

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 mai 2024. Vous y trouverez 43 références.

Bonne lecture !

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En collaboration avec le Laboratoire pour la progression des femmes dans le sport.



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1. Développement du sport

Investigation of the relationship between leisure time management and quality of life in terms of intergenerational differences

This study was conducted to examine the relationship between leisure time management and the quality of life of individuals of different generations who have received sports education and are still continuing their education. The population of the study consists of individuals who are currently studying or graduated from the Faculty of Sports Sciences and Physical Education and Sports School in Istanbul province. As the sample group, Istanbul Topkapı University, Marmara University, and Istanbul Cerrahpaşa University were selected because they have applied units (Faculty of Sports Sciences and School of Physical Education Sports). A total of 318 students of the Faculty of Sports Sciences and School of Physical Education and Sports who were studying and graduated from these universities participated voluntarily. After the participants were informed about the scales, the data were collected. The data were analysed in a computer environment using SPSS (Statistical Package for Social Sciences) programme. The normal distribution of the scores was analysed by examining normal distribution curves, skewness kurtosis values, normal distribution curves employing histograms, and Kolmogorov-Smirnov test values used when the group size is greater than 50. As a result of the skewness and kurtosis analyses of the data, it was determined that the data were suitable for parametric test conditions. In the analysis of the data, frequency, arithmetic mean and standard deviation; independent group t-test and one-way analysis of variance (ANOVA) were used to examine the differences between variables, and the Tukey test, one of the Post Hoc tests, was used to determine between which groups the difference occurred. As a result of the statistics obtained; a significant difference was found in the sub-dimensions of Goal Setting and Method sub-dimensions of the leisure time management scale according to the generations of the participants. It is thought that older individuals make life plans and time management better.

Seydiođlu, C., & Kaya, İ. (2024). [Investigation of the relationship between leisure time management and quality of life in terms of intergenerational differences](#). *European Journal of Physical Education and Sport Science*, 10(5).

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Forms of managing leisure time of European seniors of the 21st century

This chapter is to demonstrate the challenges related to free time of seniors (especially EU residents) in the 21st century. The starting point for the considerations was to explain the concept of free time and to specify its characteristics, functions, and ways of using it. The structure of the seniors' time budget and leisure activities undertaken by this group were analyzed (based on Eurostat data). Subsequently, one of the important forms of free time management, that is, tourism, was studied. First, the essence of tourist activity was discussed and the reasons for undertaking it in the autumn of life. Second, the functions of senior tourism were distinguished and data on the participation of seniors from EU countries in it were presented. Third, taking into account that the concept of active aging is increasingly the participation in various types of courses, trainings, workshops, etc., the chapter defines the place of seniors in the process of lifelong learning. The tasks of the University of the Third Age (U3A) were systematized and the available data on the participation of European seniors in educational programs were analyzed. The conclusion emphasizes the heterogeneity of the silver head segment.

Niemczyk, A., Szalonka, K., Gardocka-Jałowicz, A., Nowak, W., Seweryn, R., & Gródek-Szostak, Z. (2024). [Forms of managing leisure time of European seniors of the 21st century](#). In *The Silver Economy*. Taylor & Francis.

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Examining the relationship between university students' leisure time exercise levels and life skills according to their participation in E-sports

The aim of this study was to determine the leisure time exercise levels and life skills of university students who participate and do not participate in e-sports activities, as well as to examine how various variables change these characteristics and to determine the relationships between the measurement tools. For this purpose, the data collected face-to-face from 307 university students with the "Leisure Time Exercise Scale (LTE)" and "Life Skills Scale (LS)" were analyzed with parametric tests since they provided homogeneous distribution. The findings obtained shows that university students' leisure time exercise scores are at a low, but their life skills are above the middle level. The findings of the study indicate that various variables differentiate the levels of LTE and LS, the status of doing e-sports creates a significant difference on LTE and LS, and there is a significant positive relationship between LTE and LS. The findings are discussed with the support of the literature.

KARAMAN, M., DURHAN, T. A., TÜRKMEN, E., & ARSLAN, Y. (2024). [Examining the relationship between university students' leisure time exercise levels and life skills according to their participation in E-sports](#). *International Journal of Religion*, 5(3), 267-280.

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Investigation of the relationship between constraints to participating in leisure activities and life satisfaction in women

This research aims to examine women's constraints to participation in physical activity in their leisure and life satisfaction according to some variables and to determine the relationship between them. The study group of the research consisted of 390 female participants aged between 18-65. Participants' physical activity constraints were evaluated with "The Leisure Constraints Questionnaire (LCQ)" and their life satisfaction with "Life Satisfaction Scale (LSS)".

The data analyzed using t-test, ANOVA and Pearson correlation tests showed that the time component a structural constraint was the main factor limiting women's engagement in leisure activities and there was a moderate to strong correlation between LCQ and LSS scores. It has been determined that women who do not participate in physical activity have greater perceived constraints to leisure-time physical activity and have lower life satisfaction.

Our study indicates that the most important structural obstacle in women's leisure is time, and as women's leisure constraints increase, their life satisfaction decreases.

Köse, A., & Sarol, H. (2024). [Investigation of the relationship between constraints to participating in leisure activities and life satisfaction in women](#). *Educational Administration: Theory and Practice*, 30(4), 119-125.

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Promoting social inclusion for adult communities: The moderating role of leisure constraints on life satisfaction in five European countries

Although leisure constraints that individuals have to cope with can negatively affect their social inclusion and satisfaction with life, little research has addressed the link between these variables. Therefore, the current paper examined the moderator role of leisure constraints on the relationship between satisfaction with life and leisure constraints among adults living in five different European countries. The respondents were 1,382 women and 877 men adults. The findings of analysis revealed that all factors used in the study accounted for 15% of the variance in satisfaction with life and social inclusion had a significant and positive impact on satisfaction with life. As a result, it can be said that leisure constraints had a moderating effect on the relationship between satisfaction with life and social inclusion. The present research study recommends that social inclusion should be encouraged through decreasing to leisure constraints to increase the life satisfaction.

Koçak, F., & Gürbüz, B. (2024). [Promoting social inclusion for adult communities: The moderating role of leisure constraints on life satisfaction in five European countries](#). *Journal of Community & Applied Social Psychology*, 34(3), e2794.

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2. Développement du loisir

Social justice promotion in youth sport: insights from current high school coaches

Despite historic and contemporary injustices that permeate youth sport, few studies have explored perceptions of social justice among coaches. From a critical positive youth development perspective—which seeks to centre the voices of socially marginalised peoples and dismantle systemic inequities—this study sought to explore the unique perspectives of current high school coaches related to their social justice promotion efforts in youth sport. Nine United States high school coaches participated in two semi-structured interviews. Using reflexive thematic analysis, findings highlighted coaches had differing thoughts towards promoting social justice. Coaches indicated they predominately relied on reactive and implicit approaches to address social justice issues and, in some cases, coaches did not feel comfortable when social injustices arose. Moving forward, coaches should be empowered to embrace their positionalities in youth sport, understand the impact of sport, and seek support from the youth sport system to address social issues systematically and deliberately.

Newman, T. J., Santos, F., Collins, K., Pierce, S., Kochanek, J., Mercier, V., & Lee, L. (2024). [Social justice promotion in youth sport: insights from current high school coaches](#). *Sports Coaching Review*, 1-28.

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The effect of sports game intervention on children's fundamental motor skills: A systematic review and meta-analysis

The purpose of the present study was to carry out a systematic review and a meta-analysis determining the effects of sports game intervention on fundamental motor skills in children. This paper presented a systematic review from 2001 to 2020, including the databases of Web of Science, EBSCO, Science, PubMed and Springer. (1) Participants comprised 1701 children age 3-12 years; (2) sports game interventions were investigated; (3) only studies using a Test of Gross Motor Skills assessment were included; (4) RCT were chosen as the study design to assess the impact of sports game interventions on children's motor skills; (5) only culture-based sports game studies in the English and Chinese language were included. Two researchers independently reviewed and assessed the eligibility criteria. Out of the initial 1826 references, 12 studies with a total of 1608 participants were included in the meta-analysis. All interventions were implemented in preschool (kindergarten) or primary school populations, and all studies followed a randomized controlled trial design. The results demonstrated significantly superior development of fundamental motor skills in the intervention groups compared to the control groups (standardized mean difference = 0.30, $p < 0.0001$). The methodological quality of the included studies ranged from fair to excellent, and no evidence of publication bias was observed. Among them, the 12-week sports game intervention of 35 min each time three to four times a week had a better intervention effect, promoting children's physical health and fundamental motor skills.

Sun, S., & Chen, C. (2024). [The effect of sports game intervention on children's fundamental motor skills: A systematic review and meta-analysis](#). *Children*, 11(2), 254.

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Health benefits of different sports: a systematic review and meta-analysis of longitudinal and intervention studies including 2.6 million adult participants

Background: Several reviews have examined the health benefits of participation in specific sports, such as baseball, cricket, cross-country skiing, cycling, downhill skiing, football, golf, judo, rugby, running and swimming. However, new primary studies on the topic have recently been published, and the respective meta-analytic evidence needs to be updated. **Objectives:** To systematically review, summarise and appraise evidence on physical health benefits of participation in different recreational sports. **Methods:** Searches for journal articles were conducted in PubMed/MEDLINE, Scopus, SpOLit, SPORTDiscus, Sports Medicine & Education Index and Web of Science. We included longitudinal and intervention studies investigating physical health outcomes associated with participation in a given sport among generally healthy adults without disability. **Results:** A total of 136 papers from 76 studies conducted among 2.6 million participants were included in the review. Our meta-analyses of available evidence found that: (1) cycling reduces the risk of coronary heart disease by 16% (pooled hazard ratio [HR] = 0.84; 95% confidence interval [CI]: 0.80, 0.89), all-cause mortality by 21% (HR = 0.79; 95% CI: 0.73, 0.84), cancer mortality by 10% (HR = 0.90; 95% CI: 0.85, 0.96) and cardiovascular mortality by 20% (HR = 0.80; 95% CI: 0.74, 0.86); (2) football has favourable effects on body composition, blood lipids, fasting blood glucose, blood pressure, cardiovascular function at rest, cardiorespiratory fitness and bone strength ($p < 0.050$); (3) handball has favourable effects on body composition and cardiorespiratory fitness ($p < 0.050$); (4) running reduces the risk of all-cause mortality by 23% (HR = 0.77; 95% CI: 0.70, 0.85), cancer mortality by 20% (HR = 0.80; 95% CI: 0.72, 0.89) and cardiovascular mortality by 27% (HR = 0.73; 95% CI: 0.57, 0.94) and improves body composition, cardiovascular function at rest and cardiorespiratory fitness ($p < 0.010$); and (5) swimming reduces the risk of all-cause mortality by 24% (HR = 0.76; 95% CI: 0.63, 0.92) and improves body composition and blood lipids ($p < 0.010$). **Conclusions:** A range of physical health benefits are associated with participation in recreational cycling, football, handball, running and swimming. More studies are needed to enable meta-analyses of health benefits of participation in other sports.

Oja, P., Memon, A. R., Titze, S., Jurakic, D., Chen, S. T., Shrestha, N., ... & Pedisic, Z. (2024). [Health benefits of different sports: a systematic review and meta-analysis of longitudinal and intervention studies including 2.6 million adult participants](#). *Sports Medicine-Open*, 10(1), 46.

A scoping review on physical literacy domains associated with participation in sports video games among youth and adolescence

Sports video games (SVGs) are one of the most popular genres in video gaming, which are suggested to be associated to physical literacy (PL). The objective of the current scoping review is to identify and summarize the empirical evidence on PL domains associated with participation in SVGs among youth and adolescence, based on the Australian Physical Literacy Framework (APLF). The literature search followed the PRISMA-ScR guidelines on databases PubMed, Scopus and Web of Science. This review included studies that evaluated any outcomes associated with the participation in SVGs based on APLF: physical, psychological, social, and cognitive domains. Articles related to other video game genres or gambling were excluded. All types of devices, modes of playing and intensities of play were included. Finally, there were 3859 articles retrieved from which 11 met the inclusion criteria. The most studied outcomes were related to the psychological and the cognitive domains which shown that SVGs to be effective in increasing motivation and engagement, and enhancing total knowledge in real-life sports. This finding provides a new insight that this sedentary behavior could be used in promoting sports and might help to solve the problem of physical inactivity. However, more research is needed for the physical and the social domains regarding to SVGs play among youth and adolescents. The current evidence base relating to SVGs is not large enough to be able to understand the associations of some gaming variables, such as duration of time, frequency, skill levels, mode of playing and gender, to PL and risky behaviors among youth and adolescents.

Ho, W. K., Sum, K. W. R., & Tang, D. (2024). [A scoping review on physical literacy domains associated with participation in sports video games among youth and adolescence](#). *Current Psychology*, 1-12.

The impact of recreational sports enthusiasts' willingness to engage in the leisure consumption

Purpose: The present research guides to a middle ground where recreational sports and enjoyment justify the basic concept of leisure consumption, exploring an exciting field of study, where participation is the motivational source of recreational sports fans for transferring into the motivation of leisure activities and leisure consumption. **Research design, data and methodology:** This research took a close look at the current literature to investigate impacts of recreational sports enthusiasts' willingness to engage in the leisure consumption. The screening and excluding procedure took a place to select a qualified prior resources and the present author finally obtained a total of 19 highly relevant papers. **Results:** The evaluation of the presented research shows that the enthusiasts' participation in avocational sports has four significant implications on their lifestyle and leisure consumption. These impacts are categorized as follows: Economic influence, Psychological influence, Social influence, and Environmental influence. **Conclusions:** In sum, this study has shown the various ways and magnitude in which willingness to participate in leisure affects its consumption by the recreational sports enthusiast. These impacts have brought critical implications for the viability of the sport leisure business in the industry, particularly in urging it to be the right strategic direction to cater to this market segment.

SEONG, D. H. (2024). [The impact of recreational sports enthusiasts' willingness to engage in the leisure consumption](#). *The Journal of Industrial Distribution & Business*, 15(2), 31-39.

Exploring gamification in team sports: A scoping review and research agenda

While team sports play a pivotal role in societies around the world, we recognize a concerning high dropout rate among young people in organized sports clubs in recent years. Research indicates that a central reason is the declining enjoyment of conducting team sports over time. In parallel, digital games have become one of the most popular leisure activities globally. Thus, gamifying team sports, i.e. the integration of design elements of digital games into team sports, is considered a promising way to reboost the motivation of individuals in sports. However, while digital games and team sports are closely intertwined phenomena, we lack a structured understanding of how aspects of gaming can be utilized to benefit team sports and what avenues future research in this area should pursue. Therefore, in this paper, we present the results of a scoping review examining the emerging field of hybrid forms that combine digital games and team sports into gamified team sports. This paper highlights the significant potential of merging digital games into team sports to promote athlete engagement and motivation. Further, the findings reveal a need for further research and innovative approaches to unlock the full spectrum of benefits this fusion of gaming and team sports offers. Therefore, we provide a research agenda that can serve as an anchoring point for future research.

Birnstiel, S., & Morschheuser, B. (2024). [Exploring gamification in team sports: A scoping review and research agenda](#).

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The motivations to play organised club-based sport in Australia

The way individuals want to consume sport during their leisure time has changed dramatically over past decades. In order to meet sport participant consumer needs, it is important to understand their motivations to play and how these may differ between different demographics. The aim of this study was to investigate the motivations to play sport across: age, gender, residential location and the settings, modes and level of participation. An online survey of sport participants asked about age, gender, residential location, type of sports and physical activities participated in, frequency and duration of play, and motivations for playing organised club-based sport. Survey respondents (N = 4,395) were aged between 13–92 years. The Self-Determination Theory, Fun Integration Theory, and relevant sport motivation research were used to develop the motivations for playing organised sport in the survey and the results are described and discussed based on this information. The main motivations were fun/enjoyment, physical health/fitness, performance/competition and social reasons. Motivations differed between demographic groups and across the lifespan. Sport policy makers and managers should focus on developing flexible and inclusive sporting opportunities that centre, on friendship, fun and skill development, and those diverse intrinsic motivations that better align with participants' desires to play sport.

Eime, R., Harvey, J., Charity, M., Pankowiak, A., Westerbeek, H., & Mesagno, C. (2024). [The motivations to play organised club-based sport in Australia](#). *Leisure Studies*, 1-16.

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3. Développement du plein air

Definition of urban park concept upon a systemic, management and multidimensional perspective

Within the realm of Engineering Management, this study aims to reframe the concept of urban park through its multidimensional construct since its essential nature of physical space and social interaction is persistently lost in most narratives. Conceptualizations follow from theory, but there are difficulties in eliciting the innocuous question of how to define Urban Parks. Hence, its scope belongs to the theoretical debates related to public space, social and managerial at large. From the intricacies of urban sociology, management science, and through the lens of system thinking, we argued about the urban park as a construct that implies a greater level and complexity that results from the fusion of simpler concepts. Thus, the interpretive paradigm of qualitative methods and critical literature review is the research design for our endeavor. We portray a systematic approach for a functional definition to study urban parks as an entropic, open, dynamic, and closed-loop system that triggers intricate processes and outcomes, which embeds a set of dimensions such a scaffolding strategy to support a conceptual framework into the spatial, scalar, urban, vegetal, social, intentional, multifunctionality, transcendence, symbolic, and dependence. We critically render an intentional but unique concept of urban park, in addition to concluding remarks aimed to reorient attention toward the relevance of public space in the study of Engineering Management and Urban Science.

Sandoval-Chávez, D. A., Vera-Bustillos, E., & Reyes-Escalante, A. Y. (2024). [Definition of urban park'concept upon a systemic, management and multidimensional perspective](#). In *Management Engineering in Emerging Economies* (pp. 97-119). Cham: Springer International Publishing.

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Before, during, and irrespective of the pandemic: leisure constraints and urban national park visitation

Urban and urban-proximate national park sites provide diverse leisure opportunities for residents, yet potential barriers and constraints for visitation exist. We examined constraints prior to, during, and regardless of the COVID-19 pandemic in the Washington, D.C. Metro area at Rock Creek Park and Chesapeake and Ohio Canal National Historical Park. Visitors and non-visitors (n = 840) responses were assessed for differences in their (1) demographic characteristics and leisure activities, (2) perceived constraints, and (3) the (a)temporal dimensions of these constraints (i.e. considering or despite COVID-19). Findings illustrate constraints were largely similar for both populations, but non-visitors reported significantly more physical limitations during the pandemic; overall, this demographically diverse group reported significantly less knowledge related to national park site visitation. Findings help point park managers towards information, outreach, and social support as potential tools to improve the visitor experience in these and other national park unit settings.

Wilcox, M., Zajchowski, C. A., Fefer, J. P., Perry, E. E., Sharp, R. L., & Brownlee, M. T. (2024). [Before, during, and irrespective of the pandemic: leisure constraints and urban national park visitation](#). *World Leisure Journal*, 1-21.

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Outdoor recreation: enrichment for a lifetime: book review

Kordes and Hutson's *Outdoor Recreation: Enrichment for a lifetime* (5th edition) is a panoramic exploration of the phenomenon of outdoor recreation in North America. The authors unpack the historical, psychological, and cultural influences, resource management and educational frameworks, as well as recreation demand trends. The book serves as a practical guide for students, educators, and practitioners, emphasizing management policies and strategies. Kordes and Hutson also examine the historical and cultural significance of outdoor pursuits, highlighting their relationship to social and environmental contexts. However, a critical gap lies in the book's neglect of growing income disparities and their potential to limit access to outdoor recreation for many. Addressing this in future editions could broaden the book's impact and contribute to a more equitable and sustainable future for Outdoor Recreation.

Kay, G. (2024). [Outdoor recreation: enrichment for a lifetime: book review.](#)

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Effects and perceptions of weather, climate, and climate change on outdoor recreation and nature-based tourism in the United States: A systematic review

Weather, climate, and climate change all affect outdoor recreation and tourism, and will continue to cause a multitude of effects as the climate warms. We conduct a systematic literature review to better understand how weather, climate, and climate change affect outdoor recreation and nature-based tourism across the United States. We specifically explore how the effects differ by recreational activity, and how visitors and supply-side tourism operators perceive these effects and risks. The 82 papers reviewed show the complex ways in which weather, climate, and climate change may affect outdoor recreation, with common themes being an extended season to participate in warm-weather activities, a shorter season to participate in snow-dependent activities, and larger negative effects to activities that depend on somewhat consistent precipitation levels (e.g., snow-based recreation, water-based recreation, fishing). Nature-based tourists perceive a variety of climate change effects on tourism, and some recreationists have already changed their behavior as a result of climate change. Nature-based tourism suppliers are already noticing a wide variety of climate change effects, including shifts in seasonality of specific activities and visitation overall. Collectively, this review provides insights into our current understanding of climate change and outdoor recreation and opportunities for future research.

Wilkins, E. J., & Horne, L. (2024). [Effects and perceptions of weather, climate, and climate change on outdoor recreation and nature-based tourism in the United States: A systematic review.](#) PLOS Climate, 3(4), e0000266.

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Outdoor recreationists' engagement with weather: The weather-outdoor recreation process model

The role of weather in outdoor recreation and nature-based tourism constitutes a growing area of research. Yet how and when weather influences the individual outdoor recreation experience continues to warrant investigation. Furthermore, concepts and knowledge about human-weather relationships are scattered across several disciplines. This paper consolidates the literature and relationships into a conceptual model that illustrates the ways in which recreationists engage with weather during the nature-based outdoor recreation experience. At the core of the model, constructed using a multidisciplinary literature review and expert appraisal process, is the person-weather environment fit process. During each phase of the recreation experience, individuals assess and respond to weather conditions considering their recreational goals, chosen activity, comfort, health and safety, and site access. When faced with an incongruent fit, individuals engage in a process of weather constraints negotiation. Intervening factors and negotiation responses are highlighted, as are personal and other environmental factors that may influence perceptions of the thermal context and weather. The resulting conceptual model is intended to be applicable to most individuals, outdoor recreation activities and settings, and regions. The model can be used to situate existing outdoor recreation-weather research, stimulate future research, and inform management.

Gatti, E., & Brownlee, M. (2024). [Outdoor recreationists' engagement with weather: The weather-outdoor recreation process model](#). *Journal of Outdoor Recreation and Tourism*, 45, 100707.

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4. Développement de l'activité physique

Effectiveness of eHealth interventions promoting physical activity in children and adolescents: systematic review and meta-Analysis

Background: eHealth interventions have been postulated as a feasible, acceptable, and possibly effective tool to promote physical activity (PA) among children and adolescents; however, a comprehensive quantitative analysis of the effects of eHealth interventions promoting PA is lacking. **Objective:** This study aims to conduct a systematic review and meta-analysis on experimental studies reporting the effects of eHealth interventions aimed at promoting PA on PA parameters and sedentary behavior parameters in children and adolescents. **Methods:** The CENTRAL, MEDLINE, Embase, and Web of Science databases were searched from inception to February 2022 for randomized controlled trials that analyzed the effects of eHealth interventions aimed at promoting PA on PA and sedentary parameters in children and adolescents. The Hartung-Knapp-Sidik-Jonkman random effects method was used to determine the mean differences (MDs) with their respective 95% CIs. The risk of bias was assessed using the Risk of Bias 2 (RoB2; Cochrane) tool and its extension for cluster randomized controlled trials. The certainty of evidence was evaluated using the Grading of Recommendations, Assessment, Development, and Evaluation (GRADE) tool. **Results:** A total of 20 trials reporting the effects of different eHealth interventions aimed at promoting PA were included. Results for each parameter were as follows: counts per minute (MD -16.11 counts, 95% CI -122.76 to 90.53; k=3; n=402; I²=69%; favoring control), steps per day (MD 593.46 steps, 95% CI -2102.27 to 3289.19; k=2; n=152; I²=0%; favoring intervention [FI]), moderate to vigorous PA (MD -1.99 min/d, 95% CI -8.95 to 4.96; k=14; n=2336; I²=86%; favoring control), light PA (MD 3.28 min/d, 95% CI -15.48 to 22.04; k=5; n=355; I²=67%; FI), screen time (MD -31.48 min/d, 95% CI -68.62 to 5.65; k=5; n=904; I²=0%; FI), and sedentary time (MD -33.12 min/d, 95% CI -57.27 to -8.97; k=8; n=819; I²=75%; FI). Our results should be interpreted cautiously because of important limitations such as the scarcity of evidence, overall risk of bias, and low to very low certainty of evidence. **Conclusions:** We did not find conclusive evidence regarding the impact of PA-targeted eHealth interventions on PA parameters, but the very low certainty of evidence suggests that eHealth interventions may reduce sedentary time in children and adolescents. Our results may have important scientific implications as they highlight that the rapid development of eHealth interventions to promote PA lacks robust supporting evidence.

Sequí-Domínguez, I., Cavero-Redondo, I., Álvarez-Bueno, C., López-Gil, J. F., Martínez-Vizcaíno, V., & Pascual-Morena, C. (2024). [Effectiveness of eHealth interventions promoting physical activity in children and adolescents: systematic review and meta-Analysis](#). *Journal of Medical Internet Research*, 26, e41649.

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Effects of eHealth interventions on 24-Hour movement behaviors among preschoolers: systematic review and meta-Analysis

Background: The high prevalence of unhealthy movement behaviors among young children remains a global public health issue. eHealth is considered a cost-effective approach that holds great promise for enhancing health and related behaviors. However, previous research on eHealth interventions aimed at promoting behavior change has primarily focused on adolescents and adults, leaving a limited body of evidence specifically pertaining to preschoolers. **Objective:** This review aims to examine the effectiveness of eHealth interventions in promoting 24-hour movement behaviors, specifically focusing on improving physical activity (PA) and sleep duration and reducing sedentary behavior among preschoolers. In addition, we assessed the moderating effects of various study characteristics on intervention effectiveness. **Methods:** We searched 6 electronic databases (PubMed, Ovid, SPORTDiscus, Scopus, Web of Science, and Cochrane Central Register of Controlled Trials) for experimental studies with a randomization procedure that examined the effectiveness of eHealth interventions on 24-hour movement behaviors among preschoolers aged 2 to 6 years in February 2023. The study outcomes included PA, sleep duration, and sedentary time. A meta-analysis was conducted to assess the pooled effect using a random-effects model, and subgroup analyses were conducted to explore the potential effects of moderating factors such as intervention duration, intervention type, and risk of bias (ROB). The included studies underwent a rigorous ROB assessment using the Cochrane ROB tool. Moreover, the certainty of evidence was evaluated using the GRADE (Grading of Recommendations Assessment, Development, and Evaluation) assessment. **Results:** Of the 7191 identified records, 19 (0.26%) were included in the systematic review. The meta-analysis comprised a sample of 2971 preschoolers, which was derived from 13 included studies. Compared with the control group, eHealth interventions significantly increased moderate to vigorous PA (Hedges $g=0.16$, 95% CI 0.03-0.30; $P=.02$) and total PA (Hedges $g=0.37$, 95% CI 0.02-0.72; $P=.04$). In addition, eHealth interventions significantly reduced sedentary time (Hedges $g=-0.15$, 95% CI -0.27 to -0.02; $P=.02$) and increased sleep duration (Hedges $g=0.47$, 95% CI 0.18-0.75; $P=.002$) immediately after the intervention. However, no significant moderating effects were observed for any of the variables assessed ($P>.05$). The quality of evidence was rated as "moderate" for moderate to vigorous intensity PA and sedentary time outcomes and "low" for sleep outcomes. **Conclusions:** eHealth interventions may be a promising strategy to increase PA, improve sleep, and reduce sedentary time among preschoolers. To effectively promote healthy behaviors in early childhood, it is imperative for future studies to prioritize the development of rigorous comparative trials with larger sample sizes. In addition, researchers should thoroughly examine the effects of potential moderators. There is also a pressing need to comprehensively explore the long-term effects resulting from these interventions.

Jiang, S., Ng, J. Y., Chong, K. H., Peng, B., & Ha, A. S. (2024). [Effects of eHealth interventions on 24-Hour movement behaviors among preschoolers: systematic review and meta-Analysis](#). *Journal of Medical Internet Research*, 26, e52905.

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You can change your life through sports’—physical activity interventions to improve the health and well-being of adults experiencing homelessness: a mixed-methods systematic review

Objectives: Systematically synthesise evidence of physical activity interventions for people experiencing homelessness (PEH). Design: Mixed-methods systematic review. **Data sources:** EMBASE, Web of Science, CINAHL, PubMed (MEDLINE), PsycINFO, SPORTDiscus and Cochrane Library, searched from inception to October 2022. **Eligibility criteria:** PICO framework: population (quantitative/qualitative studies of PEH from high-income countries); intervention (physical activity); comparison (with/without comparator) and outcome (any health/well-being-related outcome). The risk of bias was assessed using Joanna Briggs Institute critical appraisal tools. **Results:** 3615 records were screened, generating 18 reports (17 studies, 11 qualitative and 6 quantitative (1 randomised controlled trial, 4 quasi-experimental, 1 analytical cross-sectional)) from the UK, USA, Denmark and Australia, including 554 participants (516 PEH, 38 staff). Interventions included soccer (n=7), group exercise (indoor (n=3), outdoor (n=5)) and individual activities (n=2). The risk of bias assessment found study quality to vary; with 6 being high, 6 moderate, 4 low and 1 very low. A mixed-methods synthesis identified physical and mental health benefits. Qualitative evidence highlighted benefits carried into wider life, the challenges of participating and the positive impact of physical activity on addiction. Qualitative and quantitative evidence was aligned demonstrating the mental health benefits of outdoor exercise and increased physical activity from indoor group exercise. Quantitative evidence also suggests improved musculoskeletal health, cardiovascular fitness, postural balance and blood lipid markers ($p < 0.05$). **Conclusion:** Qualitative evidence suggests that physical activity interventions for PEH can benefit health and well-being with positive translation to wider life. There was limited positive quantitative evidence, although most was inconclusive. Although the evidence suggests a potential recommendation for physical activity interventions for PEH, results may not be transferable outside high-income countries. Further research is required to determine the effectiveness and optimal programme design.

Dawes, J., Rogans-Watson, R., & Broderick, J. (2024). [‘You can change your life through sports’—physical activity interventions to improve the health and well-being of adults experiencing homelessness: a mixed-methods systematic review](#). British Journal of Sports Medicine.

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Implementation processes of social network interventions for physical activity and sedentary behavior among children and adolescents: a scoping review

Background: The characteristics of the implementation process of interventions are essential for bridging the gap between research and practice. This scoping review aims to identify the implementation process of social network interventions (SNI) to address physical activity and sedentary behaviors in children and adolescents. **Methods:** The scoping review was conducted adhering to the established guidelines. The search was carried out in the ERIC, EBSCO, EMBASE, SCOPUS, and Lilacs databases in April 2023. Social network intervention studies in children and adolescents were included, addressing physical activity or sedentary behaviors. Replicability (TiDiE), applicability (PRECIS-2), and generalizability (RE-AIM) were the explored components of the implementation process. Each component was quantitatively and separately analyzed. Then, a qualitative integration was carried out using a narrative method. **Results:** Most SNI were theoretically framed on the self-determination theory, used social influence as a social mechanism, and used the individual typology of network intervention. Overall, SNI had strong replicability, tended to be pragmatic, and three RE-AIM domains (reach, adoption (staff), and implementation) showed an acceptable level of the generalizability of findings. **Conclusions:** The analyzed SNI for physical activity and sedentary behaviors in adolescents tended to be reported with high replicability and were conducted pragmatically, i.e., with very similar conditions to real settings. The RE-AIM domains of reach, adoption (staff), and implementation support the generalizability of SNI. Some domains of the principles of implementation strategies of SNI had acceptable external validity (actor, action targets, temporality, dose, and theoretical justification).

Petro-Petro, J., Arango-Paternina, C. M., Patiño-Villada, F. A., Ramirez-Villada, J. F., & Brownson, R. C. (2024). [Implementation processes of social network interventions for physical activity and sedentary behavior among children and adolescents: a scoping review](#). BMC Public Health, 24(1), 1101.

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School-based promotion of physical literacy: a scoping review. *Frontiers in Public Health*

Introduction: The role of physical activity in children's healthy development is undisputed, with school-based interventions being seen as a priority. The promotion of physical literacy (PL) seems to be promising due to its holistic approach, combining physical, cognitive, and affective domains. To develop recommendations for possible measures, we compiled existing literature on existing school-based PL interventions. **Methods:** Five databases (MEDLINE, Web of Science, SPORTDiscus, ERIC, and PsycInfo) were searched between July 6 and July 10, 2023, by combining the terms "physical literacy," "school," "program," "workshop," "intervention," and "curriculum" as well as a manual search. Records were screened in a two-stage process by two independent authors using a priori criteria. Eligible studies concerned PL interventions in the school context. The included records were sorted according to school type/population, structure, content, PL domains addressed, and evaluation. **Results:** In total, 706 articles were found through the database search and an additional 28 articles through the manual search. After removing duplicates, 502 publications remained, which were screened by title and abstract, leaving 82 full texts. These were cut down to 37 articles describing 31 different programs (19 in primary schools, eight in secondary schools, one in both primary and secondary schools, and three unspecified). Most interventions were conducted during physical education classes (n = 12). All three PL domains were addressed by five interventions, while 11 interventions solely concerned the physical domain. In addition, 21 interventions evaluated their effects on PL. Most evaluations showed small to moderate but inconsistent effects on several PL-related constructs (e.g., self-efficacy, motivation, movement skills). Interventions incorporating all three domains reported positive effects on physical competence and enjoyment. **Discussion:** Although there is a growing body of data related to school-based PL promotion, their effects and practical application remains relatively underdeveloped: study designs, study quality, PL assessments, and results are heterogeneous. Corresponding research adhering to the holistic approach of PL will be crucial in clarifying the potential lifelong role of PL in promoting physical activity, increasing health and well-being and to actually enable development of recommendations for action.

Grauduszus, M., Koch, L., Wessely, S., & Joisten, C. (2024). [School-based promotion of physical literacy: a scoping review](#). *Frontiers in Public Health*, 12, 1322075.

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Effectiveness of intervention strategies to increase adolescents' physical activity and reduce sedentary time in secondary school settings, including factors related to implementation: a systematic review AND meta-analysis

Background: Globally, just one in five adolescents meet physical activity guidelines and three-quarters of the school day is spent sitting. It is unclear which types of school-based interventions strategies increase physical activity and reduce sedentary time among adolescents, or how these interventions are implemented influences their effectiveness. **Objective:** The three aims of our systematic review were to (a) identify intervention strategies used within secondary school settings to improve students' movement behaviours throughout school-based initiatives, delivered at or by the school; (b) determine the overall effect of the interventions (meta-analysis) on physical activity (all intensities), sedentary time, cognitive/academic, physical health and/or psychological outcomes; and (c) describe factors related to intervention implementation. **Methods:** Searches were conducted in MEDLINE complete, EMBASE, CINAHL, SPORTDiscus, APA PsycINFO, and ERIC in January 2023 for studies that (a) included high school-aged adolescents; (b) involved a school-based intervention to increase physical activity and/or decrease sedentary time; and (c) were published in English. Reported effects were pooled in meta-analyses where sufficient data were obtained. **Results:** Eighty-five articles, representing 61 interventions, met the inclusion criteria, with 23 unique intervention strategies used. Interventions that involved whole-school approaches (i.e., physical activity sessions, environmental modifications, teacher training, peer support and/or educational resources) were favourably associated with most of the outcomes. The meta-analyses showed: (a) non-significant effects for sedentary time (Standardized mean difference [SMD] = -0.02; 95%CI, -0.14, 0.11), physical activity at all intensities (light: SMD= -0.01; 95%CI, -0.08, 0.05; moderate: SMD = 0.06; 95%CI, -0.09, 0.22; vigorous: SMD = 0.08; 95%CI, -0.02, 0.18; moderate-to-vigorous: SMD = 0.05; 95%CI, -0.01, 0.12) and waist circumference (SMD = 0.09; 95%CI, -0.03, 0.21), and (b) a small statistically significant decrease in body mass index (SMD= -0.09, 95%CI -0.16, -0.0). Factors related to intervention implementation were reported in 51% of the articles. **Conclusion:** While some intervention approaches demonstrated promise, small or null effects were found in meta-analyses. Future school-based interventions should utilize a whole-school approach designed to increase adolescents' activity across the day. Consistent reporting of implementation will increase understanding of how interventions are adopted, implemented and sustained.

Contardo Ayala, A. M., Parker, K., Mazzoli, E., Lander, N., Ridgers, N. D., Timperio, A., ... & Salmon, J. (2024). [Effectiveness of intervention strategies to increase adolescents' physical activity AND reduce sedentary time in secondary school settings, including factors related to implementation: a systematic review and meta-analysis](#). *Sports Medicine-Open*, 10(1), 25.

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Social environment related to opportunities for physical activity within different types of built environments: a scoping review

Background: The association between social and built environments plays a crucial role in influencing physical activity levels. However, a thorough understanding of their combined impact remains unclear. This scoping review seeks to clarify the interplay between social environments and opportunities for physical activity within different built environments, with a particular focus on the implications of socioeconomic status and urban planning on physical activity participation. **Methods:** We conducted a systematic literature search across several databases to identify studies exploring the associations between social factors, built environment characteristics, and physical activity levels. The inclusion criteria were studies published in English between 2000 and 2022, encompassing urban, suburban, and rural contexts. Thematic analysis was employed to categorise studies based on the specific aspects of the built environment they investigated (walkability, cycling infrastructure, parks and open spaces, and sports facilities) and the social determinants they examined. **Results:** A total of 72 studies were included in the review, illustrating a multifaceted relationship between access to physical activity opportunities and social determinants such as socioeconomic status, community engagement, and urban design. The findings highlighted that individuals from higher socioeconomic backgrounds typically enjoyed better access to a broad range of physical activity infrastructures than those from lower socioeconomic backgrounds, who encountered greater access barriers. Effective urban planning was identified as crucial in providing expanded physical activity opportunities, notably through more pedestrian-friendly environments, comprehensive cycling infrastructure, and accessible green spaces and sports facilities. **Conclusions:** This review emphasises the significant impact of socioeconomic status and urban planning on access to physical activity opportunities. This underscores the necessity for urban planning policies to adopt an inclusive approach, considering the varied needs of different population groups to ensure equitable access to physical activity resources. Such strategies are crucial for public health initiatives aimed at enhancing physical activity levels across diverse community sectors, offering a potential avenue to alleviate health disparities associated with inactivity.

Høyer-Kruse, J., Schmidt, E. B., Hansen, A. F., & Pedersen, M. R. L. (2024). [Social environment related to opportunities for physical activity within different types of built environments: a scoping review.](#)

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Strategies and best practices that enhance the physical activity levels of undergraduate university students: a systematic review

Significant numbers of undergraduate university students are not meeting the physical activity guidelines recommended by the World Health Organisation. These guidelines suggest that university students should aim for 150-300 min of moderate or 75-150 min of vigorous physical activity. Strategic interventions need to be implemented to address this global public health concern. The aim of this study was to review the strategies and best practices to enhance the physical activity levels of undergraduate university students. Utilising the PRISMA guidelines, electronic databases-PubMed, Science Direct, Academic Search Complete, ERIC, Web of Science, CINAHL, SAGE, and SPORTDiscus-were searched between September 2022 and February 2023 using terms and synonyms related to physical activity, strategies, best practices, and undergraduate university students. Studies were critically assessed for their quality using an adapted version of the CASP and RE-AIM frameworks. Eleven articles met the inclusion criteria for the review. The studies reported the use of social media platforms, mobile phone applications, web-based technology, online text messages, in-person classes, and an "exergame" as methods to increase engagement in physical activity. Findings from this review indicated that validated questionnaires emerged as the predominant measurement tool. Furthermore, the frequent use of social network sites served as a best practice for implementing and promoting physical activity interventions. It is recommended that universities promote health-enhancing physical activities based on current trends and strategies, such as technology-based interventions and the use of social media, that are relevant to contemporary university students.

Johannes, C., Roman, N. V., Onagbiye, S. O., Titus, S., & Leach, L. L. (2024). [Strategies and best practices that enhance the physical activity levels of undergraduate university students: a systematic review](#). *International Journal of Environmental Research and Public Health*, 21(2), 173.

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Effectiveness of pedometer-and accelerometer-based interventions in improving physical activity and health-related outcomes among college students: A systematic review and meta-analysis

Background: Although the pedometer- and accelerometer-based interventions (PABI) have demonstrated efficacy in improving physical activity (PA) and health-related outcomes, the dearth of empirical evidence in college students warrants further investigation. **Objective:** This systematic review and meta-analysis aim to examine the effects of PABI on improving PA and health-related outcomes among college students. **Methods:** PubMed, Web of Science, Embase, Cochrane Library, and PsycINFO were searched for relevant literature from inception to 20 February 2022. Randomized controlled trials (RCTs) conducted among college students with PABI to increase objectively measured PA as the primary outcome were included in this study. **Results:** A total of nine RCTs with 527 participants were included in this study. The combined results showed that PABI significantly improved PA (standardized mean difference = 0.41, 95% confidence interval (CI): 0.08, 0.74, $P = 0.016$) and significantly contributed to weight loss (mean differences (MD) = -1.56 kg, 95% CI: -2.40 kg, -0.73 kg, $P < 0.01$), and lower body mass index (MD = -0.33 kg/m², 95% CI: -0.66 kg/m², 0.00 kg/m², $P = 0.05$) compared to the control group, but no significant effects were observed on improvements of body fat (%) and exercise self-efficacy. Interventions in the group of step, general students, pedometer-based intervention, theory, and developed region were significantly more effective in subgroup analyses. **Conclusions:** PABI was found to be effective in promoting PA and weight loss among college students. Future research is needed to further explore the long-term effects of PABI and the characteristics of multiple intervention models.

Peng, S., Othman, A. T., Khairani, A. Z., Zeng, G., Xiaogang, Z., & Fang, Y. (2023). [Effectiveness of pedometer-and accelerometer-based interventions in improving physical activity and health-related outcomes among college students: A systematic review and meta-analysis](#). *Digital health*, 9, 20552076231188213.

[Retour au sommaire](#)

Physical activity and sedentary behavior among school-going adolescents in low-and middle-income countries: insights from the global school-based health survey

Background: The Global School Student Health Survey (GSHS) is being carried out by students in various countries across the globe to advance improved health programs for youth. However, in comparison to high-income countries, adolescents in low- and middle-income countries (LMICs) are generally at an early stage of understanding regarding physical activity (PA) and sedentary behavior (SB), often exhibiting low levels of PA and high levels of SB. Furthermore, there is limited evidence connecting PA and SB in school-going adolescents from LMICs. **Purpose:** The objective of this review was to synthesize the available evidence regarding PA and sedentary behavior among school-going adolescents in LMICs using data from the GSHS. **Method:** On March 18, 2023, a systematic literature search was performed across four electronic databases, namely Web of Science, PubMed, ScienceDirect, and EBSCO with no date restrictions. Studies were eligible if they: (1) utilization of data sourced from the Global Student-based Health Survey; (2) exploration of physical activity; (3) specific focus on adolescents; (4) conducted in low- and middle-income countries; (5) study design encompassing observational; (6) published as English journal articles. **Results:** Among the 29 studies included in the analysis, the majority revealed elevated levels of sedentary behavior and diminished levels of PA in low- and middle-income countries. Furthermore, notable disparities in physical engagement and sedentary behavior were noted between male and female adolescents ($p < 0.001$). Augmented PA among teenagers was observed to correlate with higher consumption of vegetables and fruits (AOR = 1.30; 95% CI [1.13–1.50]; $p < 0.001$), decreased alcohol consumption, and a reduced prevalence of loneliness and depression (aOR 1.37, 95% CI [1.18–1.59]). **Conclusions:** The results of this review affirm that in contrast to high-income countries, adolescents in low- and middle-income countries (LMICs) are in the early stages of comprehending physical activity, marked by low levels of PA. Physical activity and sedentary behavior in school-going adolescents from LMICs appear to be influenced by factors such as policies, cultural norms, socioeconomic conditions, as well as gender, and age.

Li, H., Zhang, W., & Yan, J. (2024). [Physical activity and sedentary behavior among school-going adolescents in low-and middle-income countries: insights from the global school-based health survey](#). PeerJ, 12, e17097.

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Enhancing physical activity through information technology: current trends and future directions

The potential for using information technology to improve physical activities covers a large scope. The integration of information technology has impacted almost every aspect of our lives in the dynamic modern world, transforming not only how we work and communicate but also how we interact with one another and with physical activities. This study aims to provide a comprehensive overview of the current trends in the use of information technology (IT) to promote and enhance physical activity. This study utilized randomized controlled trials, quasi-experimental studies, observation, systematic reviews, and meta-analyses with a bibliometric approach in the context of a literature review. The researcher looked through many electronic databases, including PubMed, Google Scholar, PsycINFO, Elsevier, CINAHL, and the Cochrane Library, to find studies that fit the title. They chose sixty (60) papers for this study, and thirty-six (36) of them were analyzed in detail and met the requirements checklist to find and combine studies published in English between 2015 and 2023 that met the review criteria.

Fadare, S. A., Gulanes, A. A., De la Cruz Torres, J., Guiao, E. M. N., & Tagaylo, J. P. (2024). [Enhancing physical activity through information technology: current trends and future directions](#). *Salud, Ciencia y Tecnología*, 4, 950-950.

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Promotion of physical activity among university students with social media or text messaging: a systematic review

Regular physical exercise lowers the risk of all-cause mortality and various chronic diseases. New technologies, such as smartphones and social media, have been used successfully as health promotion tools in college populations. The purpose of this study was to conduct a systematic review of studies examining the effectiveness of interventions that used modern technologies, as with social media or text messaging, to promote physical activity or reducing sedentary behavior in college students. The systematic review was conducted on the PubMed and SCOPUS databases, considering studies published from 2012 to 2022. For a total of 19 articles selected, an evidence table was drawn up, and the quality of the studies was assessed using the PRISMA checklist. The interventions differed enormously in design, from the strategies implemented to the types of outcome considered. Fifteen of the 19 studies demonstrated an improvement in participants' physical activity levels, 3 studies found no such improvement, and 1 reported a worsening of baseline activity levels. Interventions to improve college students' physical activity levels through the use of social media and/or text messaging tend to be effective. However, many factors can influence the effectiveness of such interventions. For example, a gender-related difference emerged in student participation, and the interventions proved more effective if they were accompanied by the creation of social groups.

Buja, A., Lo Bue, R., Mariotti, F., Miatton, A., Zampieri, C., & Leone, G. (2024). [Promotion of physical activity among university students with social media or text messaging: a systematic review](#). *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, 61, 00469580241248131.

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Digital platforms to facilitate physical activities for people with physical or sensory disabilities: a scoping review

Background: People with disabilities (PWD) commonly experience difficulties in accessing their environments, which can lead to restricted participation in outdoor leisure-time physical activity. Participating in outdoor leisure-time physical activity (OLTPA) provides health and social benefits to PWD and benefits to the communities in which they live. **Objective:** The aim of the study was to identify features existing in digital platforms that facilitate access to OLTPA for PWD. **Methods:** A scoping review was conducted in four library databases and in Google advance search to identify relevant scientific and grey literature, and websites. Each step of the review was independently conducted by two co-authors who confirmed consensus of results. Descriptive data analyses were performed. **Results:** Seven scientific studies and ten websites were included in the scoping review. Seven presented mobile apps, nine presented a website and one presented an online database. Sources reported five main obstacles to using digital platforms that support access to physical activities (e.g., lack of digital literacy, technical issues, unintuitive design), and 10 facilitators (e.g., possibility to personalize your online space, accessibility features of the navigation). Among these sources, a trend emerged in the most important factors and features to consider for the visuals and navigation of the platforms. **Conclusion:** The features of digital platforms that facilitate access to OLTPA include intuitive design compliant with accessibility guidelines and supported by navigation tools, personalization of the online space, and features for social interactions.

Lapierre, N., Huet-Fiola, C., Labrie, D., Vincent-Blouin, E., Côté, C., Gagnon, M., ... & Routhier, F. (2024). [Digital platforms to facilitate physical activities for people with physical or sensory disabilities: a scoping review](#). *Disability and Health Journal*, 101626.

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Objectively measured physical activity and sedentary behaviors among older adults in assisted living facilities: a scoping review

Older adults in assisted living facilities (ALF) are at risk for low physical activity (PA) and high sedentary behavior (SB), both of which place them at risk for negative health outcomes. The purpose of this scoping review was to synthesize evidence describing the volume of device-measured PA/SB, factors associated with PA/SB, and interventions designed to change PA/SB in older adults living in ALF. Twenty articles representing 15 unique studies were identified from eight electronic databases and grey literature. Residents in ALF spent 96–201 min/day in light PA (n = 2 studies), 1–9.74 min/day in moderate to vigorous PA (n = 2 studies), and 8.5–11.01 hr/day of SB during waking hours (n = 3 studies). Factors associated with PA included 16 personal factors (n = 6 articles), one social factor (n = 2 articles), and two environmental factors (n = 2 articles). Factors associated with SB included 14 personal factors (n = 4 articles) and one social factor (n = 1 article). No intervention successfully changed PA/SB.

Son, J. Y., Woo, S., Struble, L. M., Marriott, D. J., Chen, W., & Larson, J. L. (2024). [Objectively measured physical activity and sedentary behaviors among older adults in assisted living facilities: a scoping review](#). *Journal of Applied Gerontology*, 07334648241248332.

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Barriers and motivators to undertaking physical activity in adults over 70—a systematic review of the quantitative literature

Background: Physical activity (PA) has multiple benefits for older adults (≥ 70 years old). Despite this many older adults do not undertake the World Health Organisation guideline recommended amount of PA. This systematic review examines barriers and motivators to PA in adults aged ≥ 70 years. **Methods:** We analysed the quantitative literature, including observational studies and baseline data from randomised controlled trials. Studies examining specific diseases (e.g. cognitive impairment), or care home residents were excluded. Database searches of ASSIA, CINAHL, Embase, Medline, PsycINFO and Web of Science were undertaken on 7 March 2023. Quality assessment was performed using the ROBANS tool. We synthesised the results using the socioecological model. The protocol was registered on PROSPERO (CRD42021160503). **Results:** We identified 37 papers, $n = 26,961$, age 70–101 years (median 78), 62% female. We undertook a narrative review; meta-analysis was not possible. Overall risk of bias was low. A total of 23 studies addressed barriers, seven motivators, seven both. The most cited barriers were: concern about physical health/fitness (14 studies), lack of motivation/interest (13 studies), fear of falls/history of falling (11 studies) and environmental barriers (10 studies). Key motivators were: support from family/friends (five studies), social interaction (five studies), personal benefits (five studies) and outside facilities (five studies). Results varied across gender, age, functional ability and geographical location. **Discussion:** To maximise PA in older adults, important modifiable factors identified in this review should be targeted: support from healthcare professionals; reducing fear of falls; and prioritising ease of access and safety of outdoor facilities. When considering future policy, a person-centred, age group appropriate approach will have the most impact.

Kilgour, A. H., Rutherford, M., Higson, J., Meredith, S. J., McNiff, J., Mitchell, S., ... & Shenkin, S. D. (2024). [Barriers and motivators to undertaking physical activity in adults over 70—a systematic review of the quantitative literature](#). *Age and Ageing*, 53(4), afae080.

[Retour au sommaire](#)

Innovative strategies to increase public awareness of the importance of physical fitness to health: systematic literature review

In this modern era, unhealthy living habits and lack of physical activity have led to increasing health problems related to physical fitness. Therefore, it is important to inspire people to be more aware of the importance of maintaining health and fitness. The purpose of this study discuss innovative strategies in increasing public awareness of the importance of physical fitness through the magic of motivation. This research uses a qualitative descriptive research model that is a literature study that uses various literature reviews to strengthen research analysis. This research began by collecting some literature, then conducted a review and the collected literature was analyzed with a critical Appraisal table of 10 literature. This study explores new and innovative motivational approaches to influence people to increase their awareness of physical fitness. Various motivational strategies, such as technology use, gamification, support communities, and promotion through social media, were analyzed in the context of increasing active participation in physical activity. The results of this study show that the implementation of innovative motivation strategies can have a significant effect in increasing public awareness of the importance of physical fitness. Technology can be used to track progress and provide motivation through apps and wearable devices. The use of game or gamification elements in fitness programs also helps increase community participation and engagement. The study concludes that innovative motivational strategies can work wonders in raising public awareness of the importance of physical fitness. With a creative and integrated approach, we can encourage behaviour change and help people to adopt healthier lifestyles, and maintain their health and fitness.

Putra, R. A., Bafirman, B., Arsil, A., Bahtra, R., Rahman, D., Haris, F., & Zarya, F. (2024). [Innovative strategies to increase public awareness of the importance of physical fitness to health: systematic literature review](#). Poltekita: Jurnal Ilmu Kesehatan, 17(4), 1526-1538.

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Motifs d'engagement : freins et leviers à la pratique du football. Étude exploratoire auprès des jeunes footballeur/ses de haut niveau

L'objectif est d'analyser les motifs d'engagement des joueurs et joueuses de football, ayant entre 14 et 18 ans et évoluant dans deux filières de haut-niveau, ainsi que de caractériser leur perception des obstacles et des leviers à leur pratique. Cette étude est exploratoire, et s'appuie sur des données collectées en novembre 2018, auprès de 40 footballeurs (Mâge = 15 ans) et de 37 footballeuses (Mâge = 16,4 ans), interrogé·es à partir de groupes de discussions en non-mixité. L'analyse des résultats permet de dresser une typologie des motifs d'engagement et des barrières à la pratique. Si les joueurs et joueuses ont en commun d'être majoritairement influencé·es par un ou des hommes de leur entourage pour commencer la pratique et de vouloir accéder au haut-niveau en s'identifiant à des joueurs ils et elles se distinguent quant à leur volonté à vouloir gagner leur vie grâce au football et quant aux obstacles rencontrés dans leur progression de carrière. Alors que les joueurs semblent craindre les blessures et l'éloignement familial ; les joueuses, en plus de ces difficultés, évoquent la prégnance des remarques sexistes, un manque de considération et de reconnaissance de la part de l'encadrement technique et sportif, et des moins bonnes conditions de pratique.

Rivrais, C., Nicaise, V., & Ottogalli-Mazzacavallo, C. (2024). [Motifs d'engagement : freins et leviers à la pratique du football. Étude exploratoire auprès des jeunes footballeur/ses de haut niveau](#). *Movement & Sport Sciences - Science & Motricité*, 124, 13–23.

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Discrimination, management et mouvements sociaux dans le monde du sport et des médias sportifs

La discrimination dans le monde du sport devient de plus en plus un problème public. Au cours de l'année écoulée seulement, nous avons assisté à des débats sociétaux et universitaires sur la discrimination fondée sur la race, le sexe et la classe dans des contextes sportifs très divers tels que le cricket, le football masculin et féminin ou les courses de Formule 1 (par exemple, Azzoni & Douglas, 2023 ; Independent Commission for Equity in Cricket, 2023 ; Mancera, 2023). La question de l'égalité de traitement des sportifs et de la lutte contre le racisme, le sexisme et l'homophobie semble avoir été placée au plus haut dans l'agenda politique des gouvernements et des fédérations sportives internationales. Des mouvements sociaux tels que « Blacks Lives Matter », auxquels se sont joints et qui ont été promus par des athlètes de haut niveau dans divers sports et pays, ont accru l'intensité du débat. Et bien que le côté positif du sport pour relier les gens soit également largement reconnu et promu par les médias et les instances dirigeantes (par exemple, Agergaard, 2011 ; Nations Unies, 2017), une plus grande attention est accordée au côté laid de la discrimination et du racisme liés au sport dans le même temps.

Meziani, Y. & van Sterkenburg, J. (2024). [Discrimination, management et mouvements sociaux dans le monde du sport et des médias sportifs](#). *Staps*, 144, 5-13.

[Retour au sommaire](#)

Donner de soi dans un entre-soi. Le régime d'inégalités de la gouvernance des fédérations sportives nationales

Cet article s'intéresse à la gouvernance des fédérations sportives nationales. L'objectif est d'analyser les mécanismes organisationnels qui produisent des inégalités (de genre, de classe, de race, etc.) en leur sein (Acker, 2006). À cette fin, l'étude adopte une approche par l'organisation mobilise cinq études de cas de fédération (basket-ball, cyclisme, rugby à XIII, danse et UFOLEP). La méthode s'appuie des entretiens semi-directifs avec des dirigeants et des dirigeantes (n=78) et une étude documentaire. Elle montre que derrière un fonctionnement désincarné, la gouvernance constitue un espace peu formalisé où la sociabilité joue un rôle essentiel. Au lieu d'égaliser les règles de participation à la gouvernance, le système électoral produit et légitime des discriminations indirectes. Les votes inégalement répartis entre les candidats et les candidates, favorisent ceux issus des territoires les plus importants en terme de pratique licenciée. Le recrutement des dirigeants repose sur un système de recommandations claniques qui participe à leur reproduction sociale. Évoluer hiérarchiquement nécessite par ailleurs l'acquisition de dispositions corporelles et temporelles spécifiques. Enfin, si les fonctions dirigeantes sont bénévoles, elles engagent un investissement économique de leur part afin d'accès aux postes les plus importants. Ces éléments constituent autant de filtres organisationnels qui participent à restreindre l'accès aux postes décisionnels et au maintien de hommes blancs issus des classes sociales les plus privilégiées à la présidence. Ces résultats invitent à mettre en perspective l'action des pouvoirs publics et des fédérations sportives nationales envers la lutte contre les inégalités. En effet, suivant une approche individualisante, ces derniers privilégient pour l'heure la promotion des dirigeantes via des formations dédiées, laissant quasi inchangé le système global de production des inégalités.

Annabelle Caprais. [Donner de soi dans un entre-soi. Le régime d'inégalités de la gouvernance des fédérations sportives nationales](#). 2024.

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The importance of family support to engage and retain girls in male dominated action sports. A qualitative study of young people's perspectives.

Social support is positively correlated with physical activity (PA), especially amongst girls, but is underexplored in male-dominated action sports (e.g., mountain biking, skateboarding and surfing). This study explored family level social support needs and experiences of girls and boys in three action sports. Aspiring, current or former Australian adolescent (12-18 years; girls n = 25; boys n = 17) mountain bikers, skateboarders and/or surfers were individually interviewed (telephone/Skype) in 2018/2020. A socio-ecological framework guided the semi-structured interview schedule. Audio-recordings were transcribed verbatim and data analysed thematically using a constant comparative approach. Family level social support was highly influential in young people's participation in action sports, with its absence a common reason for no or discontinued engagement amongst girls. Parents and siblings were the main social support providers with extended family (e.g., grandparents, aunts/uncles, cousins) also notable. Participation (current/past/co-) was the main social support type followed by emotional (e.g., encouragement), instrumental (e.g., transport, equipment/funding) and informational (e.g., coaching) support. Girls were inspired/encouraged by brothers but boys were not inspired/encouraged by sisters; boys and girls co-participated with both parents but co-participating and being inspired by fathers was most common, especially amongst girls; fathers were more commonly the main transport provider if they co-participated with their child; fathers mostly provided initial coaching; only boys were taught equipment maintenance by parents. Sport-related organisations/groups have numerous opportunities to improve girls' representation in action sports by fostering family level social support through various means. Intervention strategies should be tailored to account for gendered participation differences.

Sharman, M. J., Nash, M., Moore, R., Waddingham, S., Oakley, A. L., Langenberg, H., & Cleland, V. J. (2024). [The importance of family support to engage and retain girls in male dominated action sports. A qualitative study of young people's perspectives](#). *Health Promotion Journal of Australia : Official Journal of Australian Association of Health Promotion Professionals*, 35(2), 410–422.

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Gender, sport and society an introduction

Introducing the core concepts, issues and debates in the study of gender and sport, this is an accessible, engaging and thought-provoking textbook for anyone studying or interested in sport. It highlights the complexity of the gendered sporting world. Exploring inequalities in society that are reflected in sporting spaces and practices, and offering practical guidance on how to develop study skills and critical thinking, this textbook empowers readers to view the world in a different way. The book explores the social and political aspects of gender, sport and society, as well as their intersection with race/ethnicity, dis/ability, and sexualities. Introducing the basics of gender theory as applied to sport, and placing equity, diversity and inclusion at the heart of the discussion, the book explores key themes, current issues and hot topics, such as women in esports, mental health, and parenthood. The book also looks at how gender and gender stereotypes play out in the world of sport business and management. The reader is asked to co-create the textbook's narrative by engaging with several pedagogical features, such as 'stop and think' and seminar activities, requesting the reader to be an active and critical participant. The compact and considered chapters will help to break down the complexity involved in this subject area. The final chapter is dedicated to study skills and practical learning advice, acting as a study guide to complement the discipline-rich chapters that come before it. This textbook is written from practitioner-educator experience ensuring the content is degree-specific, critically positioned, and most importantly, inclusive and accessible. Full of useful features in every chapter, from subject insights to guides on further reading, media links and other sources, as well as example assignment questions, this is an indispensable textbook for all students of gender and sport, women and sport, the sporting body, sport and society, social issues in sport, inclusion in sport, and sport development, and fascinating reading for anyone with an interest in sport, gender studies or sociology more broadly.

Pielichaty, H. (2024). [Gender, sport and society an introduction](https://doi.org/10.4324/9781003276821). Routledge. <https://doi.org/10.4324/9781003276821>

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Is just moving enough for girls? The moderation role of gross motor development level in the association between physical activity and cognition

Purpose: Our objective is to describe the moderating effect of the level of gross motor development on the relationship between physical activity (PA) level and visual perception/memory in girls. **Methods:** This is a quantitative cross-sectional study with a randomized sample of 85 girls (mean age 7.11 ± 0.74) from Chile. The following models were tested: interaction between PA (light: Model 1; moderate–vigorous: Model 2; vigorous: Model 3; and total PA: Model 4) and motor development level associated with visual perception/memory. Variables that showed interaction were tested according to the Johnson-Newman. **Results:** The Model 2 explains 13% of visual perception/memory and the Model 4 explains 15%, indicating that the motor development level is a moderator of this relationship. **Conclusions:** Collectively, our results present evidence that girls with a high level of gross motor skills have a stronger relationship between total PA (and also only moderate–vigorous activity) and visual perception/memory.

Journal of Teaching in Physical Education. (2024). [Is just moving enough for girls? The moderation role of gross motor development level in the association between physical activity and cognition](#). Journal of Teaching in Physical Education, 43(2), 372.

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Trans athletes' resistance the struggle for justice in sport (First edition)

With sport representing one of the last bastions of binary thinking, trans and nonbinary athletes face formidable hurdles in their struggles for inclusion, acceptance, and freedom. *Trans Athletes' Resistance: The Struggle for Justice in Sport* documents and analyses individual and collective resistance initiated by trans and nonbinary athletes and allies across a range of social-cultural and geopolitical contexts, from community sport to high-performance competition. In addition to sociological investigations of global, national, and local resistance, contributors present case studies and first-person accounts of struggles to challenge structural barriers and interpersonal hostility. Challenging policy-makers' binary definitions of males and females, the dominance of the achievement model, and toxic masculinity within sporting subcultures, the book explores how trans and nonbinary athletes not only resist transphobic policies and practices but also create new models of inclusive sport. The book has important implications for gender-inclusive policy development. Contributors present new methodologies and ways of theorizing the complex relationships among sex, gender, and sexuality in the equally complex terrain of sport and physical activity.

Greey, A. D., & Lenskyj, H. (2024). [Trans athletes' resistance the struggle for justice in sport \(First edition\)](#). Emerald Publishing. DOI 10.1108/9781803823638

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Policing gender and sexuality in high school sports: the mediating impact of hearing anti-lgbtq + language on high school athletes' self-esteem across gender identity, sexual orientation, and race

Participation in sport is often assumed to promote the healthy development of youth. However, research suggests that gender and sexuality policing in sports negatively impacts the self-esteem of LGBTQ + youth. Using moderated mediation analyses, findings suggest that hyper-surveillance and policing of sexual and gender norms, specifically masculinity, through the use of anti-LGBTQ + language in sport not only marginalizes LGBTQ + individuals, but can harm all youth. Among straight cisgender youth, the conditional direct effect of playing sports on self-esteem was positive for only girls, across race, indicating a positive moderated mediation for girls. The positive effect of playing sports on self-esteem had a comparatively lower effect for white boys, when mediated by the frequency of hearing anti-LGBTQ + language. Implications are discussed.

Wernick, L. J., Tice-Brown, D., Kluch, Y., Newman, T. J., Shute, L., Lerario, M. P., & Harrison, J. V. (2023). [Policing gender and sexuality in high school sports: the mediating impact of hearing anti-lgbtq + language on high school athletes' self-esteem across gender identity, sexual orientation, and race](#). *Journal of Sport and Social Issues*, 47(6), 504–534.

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Alternative media in alternative sport: platforming working conditions in professional skateboarding

Alternative media enable marginalized people to voice their experiences, challenge dominant ideologies, and circumvent mainstream gatekeepers. Podcasts are an alternative medium that can be counterhegemonic, foregrounding such issues as antiracism, Indigeneity, LGBTQ rights, socialism, and workers' perspectives. This article expands on alternative-media research by transporting it to the skateboarding subculture. I first depict the skateboard outlets Thrasher Magazine (1981) and The Berrics (2007) website as hegemonic and mainstream. By contrast, I depict podcasts The Bunt (2016) and Vent City (2019) as counterhegemonic and alternative. I then ask: To what degree do skate podcasts acknowledge professional skateboarders as workers? And: Do such shows allow skaters to express grievances with their industry? A discourse analysis of Thrasher and The Berrics demonstrates that they often mystify freelance work, class, and skaters' working conditions. An analysis of The Bunt and Vent City suggests that podcasts offer unique and radical perspectives, though attention to working conditions is uneven. I find there may be too much overlap between the case studies for an alternative/mainstream distinction to be meaningful. Political currents within skateboarding are still promising, however, and digital media will be essential in making the subculture and industry more inclusive.

Nichols, L. D. (2024). [Alternative media in alternative sport: platforming working conditions in professional skateboarding](#). Communication & Sport.

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Female manikin for the evaluation of breast support provided by sports bras

The effect of breast support on running biomechanics (Milligan, 2013) and breast pain on upper-extremity kinematics during running (White et al., 2015) is investigated by different research groups. They mostly found a higher implication for females with large breasts and showed that the use of sports bras is generally beneficial compared to regular bras. A well-fitted supportive sports bra can increase an athlete's performance (Fong & Powell, 2022) and reduce the risk of injuries. The support properties of bras are conventionally evaluated by human trials. This is expensive and challenging when comparing the results of different studies. Methods Empa developed a manikin to investigate the load impact on the body (Wettenschwiler et al., 2017). This manikin was reshaped to a female upper body model equipped with breast prostheses for the realistic simulation of defined running conditions. A Polhemus motion tracking system was used to assess the relative movement of the manikin shell and the nipples during two simulated running conditions (8 km/h). A set of 16 sports bras was tested on the manikin regarding the reduction of relative movement of the nipples during running. In a first validation study, 6 of them were tested by human subjects during jogging (8 km/h) in 3 participants. The subjective support assessment was compared to the manikin data. Results A comparison of manikin measurement data (reduction in relative movement at 8 km/h) and subject data showed an excellent correlation ($R^2 > 0.95$) for the subjective support assessment. The sports bra developed in this project reached high marks regarding support, thermal comfort, and fit. Discussion/Conclusion Preliminary data indicates that the female manikin is able to provide objective data about breast movement in line with the perceived support of sports bras. In combination with additional methods such as sensory and thermal comfort assessment, this new methodology provides a scientific basis for developing improved sports bras meeting specific requirements for various sports.

Rolf Stämpfli, Martin Camenzind, Simon Annaheim, Ivona Jerkovic, Rene M. Rossi, & Claudia Glass. (2024). [Female manikin for the evaluation of breast support provided by sports bras](#). Current Issues in Sport Science, 9(ues in Sport Science).

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