational, and qualitative studies. Of 31 included studies, 29 confirmed the participation of adults in online exercise during COVID-19. Out of 31 included studies, 17 identified factors promoting and hindering participation. Adults participating in online exercise during the COVID-19 pandemic primarily used online courses, videos, and apps for self-organised activities. College PE, group training for older adults via videoconference, and rehabilitation sports were activities under organised conditions. Factors promoting and hindering the participation in online exercise could be grouped into nine categories and supported (1) concepts based on the preferences of the participants, (2) training conditions for maintaining or improving physical fitness, (3) precautions to prevent adverse events, (4) consideration of the target groups' technical requirements and competencies, (5) promotion of social interactions and group cohesion, (6) real-time supervision of the participants, (7) time investments by providers for group training programmes, (8) potentials as well as restrictions for specific populations, and (9) necessary optimisations of the access requirements.

Ebert, B., Streicher, H., & Notthoff, N. [Online exercise during the COVID-19 pandemic and factors promoting or hindering participation in adults: a scoping review](#). *International Journal of Sport and Exercise Psychology*, 1-32.

[Retour au sommaire](#)

Physical activity interventions in workplace health promotion: objectives, related outcomes, and consideration of the setting a scoping review of reviews

Background: The workplace is a recognized setting for promoting health among adults, and physical activity (PA) interventions are an integral part of workplace health promotion (WHP). **Objectives:** The present review of reviews aims to provide an overview of the main objectives and related outcomes addressed in WHP-related PA interventions, as well as the setting-specific aspects considered in the research field. **Methods:** A scoping review of reviews was conducted. Reviews were included if they were peer-reviewed, written in English, and focused on PA interventions conducted in the context of WHP. A literature search was conducted in PubMed, SPORTDiscus, and Web of Science. Reviews were included if they had been published after the year 2000. Information on the following dimensions was extracted: author, region, number of primary studies included, target group(s), PA interventions included, main objective(s), related outcomes, and setting-specific aspects. **Results:** A total of 17 reviews were included. Six reviews aimed at solely identifying the effectiveness of promoting daily PA and reducing sedentary behavior. Eleven reviews showed a combined approach considering physical activity behavior and/or health and job-related outcomes. Outcomes in the primary studies were heterogeneous. None of the reviews had an explicit definition of WHP and setting-specific information was very general and sparse. The reported setting-specific information was referred to the general importance of the workplace setting, the specific importance as an access route to target groups, and implementation aspects. Regarding the additional characteristics of the reviews, the selection of primary studies was restricted to a specific region in 2 of the 17 reviews in advance. Three reviews restricted the target group (sedentary workers, women, desk-based workers), while eleven reviews included working adults in general and, three reviews gave no information about the target group. Eleven intervention approaches of the reviews were behaviorally oriented, two focused solely on environmental interventions, and four reviews can be attributed to a combined approach considering behavioral and environmental interventions. **Conclusion:** For sustainable future developments, the present results indicate a strong need for conceptual consolidation of WHP in the research field of PA interventions. Therefore, both WHP and health-related PA interventions need to take a comprehensive approach comprising behavioral and environmental interventions.

Schaller, A., Stassen, G., Baulig, L., & Lange, M. [Physical activity interventions in workplace health promotion: objectives, related outcomes, and consideration of the setting a scoping review of reviews](#). *Frontiers in Public Health*, 12.

[Retour au sommaire](#)
