Observatoire québécois du loisir

Veille scientifique en sport, loisir et activité physique
Mars 2025

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 mars 2025. Vous y trouverez 43 références.

Bonne lecture !

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Résumés

1. Développement du sport

Load and wellness monitoring in sports: the relationship between different metrics

Load and wellness (sometimes referred to as well-being) monitoring of training or competition is useful for improving performance (1). While load can be divided into two dimensions: internal [e.g., ratings of perceived exertion (RPE) and heart rate] and external (e.g., running and accelerometer-based measures) (2, 3), wellness can also include various measures of fatigue, sleep quality, muscle soreness, stress, and mood which are regularly collected through questionnaires (4, 5). However, the existing literature is not consistent in demonstrating the relationship between load and wellness metrics. For example, a systematic review investigated the relationship between wellness and training load measures in team sport athletes, revealing a spectrum of relationships ranging from no association to very strong associations (6). Moreover, a more recent systematic review suggested that poor sleep quality and quantity might negatively affect soccer performance while increasing the risk of injury (7). Furthermore, Rico-González et al. (8) examined team sports (rugby, handball, basketball, futsal, hockey, and Australian football) and observed that Immunoglobulin A (IgA) tended to decrease with increased training load or high demand periods. An association was found between low levels of IgA and higher upper respiratory tract infections, which may result in decreased wellness (8). Therefore, the aim of this research topic was to provide information on load and wellness monitoring of different sports and analyze the relationship between the different dimensions.

Oliveira, R., Brito, J. P., González-Fernández, F. T., & Morgans, R. (2025). Load and wellness monitoring in sports: the relationship between different metrics.

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Interventions implemented through sporting organisations for promoting healthy behaviour or improving health outcomes

Background: Chronic diseases are the leading cause of mortality and morbidity worldwide. Much of this burden can be prevented by adopting healthy behaviours and reducing chronic disease risk factors. Settings-based approaches to address chronic disease risk factors are recommended globally. Sporting organisations are highly prevalent, and engage many people in many countries. As such, they represent an ideal setting for public health interventions to promote health. However, there is currently limited evidence of their impact on healthy behaviour and health outcomes as previous systematic reviews are either limited in their scope (e.g. restricted to professional sporting organisations), or are out of date. **Objectives**: Primary: to assess the benefits and harms of interventions implemented through sporting organisations to promote healthy behaviours (including physical activity, healthy diet) or reduce health risk behaviours (including alcohol consumption, tobacco use). Secondary: to assess the benefits and harms of these interventions to promote health outcomes (e.g. weight), other health-related behaviours (e.g. help-seeking behaviour) or health-related knowledge; to determine whether benefits and harms differ based on the characteristics of the interventions, including target population and intervention duration; to assess unintended adverse consequences of sporting organisation interventions; and to describe their cost or cost-effectiveness. **Search methods**: We searched CENTRAL, MEDLINE, Embase, one other database and two clinical trial registries, from inception to May 2024, to identify eligible trials. We searched Google Scholar in May 2024. We did not impose language or publication status restrictions. We also searched reference lists of included trials for other potentially eligible trials. **Selection criteria**: We included randomised controlled trials (RCTs), including cluster-RCTs, of any intervention conducted within or using a sporting organisation for access to a target group, that aimed to improve a health behaviour primary outcome or a secondary review outcome, and had a parallel control group (no intervention, alternative intervention). Eligible participants were any individual exposed to an intervention involving a sporting organisation, including players, members, coaches, and supporters. **Data collection and analysis**: We used standard methodological procedures expected by Cochrane. We

conducted random-effects meta-analyses to synthesise results where we could pool data from at least two trials. Where we could not conduct meta-analysis, we followed Cochrane guidance for synthesis using other methods and reported results according to the Synthesis Without Meta-analysis (SWiM) guidance. **Main results**: We included 20 trials (42 trial arms, 8179 participants) conducted in high-income countries, and identified four ongoing trials and four trials awaiting classification. There was considerable heterogeneity in the type of participants, interventions and outcomes assessed across trials. Included trials primarily targeted sporting organisation members (eight trials) or supporters (eight trials), males only (11 trials) and adults (14 trials). Football clubs (e.g. soccer, American football, Australian football league) were the most common intervention setting (15 trials), and interventions targeted various combinations of health behaviours, knowledge and health outcomes. Fourteen trials (10 RCTs and four cluster-RCTs) assessed the impact of a sporting organisation intervention on a primary outcome: physical activity (nine trials); diet (six trials); alcohol consumption (11 trials); and tobacco use (two trials). For RCTs, we assessed the risk of bias for primary outcomes (physical activity, diet, alcohol consumption) and unintended adverse consequences as being at low risk of bias (four outcomes), some concerns (one outcome) or high risk of bias (32 outcomes), due to outcomes being self-reported. For cluster-RCTs, we assessed the risk of bias for all primary outcomes (alcohol consumption, tobacco use) as high risk (eight outcomes), due to outcomes being self-reported. Sporting organisation interventions versus control probably have a small positive effect on the amount of physical activity per day, equivalent to approximately 7.4 minutes of moderate-to-vigorous physical activity (MVPA) per day (standardised mean difference (SMD) 0.36, 95% confidence interval (CI) 0.22 to 0.49; I2 = 3%; 4 trials, 1213 participants; moderate-certainty evidence) and may not reduce sedentary behaviour (mean difference (MD) -15.18, 95% CI -30.82 to 0.47; I2 = 0%; 2 trials, 1047 participants; low-certainty evidence). Sporting organisation interventions versus control may have a moderate positive effect on fruit and vegetable consumption, equivalent to a score increase of 1.25 points on a 12-point scale for frequency of fruit and vegetable consumption (SMD 0.50, 95% CI 0.35 to 0.65; I2 = 0%; 5 trials, 1402 participants; low-certainty evidence). Sporting organisation interventions versus control may reduce sugary drink consumption (equivalent to a reduction of sugary drink consumption by 0.8 times per day), but the evidence is very uncertain (SMD -0.37, 95% CI -0.64 to -0.10; I2 = 0%; 2 trials, 225 participants; very low-certainty evidence). Sporting organisation interventions versus control may have little to no effect on alcohol consumption (equivalent to a reduction of 0.38 units of alcohol consumed per week), but the evidence is very uncertain (MD -0.38, 95% CI -1.00 to 0.24; I2 = 78%; 7 trials, 2313 participants; very low-certainty evidence). Two trials that could not be synthesised reported equivocal findings on tobacco use (low-certainty evidence). The evidence is very uncertain about the effect of sporting club interventions on unintended adverse consequences. Five trials assessed this outcome, with two reporting that there were no adverse consequences, one reporting only non-serious adverse consequences, and two reporting that there were serious unintended adverse consequences in less than 1% of participants. **Authors' conclusions**: Overall, sporting organisation interventions probably increase MVPA by 7.4 minutes per day, may result in little to no difference in sedentary behaviour, and may increase fruit and vegetable consumption. The evidence is very uncertain about whether sporting organisation interventions decrease sugary drink and alcohol consumption. Findings for tobacco use and unintended adverse consequences were equivocal in the few trials reporting these; thus, the evidence was very uncertain. These findings should be interpreted in the context of the heterogeneity of the interventions, participants and sporting organisations for some outcomes.

Hodder, R. K., O'Brien, K. M., Al-Gobari, M., Flatz, A., Borchard, A., Klerings, I., ... & von Elm, E. (2025). Interventions implemented through sporting organisations for promoting healthy behaviour or improving health outcomes. *Cochrane Database of Systematic Reviews*, (1).

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The trickle-up effect: exploring the relationship between youth sports participation and elite sporting success

Purpose/rationale: In response to the limited empirical research on the 'trickle-up effect' this study aims to answer a fundamental question in elite sports policy literature: 'Does widespread youth sport participation contribute to elite sporting success?' **Design/methodology/approach:** Using 23 years of data across 29 sports in Flanders, the study evaluates the relationship between youth sport membership levels and elite sporting success through descriptive and correlation analysis. **Findings:** The results indicate a modest positive relationship ($r = 0.15$) between both variables. However, substantial differences among sports were found, which led to a four-quadrant classification: sports with (I) low participation and high success, (II) high participation and high success, (III) low participation and low success, or (IV) high participation and low success. Interestingly, in Flanders, no sports were classified in quadrant IV. **Practical implications:** The classification system indicates that extensive youth participation may contribute to international success in all but category I sports. These findings indicate that elite sports policies should pay attention to youth participation. **Research contribution:** This study is the first to investigate the influence of youth participation on elite sporting success across different sports, thereby challenging the assumption of a generic trickle-up effect. **Originality/value:** The extensive Flemish data provide modest and conditional yet original empirical evidence supporting the trickle-up effect.

Descheemaeker, K., De Bosscher, V., Shibli, S., & van Bottenburg, M. (2025). The trickle-up effect: exploring the relationship between youth sports participation and elite sporting success1. *Managing Sport and Leisure*, 1-17.

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Defining health promoting sports coaches skills: A systematic review

Sports coaches play a key role on sports participants' health, due to the informal educational dimension inherent to sport, but feel limited in terms of health promotion (HP) implementation in their practices. The aim of this systematic mapping review is to identify coaches' HP skills, which are already used in daily practice, and which they need to acquire, as well as leverages and barriers to their use. Based on PRISMA-P guidelines, six databases were searched using keywords close to sport coaching and skill and health. Inclusion criteria were 1) targeting organized grassroots sport coaches, 2) peer review English original articles, 3) discussing coaches' skills. Among the 2485 studies found, 56 were included based on a double-blind selection. Analysis included: thematic coding of skills, followed by a categorization based on health determinants (social, environmental, economic and organizational) mobilized and an analysis of the types of health (social, physical and psychological) affected. Results identified ten coach's HP skills: sport participant management, health support, education, evaluation, motivation, cooperation, prevention, communication, role modeling and self-management. These skills are mostly targeting sport participant psychological health. Barriers included coaches' own definition of the boundaries of their role, pressure from sport participants' relatives. Leverages to skills use were self-confidence, attending training, getting experience, increasing knowledge or adhering to guidelines. Coaches' HP skills are close both internal (e.g., self-management, role modeling) and external (in relations to sport participants or partners) and target mostly psychological health.

Barros, K., Vuillemin, A., Rostan, F., Lemmonier, F., Guillemin, F., Tezier, B., & Van Hoye, A. (2024). Defining health promoting sports coaches skills: A systematic review. *International Journal of Sports Science & Coaching*, 17479541251320830.

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Toxic leadership in high-performance sports and its consequences for mental health and performance: a scoping review

This scoping review aimed to identify the current state of knowledge on toxic leadership in high-performance sports and its consequences for mental health and performance at individual, interpersonal, and organizational levels. Abstract screening (*n* = 768) and full-text review (*n* = 83) resulted in the inclusion of 26 studies, predominantly conducted in North America and Europe. Studies used inconsistent definitions, theoretical frameworks, and methodological approaches to study darker or toxic leadership. Several antecedents and maintaining factors to toxic leadership were identified, such as individual leader characteristics, a performance-oriented culture, status/power structures, and a lack of reporting processes or consequences within organizations. The empirical literature provided initial support for the negative consequences of toxic leadership on athletes' mental health, injuries, and motivation to remain in high-performance sports. Few studies have investigated the consequences of toxic leadership on sports organizations, staff or coaches. We conclude that research on toxic leadership in high-performance sports is in its early stages, with an underdeveloped understanding of how problematic leadership can be detected, prevented, and addressed to minimize its impact in sports. Researchers, governing bodies, and sports organizations must intensify their efforts to comprehend the emergence and persistence of toxic leadership within high-performance sports environments.

Lundqvist, C., Camps, J., Vertommen, T., Barker-Ruchti, N., & Kolbeinsson, Ö. (2025). Toxic leadership in high-performance sports and its consequences for mental health and performance: a scoping review. *International Review of Sport and Exercise Psychology*, 1-27.

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Implementing a scoping review to explore sport officials' mental health

Introduction: Sport officials are tasked with applying rules, maintaining fairness, and ensuring athlete safety. However, sport officials experience anxiety, burnout, and non-accidental violence, with the incidence of these events increasing worldwide. This has led to rising attrition rates among sport officials, with many sport organizations concerned for their operational capacity. The effects of anxiety, burnout, and non-accidental violence might contribute to or be indicative of sport officials' negative mental health outcomes. To develop a clear understanding of how sport officials' mental health is affected by their occupation, it is necessary to identify the mental health outcomes and predictors they experience, and to what extent. The purpose of this scoping review was to identify and examine the empirical research and policy documents surrounding sport officials' mental health. **Method:** One thousand, two hundred six articles were identified across four databases: PubMed, Web of Science, SportDiscus, and PsycINFO. Next, a policy search was conducted on the respective international governing body websites from English-speaking countries for the 60 included sports. Following screening, 18 studies and one policy document met the inclusion criteria for exploring sport officials' mental health. **Results:** Participants (*N* = 7,941) in the studies were mainly European male soccer and basketball referees. Most studies utilized quantitative inquiry (*n* = 15) rather than qualitative methods (*n* = 2) or framework development (*n* = 1). The research demonstrated that sport officials frequently experienced negative mental health outcomes and predictors including anxiety, depression, burnout, lower mental health literacy, and high levels of stigmatization towards mental health. **Discussion:** These outcomes were influenced by gender/sex, age, and experience. There is a need to explore personal and environmental (including occupational) factors that cause or contribute to sport officials' mental health symptoms and disorders.

Carter, T. B., Gorczynski, P., Coady, C. J., Cunningham, I. J., Mascarenhas, D. R., Grant, M., ... & Hancock, D. J. (2024). Implementing a scoping review to explore sport officials' mental health. *Frontiers in Sports and Active Living*, *6*, 1436149.

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Exploring the impacts of elite youth sports on family life

Purpose: This study explored the impacts of elite-level youth sport participation on family life. **Methodology:** In-depth semi-structured interviews were conducted with parents of youth athletes (*N* = 17). **Findings:** Parents extensively talked about the temporal demands of elite youth sports and necessity of time management. Three domains were found in parents' accounts including, children's time, parents' time, and family's time; temporal opportunities and challenges were identified within each domain. Time spent on sports was perceived positively, keeping children out of trouble and from video games/time online; however, it left no time for other activities. Although parents sacrificed their own activities to facilitate their child's sports participation, they used the practice and tournament time to engage in personal interests, such as reading or exercising. Likewise, family's time was restricted by youth sport schedules, but parents managed to turn car rides or tournament trips into quality family time. **Practical implications:** Findings can be used by youth sport practitioners to enhance children and parents' experiences. **Research contribution:** Findings contribute to the literature by assessing the impacts of elite-level youth sports participation on family life. **Originality:** The intricacies of how time-on task relates to parents' relationship with their child's sport have been understudied.

Mirehie, M., Flaherty, M., & Gibson, H. J. (2025). Exploring the impacts of elite youth sports on family life. *Managing Sport and Leisure*, 1-14.

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Connecting the worlds of sailing and e-sailing: the structural relationships among gaming experience, psychological variables and sport behaviour intentions

Purpose/Rationale: This study examines the relationship between virtual sport gaming experiences related to sport and subsequent sport-related behavioural intentions, specifically in the context of sailing. **Design/Methodology/Approach:** Utilising data from 593 participants of the 'Virtual Regatta' online community, this research employs a two-step structural equation modeling approach to test hypotheses that are established based on theories and empirical results. **Findings:** Our findings revealed significant relationships among online game identification, positive affect, satisfaction, attachment and behavioural intentions, supporting all the hypotheses. **Practical implications:** The results suggest that sport video games can significantly influence real-world sport engagement. Sport marketers are advised to develop integrated campaigns that connect video game experiences with physical sport activities to enhance fan engagement and participation. **Research contribution:** This study extends the existing literature by mapping the emotional and cognitive pathways through which sport gaming experiences influence fanship and media consumption, adding depth to the understanding of sport consumer behaviour in digital contexts. **Originality/Value:** This research highlights the utility of psychological theories in explaining the impact of virtual sport gaming experiences on real-world behaviour. This provides a novel insight into the strategic integration of digital and traditional sport platforms to boost sport participation.

Botwina, G., Kim, S., & Hong, H. J. (2025). Connecting the worlds of sailing and e-sailing: the structural relationships among gaming experience, psychological variables and sport behaviour intentions. *Managing Sport and Leisure*, 1-18.

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2. Développement du loisir

The effect of national origin and gender on the cultural participation of immigrants in Quebec

Purpose: In recent years, international labor migration has been a significant issue for modern societies. This migration significantly contributes to economies but also presents integration challenges. Integration is often studied from the economic, educational, health, and social services aspects. However, participation in cultural and leisure activities is increasingly crucial for integration. Research on leisure and cultural participation among immigrants has gained considerable popularity, yet studies of gender differences among immigrant groups remain limited. This article examines the influence of national origin and gender on engagement in cultural and leisure activities in Quebec. **Methodology:** This article uses data collected in 2020 from 1,113 immigrants and 450 native-born Canadians in a unique survey on individual trajectories and participation dynamics of native-born Canadians and immigrants in Quebec. Using confirmatory factor analysis, binomial, and Tobit regressions, we examine differences in cultural participation between men and women among native-born Canadians and immigrants from various national origins. **Results:** The results show disparities in cultural participation between immigrants, native-born Canadians, and men and women. Gender disparities are more pronounced for women from Africa, Latin America/Caribbean, and Asia/Middle East. These findings suggest that acculturation influences cultural activities and leisure in the host country. **Contribution:** This article discusses the role of leisure and cultural participation in the immigrant's integration and acculturation process. By examining differences based on gender and national origin, this research enhances our understanding of the gender gap in leisure and cultural participation among immigrants. It also offers directions for future research and policy implications to promote programs that foster intercultural relations and interventions to reduce gender disparities in cultural participation.

Djogbenou, R., Adjiwanou, V., & Lardoux, S. (2025). The effect of national origin and gender on the cultural participation of immigrants in Quebec. *Managing Sport and Leisure*, 1-25.

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Impact of different leisure participation patterns on stress coping and authentic happiness in married women.

Although previous research has delved into the relationship between leisure participation, perceived stress, and authentic happiness among women, it lacks a detailed distinction between different forms of leisure. Based on theories of active and passive leisure, this study investigates the differential effects of these two leisure participation types on coping with stress and authentic happiness. It addresses the research gap in leisure and stress-coping theories within the Chinese context. Additionally, the role of family participatory support in women's leisure participation is explored. Participants were 336 married women, aged 20 to 60 years, from various regions of China. We found distinct mechanisms of active and passive leisure in coping with stress and promoting authentic happiness. Active leisure positively influenced authentic happiness and mitigated stress through happiness mediation. Passive leisure negatively influenced perceived stress and enhanced authentic happiness through stress perception mediation. Interestingly, familial participatory support among Chinese women does not enhance the psychological benefits derived from two distinct forms of leisure engagement. This study explores the specific mechanisms through which different forms of leisure participation enhance women's well-being. It offers a fresh perspective for enhancing women's well-being and happiness.

Fu, A., Yang, T., Wen, P., & Yin, Z. (2025). Impact of different leisure participation patterns on stress coping and authentic happiness in married women. *Leisure Studies*, 1-16.

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Leisure time internet usage habits: generational and country comparison

The aim of this research was to determine the differences between different countries and generations regarding internet usage habits in their leisure time and to explain the effects of these on leisure time internet usage. Individuals who engage in leisure activities online constituted the population of the study. Representatives of Generations X, Y and Z in the top four countries with the highest level of Information Communication Technologies (ICT), namely Germany, USA, France, UK and Turkey, were included in the sample using criterion-based sampling technique and a total of 1073 people were reached via the internet. The Leisure Internet Usage Scale, developed by Şimşek and Çevik (2023), was used as the data collection tool. The data obtained from the scale were tested with MANOVA. As a result of the analysis, it was determined that Generation X had a high average score in the dimensions of information acquisition and personal development, Generation Y in the dimensions of social interaction and shopping, and Generation Z in the dimension of multimedia resources. When the scale dimensions were compared according to the countries, it was determined that the British had higher average scores in the social interaction and multimedia resources dimensions, the French had higher average scores in the shopping dimension, while the Turkish had higher average scores in the information acquisition/personal development dimension compared to individuals in other countries. The results of the research indicate that the British have problematic internet use associated with intense social interaction, the French have compulsive buying behaviour associated with shopping, the Germans do not prefer to use multiple media sources in their leisure time and the Turks face digital inequality.

Simsek, K. Y. (2025). Leisure time internet usage habits: generational and country comparison. *Managing Sport and Leisure*, 1-16.

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Djogbenou, R., Adjiwanou, V., & Lardoux, S. (2025). The effect of national origin and gender on the cultural participation of immigrants in Quebec. *Managing Sport and Leisure*, 1-25.

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The effect of leisure-time exercise on mental health among adults: a bibliometric analysis of randomized controlled trials

Background: Adequate levels of leisure-time exercise (LTE) are associated with mental health benefits. Despite increased research in recent years through randomized controlled trials (RCTs), a systematic literature review summarizing these findings is lacking. Here, we examined publication trends, impact, and research gaps regarding LTE's effects on mental health in the form of a bibliometric analysis. **Methods:** Five electronic databases (PubMed, EMBASE, Web of Science, Ovid Medline, and the Cumulative Index for Nursing and Allied Health Literature) were searched from their inception until 20 November 2024. Citations were independently screened by two authors and included based on pre-determined eligibility criteria. Bibliometric analysis was conducted using SciVal and VOSviewer under five themes: (1) descriptive analysis, (2) network analysis, (3) thematic mapping, (4) co-citation and co-occurrence analysis, and (5) bibliometric coupling. **Results:** The systematic search identified 5792 citations, of which 78 RCTs met the inclusion criteria. Only one study was conducted in a low- or middle-income country. Sixty-four percent of studies were published in quartile-one journals. Most studies were conducted in the United States, followed by Australia, Canada, and the United Kingdom. National collaborations yielded the highest citation rates, reflecting the influence of cultural and social norms on exercise and mental health. Research gaps were identified with regards to the validity of mental health measures, the paucity of data from low- and middle-income countries, and emerging research sources. **Conclusions:** This bibliometric analysis highlights the existing evidence on LTE's impact on mental health and identifies areas for future research and policy. Trials exploring valid mental health outcomes, biomarkers such as mood and oxidative stress, and collaborative research are needed, particularly in underrepresented regions of the world.

Govindasamy, K., Elayaraja, M., Abderrahman, A. B., Parpa, K., Katanic, B., & Granacher, U. (2025, March). The effect of leisure-time exercise on mental health among adults: a bibliometric analysis of randomized controlled trials. In *Healthcare* (Vol. 13, No. 5, p. 575). MDPI.

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Breaking barriers? Exploring the socio-economic patterns of leisure activity equipment centre usage

Purpose/rationale: Leisure activity equipment centres (LAECs) are designed to alleviate socioeconomic barriers to leisure activity participation. In this study we address a gap in scholarly exploration pertaining to the utilization of LAECs, in Norway. **Design/methodology/approach:** Employing an original survey distributed to registered LAEC users (*N* = 8944), we investigate the frequency of utilization, motives influencing usage, and associations between socioeconomic characteristics and usage. **Findings:** Educational level and immigrant background influence LAEC usage, while household income does not. The rationales underpinning LAEC usage are driven by environmental considerations. Economic affordability considerations play a relatively smaller role. **Practical implications:** These findings contribute to understanding whether the justifications of the LAECs, as stated by the centres themselves and by Norwegian public authorities, align with the population's usage. **Research contribution:** This research expands our knowledge about policy measures for inclusion in sport and leisure activities. Free lending of equipment through LAECs is intended as a way of overcoming participation barriers. The low frequency of use indicates that LAEC, as presently organized, may be less potent in breaking socio-economic barriers towards participation in organized and regular activities.

Myksvoll, T. M., Ervik, R., Erdvik, I., & Bjørnarå, H. B. (2025). Breaking barriers? Exploring the socio-economic patterns of leisure activity equipment centre usage. *Managing Sport and Leisure*, 1-16.

Retour au sommaire

How does generative ai relate to leisure satisfaction and awareness?

This study aims to explore the antecedents and consequences of users' leisure satisfaction with ChatGPT based on the uses and gratifications theory (UGT). Quantitative methods were employed to analyze data from 500 valid responses. The measurement model was assessed using confirmatory factor analysis (CFA) and structural equation modeling (SEM) was used to test the hypotheses. The findings suggest that leisure satisfaction primarily stems from informativeness as well as social and heuristic gratification. Leisure satisfaction with ChatGPT significantly influences leisure awareness. Satisfied users show supportive attitudes toward Generative AI's future development and strong intentions for multiple-purpose usage. As one of the first studies on Generative AI in leisure practice, this research theoretically extends the UGT framework to the ChatGPT-based leisure context and confirms ChatGPT's role in influencing leisure satisfaction and awareness, while also raising concerns based on the findings to help practitioners maximize benefits and mitigate potential drawbacks.

Li, Y., Ren, L., Qiu, H., & Liu, H. (2025). How does generative ai relate to leisure satisfaction and awareness?. *Leisure Sciences*, 1-21.

Retour au sommaire

Happy orphans? The effect of leisure activities on life satisfaction

This study explores orphans' real-life leisure experiences, highlighting the crucial role of leisure participation and satisfaction in shaping overall life satisfaction. Employing a phenomenological approach, semi-structured interviews were conducted with 14 orphans aged 10 and above residing in an orphanage in Vietnam. The interviews took place over the period from February 2023 to January 2024 and were complemented by participant observation. The findings reveal that benefits across educational, social, psychological, and physiological dimensions positively impact orphans' happiness, emphasizing psychological compensation and emotional healing. However, it further highlights a significant challenge: orphans lack empowerment to choose leisure activities due to limited resources in orphanages, impeding individual autonomy. Despite the positive impact, this constraint suggests a need for orphanages to collaborate on sustainable leisure programs, considering individual preferences and diversifying activities to address multifaceted needs.

Lee, M. Y., Cho, H. D., La, P. B., & Tran Thi Ngoc, L. (2025). Happy orphans? The effect of leisure activities on life satisfaction. *Leisure Sciences*, 1-22.

Retour au sommaire

3. Développement du plein air

A systematic review of the impact of changes to urban green spaces on health and education outcomes, and a critique of their applicability to inform economic evaluation

Several reviews have consolidated the evidence on the impact of living near an urban green space on improving health and education outcomes and reducing mortality. However, there is limited evidence on the effectiveness or cost-effectiveness of specific improvements to these urban green spaces, which would help decision-makers make informed decisions on how to invest in urban green spaces. Therefore, this review synthesizes the impact of more specific changes to, or investments in, urban green spaces on health and education outcomes, synthesizes the cost-effectiveness of these interventions, and critiques the applicability of the evidence for an economic evaluation. We find that interventions targeted towards improving play areas or fitness equipment tended to have mostly positive impacts on physical activity, while interventions on improving walking path, or the overall greenery showed a more mixed impact on physical activity. There were only two studies on the impact of changes to urban green spaces on mental health, with only one finding a positive association of the intervention with depression, and there were no studies measuring the impact of changes to urban green spaces and educational outcomes. From a cost-effectiveness perspective, we find that typically very small improvements are required to make the interventions a cost-effective policy choice; however, we found several limitations with using the existing evidence to estimate the cost-effectiveness of the intervention. Overall, we found that most of the evidence does suggest that improvements to urban green spaces can lead to improvements in physical activity, but further research is needed on the impact on mental health and educational outcomes. Furthermore, additional evidence with longer time horizons, multi-sectoral benefits, distributional outcomes, and more consistent outcome measures would assist in informing cost-effectiveness and may ultimately lead to improved decision-making around investments for urban green spaces in specific contexts.

Raza, W., Bojke, L., Coventry, P. A., Murphy, P. J., Fulbright, H., & White, P. C. (2024). A systematic review of the impact of changes to urban green spaces on health and education outcomes, and a critique of their applicability to inform economic evaluation. *International Journal of Environmental Research and Public Health*, *21*(11), 1452.

Retour au sommaire

Characteristics of the outdoor environment affording physical activity, motor competence, and social interactions in children aged 3–7 years: a systematic review

Introduction: Early childhood education (ECE) settings play a crucial role in promoting physical and social development among children aged 3-7 years. This systematic review sought to examine the associations between characteristics of ECE outdoor environments, social interactions, physical activity, and motor competence. The secondary aim examines previously applied methods to capture children's behaviour in the context of their social and physical environment. **Methods**: This review used the PRISMA framework and study quality was assessed using the mixed-methods appraisal tool (MMAT). Keyword searches were conducted in seven databases. Studies were eligible if children were aged 3-7 years in ECE; physical activity, social interactions and/or motor competence were measured; location and/or social context were measured. Results were synthesised using an effect direct plot, a table of associations, and narrative synthesis. **Results**: Twenty-three studies from eight countries met the inclusion criteria. Intervention and controlled cross-sectional studies (n = 9) favoured high-quality outdoor environments rich in affordances, portable play equipment, and natural features to increase children's physical activity, social interactions, and cooperative play. Cross-sectional and descriptive studies (n = 14) positively associated open grassy space, portable and fixed equipment, wheeled toys, and paths with physical activity ($p < 0.05$). Based on limited evidence, playground size and active games in small groups were associated with greater MC. **Conclusions**: The findings highlight the benefit of creating diverse affordance rich outdoor environments in early childhood settings to promote physical and social development. Limitations include variability in study designs and protocols for conducting systematic observations, thus emphasising the need for standardised approaches to future research.

Taylor, N., Pringle, A., & Roscoe, C. M. (2024). Characteristics of the outdoor environment affording physical activity, motor competence, and social interactions in children aged 3–7 years: a systematic review. *Children*, *11*(12), 1491.

Retour au sommaire

Do urban park spatial features influence public emotional responses during jogging? Evidence from social media data

The emotional responses elicited by urban green spaces are vital to understanding their role in public health. However, evidence remains scarce on how the characteristics of these spaces affect people's emotional reactions during activities. Our study aims to investigate the mechanisms linking the spatial organization and morphological features of green spaces with emotional preferences during jogging activities. Utilizing photographs collected from the Flickr social media site, we quantified emotional responses during jogging through an online cognitive service and explored the relationship between emotions' probability, intensity, and evenness with green space characteristics. Our results highlight significant patterns and individual variations in emotional responses, indicating that females more frequently exhibit happiness, while males tend to maintain a neutral emotional state. Additionally, we identified significant correlations between the characteristics of urban green spaces and emotional responses during jogging. Notably, connectivity and integration within these spaces are positively linked with both the probability and uniformity of emotional responses. Proximity to water bodies not only increases the likelihood of emotional responses but also intensifies them. This research provides empirically validated insights into emotional reactions during physical activities and underscores the design quality considerations that urban planners and policymakers should account for when updating or planning green spaces. Our study offers guidance for evidence-based design of restorative environments, thereby enhancing the potential emotional health benefits of urban green spaces.

Gao, M., & Fang, C. (2025). Do urban park spatial features influence public emotional responses during jogging? Evidence from social media data. *Journal of Outdoor Recreation and Tourism*, *50*, 100864.

Retour au sommaire

Fostering equity: How welcomeness, safety, and representation influence visitor coping and intention-to-return to parks and protected areas

Parks and protected areas (PPAs) in the United States, while intended to provide safe, welcoming, and equitable outdoor recreation spaces, may not always live up to these ideals. This study investigated how equity-oriented conditions—specifically procedural representation, welcomeness, and safety—affect visitor coping behaviors and intentions to return (ITR) to PPAs in New Hampshire (NH). In Spring 2023, a representative sample of 1364 NH residents who visit NH PPAs for outdoor recreation was collected as part of the 2024–2028 NH Statewide Comprehensive Outdoor Recreation Plan.

Structural equation modeling revealed that procedural representation– visitors feeling engaged with management and decision-making– significantly enhanced perceptions of welcomeness and safety. This engagement correlated strongly with reduced feelings of displacement and increased ITR. Equity-related variables accounted for at least 40% of the variance in ITR, maintaining robust relationships even after adjusting for sociodemographic factors. Furthermore, respondents perceiving higher levels of welcomeness and safety were less likely to feel displaced and more inclined to revisit PPAs, extending previous research by showing that enhanced procedural representation can improve access to the outdoors.

Study findings highlight the importance of integrating welcomeness, representation, and safety into the management practices of PPAs to ensure they are inclusive and meet diverse community needs. Further, results emphasize the critical role of equitable management to foster visitor loyalty and support sustained use of PPAs by diverse populations. These insights are essential for natural resource managers striving to advance diversity, equity, inclusion, and justice, thereby contributing to the long-term sustainability of natural resources worldwide.

Powers, S. L., Ferguson, L. A., Ferguson, M. D., Aytur, S., Gorman, M. B., Bennett, J. L., & Feldbaum, E. (2025). Fostering equity: How welcomeness, safety, and representation influence visitor coping and intention-to-return to parks and protected areas. *Journal of Outdoor Recreation and Tourism*, *50*, 100868.

Retour au sommaire

A study on the influence of an outdoor built environment on the activity behavior of the elderly in small cities in cold regions—A case study of Bei'an city

Under the dual constraints of limited resources and cold climate, the built environment of small cities in cold areas has a particularly prominent impact on the outdoor activities of the elderly and the need for aging optimization. Based on a questionnaire survey and field measurement data, combined with multiple linear regression, Spearman correlation analysis, and difference analysis, this paper systematically discusses the effects of different built environment characteristics on outdoor activity behaviors (frequency, intensity, and stay time) of the elderly in Bei'an City, Heilongjiang Province, China. The difference in environmental satisfaction of the elderly with different genders, ages, and education levels was analyzed. The results show that green coverage, air quality, leisure facilities, and barrier-free facilities are the core environmental factors that significantly improve the activity behavior of the elderly. In contrast, noise level, road damage, and inadequate facility maintenance significantly inhibit the activity willingness of the elderly. It was found that older adults are more dependent on barrier-free facilities and site safety, while younger people pay more attention to sports facilities and social space. Older women pay more attention to environmental details and cultural elements, while men tend to evaluate environmental functionality and so on. Further analysis shows that green environments and leisure facilities in cold climates provide visual beauty and play an important role in improving air quality and enhancing mental health. These elements are particularly critical in winter activities for older people, demonstrating the potential of the built environment to promote health and social participation. Starting from the unique background of small cities in cold regions, this study verified the applicability of the WHO age-friendly city framework in small cities in cold climates through empirical data, and revealed the necessity of climate-adaptive design (such as winter anti-slip facilities and cold-resistant greening) to improve the activity behavior of the elderly, providing a regional supplement to the existing theories.

Chen, Y., & Zhang, J. (2025). A study on the influence of an outdoor built environment on the activity behavior of the elderly in small cities in cold regions—A case study of Bei'an city. *Sustainability*, *17*(5), 2260.

Retour au sommaire

Contributions of urban green spaces to cities: A literature review

Green spaces are part of the urban infrastructure and, with growing urbanization and the problems caused by global warming, they have gained prominence in recent research, highlighting the ecosystem, environmental, and social services they provide. In this context, this paper aims to discuss, through a bibliometric analysis and a literature review: the characteristics of urban green spaces; and the social and environmental contributions resulting from the ecosystem services they provide to society, with emphasis on mitigating the effects of climate change in the urban environment; as well as exemplifying the main types of green infrastructure used and the challenges for urban managers related to urban green infrastructure. The bibliometric analysis was based on the 'Proknow-C' methodology, starting with a preliminary investigation of the topic to select the search keywords, followed by a search of the Scopus and Web Of Science database portfolios, returning a total of 2945 documents, to which filters were applied, resulting in the final selection of 72 articles used to prepare the systematic literature review. There were several studies evaluating the contributions of infrastructure to the urban environment, highlighting the ecosystem services provided. Another relevant aspect was the classification of these infrastructures according to their functions, morphological characteristics, scale, land use and ecosystem services. Given the lack of research into the planning and management of urban green areas, it is proposed that studies be carried out that take into account current management demands, highlighting the importance of these studies integrating innovative and multidisciplinary concepts.

Godoi, N. M. I., Gomes, R. C., & Longo, R. M. (2025). Contributions of urban green spaces to cities: A literature review. *Sustainable Environment*, *11*(1), 2464418.

Retour au sommaire

4. Développement de l'activité physique

Online communities for promoting physical activity: a scoping review of use, characteristics and research gaps

The objective of this scoping review was to identify, characterise, and synthesise existing literature on the use of online communities (OC) to promote physical activity (PA) and identify gaps to direct future research. Systematic searches were conducted in Science Direct, PubMed, Scopus, and Institute of Electrical and Electron-ics Engineers Xplore for studies published up to August 2020. The search terms included a combination of the following keywords: physical activity, sedentary, exercise, health, sport, brand, and online community. No limits were used. Studies were included if they encompassed a full publication containing enough details on characteristics and described any feature primarily aiming at PA promotion. A total of 21 different OC were found in the total of 25 selected studies. Of those studies, all reported on at least one behaviour change technique, 68.2% (n=15) used websites to support the OC, 36% (n=9) reported on strategies to keep users engaged, 16% (n=4) comprised information related to the design process, and 16% (n=4) reported on OC effectiveness. Existing reports do not provide evident detailed information on the design process or user engagement strategies related to OC, and only a few studies assess its effectiveness in improving PA. Further research is needed.

Hachiya, J. Online communities for promoting physical activity: a scoping review of use, characteristics and research gaps.

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Twenty four-hour movement behaviours research among australian children and adolescents: a scoping review

Background: Adherence to 24-h movement behaviour (24-h MB) guidelines, encompassing moderate-to-vigorous physical activity (MVPA), recreational screen time (ST) and sleep, is low among Australian children and adolescents, with poorly understood contributing factors. This review synthesised current evidence to identify areas requiring further exploration in this demographic. **Methods:** A systematic search in PubMed, Scopus, Web of Science, SportDiscus and CINAHL identified articles published from June 2016 and March 2024. Peer-reviewed articles in English focusing on healthy school-aged children and adolescents (5–17 years) addressing 24-h MB guidelines, including those using compositional data analysis (CoDA), were included. **Results:** Twenty-three articles met the inclusion criteria. Most were of fair quality and used cross-sectional designs and self-reported measures. Adherence to 24-h MB guidelines ranged from 2% to 22% in Australia. The included articles focused on prevalence (*n* = 12), correlates (*n* = 5), health outcomes (*n* = 13), academic performance (*n* = 4), and an intervention (*n* = 1). Factors negatively associated with adherence included lower socioeconomic status, transitions from primary to secondary school, and family history of diabetes. Positive outcomes associated with adherence included improved academic performance, quality of life, and physical and mental health. Important research gaps were identified, particularly regarding intervention studies and limited exploration of a causal relationship between adherence, contributing factors, and related outcomes. Compositional analyses (*n* = 10) suggested that reallocating time from sedentary behaviour to MVPA may improve fitness and academic performance, whereas increasing sedentary time may lower sleep efficiency. **Conclusions:** A comprehensive understanding of factors associated with adherence to 24-h MB guidelines among Australian children and adolescents is lacking. More longitudinal and interventional studies using objective measures are needed to establish causality and provide a deeper understanding of adherence to 24-h MB guidelines among children and adolescents in Australia. **So What:** This scoping review underscores the need for more longitudinal and intervention-based research to explore causal relationships between adherence to 24-h MB guidelines and potential benefits for health, academic performance, and quality of life in Australian children and adolescents.

Hossian, M., Nisar, M., Mielke, G. I., & Khan, A. (2025). Twenty four-hour movement behaviours research among australian children and adolescents: a scoping review. *Health Promotion Journal of Australia*, *36*(2), e70021.

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Communicating physical activity messages with adolescents: what works? A scoping review with stakeholder consultation

Background: Global levels of adolescents' physical inactivity are cause for concern, despite the well-documented health benefits of physical activity (PA). Addressing the messaging of PA is one approach to improve PA knowledge. While increased knowledge does not necessarily lead to behavior change, physically active students have better knowledge of the health benefits of PA. Recently, researchers have highlighted the need for an effective communication strategy for PA messages. This review aimed to summarize the state of the available evidence about the operationalization of communicating PA messages, the evaluation, and effectiveness of PA messages. **Methods:** The Levac six steps and Joanna Briggs Institute methodological guidance for scoping reviews were followed. Five databases were searched up until April 8th 2024. Both title and abstract and full-text screening were piloted whereby 10% of the total articles were double-screened and the remainder were completed by CG. Data were extracted and a data-based convergent synthesis design was used following qualitative synthesis methods. Finally, a consultation with key stakeholders was held to confirm the findings concerning practical relevance. **Results:** A total of 19,412 articles were identified from searches, 94 full texts were included in the final analysis, corresponding to 80 individual studies. The evidence confirms that there are many factors to consider when communicating PA messages and evaluating their effectiveness. Inconsistencies exist regarding the timing and frequency of message delivery and the evaluation of effective communication. When communicating PA with adolescents, messages commonly focus on the benefits of PA and strategies to overcome barriers and are commonly delivered in the school setting by researchers or school stakeholders i.e. teachers, peers. Messages should be concise, positively framed, support adolescent autonomy, and utilize different messaging platforms and techniques to avoid staleness. **Conclusions:** There is a lack of a standardized approach to communicating PA messages with adolescents making evaluation and comparison challenging. Future research should focus on developing guidance to facilitate the effective communication of PA messages with adolescents.

Grady, C. L., Murtagh, E., Ng, K., Bengoechea, E. G., & Woods, C. B. (2025). Communicating physical activity messages with adolescents: what works? A scoping review with stakeholder consultation. *International Journal of Behavioral Nutrition and Physical Activity*, *22*(1), 20.

Retour au sommaire

Running-centred injury prevention support: a scoping review on current injury risk reduction practices for runners

Background: Runners have not benefted from the same reduction in injury rates seen in injury prevention studies conducted in other sports. Objectives: Te purpose of this scoping review was to identify and map injury risk reduction practices for running-related injury (RRI), methods of delivery and understand the views of experts and runner's preferences in reducing RRI. **Design:** Scoping review. **Methods:** We conducted systematic database searches of MEDLINE, CINAHL and SPORTDiscus from 2000 to April 2024. Eligible studies included injury prevention strategies for RRI. Data synthesis was conducted according to PRISMA Extension for Scoping Reviews using Joanna Briggs Institute framework methodology. Extracted data were mapped and coded from intervention studies, expert opinions and reviews, and inductive thematic analysis created subthemes and themes from prospective cohorts, qualitative studies and surveys. **Results:** A total of 3777 studies were identifed, and 106 studies met the inclusion criteria. In intervention studies, supervision and support appeared critical for better efect. Key injury prevention topics were strengthening, gait re-education and wearables, graduated running programmes, footwear, recovery and educational advice. A multifactorial approach considering individual risk profles was recommended by experts, but there was a disparity in what runners do to reduce injury risk compared to expert advice, with actions appearing to be related to self-efcacy rather than avoidance. **Conclusion:** Tis scoping review highlighted runners require individualized, supported and multifactorial approaches for injury risk reduction, and runners seek knowledge on purpose. We found runners injury risk reduction practices should begin early with youth runners and facilitating this through coaching supervision is likely to support behaviour change. Strategies such as gait retraining, wearables and recovery need further exploration but provide promising strategies runners may engage with more. As runners are likely to choose familiar options minimally impacting lifestyle and running, they should be provided with education but need support with their choices to infuence beliefs

Linton, L., Culpan, J., & Lane, J. (2025). Running-centred injury prevention support: a scoping review on current injury risk reduction practices for runners. *Translational Sports Medicine*, *2025*(1), 3007544.

Retour au sommaire

Effects of a 6-week at-home exercise intervention on psychological and physical indicators of well-being during the COVID-19 pandemic: Secondary analysis of a pragmatic randomized trial

Objective: To examine whether a 6-week at-home exercise intervention, delivered via mobile applications (apps), improves psychological and physical well-being and alleviates ill-being symptoms in adults during the early months of the COVID-19 pandemic. **Methods:** Low active Canadian adults (n = 334) were recruited and randomized to one of three app conditions [Yoga, n = 86; high-intensity interval training (HIIT), n = 82, HIIT + Yoga, n = 83] or a waitlist control condition (n = 83). Those in the exercise conditions (HIIT, Yoga, HIIT + Yoga) were asked to use their respective modules in the apps to complete four 20-min sessions per week for six weeks. Indicators of well-being (flourishing, general mental health, life satisfaction, positive affect, resilience, and perceived physical health) and ill-being (burden of psychosocial problems, negative affect, psychological distress, psychological stress, and physical symptoms) were measured every week over the intervention. **Results:** After six weeks, compared to the waitlist control condition, those in the HIIT + Yoga condition improved in all well-being outcomes, those in the Yoga condition showed improvements in flourishing, positive affect, and perceived physical health, and those in the HIIT condition showed no improvements in well-being indicators. None of the three exercise conditions demonstrated any improvement in ill-being indicators compared to the waitlist control condition. **Conclusion:** Engagement with at-home exercise apps over 6 weeks can improve multiple facets of well-being (e.g., flourishing, positive affect), especially when a variety of modalities of exercise are presented.

Hives, B. A., Haight, B. L., Beauchamp, M. R., Liu, Y., Webster, J., Injege, B., ... & Puterman, E. (2025). Effects of a 6-week at-home exercise intervention on psychological and physical indicators of well-being during the COVID-19 pandemic: Secondary analysis of a pragmatic randomized trial. *Mental Health and Physical Activity*, 100675.

Retour au sommaire

Associations between physical literacy and physical activity in adults. A cross-sectional study with self-report and device-based physical activity assessments

Physical literacy has been shown to relate to children's engagement in physical activity. However, it is unclear whether this relationship extends to adults. A two-phase cross-sectional study was conducted to examine whether physical literacy relates to physical activity in adults. In phase one, 225 participants reported their perceived levels of physical literacy using the Physical Literacy in Adults Scale (PLAS) and their physical activity behaviours using the International Physical Activity Questionnaire. In phase two, 59 participants wore an accelerometer to provide a device-based assessment of physical activity before completing the PLAS. A series of bivariate regressions were conducted to assess the relationship between physical literacy and physical activity. Physical literacy was a significant predictor of self-reported moderate to vigorous physical activity (MVPA) and total physical activity. However, scores on the PLAS did not predict light intensity self-reported physical activity. For device-based assessment of physical activity, physical literacy was a significant predictor of MVPA, but did not predict light or total physical activity. These findings indicate that physical literacy relates to physical activity, particularly MVPA. Differences in findings between self-report and device-based assessment warrant further consideration. Future research should continue to assess the role of physical literacy across physical activity types (e.g. leisure time, work related) and intensities.

Naylor, A., Keegan, R., Martin, K., & Flood, A. (2025). Associations between physical literacy and physical activity in adults. A cross-sectional study with self-report and device-based physical activity assessments. *Journal of Sports Sciences*, 1-7.

Retour au sommaire

Influences of motivation and personality on physical activity behavior: A systematic review

Physical activity, when maintained at specific levels, offers numerous health benefits. However, contemporary trends indicate a decline in physical activity engagement. Interventions incorporating motivation and personality factors present

potential methods for practitioners to enhance participation in physical activity behaviors. Both motivation and physical activity constitute psychological constructs that shape behaviors. Consequently, gaining a deeper understanding of the roles played by these constructs in either fostering or hindering physical activity is imperative. This study aims to analyze scholarly articles to identify the primary motives, personality traits, and their combined influence on physical activity behaviors. The review provides a synthesis of findings from 20 scholarly articles, delving into the intricate relationship between motivation, personality traits, and their collective impact on exercise participation and adherence. Results indicate that individuals with specific motivational and personality characteristics are more likely to demonstrate and engage in physical activity behaviors.

Macali, I. C., Smith, L., Dale, M., Lind, E., DeShong, H. L., & Holmes, M. E. (2025). Influences of motivation and personality on physical activity behavior: A systematic review. *Journal of Sports Sciences*, 1-13.

Retour au sommaire

Associations of sport and exercise participation in adolescence with body composition and device-measured physical activity in adulthood: longitudinal data from the Norwegian HUNT study

Background: To examine whether adolescent sport and exercise participation is associated with adulthood moderate-to-vigorous physical activity (MVPA), body fat, skeletal muscle mass, and body mass index (BMI), and to explore whether the association between sport and exercise participation and adult body composition depends on adulthood MVPA level. **Methods:** Prospective study of 4603 adolescents aged 13–18 year (57.2% female) in the Norwegian Young-HUNT Study and follow-up ~ 11 or ~ 22 years later. Linear regression was used to estimate mean differences in accelerometer-measured MVPA and bioimpedance-measured body fat, muscle mass, and BMI in adulthood according to self-reported sport and exercise participation in adolescence. **Results:** Adolescents participating in sport/exercise every day accumulated more MVPA (48 min/week, 95% CI 23 to 73), had less body fat (-4.4%, 95% CI -5.4 to -3.2), more muscle mass (2.6%, 95% CI 2.0 to 3.2), and lower BMI (-1.1 kg/m^2, 95% CI -1.7 to -0.5) as adults, compared to adolescents participating < 1 day/week. Joint analysis showed that adolescents who participated in sport/exercise ≥ 4 days/week, and who accumulated 150–299 min/week MVPA in adulthood, had less body fat (-5.8%, 95% CI -7.4 to -4.3) and more muscle mass (3.4%, 95% CI, 2.5 to 4.3) compared to those participating in sport/exercise ≤ 1 day/week and who accumulated < 150 MVPA min/week as adults. Compared to the same reference group, these associations were further strengthened among those who accumulated ≥ 300 min/week MVPA in adulthood and reported ≥ 4 days/week of sport/exercise for both body fat (-8.8%, 95% CI -10.3 to -7.4) and muscle mass (5.1%, 95% CI 4.3 to 5.9). **Conclusions:** Adolescent sport and exercise participation is positively associated with MVPA, and skeletal muscle mass, and inversely associated with body fat and BMI in adulthood. These associations remained significant after adjusting for adult MVPA levels. A higher MVPA level in adulthood strengthens the association between adolescent sport/exercise participation and adult body composition.

Kongsvold, A., Skarpsno, E. S., Flaaten, M., Logacjov, A., Bach, K., Nilsen, T. I. L., & Mork, P. J. (2025). Associations of sport and exercise participation in adolescence with body composition and device-measured physical activity in adulthood: longitudinal data from the Norwegian HUNT study. *International Journal of Behavioral Nutrition and Physical Activity*, *22*(1), 29.

Retour au sommaire

Barriers and facilitators to participation in physical activity for students with disabilities in an integrated school setting: a meta-synthesis of qualitative research evidence

Purpose: This review investigates the factors influencing the participation of students with disabilities (SWD) in physical activities (PA) within integrated school settings. **Materials and methods:** A keyword search of articles published up to May 2024 identified 22 studies meeting the inclusion criteria. Thematic synthesis was used to analyze the data, resulting in a dynamic theoretical model. **Results:** The model encompasses 19 themes, including an individual-level "Special factor" and three phases: perspectives from school administrators (First phase), a two-way dialogue between school management and staff (Second phase), and interactions among staff, SWD, and peers (Third phase). The final phase, based on basic psychological needs theory, identifies autonomy, competence, and relatedness needs. **Conclusion:** The dynamic model highlights that no single factor fully explains SWD participation in PA within inclusive environments. Educators must consider physiological, behavioral, and cognitive aspects, as well as mediating factors and processes (three phases), to design tailored strategies that address SWD needs and foster a supportive environment.

Liu, X., Han, H., Li, Z., Huang, S., Zhao, Y., Xiao, Q., & Sun, J. (2025). Barriers and facilitators to participation in physical activity for students with disabilities in an integrated school setting: a meta-synthesis of qualitative research evidence. *Frontiers in Public Health*, *13*, 1496631.

Retour au sommaire

Community-based physical activity and nutrition interventions in low-income and/or rural older adults: A scoping review

The objective of this review was to identify evidence-based, community-based physical activity (PA) and nutrition-based programs aimed at facilitating health behaviour change among low-income older adults and/or those living in rural/remote areas. This review followed the scoping review methodology proposed by Arksey & O'Malley. The Michie behaviour change wheel was used to categorize intervention types. Of the 2954 retrieved citations, 25 articles met the inclusion criteria. All study interventions demonstrated positive outcomes, including improvements in fruit and vegetable consumption, PA levels, physical function and nutrition knowledge. Study findings highlight that PA and nutrition-based interventions can be effective to facilitate behavior change in low-income and/or rural older adults. Limited research exists looking specifically at older adults living in rural communities, with only two of the 25 included articles including rural study populations.

Bernard, E., Brewer, N., Prorok, J. C., Kim, P., & Muscedere, J. (2025). Community-based physical activity and nutrition interventions in low-income and/or rural older adults: A scoping review. *The Journal of Frailty & Aging*, *14*(2), 100034.

Retour au sommaire

A scoping review of the feasibility, usability, and efficacy of digital interventions in older adults concerning physical activity and/or exercise

The global population is aging, leading to significant health challenges among older adults, such as reduced muscle mass, increased risks of dementias, and chronic diseases. Physical activity (PA) is crucial for maintaining health and wellbeing in this demographic, yet participation tends to decrease with age due to various barriers. Digital technologies, including mobile health (mHealth) interventions, show promise in promoting PA among older adults, though their adoption remains limited due to intrinsic and extrinsic challenges. Objectives: This scoping review aimed to systematically map existing evidence on digital PA interventions for older adults, assessing feasibility, usability, and efficacy, whilst providing recommendations for future research and practice. Eligibility criteria: Original investigations concerning digital interventions in older adults (>60 years of age) focusing on physical activity and/or exercise were considered. Sources of evidence: Four electronic databases (MEDLINE, CINAHL Ultimate, Scopus and Cochrane Central Register of Controlled Trials [CENTRAL]) were searched. Methods: A scoping review was conducted using the scoping review methodological framework. Review selection and characterisation were carried out by two independent reviewers. Results: The 34 included studies were published between 2005 and 2023 across Europe, North America, Asia, and Oceania. Participants varied from healthy to frail individuals, with some diagnosed with dementia or cognitive impairment. Interventions were most commonly delivered via exergames, tablet apps, and videoconferencing. The most common exercise program type was multicomponent. Most studies assessed efficacy, feasibility, and usability, with many using a combination of these measures. Reminders were commonly utilised to enhance engagement through various digital and non-digital methods.Conclusions: There was a notable lack of mobile health (mHealth) studies in the literature, with most research focusing on exergame and tablet interventions. More research on smartphone apps, particularly for muscle strengthening, is needed, and the growing ease of app development may drive innovation and research. Digital interventions are generally feasible, usable, and effective for older adults, offering a promising, scalable approach for promoting PA. This review identified several valuable lessons from the existent literature for future developments.

Berry, E., Sculthorpe, N., Warner, A., Mather, J., Sanal-Hayes, N., & Hayes, L. D. A scoping review of the feasibility, usability, and efficacy of digital interventions in older adults concerning physical activity and/or exercise. *Frontiers in Aging*, *6*, 1516481.

Retour au sommaire

Media, Communication and the 2023 FIFA Women's World Cup

This book takes a close look at the themes of media and communication in the context of the 2023 FIFA Womens World Cup, one of the most attended womens sporting events in history. Featuring the work of leading researchers from around the world, the book examines how the tournament was represented through traditional, digital and social forms of media, and considers how an analysis of media and communications in, around and after the tournament can help to illuminate our understanding of key themes in the study of women and sport. The book presents a series of important and fascinating cases - including media representation of Muslim women at the tournament; analysis of media reaction to USWNT results; the role of podcasts in the coverage of the tournament, and a social media analysis of sexual violence toward women athletes at the WWC that together form a multi-layered picture of a seminal event in the history of womens sport. This book is vital reading for anybody with an interest in womens sport, gender and sport, the sociology of sport, media studies, communication studies, event studies or sport business and management.

Yanity, M., & Coombs, D. S. (Eds.). (2025). *Media, Communication and the 2023 FIFA Women's World Cup*. Taylor & Francis.

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"Can women be perceived as good as men in sport? Only when doping!" when social dominance motives shape judgements of women's doping suspicions in threat situations.

In this work, we examine whether differences in social dominance orientation (SDO) may lead to the creation of a 'climate of suspicion' regarding women's sporting excellence as well as to negative perceptions of sportswomen in general. We suggest that SDO works as a basic ideological belief system aiming to preserve the hegemony of men in a sport. We employed a scenario methodology in which participants (N = 80) read one of the two alleged sports news website excerpts in which women's performances threatened (or not) the gendered status quo of sport. It was expected that individuals high in SDO, who are particularly resistant to change, would question women's sportsmanship more strongly than those who value equality (i.e. those relatively low in SDO). Moreover, we anticipated that high-SDO participants would use more negative traits to describe sportswomen when assigned to a threatening condition. Coherent with the above, our results suggest that the field of sport still implicates a significant amount of gender inequality that marginalize women performances.

Bernache-Assollant, I., De Oliveira, P., & Chantal, Y. (2025). "Can women be perceived as good as men in sport? Only when doping!": when social dominance motives shape judgements of women's doping suspicions in threat situations. *Journal of Gender Studies*, *34*(1), 109-123.

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Does the liberalization of masculine space improve experiences for sexual minorities?.

North American attitudes are liberalizing toward sexual minorities. This is even found within traditionally conservative, masculine institutions, like fraternities, religion, and the military. However, evidence for Liberalization Theory is mostly derived from attitudinal change of sexual and gender majorities alongside policy changes, with less evidence from sexual and gender minority experiences. Thus, there remain questions as to whether, or to what degree, improved majority attitudes promote sexual minority experiences. To investigate the impact of liberalization of the masculine organizational culture of team sports, we used survey results from 793 openly lesbian, gay, bisexual, and transgender (LGBT) high school and collegiate athletes, representing 981 coming out experiences. We find that 92.5% of high school and 97.1% of college athletes' coming out-of-the-closet to teammates experiences were deemed to be from neutral to perfect. We also found no significant differences in overall experience in being out to teammates in highly masculinized teams sports compared to other sports at either the high school or collegiate level. These results suggest that liberalizing North American sexual majority attitudes do translate into improved LGBT experiences within the socially conservative institution of educationally based team sports.

Anderson, E., Zeigler, C., Batten, J., Reed, J., Parry, K., & Magrath, R. (2024). Does the liberalization of masculine space improve experiences for sexual minorities?. *Sociological Research Online*, 13607804241252525.

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Exploring keys to understanding the challenges of social participation in old age from a generational baby boomer perspective: a scoping review

With advanced social and civil rights, baby boomers reach older age with better health and call for the recognition of new forms of social participation. Although essential, there is a lack of integrated knowledge about the social participation expectations of this cohort. Such knowledge is important to better guide the development of innovative interventions in anticipation of their social participation needs. This study thus aimed to integrate the knowledge about social participation of the baby boomer generation in old age. Based on the PRISMA-ScR guidelines, a scoping review of the literature (2006–2024) was carried out in 12 databases with 22 keywords, yielding a total of 9,171 records. Of these 64 studies were selected with 29 qualitative [45.3%], 42 published after 2014 [65.6%], and 36 from North America [56.3%]. Three main themes were identified. Firstly, regarding generational characteristics, the literature highlights the importance of considering baby boomers' particularities related to their socio-historical conditioning factors and the impact on their interests and motivations. Secondly, regarding forms of participation, research participants reported the need for new, more active forms of social engagement with an impact on the communities. Thirdly, in relation to organisations and services of older adults, the requirement of integrating baby boomers as agents of change in the definition of current policies and services was also highlighted. Throughout several international contexts, the social participation of this generation requires gerontology with a critical approach that addresses the challenges of diversity, new meanings of participation, and the convenience of services and policies. This paper contributes to the identification of the gap in the literature, from a foresight perspective that allows anticipating the needs of an ageing population and better guiding future research.

Majón-Valpuesta, D., & Levasseur, M. (2025). Exploring keys to understanding the challenges of social participation in old age from a generational baby boomer perspective: a scoping review. *Journal of Population Research*, *42*(1), 1-23.

Retour au sommaire

S’entraîner à la maison: les pratiques sportives autonomes des 6-18 ans en milieu rural

This Article describes the use of Internet videos in the sporting activities of children and adolescents living in rural areas, based on the ethnography of a village. Does the use of videos to learn, train or improve a sport lead to becoming autonomous? An analysis of several sports carried out by young people aged between 6 and 18, including sports at home during the 2020 lockdown, highlights that digital technology-based autonomy does not affect all sports in the same way; gymnastics and boardsports stand out in the intensive use of videos—consumed and produced by young people—for learning and developing skills, while team sports and intergenerational leisure activities rarely use video as a learning medium.

Roques, N. (2025). S’entraîner à la maison: les pratiques sportives autonomes des 6-18 ans en milieu rural. *Éducation et Sociétés*, *53*(1), 83-100.

Retour au sommaire

Gérer la diversité in/capacitaire en compétition: les dynamiques de participation dans un sport collectif en fauteuil à catégorie unique

Gérer les différences corporelles et de capacité des athlètes est une préoccupation constante du monde du sport. La principale réponse apportée est la mise en place de catégories sportives, le plus souvent basées sur les différences entre les corps biologiques (le « sexe », l’âge, le poids). Le monde du handisport propose des innovations catégorielles qui dépassent cette lecture biomédicale des corps. Dans les compétitions de powerchair hockey, un sport pour les personnes vivant avec des maladies dégénératives qui constitue l’étude de cas de cet article, femmes et hommes, enfants et adultes, de même que des personnes aux types et degrés de déficience divers jouent au sein d’une catégorie unique. À partir d’une ethnographie multisituée de ce handisport, cet article vise à comprendre la façon dont la diversité in/capacitaire peut être gérée au sein de compétitions à catégorie unique. Il met également au jour les manières dont cette gestion façonne les dynamiques de participation des athlètes. Malgré certaines inégalités capacitistes persistantes, ce système permet d’adapter sa façon de jouer et de maintenir sa participation au cours de l’aggravation des atteintes du corps, et de la diminution du volume de capacité physique, sans être (trop) dévalué·e au sein du collectif.

Paccaud, L. (2024). Gérer la diversité in/capacitaire en compétition: les dynamiques de participation dans un sport collectif en fauteuil à catégorie unique. *Staps*, I-XIX.

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La quête de virilité: une lutte en tout genre?: Une ethnographie de deux dojos de jiu-jitsu brésilien en France

Cet article examine la notion de virilité dans le contexte du jiu-jitsu brésilien, en soulignant la façon dont elle est vécue et incarnée par les pratiquantes et les pratiquants. Sur les tatamis que je fréquente assidûment depuis 2016, il apparaît que la virilité combattante n'est pas exclusivement masculine, mais constitue plutôt une quête collective qui transcende les catégories de genre. À travers une ethnographie menée au sein de deux clubs français, je démontre que la virilité doit d'abord être construite, puis maintenue, par le biais d'un engagement physique intense et constant. Cet engagement fait des pratiquantes et des pratiquants ce que j'ai nommé des « durs au mâle ». Toutefois, il convient de souligner que les pratiquantes doivent, quant à elles, non seulement rivaliser pour affirmer leur virilité, mais aussi gérer une double charge : celle d'être reconnues comme compétentes tout en négociant leur féminité au sein d'un environnement souvent dominé par des normes masculines. Ainsi, cette quête de virilité devient une question de perspective, révélant comment les corps féminins peuvent être perçus comme des menaces pour la virilité masculine, tout en ouvrant la voie à une redéfinition des rôles de genre dans ce contexte.

Mattont, J. (2024). La quête de virilité: une lutte en tout genre?: Une ethnographie de deux dojos de jiu-jitsu brésilien en France. *Staps*, l109-XIX.

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Towards equity? An analysis of the policies of the brazilian paralympic committee concerning gender issue

his study aimed to analyze the policies and actions of the Brazilian Paralympic Committee (BPC) from 2013 to 2021 concerning the inclusion of women in the Paralympic movement and adherence to the International Paralympic Committee (IPC) guidelines regarding the encouragement of women's participation in Paralympic sports and management. We have analyzed the statutes, strategic plans, and reports of the BPC. The statutes do not directly address gender issues. The strategic plans established goals to increase the number of female athletes but did not indicate strategies for their implementation. The reports do not reveal actions specifically aimed at promoting women's participation in sports and indicate that, while there was a marginal increase in their participation in some competitions, there was also stagnation and a decrease in their involvement in certain events and projects. The participation of women in sports management was not addressed in any documents. The BPC has not implemented the IPC's recommendations. Given the initial imbalance between men and women and male dominance in sports in countries like Brazil, it is crucial that the BPC and other national committees in similar contexts establish, plan, and execute affirmative policies to achieve gender equity in the Paralympic movement.

Marcondes, I. M., & de Souza, D. L. (2024). Towards equity? An analysis of the policies of the brazilian paralympic committee concerning gender issue. *Staps*, I103-XVIII.

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Comment les usages de la vidéo 360° facilitent l'apprentissage d'habiletés en Éducation Physique et en Sport

L'analyse SWOT que nous avons réalisée porte sur les études scientifiques de ces dix dernières années dont l'objet d'étude concerne l'usage de vidéos 360°. Ces dernières constituent un nouvel outil technologique au service d'objectifs d'optimisation de la performance sportive. Elles rejoignent ainsi la vidéo 2D, le chronomètre ou le capteur de fréquence cardiaque traditionnellement utilisé dans l'entraînement. La plupart des études révèlent qu'elles peuvent constituer des outils bénéfiques d'accompagnement des processus d'apprentissage des habiletés et de soutien de la motivation. Cette potentialité dépend des circonstances particulières de leurs usages (niveau d'expertise des athlètes, conditions de visionnage notamment). La littérature révèle que l'usage de vidéos 360° ne peut se substituer aux processus adaptatifs générés par l'exécution effective des tâches à réaliser. De plus amples recherches permettront une compréhension plus fine de l'efficacité des usages de la vidéo 360°. Les faiblesses et les menaces dévoilées dans cette SWOT constituent des éléments à considérer pour améliorer l'usage de la vidéo 360° dans une perspective de soutien aux processus d'apprentissages en éducation physique et en sport.

Roche, L., Rolland, C., Hagin, V., & Cunningham, I. (2025). Comment les usages de la vidéo 360° facilitent l'apprentissage d'habiletés en Éducation Physique et en Sport. *Staps*, *149*(1), 31-63.

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Retour sur les jeux Olympiques de Paris 2024

Quelques semaines après la tenue des jeux Olympiques (JO) et Paralympiques de Paris 2024, la candidature française à l'organisation des jeux d'hiver 2030 était confirmée par le Comité international olympique. La décision avait été prise sous réserve en juillet dernier, mais sans doute la très belle réussite des jeux d'été à Paris a-t-elle joué dans la confirmation donnée en octobre. Car après des mois de doutes et dénigrement, l'événement a été salué quasi unanimement comme un succès, dès la clôture des JO.Cinq mois plus tard, que peut-on retenir de ces jeux de Paris 2024, par exemple en termes de *soft power*, à la fois pour la France et Paris, ville organisatrice (sport, tourisme, environnement, société…) ? Quelle résonance et quelles incidences ces jeux ont-ils eues sur le plan géopolitique et, plus largement, dans les relations internationales ? Futuribles a interrogé Pascal Boniface, directeur de l'IRIS mais également analyste reconnu s'agissant des enjeux du sport sur la scène internationale ; il nous livre ici les principaux enseignements qu'il retient des JO de Paris 2024. *S.D.*

Boniface, P., Guilbaud, J., & Ségur, M. (2025). Retour sur les jeux Olympiques de Paris 2024. *Futuribles*, *464*(1), 85-95.

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