Observatoire québécois du loisir

Veille scientifique en sport, loisir et activité physique
Octobre 2024

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 octobre 2024. Vous y trouverez 43 références.

Bonne lecture !

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Résumés

1. Développement du sport

Natural causes of sport and recreation-related deaths in the general population: A 14-Year review in Québec, Canada

Background: This study analyzed trends in the frequencies and rates of natural deaths associated with sport and recreation in Québec, Canada, from January 2006 to December 2019, and investigated their etiology and characteristics. **Methods:** This descriptive retrospective study utilized data from coroners' reports, as well as autopsy and police reports. Activity-specific incidence rates were calculated using participation data from the Étude des blessures subies au cours de la pratique d'activités récréatives et sportives au Québec (ÉBARS) and Canadian census population data. **Results:** There were 297 natural deaths, resulting in a population-based death rate of 0.26 per 100 000 person-years. The participation-based rate was 0.23 per 100 000 participant-years, focusing only on the 24 matching activities in both editions of the ÉBARS. Cycling (20.5%, n=61), ice hockey (8.8%, n=26), and hunting (8.1%, n=24) were associated with the highest frequencies and rates of death. Most of the deaths (95.3%, n=283) were of cardiac origin, with acute coronary syndrome and malignant cardiac arrhythmia identified as the most common causes. Automated external defibrillators were unavailable at 65% of death sites, and bystander cardiopulmonary resuscitation was performed in 60.9% of cases. Men accounted for the vast majority (92.6%, n=275) of deaths. Death rates increased starting from age 35, peaking in males 45 and over. **Conclusions:** Efforts aimed at screening for cardiovascular risk factors and ensuring the widespread availability of automated external defibrillators at recreational sites, including remote areas like hunting territories, could reduce the incidence of natural deaths associated with sport and recreation in Québec.

Richard, P., Sylvain-Morneau, J., Perron, P. A., Joubert, P., & Poirier, P. (2024). Natural causes of sport and recreation-related deaths in the general population: A 14-Year review in Québec, Canada. *CJC Open.*

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A Multi-sample examination of the relationship between athlete burnout and sport performance

Athlete burnout potentially has negative consequences for sport performance. However, to the best of our knowledge, empirical studies have yet to examine the relationship between athlete burnout and objective sport performance. Consequently, we aimed to provide a first such examination. To do so, we recruited three samples. We used Sample 1 (n = 106: track and field athletes) to examine the predictive utility of athlete burnout on a single performance, Sample 2 (n = 181: swimmers) to examine whether the findings from Sample 1 can be replicated in a different sport, and Sample 3 (n = 169: track and field athletes) to examine the predictive utility of athlete burnout on peak performance in a three-month period. Finally, having captured three samples each assessing the athlete burnout-performance relationship, we also sought to quantify the combined effect across these samples using a relatively new analytical technique – mini meta-analysis. Results from regression analyses showed that in at least two of the three samples total burnout, reduced sense of accomplishment, and sport devaluation each negatively predicted performance, whereas emotional and physical exhaustion was unrelated to performance. When we combined the samples, mini meta-analysis showed that total burnout, reduced sense of accomplishment, and sport devaluation each displayed a small-to-medium negative and significant meta-correlation with performance. The findings suggest that certain athlete burnout symptoms may indeed have negative consequences for sport performance, and that this is the case when considering a single performance and peak performance.

Olsson, L. F., Glandorf, H. L., Black, J. F., Jeggo, R. E., Stanford, J. R., Drew, K. L., & Madigan, D. J. (2024). A Multi-sample examination of the relationship between athlete burnout and sport performance. *Psychology of Sport and Exercise*, 102747.

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Gender (in) equity in the Paralympic Movement? Analyzing the institutional policies of the International Paralympic Committee

Purpose: The goal of this study was to investigate if – and how – the International Paralympic Committee (IPC) addressed gender issues over the past two completed Paralympic cycles (Rio 2016 and Tokyo 2020). **Methodology:** It involved documentary research, including a content analysis of the institution's Handbook, statutes, strategic plans, and reports valid between 2013 and 2021. **Findings:** There is a progressive effort by the IPC to address gender equality in sports participation and leadership. However, besides the establishment of policies towards this end, there is a lack of alignment between these policies and their implementation. Gender inequity persists within the Paralympic Games program and in women's participation in the Paralympic Games as well as in decision-making roles. **Practical Implications:** Considering that men and women depart from unequal conditions, advocacy for gender equality is not enough. There is a need for equity, which involves affirmative policies and actions to foster women's participation. **Research Contribution:** This research fills a gap in the literature by delving into the IPC's documents to analyze gender issues. It also provides practical insights on what needs to be done for gender equity within the Paralympic Movement. **Originality/Value:** Some of our findings are of application not only to Paralympic institutions, but also to other sport institutions outside the Paralympic Movement.

Marcondes, I. M., & Souza, D. L. (2024). Gender (in) equity in the Paralympic Movement? Analyzing the institutional policies of the International Paralympic Committee. *Managing Sport and Leisure*, 1-17.

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Sports injury surveillance systems: A Scoping review of practice and methodologies

Background: Injury prevention/reduction strategies are driven by data collected through injury surveillance systems. The aim of this review was to describe injury surveillance systems that are used for ongoing surveillance in either a professional or amateur sporting environment. This was an update to a review done in 2015 to determine the gaps in injury surveillance. **Methods:** A systematic search process of five databases (MEDLINE, CINAHL, EMBASE, SCOPUS and ProQuest) was used to discover published research that presented methodological data about the injury surveillance systems

implemented by clubs and organisations for ongoing surveillance. Inclusion criteria centred on the population under surveillance and the ongoing nature of that activity. Data extracted and summarised included the level of athlete under surveillance, the data collection mechanism and the personnel involved, the injury definitions applied and the date and country of origin to provide a comprehensive picture of the systems. **Results:** A total of 21 systems were documented as being used in ongoing injury surveillance, with 57% of these exclusively in the professional/elite landscapes and 33% at the amateur level. Surveillance systems cater for one sport per athlete entry so there is a gap in research for multi-sport athletes at the amateur level, especially where there is no early specialisation in a multi-sport participation environment. **Conclusions:** Research in this area will lead to a better understanding of subsequent injury risk for multi-sport athletes who have a higher athlete exposure than single-sport athletes.

Costello, D., Daly, E., & Ryan, L. (2024). Sports injury surveillance systems: A Scoping review of practice and methodologies. *Journal of Functional Morphology and Kinesiology*, *9*(4), 177.

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Effects of recreational team sports on the metabolic health, body composition and physical fitness parameters of overweight and obese populations: A systematic review

This systematic review aims to provide a summary of the results from individual studies that specifically focused on overweight or obese populations, regardless of age or sex. The goal is to determine the effects of structured recreational team sports interventions (TSG) on metabolic health, body composition and physical fitness parameters when compared to passive or active control groups. This study adhered to the PRISMA guidelines for reporting a systematic review. A thorough examination of relevant literature was conducted on November 06, 2023, using three prominent databases: PubMed, Scopus, and the Web of Science. Inclusion criteria considered overweight (e.g., BMI 25.0-29.9 kg/m2) and obese (e.g., BMI > 30 kg/m2) populations exposed to training interventions using recreational team sports, while the comparator group consisted of the same populations not exposed to exercise (passive controls) or exposed to alternative training methods. The primary outcomes of interest were metabolic health parameters (glucose, waist circumference, blood pressure, cholesterol, triglycerides), body composition (e.g., fat mass, lean mass), as well as physical fitness parameters (e.g., aerobic fitness, muscular fitness). Only studies with two- or multi-arm designs, whether randomized or not, were eligible for inclusion. The PEDro scale was used to assess the methodological bias of the included studies. Out of the initial 275 titles retrieved, we deemed ten eligible for our study. In terms of body composition, TSG demonstrated a significant decrease in body mass index across three studies (-2.3 to -5.1%) and a significant reduction in waist circumference in four studies (-4.6% to -8.4%). Regarding blood pressure, TSG exhibited a significant decrease in systolic blood pressure in two studies (-3.9% to -8.3%), while diastolic blood pressure showed a significant decrease in only one study (-7.3%). Cholesterol levels saw a significant decrease in TSG in three studies (-7.0% to -9.7%), and triglyceride levels showed a significant reduction in four studies (-16.4% to -20.1%). In terms of aerobic fitness, TSG demonstrated within-group improvements in the field-based tests in three studies (8.1% to 79.0%), and within-group improvements in maximal oxygen uptake in four studies (6.5% to 31.0%), with significant favoring of TSG in most studies. Overall, TSG demonstrated significant benefits for overweight and obese populations compared to the control group, particularly in terms of improvements in body mass index, systolic blood pressures, cholesterol and triglyceride levels, and aerobic fitness. Future research ought to concentrate on tailoring responses to varying training volumes on an individualized basis.

Wang, T., Yang, L., Xu, Q., Dou, J., & Clemente, F. (2024). Effects of recreational team sports on the metabolic health, body composition and physical fitness parameters of overweight and obese populations: A systematic review. *Biology of Sport*, *41*(3), 243-266.

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The correlates of environmental initiatives in sports organizations with climate change attitudes and subjective well being

Background: To recognize the interplay between climate change and public health, this study examines the impact of sports organizations' environmental initiatives on members' subjective well-being (SWB) and climate change attitudes (CCA). Drawing on the theoretical tenets of pro-social behavior, organizational initiatives aiming at protecting and improving the natural environment can be viewed as altruistic. This altruism can in turn increase SWB. **Methods:** The analysis uses survey data from the 2022 Eurobarometer, including 27 European countries and 6311 members of different types of sports organizations. Seemingly unrelated regression models were employed to assess the associations of various environmental initiatives with members' SWB and CCA. **Results:** The total number of initiatives and specific initiatives, such as promoting green energy and waste reduction, are positively correlated with members' CCA. However, there is no effect on SWB. **Conclusion:** Organizational environmental initiatives may shape members' attitudes towards climate change but do not seem to affect their SWB. This would suggest that environmental protection does not come at the expense of SWB. Thus, sports organizations represent a context to promote environmental protection along with public health.

Kraft, C., Bühren, C., & Wicker, P. (2024). The correlates of environmental initiatives in sports organizations with climate change attitudes and subjective well-being. *Journal of Public Health*, fdae261.

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Predicting behavioral intentions of active sport tourists in a non-traditional event: The case of obstacle course runners in Spain

Non-traditional sport event has received much attention in recent years. The purpose of this study was to investigate the role of sport event image and attitudes toward event in predicting satisfaction with event and behavioral intentions. A sample of 182 obstacle course runners in Spain was surveyed to test the research model using structural equation modeling. The results showed that event characteristics, which is one of the dimensions of sport event image, and participants' attitudes toward event positively influenced satisfaction, which in turn, together with attitudes, positively influenced behavioral intentions for repeat visits and recommendations. However, the destination characteristics dimension of sport event image had no impact on attitudes and satisfaction. Finally, satisfaction had a mediating effect on the relationships between event characteristics and behavioral intentions, and attitudes and behavioral intentions. The theoretical and practical implications of these results are discussed.

Luo, S., Mediavilla Saldaña, L., Alexandris, K., & Franco Álvarez, E. (2024). Predicting behavioral intentions of active sport tourists in a non-traditional event: The case of obstacle course runners in Spain. *Leisure Sciences*, 1-20.

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2. Développement du loisir

Burnout profiles among esports players: Associations with mental toughness and resilience

The present study investigated burnout among esports players and its association with mental toughness and resilience. Esports players ($N = 453$; $M_{age} = 23.0$, $SD = 4.18$; in the top 40% of in-game rank) from seven team-based esports completed the Athlete Burnout Scale (ABO-S), Mental Toughness Questionnaire 18 (MTQ-18), and the Connor-Davidson Resilience Scale (CD-RISC-10). Latent profile analysis identified three distinct burnout profiles: "low burnout risk" (LBR; 33.8%), "medium burnout risk" (MBR; 28.0%), and "high burnout risk" (HBR; 38.3%). Low burnout profiles were associated with higher mental toughness and resilience. The LBR profile was characterized by low levels of reduced accomplishment (RA), physical exhaustion (PE), and negative feelings (NF), while [MBR and HBR reported similar PE and NF scores but] differed in RA, with HBR showing the highest RA and total burnout. This study is the first to show distinct burnout profiles among esports players, indicating a significant prevalence of burnout symptoms. This should be monitored by both players and support staff (e.g. club managers, programme managers, and high-performance support staff). Additionally, mental toughness and resilience appear to play a protective role against burnout.

Poulus, D. R., Sargeant, J., Zarate, D., Griffiths, M. D., & Stavropoulos, V. (2024). Burnout profiles among esports players: Associations with mental toughness and resilience. *Journal of Sports Sciences*, 1-10.

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"Just shut out the world": Bullied adolescents' structured recreational and sports activities and their relationship to wellbeing and friendship

Although bullied adolescents' leisure activities and friendships may impact their wellbeing, the leisure environments of bullied adolescents has received limited attention in previous research. The aim of this study was to explore bullied adolescents' perspectives on their out-of-school time, with a special focus on structured recreational and sports activities and how these relate to friendships and wellbeing. Based on interviews with 20 Swedish adolescents who experienced bullying in lower secondary school, we used a constructivist grounded theory approach to guide the research, further informed by concepts from the social-ecological perspective and identity theory. The findings indicate that structured recreational and sports activities can serve as a temporary refuge from school bullying, providing a safe environment that promotes self-recovery and friendship development. However, if bullies are present in these activities, it can undermine the positive effects and may lead victims to quit.

Bjereld, Y., Thornberg, R., & Wójcik, M. (2024). "Just shut out the world": Bullied adolescents' structured recreational and sports activities and their relationship to wellbeing and friendship. *Journal of Leisure Research*, 1-15.

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Stadler, R. Reimagining community festivals and events

This book celebrates and builds on Alan Clarke (1956–2021) and Allan Jepson's 2015 book Exploring Community Festivals and Events. It showcases how far the study of community festivals and events has come in the intervening years, and in so doing it is a response to recent calls for researchers to take a more critical approach to event studies. This is an interdisciplinary book that draws together empirical research across a wide range of community event types, sizes and within diverse communities. Chapters in this book are grouped into four themes that highlight the breadth and depth of work being done: reviving and maintaining tradition(s); a focus on belonging; challenges and tensions; and innovations in teaching and research. Another of its core strengths is its international perspective – the book encompasses research from around the world including Turkey, Portugal, Greece, India, the UK, the US, Austria and New Zealand. There is also a diverse range of theoretical lenses applied to the study of community events, and some innovative methodologies used to achieve research aims and objectives. This volume will appeal to students and researchers in the fields of critical event studies, cultural studies, place-making, tourism, music, sociology and geography. Several chapters also provide insights and key learnings for those lecturing and working in event management and industry professionals.

Stadler, R. Reimagining community festivals and events.

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What does leisure have to do with mental health–arts, creative and leisure practices and living with mental distress

There is a growing interest in the role of leisure, arts and creative activities in cultivating health and wellbeing across different contexts. Leisure sports have historically been considered beneficial for achieving health, and similar focus has recently been placed on arts and creativity. Recent research into the role of arts and creative engagement for wellbeing highlights the benefits of these modes of engagement on emotional wellbeing and social connectedness. In this article, we examine the ways arts, creative and leisure practices and mental health converge, co-exist and collide. We draw on feminist leisure studies scholarship and Sarah Ahmed's work on emotion to discuss insights from our research into the everyday experiences of people living with a diagnosis of borderline personality disorder (BPD). We utilise qualitative methods to investigate people's experiences of meaningful leisure practices and the dynamics between leisure practices and living well with the distress. We explore how leisure activities initiate complex processes of discovery and production of meanings, identity and wellbeing. Our discussion emphasises that leisure practices contribute to producing everyday forms of self-care and provide transformative space for self-discovery yet are simultaneously inseparable from the politics of living with mental distress while navigating accumulated effects of distress.

Borovica, T., Kokanović, R., Seal, E. L., Flore, J., Boydell, K., Blackman, L., & Hayes, L. (2024). What does leisure have to do with mental health–arts, creative and leisure practices and living with mental distress. *Leisure Studies*, 1-15.

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Investigation of the relationship between leisure involvement and affect of individuals participating in fitness exercises

The purpose of this study was to examine whether the leisure involvement of adults who participate in fitness activities has an effect on positive and negative affect. The relational screening model, one of the quantitative research methods, was used. In this study, the “Leisure Involvement Scale” and the “Positive and Negative Affect State Scale” were used. Descriptive statistics, parametric tests such as Pearson's correlation test and simple regression analysis were used to analyses the data. In addition, validity and reliability analyses were carried out to determine the validity and reliability coefficients of the scales. It was found that leisure involvement and its sub-dimensions have an effect on positive and negative affect states. As a result, it was concluded that positive emotional states increased, and negative emotional states decreased in adult individuals who participated in leisure-time fitness exercise. Therefore, it shows that it can help adults cope with the negative emotions they encounter in their daily lives (stress, anxiety, burnout, depression, lack of self-esteem, social appearance anxiety, etc.).

Duyan, M., & Selçuk, E. Investigation of the relationship between leisure involvement and affect of individuals participating in fitness exercises. *Avrasya Spor Bilimleri ve Eğitim Dergisi*, *6*(2), 286-303.

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Longitudinal associations between leisure activities and subjective happiness among middle-aged and older adults people in China: national cohort study

Background: Leisure activities serve as key measures to enhance the subjective happiness of middle-aged and older adults individuals and to positively address the challenges of an aging society; however, the trajectory of changes in their participation in leisure activities and how these changes relate to shifts in subjective happiness have not been adequately explored. **Methods:** This study selected data from the China Health and Aging Longitudinal Study (CHARLS), which included a total of 5,190 middle-aged and older adults people. Linear and nonlinear latent growth models, parallel latent growth models and cross-lagged models were constructed to investigate the influence and lagged relationship between the trajectory of changes in the level of participation in leisure activities on the trajectory of changes in the subjective well-being of middle-aged and older adults people. **Results:** The initial level of physical activity participation of middle-aged and older adults people significantly predicted the initial level ($\beta = 1.\ 203$, $p < 0.001$) and rate of change ($\beta = -0.138$, $p = 0.016$) of their subjective well-being, and the trajectory of change of middle-aged and older adults people’s physical activity also significantly predicted the rate of change of their subjective well-being ($\beta = 0.582$, $p = 0.003$). Meanwhile, the initial level of social activity of middle-aged and older adults people also effectively predicted the initial level of their subjective well-being ($\beta = 0.048$, $p < 0.001$). At the same time, the covariates (gender, age, level of education, marital status, chronic disease) also predicted the initial level and rate of change of leisure activity participation level and subjective well-being. Finally, the cross-lagged model test confirmed the predictive effect of leisure activity participation level on subjective well-being of middle-aged and older adults people. **Conclusion:** This study confirms that the level of participation in leisure activities of Chinese middle-aged and older adults people has a significant predictive effect on their subjective happiness and that there is a significant correlation between the trajectory of changes in the level of participation in leisure activities and the trajectory of changes in subjective happiness.

Feng, C., Shi, Z., Tian, Y., Ma, C., & Sun, Q. (2024). Longitudinal associations between leisure activities and subjective happiness among middle-aged and older adults people in China: national cohort study. *Frontiers in Public Health*, *12*, 1441703.

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Regression analysis of dimensions event volunteer motivation towards intention to volunteer

Volunteerism at events, from small to large-scale festivals such as sporting competitions, is critical to their success. Understanding event volunteers' motivations is crucial for organizers in terms of recruiting, retaining, and managing volunteer resources efficiently. This study aims to examine the relationship between dimensions of event volunteer motivation which include leisure motivation, purposive motivation, egoistic motivation and external influence on the intention to volunteer. Previous studies have found that these multi-dimensional motivational factors are essential for fostering an individual's decision-making process towards volunteering at an event. Positive effects on volunteer motivation will be analyzed using regression analysis in this research. In general, the results derived from the study will assist event organizers in understanding how their volunteers make decisions about taking part in the festivals they organize as well as designing ways of recruiting, managing and holding onto them for attaining ultimate success during such occasions.

Rashid, N. M., Ramli, N., Ghazali, A. R., Nordin, A., Zamzuri, N. H., & Saridan, S. (2024). Regression analysis of dimensions event volunteer motivation towards intention to volunteer. *Information Management and Business Review*, *16*(3 (I)), 114-121.

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Inspiring sport event volunteer engagement and sense of pride: the importance of organisational environmental factors

The success of sport events is closely related to volunteer dedication. Sport event organisations must recognise volunteers' needs and motivate and retain loyal volunteers. However, the approach to motivate sport event volunteers and the role of consistent values, beliefs, and affiliation needs in guiding volunteers' performance in event duties remain unexplored. This study explored the role of organisational environmental factors in influencing volunteers' engagement, sense of pride, and intent to continue volunteering. A theoretical model was constructed to verify their inner relations by incorporating person – environment fit, social exchange, and social identity theories. Data were collected from 452 volunteers who participated in two marathon races in China and analysed using structural equation modelling with SmartPLS 4.0. The findings show that perceived organisational support has a positive impact on individual – organisation value congruence and volunteer engagement, thus jointly boosting volunteers' sense of pride and intent. These findings expand theoretical understanding on the psychological mechanisms of volunteer sport events and optimising volunteer management.

Xia, F., Xu, Y., & Zhang, X. (2024). Inspiring sport event volunteer engagement and sense of pride: the importance of organisational environmental factors. *Leisure Studies*, 1-17.

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Health effects of children's summer holiday programs: a systematic review and meta-analysis

Background: Unfavourable changes occur in children's health behaviours and outcomes during the summer holidays. This systematic review aimed to determine the effectiveness of summer holiday programs in mitigating these changes. **Methods:** Six databases (MEDLINE, JBI, PsychINFO, Embase, ERIC and Scopus) were systematically searched for experimental controlled studies that investigated programs of at least 5 days' duration conducted exclusively during the summer holiday period on school-aged children (5–18 years). Primary outcomes were moderate-vigorous physical activity and energy intake. Secondary outcomes were sedentary behavior, diet quality, adiposity, and cardiorespiratory fitness. Risk of Bias was assessed using the PEDro tool. Effect sizes were calculated using random-effects meta-analysis with narrative synthesis of effects by student or program characteristics. **Results:** Ten studies (two randomised controlled trials, and eight non-randomised controlled trials) involving 1,446 participants were included. Summer programs had a significant moderate effect on reducing sedentary behaviour (*g*= -0.59, 95%CI= -1.16, -0.03) and significant small effects on improving moderate-to-vigorous physical activity (*g* = 0.35, 95%CI = 0.02, 0.67) and adiposity (*g*= -0.25, 95% CI = -0.39, -0.10). No significant change was detected for cardiorespiratory fitness (g = 0.43, 95%CI= -0.32, 1.17), energy intake (g= -0.06, 95% CI -2.33, 2.22), or diet quality (g = 0.20, 95%CI= -0.43, 0.83). Summer program effectiveness did not appear to differ by child sociodemographic or program characteristics. Concerns regarding bias and high heterogeneity impacted results. **Conclusions:** Summer programs show potential in promoting healthier movement behaviours in children and supporting healthy body weight during the summer months. Although evidence from the included studies has limitations, these programs produced small to moderate effect sizes and present promising health intervention opportunities for children. Future research with more rigorous study designs and comprehensive reporting is needed to confirm these findings and better understand the impact of summer programs on children's health.

Eglitis, E., Singh, B., Olds, T., Virgara, R., Machell, A., Richardson, M., ... & Maher, C. (2024). Health effects of children's summer holiday programs: a systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*, *21*(1), 1-14.

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3. Développement du plein air

Thinking big: The role of mega trails in creating meaning and sense of place to conserve large landscapes

Providing access to natural areas through recreation is a valuable strategy for garnering social support for nature conservation. Direct experiences bring landscapes into people's perceptible realms and create sense of place and place meaning. This meaning can even be transferred to similar areas through a brand effect. Mega trails can play a role in creating meaning and sense of place for large landscapes. We investigated the sense of place and its spatial scale among hikers on the three national scenic trails forming the triple crown of hiking in the USA (Appalachian, Pacific Crest, and Continental Divide Trail) and discusses their potential to promote nature conservation at large landscape scales. We surveyed 602 hikers and assessed the level of sense of place and its spatial scale using Likert scales and heatmaps. Analyses of variance were performed to explore their relationships with hike duration, motivation, and trail section popularity. Results suggest that the longer the hiking, the stronger and broader the sense of place. Hikers motivated by national scenic trails present a stronger and broader sense of place, and this difference occurs even among day hikers, suggesting a brand effect. Implementing and promoting mega trails can create extensive meaningful places, facilitating the understanding of ecological processes and helping to promote large-scale nature conservation. Through the brand effect, mega trails have the potential to reach a wider audience, going beyond long-distance hikers and raising the awareness of millions of people who hike at least a short trail section about the importance of large-scale conservation.
Management implications: By offering long experiences in contact with nature, mega trails are associated with a greater sense of place and on a broader spatial scale. These trails help create meaning for large landscapes, raising support for their conservation. Furthermore, mega trails also create brands that reach an audience beyond long-distance hikers. Investing in mega trails that connect large landscapes or cross geographical features, such as biomes or mountain ranges, can help build support to promote connectivity across these landscapes. Corridors protected by mega trails can even facilitate species range shifts in response to climate change, acting as climate corridors.

Viveiros-de-Castro, E. B., Stein, T. V., & Monroe, M. C. (2024). Thinking big: The role of mega trails in creating meaning and sense of place to conserve large landscapes. *Journal of Outdoor Recreation and Tourism*, *48*, 100812.

Retour au sommaire

Evaluating the benefits of urban green infrastructure: Methods, indicators, and gaps

Green infrastructure (GI) offers a promising solution for mitigating the adverse effects of climate change, but evaluating its effectiveness necessitates a comprehensive understanding of how that has been quantified in the literature. This study aims to review the methods (monitoring, remote sensing, and modelling) employed to assess the effectiveness of GI in urban areas for three ecosystem services: heat mitigation (cooling of air temperature), thermal comfort control, and air quality mitigation. The objectives include evaluating the suitability of these approaches across diverse scales, categorising the essential parameters, and identifying the strengths and limitations inherent in each method. Through a literature review, 126 research papers were selected for detailed analysis. Modelling was the dominant method for heat mitigation (45.6 %), thermal comfort (70 %), and air pollution (51.9 %). The main inputs for assessing these three ecosystem services by GI were: meteorological parameters used in monitoring or modelling, morphological parameters (describing vegetation, surface, and built-up area conditions), specified parameters depending on the evaluated benefit such as landscape metrics (for heat mitigation), personal factors (for thermal comfort), pollutant measures (for air pollution), and other parameters (e.g. building and traffic heat emissions). The application scale of each method was dependent on the instruments, satellite data, and simulation tools utilised. Monitoring methods were employed in studies ranging from street-scale to neighbourhood-scale, remote sensing methods covered city-scale to regional-scale assessments, and modelling studies spanned from street-scale to regional-scale analyses. These diverse methods used to assess the GI benefits each have individual strengths and limitations which need to match the context and objectives of the study.

Khalili, S., Kumar, P., & Jones, L. (2024). Evaluating the benefits of urban green infrastructure: Methods, indicators, and gaps. *Heliyon*, *10*(19).

Retour au sommaire

Using structural equation models (SEM) to link climate change, forest composition, deer, and outdoor recreation

Climate change will likely cause changes in the composition of forests worldwide, with consequent impacts on forest ecosystems and the ecosystem services they provide. In northeastern Minnesota, climate change will likely cause a shift from boreal to temperate forest by the end of the century. Such a shift will affect species populations such as deer and outdoor recreation, a valuable ecosystem service with over $4 billion in annual expenditures in hunting, fishing, and wildlife viewing. In this paper, a structural equation modeling (SEM) framework is used to model four key variables, climate change, deer, forest composition, and outdoor recreation, as an interactive system with data from the Laurentian Mixed Forest (LMF) region of Minnesota. A series of SEM models of increasing complexity are used to draw out the individual and system level effects. The results show: a strong empirical relationship between forest composition and recreation; climate affects both forest composition and recreation, mainly through temperature effects; deer affects both forest composition and recreation. A systems modeling approach like SEM is needed because there are important complex interactions, such as the effect of deer on forest composition and of forest composition on deer.

Bakshi, B., Polasky, S., & Frelich, L. E. (2024). Using structural equation models (SEM) to link climate change, forest composition, deer, and outdoor recreation. *Ecological Modelling*, *493*, 110731.

Retour au sommaire

Global variation in the preferred temperature for recreational outdoor activity

The impacts of climate change will depend on how human societies adapt to higher temperatures. In this study we report empirical evidence suggesting that people living in warmer places prefer a higher temperature for their recreational outdoor activities. To arrive at this conclusion we examine a novel global dataset of mobile phone usage in parks in more than 2500 locations across 77 countries. We examine this dataset with econometric methods to identify the relationship between outdoor recreation and temperature from daily variation in weather. Overall we find that for every increase in annual mean temperature by 1 degree Celsius, the preferred daily mean temperature for outdoor activity increases by about 0.5 degrees Celsius. We explain how these results can be interpreted as evidence for partial adaptation. We also illustrate how ignoring adaptation can bias projections of future responses to climate change.

Linsenmeier, M. (2024). Global variation in the preferred temperature for recreational outdoor activity. Journal of Environmental Economics and Management, 103032.

Retour au sommaire

Developing outdoor spaces for work and study—an explorative place-making process

Introduction: The development of outdoor spaces for work and study is part of a larger transition toward sustainable communities, which can take advantage of more flexible ways of organizing everyday life. Governance processes supported by physical spatial changes have the potential to bring together various actors and experts for local development. The aim of this study was to explore the possibilities of developing outdoor spaces for work and study in a collaborative process. **Methods:** The study involved an upper secondary school, a local government administration, local businesses and research. The process took place in a South-Swedish small town and included developing outdoor areas for tasks traditionally carried out indoors, participatory workshops and meetings followed up through questionnaires and interviews. **Results:** Overall, the introduction of outdoor places was positively evaluated, but engagement varied across actors and over time, and a number of obstacles and challenges in the process were identified. **Discussion:** The study showed how vital it is to anchor ideas for place-making locally and having key persons in leading positions with allocated time to support the process. It also indicates how decisive spatial changes can be and how important it is that any physical intervention becomes an integrated part of a wider local process in order to make an imprint on local life and pedagogical practice.

Jansson, M., Mårtensson, F., & Vogel, N. (2024). Developing outdoor spaces for work and study—an explorative place-making process. Frontiers in Sustainable Cities, 6, 1308637.

Retour au sommaire

Cold city outdoor space utilisation patterns and constraints: A systematic review of empirical evidence

Urban outdoor spaces, as significant venues for outdoor activities, are closely linked to urban residents' quality of life and physical health. However, evidence suggests that prolonged and cold winters in cold cities, characterised by low temperatures, ice and snow, and frigid winds, profoundly impact residents' engagement in outdoor activities. Understanding the patterns of residents' utilisation of outdoor spaces and the constraints they face in the cold urban environment is crucial. Despite this, there is currently a lack of systematic reviews synthesizing evidence. This study conducts a systematic literature review from the social ecology perspective, organizing relevant evidence on residents' usage patterns, constraints, and preferences for outdoor spaces in cold urban environments. The literature review spans studies published from 2000 to 2023, drawing data from six electronic databases, including Google Scholar, Web of Science, and Scopus. Ultimately, 31 articles (N = 31) were included in the review. The findings indicate that outdoor spaces in cold urban areas are influenced by a range of factors, encompassing individual, social, physical, and perceptual environmental attributes. Consequently, a conceptual framework based on social ecology is developed to comprehend the usage and constraints of outdoor spaces in cold urban environments. This research provides valuable insights for urban planners and designers in designing and planning outdoor spaces in cold cities.

Caili, L., Maruthaveeran, S., Shahidan, M. F., & Caiwen, L. (2024). Cold city outdoor space utilisation patterns and constraints: A systematic review of empirical evidence. *Urban Forestry & Urban Greening*, 128439.

Retour au sommaire

Development of an indicator system for evaluating risks in trekking tourism

In today's fast-paced and and high-stress society, trekking tourism is a leisure activity for stress relief and closer nature engagement. Given the adventurous nature inherent in trekking tourism, risk assessment is deemed both crucial and imperative. This study aims to develop a risk assessment framework for trekking tourism based on the Delphi method and Analytic Hierarchy Process (AHP). Initially, we conducted a literature review and expert interviews grounded in the Systems Theory of Accident Causation and the Human Factors Theory to establish the risk assessment paradigm specific to trekking tourism. Subsequently, we ascertained specific weights for each evaluation criterion and delineated explicit data sources for each operational indicator. The findings indicate that the formulated risk assessment system for trekking tourism is both scientifically grounded and practical, furnishing stakeholders in the tourism industry, organizational teams, and management authorities with an efficacious tool for evaluating the safety conditions of trekking tourism activities.

Xuemei, L., Wang, F., Huili, C., & Jingwen, T. (2024). Development of an indicator system for evaluating risks in trekking tourism. *Leisure Sciences*, 1-20.

Retour au sommaire

4. Développement de l'activité physique

What explains adolescents' physical activity and sports participation during the COVID-19 pandemic?–an interpretable machine learning approach

Adolescents' physical activity (PA) and sports participation declined due to the COVID-19 pandemic. This study aimed to determine the critical socio-ecological factors for PA and sports participation using a machine learning approach. We did a cross-sectional secondary data analysis utilising the 2021 National Survey of Children's Health (NSCH) dataset (*N*=16,166; 49.0% female). We applied an interpretable machine learning approach (e.g. decision tree-based models) that examined the critical factors associated with PA and sports participation. The factors related to the intrapersonal, interpersonal, organisational, and community levels of the socio-ecological model. Out of the 25 factors examined, our findings unveiled the 11 critical factors associated with PA and the 10 critical factors associated with sports participation. Factors at the intrapersonal levels (e.g. age, screen time, and race) held greater importance to PA than those at the other three levels. While interpersonal factors (e.g. parent participation in children's events/activities, family's highest educational level, and family income level) were most important for sports participation. This study identified that the common critical factors of physical activity and sports participation during the COVID-19 pandemic mainly relied on intrapersonal and interpersonal levels. Unique factors were discussed.

Fu, L., Burns, R. D., Zhe, S., & Bai, Y. (2024). What explains adolescents' physical activity and sports participation during the COVID-19 pandemic?–an interpretable machine learning approach. *Journal of Sports Sciences*, 1-13.

Retour au sommaire

Investigation of the relationships between the brand personality of running activity, the involvement, the identification and the intention to repeat participation

Purpose/Rationale: To investigate the role of brand personality in the involvement, identification and repeated participation of running activity, as well as the influence of brand personality, involvement and identification on repeated participation. **Design/Methodology/Approach:** A sample of 200 runners who regularly train in the stadiums of a city in the north of Greece was collected before the start of a daily training session. Runners filled in questionnaires evaluating: (a) the brand personality of running, (b) involvement with running, (c) identification with running, and (d) behavioral intentions. The face and content validity of the measures were investigated multidimensionally. **Findings:** (a) sophistication and excitement significantly affect involvement with running, (b) sophistication, excitement and sincerity, contribute to the prediction of identification with the activity, (c) the intention to repeat the participation is predicted by the centrality and attractiveness of involvement but also by the competence and sincerity of the brand personality. **Practical Implications:** Enhancement of brand personality factors such as sophistication and excitement, will increase both involvement and repeated participation. This information can be useful for sport governing bodies and authorities, institutions, clubs, coaches, event managers and running programs/activities organizers to keep runners as active participants in their offerings. **Research Contribution:** It contributes to the understanding of brand personality's role in running activity through specific dimensions that significantly affect involvement and identification.

Anagnostou, M., Tzetzis, G., Tsiskari, E., & Kordali, A. (2024). Investigation of the relationships between the brand personality of running activity, the involvement, the identification and the intention to repeat participation. *Managing Sport and Leisure*, 1-16.

Retour au sommaire

Do personality profiles contribute to patterns of physical activity and sedentary behavior in adulthood? A prospective cohort study

Background: Despite the observed associations of personality traits with levels of moderate-to-vigorous physical activity (MVPA) and sedentary behavior (SB), studies exploring whether the personality profiles differ in terms of the pattern of accumulation of physical behavior are lacking. The aim of this study was to identify adults' personality profiles and to characterize and investigate how these profiles differ in physical behavior. **Methods:** The study utilized the longitudinal data of the participants of the Jyväskylä Longitudinal Study of Personality and Social Development (n = 141–307). Information on the five-factor model of personality, including the traits of neuroticism, extraversion, conscientiousness, openness, and agreeableness, was collected at ages 33, 42, 50, and 61 years, and used to create latent personality profiles. Physical behavior, operationalized as the amount and accumulation of MVPA and SB bouts, was captured using a triaxial accelerometer worn during waking hours at age 61 years. The differences in the behavior between the personality profiles were analyzed using the Kruskal-Wallis test. **Results:** Five personality profiles were identified: resilient (20.2%), brittle (14.0%), overcontrolled (9.8%), undercontrolled (15.3%), and ordinary (40.7%). Although there were no statistically significant differences between the personality profiles in the time spent in MVPA relative to SB (MVPA per hour of daily SB), individuals with resilient (low in neuroticism and high in other traits) and ordinary (average in each trait) profiles had MVPA-to-SB ratios of 0.12 (7 min) and those with a brittle (high in neuroticism and low in extraversion) profile had a ratio of 0.09 (5.5 min). The individuals in the resilient group exhibited a longer usual MVPA bout duration than those in the overcontrolled (low in extraversion, openness, and agreeableness) (8 min vs. 2 min) and undercontrolled (high in openness and low in conscientiousness) groups (8 min vs. 3 min). They also exhibited a longer usual SB bout duration than those in the ordinary group (29 min vs. 23 min). **Conclusions:** The resilient group displayed the most prolonged MVPA and SB bout patterns. The results suggest that personality characteristics may contribute to how MVPA and SB are accumulated.

Ahola, J., Kekäläinen, T., Chastin, S., Rantalainen, T., Kinnunen, M. L., Pulkkinen, L., & Kokko, K. (2024). Do personality profiles contribute to patterns of physical activity and sedentary behavior in adulthood? A prospective cohort study. *International Journal of Behavioral Nutrition and Physical Activity*, *21*(1), 107.

Retour au sommaire

Affective experiences from exercise. Youth-adult differences and prediction of exercise behavior

Affective exercise experiences are summative, valenced memories that represent the history of associations between past instances of exercise in an individual's life and pleasant or unpleasant reactions. We used the recently developed Affective Exercise Experiences (AFFEXX) questionnaire to address two important questions in exercise psychology, namely the nature of affective exercise experiences during the childhood-adulthood transition and the relationship between affect and exercise behavior. The first study compared data from 949 adults and 607 children and adolescents, and showed that core affective exercise experiences were associated with different antecedent appraisals in the two groups. Being watched during exercise and perceptions of competence appeared to influence core affective experiences more in children and adolescents than in adults. The second study, using data from a subsample of 94 adults, showed that exercise behavior over 14 days can be predicted by pleasant core affective exercise experiences when they are congruent with strong attraction to exercise. These data highlight the value of theoretically informed research to understand the multifarious affective experiences individuals derive from exercise.

Brand, R., Sudeck, G., & Ekkekakis, P. (2024). Affective experiences from exercise. Youth-adult differences and prediction of exercise behavior. *Psychology of Sport and Exercise*, 102755.

Retour au sommaire

Inclusive fitness-A scientific exploration of wellness for both ables and enables

The GoBhangra Workout is a culturally adaptive exercise program that combines traditional Punjabi Bhangra and Bollywood dance with tailored adaptive movements, thereby enhancing health outcomes for individuals with diverse abilities. This study examines initiatives pertaining to inclusive fitness, focusing on their physical and psychological health advantages, impediments to participation, and the influence of cultural components such as the GoBhangra Workout. The study employs a mixed-methods methodology, integrating a systematic literature review with an in-depth qualitative case study analysis to examine the effects, barriers, and facilitators associated with inclusive fitness programs. The systematic review elucidated trends and quantified health outcomes pertinent to inclusive exercise programs published from 2015 to 2023. Thematic analysis was performed on the qualitative data to identify key themes related to the physical and mental health impacts, as well as social and cultural benefits, of inclusive fitness. The qualitative analysis focused on the case study, derived from 15 semistructured interviews. The quantitative analysis highlighted substantial advancements in both physical and mentally health outcomes that are associated with inclusion fitness programs, highlighting significant improvements in both health outcomes. The results of this study provide evidence-based recommendations for the expansion of these initiatives.

Kaur, J. (2024). Inclusive fitness-A scientific exploration of wellness for both ables and enables.

Retour au sommaire

Effectiveness of behavioural interventions with motivational interviewing on physical activity outcomes in adults: systematic review and meta-analysis

Objective: To evaluate the effectiveness of behavioural interventions that include motivational interviewing on physical activity outcomes in adults. **DESIGN**: Systematic review and meta-analysis. **Study selection**: A search of seven databases for randomised controlled trials published from inception to 1 March 2023 comparing a behavioural intervention including motivational interviewing with a comparator without motivational interviewing on physical activity outcomes in adults. Outcomes of interest were differences in change in quantitative measures of total physical activity, moderate to vigorous physical activity (MVPA), and sedentary time. **Data extraction and synthesis**: Two reviewers extracted data and assessed risk of bias. Population characteristics, intervention components, comparison groups, and outcomes of studies were summarised. For overall main effects, random effects meta-analyses were used to report standardised mean differences (SMDs) and 95% confidence intervals (CIs). Differential effects based on duration of follow-up, comparator type, intervention duration, and disease or health condition of participants were also examined. **Results**: 129 papers reporting 97 randomised controlled trials totalling 27 811 participants and 105 comparisons were included. Interventions including motivational interviewing were superior to comparators for increases in total physical activity (SMD 0.45, 95% CI 0.33 to 0.65, equivalent to 1323 extra steps/day; low certainty evidence) and MVPA (0.45, 0.19 to 0.71, equivalent to 95 extra min/week; very low certainty evidence) and for reductions in sedentary time (-0.58, -1.03 to -0.14, equivalent to -51 min/day; very low certainty evidence). Evidence for a difference in any outcome compared with comparators of similar intensity was lacking. The magnitude of effect diminished over time, and evidence of an effect of motivational interviewing beyond one year was lacking. Most interventions involved patients with a specific health condition, and evidence of an effect of motivational interviewing to increase MVPA or decrease sedentary time was lacking in general population samples. **Conclusions**: Certainty of the evidence using motivational interviewing as part of complex behavioural interventions for promoting total physical activity in adults was low, and for MVPA and sedentary time was very low. The totality of evidence suggests that although interventions with motivational interviewing increase physical activity and decrease sedentary behaviour, no difference was found in studies where the effect of motivational interviewing could be isolated. Effectiveness waned over time, with no evidence of a benefit of motivational interviewing to increase physical activity beyond one year.

Zhu, S., Sinha, D., Kirk, M., Michalopoulou, M., Hajizadeh, A., Wren, G., ... & Astbury, N. M. (2024). Effectiveness of behavioural interventions with motivational interviewing on physical activity outcomes in adults: systematic review and meta-analysis. *bmj*, *386*.

Retour au sommaire

Unlocking the secrets of change: ethnographic insights into older adults' leisure time physical activity during COVID-19

The COVID-19 pandemic brought about significant alterations in various aspects of society, yet its impact on the leisure time physical activity (LTPA) of older adults still needs to be explored. Existing research points to substantial transformations in recreational and sports environments due to the pandemic. This study aims to bridge this gap by conducting ethnographic fieldwork spanning 17 months, delving into how Iranian older adults adapted their LTPA during this crisis. Data were gathered through immersive field experiences, detailed field notes, and opportunistic interviews. The findings reveal two primary shifts in the LTPA of older adults: (1) Disruption of social interactions within physical activities and (2) Psychological uncertainty and perplexity. In response, older adults have employed two coping mechanisms to navigate these changes. This research underscores the importance of policymakers reevaluating their approaches and devising strategies to support the continuity of LTPA, especially in exceptional circumstances like the COVID-19 pandemic.

Norouzi Seyed Hossini, R. (2024). Unlocking the secrets of change: ethnographic insights into older adults' leisure time physical activity during COVID-19. *Leisure/Loisir*, 1-29.

Retour au sommaire

Physical activity interventions for the promotion of mental health outcomes in at-risk children and adolescents: a systematic review

Many young people are exposed to risk factors that increase their risk of mental illness. Physical activity provision is an increasingly popular approach to protect against mental illness in the face of these risk factors. We examined the effectiveness of physical activity interventions for the promotion of mental health outcomes in at-risk children and adolescents. We searched health databases for randomised and non-randomised intervention studies, with no date restriction, and assessed risk of bias using the Cochrane Risk of Bias tools. We present a narrative synthesis of our results accompanied with a summary of available effect sizes. Thirty-seven reports on 36 studies were included, with multi-sport or yoga interventions the most popular intervention approaches (a combined 50% of included studies). Outcomes measured included internalising, self-evaluative, wellbeing, overall symptomatology, resilience, externalising, and trauma outcomes. We found that 63% of between-groups effects favoured the intervention arm, and 83% of within-groups effects favoured an intervention effect. While recognising high risk of bias, our findings provide evidence in support of the effectiveness of physical activity interventions for promoting mental health outcomes in at-risk young people. We encourage further work designed to better understand the intervention characteristics that may lead to positive benefits.

Simpson, A., Teague, S., Kramer, B., Lin, A., Thornton, A. L., Budden, T., ... & Jackson, B. (2024). Physical activity interventions for the promotion of mental health outcomes in at-risk children and adolescents: a systematic review. Health Psychology Review, 1-35.

Retour au sommaire

Move more today, sleep better tonight? Daily associations between physical activity and sedentary behavior with sleep among young adults with and without insomnia symptoms

Objective: At the between-person level, it is well-documented that individuals with more physical activity (PA) and less sedentary behavior (SB) tend to have better sleep outcomes than their peers. However, the associations at the within-person level remain unclear. This study investigated the daily associations between PA and SB with nighttime sleep among young adults with and without insomnia symptoms. **Methods:** Data was collected through activity trackers and online questionnaires for 7 consecutive days among 147 university students, including time spent on moderate to vigorous physical activity (MVPA), light physical activity (LPA), and SB, along with sleep duration, sleep efficiency, and sleep quality. Participants were classified into two subgroups according to the presence of insomnia symptoms, which were determined by a self-reported insomnia scale. Multilevel compositional data analysis was conducted on the total sample, and separately on subsamples characterized by the presence and absence of insomnia symptoms. **Results:** In the total sample and subsample without insomnia symptoms, substitutions among MVPA, LPA, and SB were not associated with changes in sleep outcomes at the daily level. However, in the subsample with insomnia symptoms, days with more MVPA or SB and less LPA were associated with higher sleep efficiency, while days with more LPA at the expense of MVPA or SB were associated with lower sleep efficiency. **Conclusions:** For young adults with insomnia symptoms, replacing LPA with MVPA on a given day may improve their sleep efficiency that night.

Liang, K., Le, F., Chi, P., Chen, S., Huang, L., & Chi, X. (2024). Move more today, sleep better tonight? Daily associations between physical activity and sedentary behavior with sleep among young adults with and without insomnia symptoms. Psychology of Sport and Exercise, 102758.

Retour au sommaire

Relationship between physical activity, anxiety, and academic performance in university students: A scoping

Background: Anxiety affects over 280 million people worldwide and is linked to cognitive impairment and memory issues. University students are particularly vulnerable, with studies reporting daily anxiety in this group. Physical activity, on the other hand, has been shown to be effective in reducing stress and anxiety, which could improve cognitive function. This scoping review aims to map the literature on anxiety, academic performance, and physical activity, to identify associations between physical activity, anxiety symptoms, and their impact on academic performance in university students, as well as gaps in existing research. **Methods:** This scoping review was conducted following the PRISMA-ScR guidelines and the five-stage methodological framework proposed by Arksey and O'Malley for scoping reviews. The study encompassed a review of observational and experimental research, with searches conducted in the PubMed, Cochrane, Web of Science, and Scopus databases that met the eligibility criteria. The data obtained were analyzed using a descriptive-analytical approach, employing a common analytical framework to assess the impact of physical exercise on anxiety symptoms and academic performance. **Results:** A total of 362 records were identified across PubMed, Cochrane, Web of Science, and Scopus. After a full-text review, 27 studies met the inclusion criteria for this scoping review. Results suggests that interventions involving physical activity, exercise, or sports of varying intensity may reduce anxiety symptoms and improve academic performance. However, there is a notable lack of experimental research specifically targeting the effects of these interventions on anxiety and academic performance in university students. **Conclusions:** The evidence gathered indicates a potential positive association between exercise, sport, and physical activity interventions on anxiety reduction, with some evidence also pointing to improved

Vinueza-Fernández, I., & Martín-Rodríguez, A. Relationship between physical activity, anxiety, and academic performance in university students: A scoping.

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What is the cost of family-based physical activity interventions? A scoping review

Introduction: Globally, 81% of children fail to meet physical activity (PA) guidelines and the causes of such inactivity are complex and multifactorial. Parents can influence the PA levels of their children through modelling, co-participation, encouragement and family support. A meta-analysis by Brown et al (2016) showed family-based PA interventions to be effective. However, there are many perceived barriers to family PA and it is accepted that there is a persistent socioeconomic gap in PA. Socioeconomic status is an important determinant of health and can influence attitudes, experiences, behaviours, and exposure to health risk factors. PA is positively associated with socioeconomic status and recent research indicates that children from the least affluent families are less likely to meet PA guidelines in comparison to children from the most affluent families (44% vs 55% meeting PA guidelines respectively). To support families to address these inequalities and improve population health, an understanding of the costs associated with family-based PA interventions is required. Therefore, the aim of this scoping review is to provide a comprehensive overview of health economic evaluations of family-based PA interventions. **Methods:** This scoping review protocol will be registered with the Open Science Framework and will be conducted according to the Arksey and O'Malley framework for scoping reviews. Electronic databases (Ovid MEDLINE, Embase, Web of Science, PubMed, Cochrane Library, and Scopus) will be searched from inception. Reference lists of eligible studies and relevant systematic reviews will be searched for potentially eligible studies. Included studies will be those that recruited a family unit, delivered an intervention that included a component of PA (e.g. exercise, sport, play), examined the effect on PA and reported on the economic costs. The titles and abstracts of potentially relevant articles will be screened independently by two reviewers and data from eligible studies extracted using Covidence software. Data will be charted and the results summarised. **Conclusions:** This scoping review will provide an understanding of the costs associated with family-based PA interventions, information that will be important for the development of evidence-based interventions and for future policy and commissioning.

O'Kane, M., Williamson, C., Murphy, M. H., Gallagher, A. M., & Carlin, A. (2024, September). What is the cost of family-based physical activity interventions? A scoping review. In *HEPA Europe Conference-Optimising health enhancing physical activity: the importance of inclusion.*

Retour au sommaire

Podcasts as a tool for promoting health-related behaviours: A scoping review

Background: Podcasts are a popular medium for delivering health-related content, potentially influencing physical and mental health behaviours and outcomes. This scoping review evaluates the impact of health podcasts on such outcomes, engagement levels, and public perceptions. **Methods:** This scoping review followed the Arksey and O'Malley framework and PRISMA-ScR guidelines. Qualitative or quantitative articles published from 2004 onward were included. Eligibility criteria were developed using the Population, Exposure and Outcome framework. Included articles examined the use, engagement with, or perspectives towards health-related podcasts. Data were synthesised narratively. **Results:** Fifty articles encompassing 38 studies were analysed. Significant improvements ($p < 0.05$) were observed in health monitoring, knowledge, behaviours, attitudes, chronic disease management, maternal health and behavioural improvements. Results were mixed for physical activity ($n = 2$ significantly improved, $n = 2$ no change), fruit and vegetable consumption ($n = 1$ significantly improved, $n = 1$ no change), and weight outcomes ($n = 2$ significantly improved, $n = 2$ no change). No significant changes were observed in depression and anxiety. Podcast engagement studies ($n = 7$) reported participation rates between 62% and 83% and an average weekly listening duration of 103–124 minutes. There was high satisfaction, trust and appreciation for podcasts that effectively blended personal anecdotes with reliable medical information. Sample sizes ranged from 7 to 722, with sample age ranging from under 18 to 73.2 ± 6.2 years. Studies included both male ($n = 1$), female ($n = 6$) and mixed samples ($n = 24$). Podcasts were used individually ($n = 19$), alongside other supportive technology such as apps and online material ($n = 11$) and retrospective podcast use was analysed in cross-sectional ($n = 3$) and a single ($n = 1$) audit. Duration of podcasts ranged from 30 seconds to 24 minutes. **Conclusion:** Podcasts show promise as effective tools for health promotion, achieving strong engagement and effects on knowledge and behaviours. Future research should explore content innovation and integration into health interventions, and long-term effectiveness.

Robins, B., Delaney, T., Maher, C., & Singh, B. (2024). Podcasts as a tool for promoting health-related behaviours: A scoping review. *Digital Health*, *10*, 20552076241288630.

Retour au sommaire

P8-4-Rôles de genre dans l'activité physique et les activités quotidiennes chez les adolescents, Tunisie

En Afrique du Nord les prévalences d'obésité/surpoids sont très élevées, d'autant plus chez les femmes en lien avec les inégalités de genre. Les rôles de genre s'établissent notamment à l'adolescence. Nous avons quantifié les contrastes filles versus garçons pour l'activité physique et les activités quotidiennes, et leurs variations sociodémographiques, chez les adolescents à Tunis. Une étude transversale en grappes a enquêté les adolescents (10-19 ans), filles (F : n=671) et garçons (G : n=583) du Grand Tunis en 2009/2010. Un questionnaire validé a estimé l'ensemble des activités (en mn) sur 24 h, la dépense énergétique totale (DET), le niveau d'activité physique (NAP=DET/métabolisme de base) et la sédentarité (NAP<1,7). Les rôles de genre étaient déjà très marqués dès l'adolescence, avec de fortes variations sociodémographiques et des conséquences à l'âge adulte sur les inégalités en défaveur des femmes pour l'obésité. C'est un challenge pour la prévention.

Gharbia, H. B., El Ati, J., Sassi, S., Delpeuch, F., & Traissac, P. (2024). P8-4-Rôles de genre dans l'activité physique et les activités quotidiennes chez les adolescents, Tunisie. *Journal of Epidemiology and Population Health*, *72*, 202697.

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Research handbook on gender and diversity in sport management

This groundbreaking Research Handbook adeptly navigates how **gender** and diversity are addressed in **sport** management. Offering insight into practices and processes that work to exclude certain groups and practices, and favour others, it highlights how gendered ways of organising **sport** are experienced and may be sustained, disrupted, and challenged. Leading international scholars employ theoretical frameworks to comprehensively set out how individuals or groups engaged in leading and managing **sport** are situated in the social world and engage in managerial practices. Providing a wealth of conceptual analyses, the authors of the various chapters explore diverse feminist theories, perspectives, and methodologies to expertly examine **gender**-based marginalisation in **sport** management at local and international levels. Expert contributors reveal how women negotiate and navigate **gender** and intersecting identity categories in **sport** organisations. Presenting a wide variety of feminist perspectives on **sport** management, **sport** organisations, and coaching, this Research Handbook will prove a valuable resource to researchers and undergraduate and postgraduate students in the fields of **sport** management and **sport** sociology. It will also be essential reading for policymakers working in **sport** organisations.

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

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Sport and pregnancy

Les données scientifiques actuelles permettent de recommander la pratique d'une activité physique ou sportive à toutes les femmes pendant la grossesse, dès lors qu'elle est d'évolution physiologique. L'information donnée à la femme précise le sport compatible, la fréquence, l'intensité et la durée de trente minutes au minimum par jour pour profiter des nombreux bénéfices maternels et foetaux. La sportive de haut niveau doit être accompagnée avec un programme d'entraînement adapté qui lui permet le retour à la performance six mois après l'accouchement. Le médecin doit conseiller au mieux la femme sur les modalités de pratique en cours de grossesse, qu'elle soit sédentaire, sportive occasionnelle, sportive régulière ou sportive de haut niveau.

Maître, C. (2024). Sport and pregnancy. *La Revue du praticien*, *74*(6), 622-626.

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Participation of girls and women in community sport in Ghana: Cultural and structural barriers.

Despite numerous international and national policy documents promoting girls' and women's empowerment and participation in community sports, the actual access to sport for women and girls is still restricted in several countries. This paper explores the situation in Ghana. Through the analytical lens of Cooky and Messner's theory of 'the unevenness of social change', we analyse the cultural and structural barriers that prevent girls and women from participating in sport in Ghanaian communities. The data material is document analysis, focus groups and semi-structured interviews with male and female officials representing state-funded regional and district sports organisations as well as non-state sports organisations in Ghana. The findings reveal that cultural barriers, rooted in deep-seated cultural norms and structural hindrances that undermine gender-inclusive policies, contribute to the limited participation of girls and women in community sport. Furthermore, the interplay between these cultural and structural factors leads to gender-specific practices and fewer women in leadership positions. Based on our analyses, we suggest that structural changes (enforcing and implementing gender policies) can result in cultural changes (positive gender equality outcomes) over time.

Charway, D., & Strandbu, Å. (2024). Participation of girls and women in community sport in Ghana: Cultural and structural barriers. *International Review for the Sociology of Sport*, *59*(4), 559-578.

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It's about choice: Evaluating a transformative sport for development program for young racialized girls

Research has identified barriers to sport participation among girls and women from systemically oppressed groups (e.g., Black, Indigenous, low-socioeconomic status). However, relatively little is known about the effectiveness of programs designed to ameliorate or remove those barriers and influence girls' attitudes and behaviors toward participation. To address this complexity and context-specific factors, Marra's theory (2015) suggests exploring participant experiences by focusing on how participants discuss program features related to interdependence, adaptation, and self-direction. Through focus group data collection, 30 participants from under-resourced, urban settings were asked to discuss their experiences within sport-for-development 9-week programs. Several overarching themes framed their experience within this development program. Participants expressed a desire to be consulted on program choices and see their choices come to life within the program (adaptation). Racialized coaching staff were identified as an important element of programming when creating relationships with and between participants, but an element that must be effectively managed (interdependence). Participants identified a need to clearly define role parameters and sufficient training regarding program deliverables related to life skills (self-direction). Findings indicate that program administration should consider investment in preparation, coaching, and incorporating participant feedback into programming to maintain sustainability.

Piché, M. C., Kerwin, S., Naraine, M. L., Wojtis, A., & Bandoles, E. (2024). It's about choice: Evaluating a transformative sport for development program for young racialized girls. *Journal of Sport for Development*.

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Navigating sexual minority identity in sport: a qualitative exploration of sexual minority student-athletes in China

Background: Sexual minority student-athletes (SMSAs) face discrimination and identity conflicts in intercollegiate sport, impacting their participation and mental health. This study explores the perceptions of Chinese SMSAs regarding their sexual minority identities, aiming to fill the current gap in research related to non-Western countries. **Methods:** A qualitative methodology was adopted, utilising the Interpretive Phenomenological Analysis (IPA) approach with self-categorization theory as the theoretical framework. Participants were recruited through purposive and snowball sampling, and data were collected via semi-structured interviews, documents, and field notes. Sixteen former and current Chinese SMSAs participated in this study. **Results:** The study reveals four themes: hidden truths, prioritisation of athlete identity, self-stereotyping, and attempt. The results revealed that while SMSAs were common in intercollegiate sport, their identities were often concealed and not openly discussed. The predominant focus on athlete identity in sport overshadowed their sexual minority identities. Additionally, SMSAs developed self-stereotypes that influenced their thoughts and behaviours. The non-heterosexual team atmosphere in women's teams led to the development of intimate relationships among teammates.

Xiang, M., Soh, K. G., Xu, Y., Ahrari, S., & Zakaria, N. S. (2024). Navigating sexual minority identity in sport: a qualitative exploration of sexual minority student-athletes in China. *BMC Public Health*, *24*(1), 2304.

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“Everyone was sort of just like ‘ew’”: Adolescent athletes’ experiences of menstruation in sport

Young girls often avoid being physically active due to physical and psychological symptoms of menstruation. Therefore, the purpose of the present study was to explore youth athletes’ experiences of menstruation in sport. Seven female athletes between 16 and 18 years old took part in semi-structured interviews. Interpretive Description methodology (Thorne, Citation2016) was used, and interview transcripts were analyzed using reflexive thematic analysis (Braun & Clarke, Citation2006, Citation2022). Athletes experienced several physical and emotional symptoms throughout the menstrual cycle which were perceived to impact performance. Overall, athletes felt there was not enough support available for dealing with menstruation due to stigma and lack of education. This also influenced coach-athlete communication, along with other factors, such as coach gender, age, and coach-athlete relationship. Moving forward, young athletes would like more support in the form of education for athletes and coaches, and more representation and destigmatization of the topic of menstruation.

Keil, V., Adam, M. E., & Neely, K. C. (2024). “Everyone was sort of just like ‘ew’”: Adolescent athletes’ experiences of menstruation in sport. *Journal of Applied Sport Psychology*, *36*(3), 463-483.

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Promouvoir le sport au féminin, des initiatives ā fort enjeu de santé publique

Les différentes disciplines sportives se sont peu à peu et plus ou moins facilement ouvertes aux femmes. La gestion des cycles menstruels et la question de la maternité chez les sportives sont de moins en moins taboues. Aujourd’hui, leurs spécificités physiologiques sont davantage prises en compte par les clubs, dont certains s’engagent dans une démarche visant à répondre au mieux à leurs besoins tout en les accompagnant vers la performance.

Maso, F., Vernet, S., Lesme, C., & Allais, S. (2024). Promouvoir le sport au féminin, des initiatives ā fort enjeu de santé publique. *Sages-Femmes*.

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