

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 juin 2024. Vous y trouverez 27 références.

Bonne lecture !

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## 5. Genre, sport et loisir

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



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## 1. Développement du sport

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### Scoping review on adapted physical activity and wheelchair sports interventions for adults with disabilities

This scoping review addresses the importance of adapted physical activity and wheelchair sports for the adult population with disabilities. It is highlighted that these practices not only offer physical benefits, such as improved strength and endurance, but also contribute significantly to the psychological and social well-being of individuals, increasing self-esteem and encouraging socialization. This document underlines the need to further promote and develop adapted physical activity and wheelchair sports programs to improve the quality of life and well-being of persons with disabilities through interventions with upto-date methods adapted to adults with disabilities. **Objective:** The aim of this study is to describe the parameters and characteristics of interventions in adapted physical activity and wheelchair sports for the adult population between 18 and 64 years of age with disabilities, according to the current scientific evidence available in the ScienceDirect, PubMed and Scopus databases. **Methods:** Arksey & O'Malley, (2005) This research exercise was based on a scoping review, the review followed the five stages outlined in the scoping review methodological framework. It also met the preferred reporting standards for systematic reviews and the metaanalysis extension for the scoping review checklist. Levac et al., (2010) (Page & Moher, 2017) **Results:** The initial search yielded 712 articles. After eliminating 287 duplicates, 425 articles were obtained for the title and abstract selection process. The review of abstracts and full texts led to the elimination of another 324 articles and, rigorously considering the variables raised, 101 articles were analyzed, discarding 77 respectively. Finally, 24 articles were included. Participants ranged in age from 18 to 64 years old. Most studies were between 1 session and 52 weeks long. Studies have evaluated significant interventions on 9 cardiovascular fitness, body composition, and muscle strength in adults with different types of disability. **Conclusions:** The study provides valuable information on interventions focused on improving body composition, cardiovascular fitness, and muscle strength showing promising results in improving overall health outcomes. Overall, the study contributes to the growing body of evidence supporting the positive effects of physical activity interventions for people with disabilities and emphasizes the need for personalized approaches to address their unique health needs.

Moreno, M. C. T., Saldarriaga, V. C. T., Castro, P. G. G., & Valencia, M. C. M. Z. (2024). [Scoping review on adapted physical activity and wheelchair sports interventions for adults with disabilities.](#)

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## Multidisciplinary aspects and performance in racket sports

The convergence of disciplines such as exercise physiology, sport psychology, biomechanics, and nutrition has proven to be fundamental in enhancing sport performance (Hanton, 2006; Jeukendrup and Gleeson, 2019). By integrating knowledge and techniques from different fields, a deeper understanding of the factors that influence sporting success is achieved, allowing for the design of comprehensive strategies that maximize performance and prevent injury (Kraemer and Fleck, 2007). This interdisciplinary approach not only improves physical variables such as strength and endurance (Baechle and Earle, 2008), but also affects psychological aspects such as motivation and stress management, thus promoting sporting excellence in a holistic and sustainable manner (Williams, 1993).

Thus, in this Research Topic of *Frontiers in Psychology*, titled “Multidisciplinary Aspects and Performance in Racket Sports” we explore a comprehensive range of studies that elucidate the complex balance of physical fitness, psychological dynamics, physiological demands, and technical skills across various racket sports. This editorial aims to connect together the findings from these diverse studies, highlighting their unified implications for athletes, coaches, and sports science professionals.

Physiological demands across different racket sports are systematically reviewed by Cádiz Gallardo et al., emphasizing sport-specific training needs and health benefits. This study serves as a crucial reference for tailoring athlete training regimens according to the unique demands of each sport. Following the topic of physical and physiological aspects, an innovative study by Pradas de la Fuente et al., provides a detailed assessment of physical fitness in young high-level table tennis players. This research not only outlines differences based on sex, age, and playing style but also sets a precedent for how such data can guide targeted training programs, potentially developing performance and career longevity in table tennis. Related with these aspects, the innovative work by Zhou et al. in the field of training methodology examines the effects of combined balance and plyometric training on knee function and proprioception in elite badminton players. This study not only expands the understanding of effective training techniques but also highlights the importance of comprehensive training regimens that address multiple aspects of athlete development.

Parallel to physical fitness, psychological readiness plays a pivotal role in sports. Conde-Ripoll et al. investigate precompetitive anxiety and self-confidence among high-level men's padel players. Their findings underscore the importance of psychological management in achieving peak performance, particularly how anxiety levels fluctuate with competition stages and outcomes, while self-confidence remains comparatively stable. In a related manner, Castillo-Rodriguez et al. expand on the psychological aspects by examining how playing category, BMI, and experience influence precompetitive anxiety and self-confidence in padel players. Their study reveals that higher categories are associated with higher self-confidence and lower somatic anxiety, indicating that psychological traits could be as critical as physical skills in determining sports performance.

From a technical perspective, Pradas et al. provide interesting insights into the sex differences in serve strategies and returns among elite table tennis players. Their work suggests that these differences may reflect broader physiological and psychological variations, which could inform more personalized coaching strategies. Also, on the technical side of youth training, Touzard et al. investigate the effects of racket scaling on serve biomechanics in young tennis players. Their findings support for a cautious approach to equipment scaling, which is vital for optimizing development and minimizing injury risks. The development of young athletes was also explored by He et al., investigating how family background influences self-efficacy in adolescent table tennis players, with technical learning engagement playing a mediating role. This study suggests that early interventions aimed at enhancing engagement can be particularly beneficial.

Turning the focus to the officiating side of sports, Li and Li's study on tennis officials in China addresses job satisfaction and turnover intentions, pointing to the critical need for supportive structures that promote a sense of community and motivation. This highlights an often-overlooked aspect of sports ecosystems, where the wellbeing of officials can indirectly influence the quality of the sport itself. Together, these studies offer a rich understanding of insights that reinforce the multidimensional nature of racket sports. They collectively advance our understanding of how physical and psychological factors interact to structure athlete performance in these dynamic sports. As we continue to uncover these complex interactions, our strategies for training, competition, and management in racket sports will undoubtedly evolve, promising enriched outcomes for athletes at all levels.

Vuckovic, G., Martínez-Gallego, R., Ramón-Llin, J., & Martínez, B. J. S. A. (Eds.). (2024). [Multidisciplinary aspects and performance in racket sports](#). Frontiers Media SA.

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## Appraisal of universal design strategies for enhancing social inclusion in the development of sporting facilities

Sporting facilities are essential components of public recreational infrastructure for engaging in physical exercise, participating in sporting games, or witnessing sporting events. To design sporting facilities, an important consideration is to ensure that individuals of diverse abilities can fully participate and enjoy sporting events. One way this can be achieved is through the application of universal design ideology in the development of sporting facilities. The aim of universal design is to create products, services and environments that are accessible, usable, and accommodating for individuals of all ages, abilities, and backgrounds. This paper presents an appraisal of universal design parameters, in order to provide insight on specific design strategies suitable for fostering social inclusion in sports facility development. The research is a literature review paper that relied on secondary sources to gather data. The data were content analysed using thematic approach and the findings descriptively presented in themes, with the aid of a plate, table and figures. The review revealed themes, trends, technical details, challenges, and success parameters for achieving social inclusion through the application of universal design strategies in the creation of sporting facilities. The study aligns with the 11th target of the 17 Sustainable Development Goals that promotes developing safe communities and cities to be resilient, inclusive and sustainable.

Sholanke, A. B., & Eleagu, J. C. (2024). [Appraisal of universal design strategies for enhancing social inclusion in the development of sporting facilities](#). In *IOP Conference Series: Earth and Environmental Science* (Vol. 1342, No. 1, p. 012024). IOP Publishing.

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## A scoping review of evidence for sport-themed health behaviour change programs for adults.

Professional sports can be a useful tool for attracting people to behaviour change programs targeting various health behaviours. Sport-themed health interventions that leverage professional or high-level amateur sport settings (eg, club training facilities/staff) to attract people to programs and ideals associated with sport (eg, comradery, team values/objectives) to facilitate engagement and promote behaviour change. Sport-themed behaviour change programs have been used to promote weight-loss, physical activity, and heart health (Hunt et al., 2020; Kwasnicka et al., 2020, 2022; Wyke et al., 2019). A key advantage of these programs is that they can be tailored to attract groups that may be resistant to participating in health programs (eg, men), at an elevated risk of developing specific illnesses (eg, cardiovascular disease), or who have restricted access to health programs (eg, rural and lower SES communities)(McDonald et al., 2023; Van Der Veken et al., 2020). Despite the potential utility of these programs and their growing popularity worldwide, there has been no systematic investigation of the context and content of sport-themed health behaviour change programs, the populations they have been used to target, or the outcomes they have been used to improve. We propose an evaluation of existing sport-themed health behaviour change programs to provide an overview of how these programs are currently run, with whom, and for what purpose.

Riddell, H., McDonald, M., Spence, A., & Qusted, E. (2024). [A scoping review of evidence for sport-themed health behaviour change programs for adults](#).

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## 2. Développement du loisir

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### Social inclusion in cultural participation: a systematic review

Cette œuvre rassemble une revue systématique ayant pour objectif d'aborder l'exclusion dans l'accès à la culture, notamment pour les groupes socialement et/ou intellectuellement vulnérables, afin de contribuer à l'inclusion sociale et à la participation active. Le but est de diagnostiquer les facteurs d'exclusion dans l'accès à la culture, de réfléchir sur les modèles d'inclusion, de comprendre le rôle de la culture dans la restructuration de l'identité et de l'autonomie, et d'identifier les meilleures pratiques en matière d'accessibilité intellectuelle et sociale. Une recherche exhaustive a été menée dans les bases de données Web of Science et Scopus, approfondissant 37 études sélectionnées. Ces études ont été catégorisées en cinq domaines d'analyse : Accès à la culture pour les personnes handicapées, Politiques culturelles et participation (obstacles et facilitateurs), Santé et/ou bien-être et participation culturelle, Diversité culturelle et participation, et Accès à la culture pour tous. Les principales conclusions de ce travail soulignent la dynamisation des politiques inclusives et de l'accessibilité comme des piliers fondamentaux pour une société équitable, ayant des répercussions sur l'amélioration de la santé publique, du bien-être et sur la construction des identités culturelles.

Merino Orozco, A., Di Giusto Valle, C., & Sáez Velasco, S. (2024). [Social inclusion in cultural participation: a systematic review](#).

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### The effects of recreational activities on the wellbeing of older adults in residential care homes: A systematic qualitative review

**Background:** This thesis used a systematic literature review to explore the impact of recreational activities on the well-being of older adults in old age homes. The well-being of older adults is of extreme importance, especially in residential care settings where individuals may face challenges related to social isolation, physical limitation and cognitive decline. Literature has reported recreational activities as a promising avenue that promotes well-being and quality of life among older adults. **Methods:** This research involved a systematic literature review to identify relevant studies published between 2013 to 2023. Nineteen studies were selected for the inclusion review, focusing on recreational interventions and their impact on the well-being of older adults in old age homes. These studies were analysed using thematic analysis to synthesise findings from these studies. **Results:** The thematic analyses revealed consistent evidence of the positive effect of purposeful and tailored recreational interventions on the well-being of older adults in old age homes. Recreational activities investigated in this study were intergenerational theatre workshops, music engagement programmes, mental well-being and social interaction activities and tai chi. These activities improved physical health, mental well-being, social connectedness, and emotional state among older adults. **Conclusion:** The findings of this research support the significance of recreational activities in promoting the well-being of older adults in old age homes. The positive impact of recreational interventions on various aspects of well-being underscores the need for greater attention and resources allocated to such programs in care home settings.

Okonkwo, S. (2024). [The effects of recreational activities on the wellbeing of older adults in residential care homes: A systematic qualitative review](#). *Public Health Institute Journal*.

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### Social infrastructure, community organizations, and friendship formation: a scoping review

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Community organizations are a unique part of the local social infrastructure that provides opportunities for social connections and community building. This contribution has been established in research on social capital and the research on social networks. Little research has looked specifically at the processes that lead to forming new relationships within community organizations. In this paper, we address this gap by looking specifically at the situational dynamics at community organizations that contribute to making new friends. We approach this question by conducting a scoping review, a systematic approach to research search and selection when conducting reviews. Our review identified 37 relevant pieces of research. The majority of the research we identify comes from Australia, Canada, the UK, and the USA. We discuss three themes addressing situational dynamics that emerged in the analysis: (1) the importance of structured programs and activities as prompts for connection, (2) creating spaces for informal interactions, and (3) emerging mutuality based on similarities and differences. We conclude with suggestions for how community organizations purposefully create these situational dynamics in their work.

Lauer, S., Wong, K. L. Y., & Yan, M. C. (2024). [Social infrastructure, community organizations, and friendship formation: a scoping review](#). *Community Development Journal*, bsae023.

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### **Leisure activity participation among older adults: a review**

As the ageing population grows, the health and well-being of older adults have emerged as critical public concerns. Participating in leisure activities offers significant physical, mental, and social advantages for the elderly. Nonetheless, there's a noticeable gap in the systematic analysis of these activities' evolution over time. This bibliometric study delves into the domain of leisure activities for older adults, scrutinising scholarly articles from 1990 to 2023, indexed in SCOPUS. With an analysis of 612 English journal articles, it unveils developmental trends, pivotal themes, and unexplored areas. Highlighted research hotspots include dementia, physical activity, quality of life, life satisfaction, and health promotion, with a strategic blueprint outlining their interconnections and implications for policy and practice. This investigation not only charts the field's landscape but also offers insightful directions for both scholarly inquiry and practical enhancements, aiming to improve the quality of life for the elderly. It concludes with discussions, managerial implications, limitations, future works, and conclusions to enrich the understanding of leisure activities' development among older adults.

Yueh, K. Y., & Chang, W. J. (2024). [Leisure activity participation among older adults: a review](#). *Leisure Studies*, 1-20.

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### 3. Développement du plein air

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#### Evaluating the vitality of urban public spaces: perspectives on crowd activity and built environment

**Purpose:** In urban planning, sustainability is closely linked to the quality of urban public spaces (UPS). However, some UPS encounter issues of low attractiveness and underutilisation. Vitality serves as a crucial measure in this context. The research perspective on the vitality of UPS centres on the balance between human activities and the built environment. Therefore, this article aims to systematically review critical aspects of UPS vitality evaluation system, including research objects, vitality components and research methods, from the dimensions of crowd activity and the built environment.

**Design/methodology/approach:** A systematic literature review using PRISMA analysed English-language publications from 2008 to 2023 in Scopus and Web of Science (WOS) databases, employing keywords related to UPS and vitality, with defined inclusion and exclusion criteria. **Findings:** (1) Research objects, including parks, squares, waterfronts, blocks and streets. (2) The factors contributing to crowd activity characteristics originate from five dimensions, namely spatial, temporal, visitor, activity and feedback. Environmental factors, both external (accessibility, surrounding function mix and population density) and internal (service facility mix and water presence), significantly impact vitality. (3) The study primarily relies on quantitative data, including traditional surveys and emerging significant data sources like dynamic location and traffic, social media, geospatial and point of interest (POI) data. Data analysis methods commonly used include correlation analysis and comprehensive evaluation techniques. **Originality/value:** The findings contribute to a comprehensive understanding of the vitality evaluation system for UPS from multiple perspectives for urban planners, aiding in identifying key factors and research methods in the vitality evaluation of various types of UPS.

Li, X., Kozlowski, M., Salih, S. A., & Ismail, S. B. (2024). [Evaluating the vitality of urban public spaces: perspectives on crowd activity and built environment](#). Archnet-IJAR: International Journal of Architectural Research.

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## Patterns of sedentary time and physical activity in older adults: do sex and gender matter

Prolonged sedentary time and inadequate physical activity are detrimental to the health of older adults. Sex and gender may influence health and movement behaviours that impact health. The purpose of this research was to scope the available literature on sex and gender in sedentary behaviour and then explore the relationship between biological sex and gender traits on movement behaviour patterns among older adults. In the scoping review, 210 articles were screened and 41 were identified that examined sex and/or gender in relation to sedentary behaviour in older adults. Almost all studies used sex-and/or gender-related terms interchangeably. Of the 41 articles, 28 studies suggested the division of household labour is the main explanation for any observed sex and/or gender differences in sedentary behaviour. The remaining 13 studies identified other factors that may influence this relationship, like social support, access to transportation, and area-level crime incidence. To further explore the relationship, observational data from 72 healthy older adults ( $80.1 \pm 9.4$  years) were examined. Movement behaviours were assessed using ActivPAL4™ inclinometers and participants completed the 30-Item Bem Sex-Role Inventory to assess masculine and feminine traits. There were no statistically significant associations between movement behaviour variables, sex, and masculine and feminine scores. This exploratory study demonstrates a need for consistent use of sex and gender terminology and better tools to assess gender. A more comprehensive understanding of the complexity of sex and gender in relation to health is needed to enable the creation of tailored movement behaviour interventions for the aging population.

Zdjelar, M. (2024). [\*Patterns of sedentary time and physical activity in older adults: do sex and gender matter?\*](#) (Doctoral dissertation, Lethbridge, Alta.: University of Lethbridge, Dept. of Kinesiology and Physical Education).

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## Future is urban: nature based solutions, capacity building and urban resilience

Global concerns and local problems are increasing not only in urban areas but also in regions where the human impact is minimal. The global consequences of exploiting and irreversibly utilising natural resources are becoming evident. Climate change, characterised by erratic weather patterns and global warming, has become prevalent around the world. This has resulted in the increased occurrence of many calamities, such as floods, droughts, heat waves, and other related disasters. The efficacy of decision-making processes determines the alternative methods for discovering solutions and ensuring readiness for future advancements. These kinds of difficulties require profound contemplation and reflection on concepts from multiple viewpoints and necessitate engaging discussions. By implementing nature-based solutions (NBS) and blue and green infrastructure (BGI), it is possible to mitigate their occurrences and address concerns.

Sharma, U., Kothary, S., & Gajjar, V. (Eds.). (2024). [\*Future is urban: nature based solutions, capacity building and urban resilience\*](#). Taylor & Francis.

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## 4. Développement de l'activité physique

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### **Social marketing targeting healthy eating and physical activity in young adult university students: A scoping review**

Adult obesity has remained a key health concern globally. Theory-based social marketing interventions are considered effective for improving dietary and physical activity (PA) behaviours. However, their application in universities is not yet established. This review aimed to identify social marketing strategies targeting healthy eating and/or PA behaviours of young adult university students and outline the intervention effectiveness. Literature search, screening, and data extraction followed the Joanna Briggs Institute (JBI) methodology for scoping reviews. PubMed/Medline and Scopus databases were searched for intervention and exploratory studies published between January 1, 2000, and September 20, 2023. Twelve articles were selected based on the eligibility criteria. Although different in study design, all studies reported improved healthy eating-related outcomes, while three showed improved PA-related outcomes. One study incorporated all six of the social marketing benchmarks, but the majority identified two. Most studies focused on behavioural objective, formative research, and marketing mix in their intervention design. Four studies incorporated behaviour change theories in development of the social marketing campaigns. Social marketing using social media could be a significant approach for improving healthy eating and PA in young adult university students when behavioural change theories and all social marketing benchmarks are adopted. More generalizable longer-term investigation into the effectiveness of this approach in university young adults is needed to tackle adult obesity related health issues.

Alshairi, N. A., & Li, L. (2024). [Social marketing targeting healthy eating and physical activity in young adult university students: A scoping review](#). *Heliyon*, 10(11).

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## Multi-family housing environment and physical activity: a systematic review of the literature

**Objective:** To identify environmental features of multi-family housing (MFH) and their surrounding neighborhoods that influence residents' physical activity (PA). **Data Source:** Articles published between January 2000 and September 2023 were identified from major social science, medical, health, behavioral science, and urban studies databases.

**Study Inclusion and Exclusion Criteria:** Studies were included if they (a) were empirical studies published in peer-reviewed journals and written in English; (b) focused on the MFH environment or the surrounding neighborhood; and (c) had at least one PA outcome. **Data Extraction:** Data was extracted regarding the study objective, location, study sample, research design, results related to MFH and neighborhood environment, and limitations. **Data Synthesis:** Descriptive summary of study characteristics and analysis to identify emerging themes at three spatial scales (i.e., building, site, and neighborhood). **Results:** Findings from 35 identified articles revealed factors influencing MFH residents' PA. On the building level, typology (apartment, townhouse) and tenure (public, market rent) showed contrasting correlations with PA in different age groups. On the site level, the presence of PA facilities and safe, walking-friendly environments promoted PA. On the neighborhood level, safety, quality of PA and pedestrian infrastructure, upkeep, air quality, aesthetics, neighborhood satisfaction, street connectivity, walkability, land use mix, density, and public transport promoted PA. **Conclusion:** Study findings highlight the importance of the MFH environments in promoting PA, especially in older adults and young children. With increasing housing demand, understanding diverse MFH typologies and the impact of interventions on multi-spatial scales can help promote healthy and activity-friendly communities.

Hegde, M. V., Park, S., Zhu, X., & Lee, C. (2024). [Multi-family housing environment and physical activity: a systematic review of the literature](#). *American journal of health promotion*, 08901171241254940.

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## The use of mobile technologies to promote physical activity and reduce sedentary behaviors in the middle east and north Africa region: systematic review and meta-analysis

**Background:** The Middle East and North Africa (MENA) region faces unique challenges in promoting physical activity and reducing sedentary behaviors, as the prevalence of insufficient physical activity is higher than the global average. Mobile technologies present a promising approach to delivering behavioral interventions; however, little is known about the effectiveness and user perspectives on these technologies in the MENA region. **Objective:** This study aims to evaluate the effectiveness of mobile interventions targeting physical activity and sedentary behaviors in the MENA region and explore users' perspectives on these interventions as well as any other outcomes that might influence users' adoption and use of mobile technologies (eg, appropriateness and cultural fit). **Methods:** A systematic search of 5 databases (MEDLINE, Embase, CINAHL, Scopus, and Global Index Medicus) was performed. Any primary studies (participants of all ages regardless of medical condition) conducted in the MENA region that investigated the use of mobile technologies and reported any measures of physical activity, sedentary behaviors, or user perceptions were included. We conducted a narrative synthesis of all studies and a meta-analysis of randomized controlled trials (RCTs). The Cochrane risk-of-bias tool was used to assess the quality of the included RCTs; quality assessment of the rest of the included studies was completed using the relevant Joanna Briggs Institute critical appraisal tools. **Results:** In total, 27 articles describing 22 interventions (n=10, 37% RCTs) and 4 (15%) nonexperimental studies were included (n=6141, 46% women). Half (11/22, 50%) of the interventions included mobile apps, whereas the other half examined SMS. The main app functions were goal setting and self-monitoring of activity, whereas SMS interventions were primarily used to deliver educational content. Users in experimental studies described several benefits of the interventions (eg, gaining knowledge and receiving reminders to be active). Engagement with the interventions was poorly reported; few studies (8/27, 30%) examined users' perspectives on the appropriateness or cultural fit of the interventions. Nonexperimental studies examined users' perspectives on mobile apps and fitness trackers, reporting several barriers to their use, such as perceived lack of usefulness, loss of interest, and technical issues. The meta-analysis of RCTs showed a positive effect of mobile interventions on physical activity outcomes (standardized mean difference=0.45, 95% CI 0.17-0.73); several sensitivity analyses showed similar results. The trim-and-fill method showed possible publication bias. Only 20% (2/10) of the RCTs measured sedentary behaviors; both reported positive changes. **Conclusions:** The use of mobile interventions for physical activity and sedentary behaviors in the MENA region is in its early stages, with preliminary evidence of effectiveness. Policy makers and researchers should invest in high-quality studies to evaluate long-term effectiveness, intervention engagement, and implementation outcomes, which can inform the design of culturally and socially appropriate interventions for countries in the MENA region.

Tong, H. L., Alnasser, A., Alshahrani, N. Z., Bawaked, R. A., AlAhmed, R., Alsukait, R. F., ... & Alqahtani, S. A. (2024). [The use of mobile technologies to promote physical activity and reduce sedentary behaviors in the middle east and north Africa region: systematic review and meta-analysis](#). Journal of medical Internet research, 26, e53651.

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## Comparative efficacy of physical activity types on executive functions in children and adolescents: A network meta-analysis of randomized controlled trials

**Objectives:** This study investigates the impact of various physical activity (PA) types on executive functions (EFs) in children and adolescents. **Design:** A systematic review and network meta-analysis of randomized clinical trials. **Methods:** We searched databases such as PubMed, Embase, Cochrane, and Web of Science up to April 2023, including randomized controlled trials involving 6 distinct PA types for healthy children and adolescents. The Cochrane risk of bias tool was used to assess the risk of bias, and a random-effects model in STATA 17.0 was used to calculate standardized mean differences (SMDs) and 95% confidence intervals (CI). **Results:** Ball Games emerged as the most effective modality for improving updating accuracy, securing a SUCRA score of 94.4%, and for reducing inhibition reaction time, with a SUCRA score of 94.8%. Cognitively Engaging Physical Activity led in improving inhibition accuracy with a SUCRA score of 71.7%. Dance excelled in improving update accuracy and reducing shifting reaction time, with SUCRA scores of 86.6% and 99.5%, respectively. **Conclusions:** PA has a significant benefit in EFs in children and adolescents, however the size of the effect varies by type of PA. Ball Games emerged as the most efficacious modality for enhancing updating accuracy and for expediting inhibition reaction time. Cognitively Engaging Physical Activity proved to be the preeminent strategy for improving inhibition accuracy. Dance was distinguished as the optimal approach for improving updating accuracy and reducing shifting reaction time.

Wang, J., Yang, Y., Li, L., Yang, X., Guo, X., Yuan, X., ... & Zhuang, J. (2023). [Comparative efficacy of physical activity types on executive functions in children and adolescents: A network meta-analysis of randomized controlled trials](#). Journal of Science and Medicine in Sport.

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## Exploring the relationship between physical activity and cognitive function in children

In recent years, scientific discussions have focused on the effect of physical activity (PA) on cognitive development in children. In this study, we performed an in-depth analysis of existing research on the influence of PA on children's cognitive function. Our objective was to identify the most effective approaches and settings for enhancing cognitive function through PA interventions. A literature review was conducted using Google Scholar, PubMed, Scopus, and Web of Science, focusing on studies published between January 2016 and March 2024. The following search terms were used for each database: physical activity, children, and cognitive skills. This work included experimental studies, meta-analyses, systematic reviews, and scoping reviews. Of the 19 articles included, 7 focused on cognitively engaging PA games, 4 on general PA, 3 on outdoor PA, and 1 on the design of play environments. The studies reported various settings: four in school sports facilities, three in school classrooms, one in an extracurricular sports facility, one in a schoolyard, one in indoor and outdoor sports facilities, and one in a school laboratory. The results indicate that cognitively engaging PA games enhance executive functions, while general PA is associated with improvements in school performance. The included studies suggest adopting methodologies based on PA's ecological–dynamic approach (EDA) principles to improve cognitive functions. In conclusion, future research could explore the effect of PA interventions grounded in the dynamic ecological approach on various cognitive abilities, such as creative thinking and problem-solving. Our goal is to encourage collaboration among the scientific community, educational institutions, and teacher training programs to promote these methodologies in educational settings.

COPPOLA, S., MATRISCIANO, C., & VASTOLA, R. [Exploring the relationship between physical activity and cognitive function in children.](#)

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### Embodied cultural capital, social class, race and ethnicity, and sports performance in girls soccer

Compared with working-class parents, middle-class parents increasingly promote sports performance for their children as part of a larger strategy of ensuring that their children are upwardly mobile and likely to attend and graduate from college. However, we need to learn more about the distribution of youth sports performance in specific sports and whether it relates to social class. In this study, we test for a relationship between social class and performance in girls soccer by examining the success of high school girls soccer teams in 16,091 contests. We find that schools with more working-class youth consistently lose by many goals. The relationship between performance and social class is weaker in predominantly Latinx schools than in predominantly Black and predominantly White ones, likely reflecting the community cultural wealth in soccer in Latinx immigrant communities. We discuss the practical and theoretical implications of these findings.

Goldsmith, P. R., & Abel, R. (2024). [Embodied cultural capital, social class, race and ethnicity, and sports performance in girls soccer](https://doi.org/10.1123/ssj.2023-0070). *Sociology of Sport Journal* (published online ahead of print 2024). Retrieved Jun 4, 2024, from <https://doi.org/10.1123/ssj.2023-0070>

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### “I get treated poorly in regular school—why add to it?”: transgender girls' experiences choosing to play or not play sports

**Purpose:** Transgender girls' right to participate in high school sports has been attacked by legislation banning them from doing so. This study uses open-ended survey responses among transgender high school girls to examine reasons that they choose to participate or not participate in sports. **Methods:** Data come from 294 transgender girls currently in high school who answered one of two open-ended questions about sports participation as part of a larger survey on lesbian, gay, bisexual, transgender, queer, or questioning (LGBTQ) youth mental health. An inductive approach with exploratory and descriptive codes was used, resulting in a codebook with 14 codes about high school girls' choices to participate or not participate in sports. **Results:** Among respondents' answers about why they participate in sports, six codes were identified: physical health benefits, mental health benefits, fun, social connections, family expectations, and gender affirmation. Among respondents' answers about why they do not participate in sports, eight codes were identified: not interested in sports, gendered teams or spaces, not athletic, physical or mental health limitations, social discomfort around peer athletes, worsened gender dysphoria, bullying or harassment, and lack of resources or access. These codes were not mutually exclusive and many responses were tagged with multiple codes. **Conclusion:** This study highlights the need for inclusive sports environments for transgender athletes. Providing LGBTQ cultural competence training for coaches, administrators, and parents may decrease barriers and increase comfort for transgender athletes, allowing them to benefit from the skills and education that sports provide.

DeChants, J. P., Green, A. E., Price, M. N., & Davis, C. K. (2024). [“I get treated poorly in regular school—why add to it?”: transgender girls' experiences choosing to play or not play sports](https://doi.org/10.1177/10439862241268888). *Transgender health*, 9(1), 61-67.

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## Refuting gender essentialism about women in sport coaching

Although rampant in sporting contexts globally, essentialist ideologies about gender and sport, women and girls' sport participation, and women in sport coaching and leadership are widely acknowledged as barriers to gender equity. The purpose of this chapter is to use a critical lens to identify and refute common streams of discourse based on gender essentialism about women in sport coaching. We define gender essentialism and argue why it is harmful to women in sport organizational cultures and disadvantages women. Through the use of scholarly literature and empirical data, this chapter forwards the conversation by identifying common essentialist arguments that are currently part of the sexist culture of sport and posits counternarratives for women in sport coaching that are non-essentialist and may help women position themselves from a place of greater power.

LaVoi, N. M., & Goorevich, A. (2024). [Refuting gender essentialism about women in sport coaching](https://doi.org/10.4337/9781802203691.00024). In *Research handbook on gender and diversity in sport management* (pp. 192-205). Edward Elgar Publishing. <https://doi.org/10.4337/9781802203691.00024>

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## Body image and eating disorders in aesthetic sports: A systematic review of assessment and risk

Objective: Conduct a systematic review to analyse the assessment of body image perception and risk of developing eating disorders, as a consequence of the practice of aesthetic sports. News: The procedures of this review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Four electronic databases were searched: MEDLINE (Pubmed), Scopus, SportDiscus (EBSCO) and PsycInfo (Ovid). Twenty-five academic studies have evaluated the perception of body image and the incidence of eating disorders in aesthetic sports. Rhythmic gymnastics is the most analysed sport modality; 80.0% of studies were conducted only with women, and the most studied group of athletes are adolescents (61%). Body Shape Questionnaire and Eating Attitudes Test-26 were the most frequently used instruments. In all research, aesthetic sports athletes were found to have disordered eating attitudes and behaviours and therefore at risk of developing eating disorders. In the majority of research on body image perception, athletes showed body dissatisfaction. Conclusion: Aesthetic sports athletes analysed are at risk of developing eating disorders and are dissatisfied with their body image, as well as having a higher risk of developing eating disorders and greater body dissatisfaction with respect to athletes of sports where aesthetics is not as relevant. Rhythmic gymnastics is the most studied sport modality, and the female gender is the most analysed. The EAT-26 is the instrument most frequently used to assess ED, and BSQ test for assessment of body image.

Berengüí, R., Angosto, S., Hernández-Ruiz, A., Rueda-Flores, M., & Castejón, M. A. (2024). [Body image and eating disorders in aesthetic sports: A systematic review of assessment and risk](https://doi.org/10.1016/j.scispo.2023.03.006). *Science et Sports*, 39(3), 241–249. <https://doi.org/10.1016/j.scispo.2023.03.006>

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## **Empowerment and social inclusion through Para sports: a qualitative study on women with physical impairments in Saudi Arabia**

Background: Participation in sports represents a potent means of empowerment and social inclusion. Nevertheless, women with physical impairments encounter specific challenges in accessing Para sports. The main aim of this study is to present the experiential participation and achievements in sports of women with physical impairments in Saudi Arabia. Methods: Twenty women athletes with physical impairments who engaged in competitive Para sports in Saudi Arabia were interviewed. Interpretive phenomenological analysis was employed to extract themes elucidating the experiences of women athletes with physical impairments in Para sports. Results: Four dimensions were identified: (i) Exploring participation in sports; (ii) The positive impact of participation in sports; (iii) obstacles in participation in sport; and (iv) hopes and aspirations to improve participation in Para sports. Conclusion: In Saudi Arabia, participation in Para sports functions as a powerful tool for empowering and socially integrating women with physical impairments. However, these women encounter challenges in accessing sports. Achieving empowerment in Para sports necessitates the establishment of an inclusive ecosystem that celebrates diversity and equality. Collaborative efforts from governments, sports organizations, communities, and individuals are indispensable in creating an environment where women with impairments can flourish in sports.

Alhumaid, M. M., Adnan, Y., Said, M. A., Alobaid, M. A., & Khoo, S. (2024). [Empowerment and social inclusion through Para sports: a qualitative study on women with physical impairments in Saudi Arabia](https://doi.org/10.3389/fpsyg.2024.1366694). *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1366694>

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## **Routledge handbook of sport, leisure, and social justice**

This is the first book to explore in breadth and in depth the complex intersections between sport, leisure and social justice. The book examines the relations of power that produce social inequalities and considers how sport and leisure spaces can perpetuate those relations, or act as sites of resistance, and makes a powerful call for an activist scholarship in sport and leisure studies. Presenting original theoretical and empirical work by leading international researchers and practitioners in sport and leisure, the book addresses the central social issues that lie at the heart of critical social science - including racism, sexism, homophobia, transphobia, ableism, religious persecution, socio-economic deprivation, and the climate crisis - and asks how these issues are expressed or mediated in the context of sport and leisure practices. Covering an incredibly diverse range of topics and cases - including sex testing in sport; sport for refugees; pedagogical practices in physical education; community sport development; events and human rights; and athlete activism - the book also surveys the history of sport and social justice research, as well as outlining theoretical and methodological foundations for this field of enquiry. The Routledge Handbook of Sport, Leisure and Social Justice is an indispensable resource for any advanced student, researcher, policymaker, practitioner, or activist with an interest in the sociology, culture, politics, history, development, governance, media and marketing, business and management of sport and leisure.

Lawrence, S., Hill, J., & Mowatt, R. A. (2024). [Routledge handbook of sport, leisure, and social justice](https://doi.org/10.4324/9781003389682). Routledge, Taylor & Francis Group. <https://doi.org/10.4324/9781003389682>

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## **Enclaved non-heteronormativity and pragmatic acceptance. The experiences of polish female football players**

The aim of this article is to discuss how Polish non-heterosexual female football players cope with institutionalised normative heterosexuality, which functions in Poland on several levels. The study is based on 25 in-depth interviews with professional Polish female football players. The interviewed women experienced heteronormativity within Polish society, which precluded negotiating the status of homosexuality in the broader social context. The processes of de-normalisation of heteronormativity are also difficult in the field of football. Although many football coaches and club managers display 'pragmatic acceptance' of non-heterosexual female players, this attitude is not always accompanied by respect for different sexual orientations. The ways in which female football players deal with such circumstances resulted in creating a safe space of 'enclaved non-heteronormativity' within the team. It is a space which protects from socially dominant compulsory heterosexuality. We discuss the role of this enclave and its potential for social change in football cultures in Poland.

Organista, N., & Kossakowski, R. (2024). [Enclaved non-heteronormativity and pragmatic acceptance. The experiences of polish female football players](https://doi.org/10.1177/10126902231180402). *International Review for the Sociology of Sport*, 59(1), 139–162. <https://doi.org/10.1177/10126902231180402>

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## **'This is my team ... we've got this and we're not going to stand for any of this shit!': A queer anarchist do it yourself approach to football**

This article critically explores the experiences of nine football players who identify as women, transgender and non-binary, and their perceptions of playing in queer DIY footballing spaces, focused around four key themes. The themes that emerged were the outsider identity, the decentring of competitiveness, queer community and temporalities and prefigurative practice and proliferation. Participants cited the political bottom-up structure of these football spaces as important to their (re)engagement with football. Furthermore, participants felt they were able to act out forms of queer activism through DIY practice and by playing a sport that they had previously been marginalised from due to their gender and/or sexuality. Drawing on a queer anarchist lens, this article examines how participants seek to disrupt hegemonic discourses within a sport that is often perceived as a masculine pursuit. This article argues for more prefigurative and diverse sporting practices to allow freer participation for marginalised identities within football.

Hoole, A. (2024). ['This is my team ... we've got this and we're not going to stand for any of this shit!': A queer anarchist do it yourself approach to football](https://doi.org/10.1177/27538702241255524). *DIY, Alternative Cultures & Society*. <https://doi.org/10.1177/27538702241255524>

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## Equality dancesport : gender and sexual identities matter

Equality Dancesport uses a queer feminist lens to examine the materialisation of gender and sexuality through moving and dancing bodies, by taking readers through the initiation journey of becoming an equality dance competitor. A recent shift in the media representation of ballroom dancing on British televised entertainment shows such as Strictly Come Dancing inspired active media discourse around same-sex dance partnerships. Questions arise as to whether and how such partnerships should be screened on television, and the extent to which gender and sexual norms around traditional ballroom dancing should be maintained in its representation. Drawing on auto-ethnographic research and interviews with dancers in the United Kingdom's LGBT+ ballroom dance culture, this book illustrates identity work to involve a complex process of striking a balance between transgressing, reinterpreting and reinstating gender norms and heterosexual intimacy in traditional ballroom dancing. It offers an alternative framework for examining performing bodies as sites for discursive and embodied displays, informing future action towards a recognition of more diverse, embodied lives. Contributing to our thinking around sex, gender and sexuality, this book highlights the work involved in the production and performance of gender and sexual bodies. It will be of interest to students and scholars across the social sciences, in particular those studying sociology, gender, sexuality, queer theory, sports studies, cultural politics, dance and leisure consumption. It will also be of interest to non-academics such as Strictly enthusiasts, dance educators and dancers

Wong, Y. N. (2024). [Equality dancesport : gender and sexual identities matter](https://doi.org/10.4324/9781003399872). Routledge. <https://doi.org/10.4324/9781003399872>

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## With whom are athletes discussing concussions? Exploring gender differences

**Objective:** To determine collegiate student-athletes' experiences with concussions, whom they were talking with, and patterns of concussion recognition. **Design:** Randomized trial. **Setting:** National Collegiate Athletic Association (NCAA) teams. **Participants:** 815 collegiate student-athlete controls in collision and contact sports from an intervention study. **Interventions** (or Assessment of Risk Factors): Sex (male/female). **Outcome Measures:** With whom student-athletes discussed concussions (coaches, athletic trainers, teammates), whether student-athletes sustained concussions themselves or suspected a teammate sustained a concussion, and whether they reported their concussion or their teammates' suspected concussion. **Main Results:** There was a significant gender difference in discussing concussions with a coach [ $\chi^2(1, n=808) = 7.9, p=.005$ ]. Males were 1.62 (Odds Ratio) times more likely to discuss concussion with their coach. No gender differences were found in discussions with athletic trainers or teammates. There were no significant gender differences in sustaining or reporting one's own concussion. However, there was a significant gender difference in suspecting a concussion in a teammate, ( $\chi^2(1, n=804) = 7.0, p=.008$ ). Males were 1.83 (OR) times more likely to suspect a concussion in a teammate than females. There were no significant gender differences in reporting a suspected concussion in a teammate, ( $\chi^2(1, n=545) = 1.15, p=.29$ ). Overall, 91 of 138 student-athletes who suspected they had a concussion indicated reporting and 70 of 128 reported teammates' suspected concussion. **Conclusions:** Findings suggest that discussions and reporting about concussions among student-athletes are influenced by gender and play an important role in how concussions are discussed.

Kneavel, M., & Ernst, W. (2024). [1.1 With whom are athletes discussing concussions? Exploring gender differences](https://doi.org/10.1136/bjsports-2023-concussion.1). British Journal of Sports Medicine, 58(Suppl 1), A1. <https://doi.org/10.1136/bjsports-2023-concussion.1>

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## **An inclusive park design based on a research process: A case study of thammawat water sport center, Pathum Thani, Thailand**

Public parks are vital for community well-being, yet often fail to cater to the needs of people with disabilities, restricting their safe and independent use. This paper details a pragmatic study aimed at crafting the design for an inclusive park on the outskirts of Bangkok, addressing these limitations. Through a comprehensive mixed-methods approach—encompassing literature reviews, semi-structured interviews, and surveys with stakeholders, including individuals with disabilities—this research gathered diverse perspectives on inclusive design. Participants underscored the importance of social and recreational activities in universally accessible spaces, providing valuable spatial insights. This research aims to employ pragmatic research methods to develop the design of an inclusive park for people with disabilities at the Thammasat University Rangsit Campus Water Sport Center. This study seeks to integrate the perspectives and needs of people with disabilities into the park design, ensuring that the space is accessible and meets a wide range of needs. The research aims to bridge socio-environmental considerations with practical design applications, creating a model that can serve as a template for similar developments in other urban settings. This study's findings informed the creation of a design that harmoniously integrates green spaces with the specific requirements of disabled users, promoting inclusivity and accessibility within the fast-growing urban areas of Southeast Asia. This research not only offers a template for addressing the gaps in public space provision for people with disabilities but also illustrates how designers can interpret and meet socio-environmental and health-related needs through inclusive planning. It extends the discussion on overcoming WHO-identified inequalities in urban settings and lays the groundwork for interdisciplinary studies aimed at enriching the fabric of urban life through research processes and scientific inquiry. This paper asserts the pivotal role of inclusive design in enhancing urban livability, advocating for a design methodology that responds to the nuanced demands of inclusivity, thereby contributing to the broader discourse on equality, accessibility, and the right to the city for people with disabilities.

Selanon, P., Puggioni, F., & Dejnirattisai, S. (2024). [An inclusive park design based on a research process: A case study of thammawat water sport center, Pathum Thani, Thailand](#). *Buildings*, 14(6), 1669.

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