



News and Resource Update August 2015: Your guide to what's happening around the world

We want to hear about what you and your related organisations are doing and the information you are producing. You can send your information and news to any member of the executive board for inclusion in the 'Update' each month – [view their contacts details](#)

Keep right up to date with our news

We have set up social media accounts to share all our latest news with you:



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IAPESGW 18th World Congress, Barry University, Florida, USA 17 – 21 May 2017

There is now a website for our event being hosted by Barry University at:

www.barry.edu/iapesgw

Joining IAPESGW – Special membership offer extended

We are pleased to advise colleagues of the special rate of \$50 Canadian for a membership covering 2015 to 31 March 2017 – please encourage your contacts to take up this offer.

[Visit 'Joining IAPESGW' to take advantage of the offer](#)

International

International Council of Sport Science and Physical Education (ICSSPE/CIEPSS) New ICSSPE Perspectives now available

We are delighted to announce the publication of the latest volume in the ICSSPE Perspectives series - 'Elite Sport and Sport-for-All: Bridging the Two Cultures?', which was edited by former ICSSPE President, the late Margaret Talbot, and Richard Bailey. The first book-length volume of its kind, Elite Sport and Sport-for-All addresses a central dichotomy in sport policy and, as such, is important reading for all students, researchers, policy-makers or administrators working in sport development and policy.

Written by practitioners and academics from around the world, we hope that this book will make a contribution to an important topic.

You can order this book via the Routledge website:

<https://www.routledge.com/products/9781138821903>

As ICSSPE member, you have the privilege to use the code AU313 to get a 30 % discount.

ICSSPE hands-on seminar “Communities and Crisis – Inclusive Development through Sport”

2 – 7 November 2015, Rheinsberg, Germany

This event still has places available. Registration deadline is 7 September.

[View more details](#)

The International Paralympic Committee (3 August 2015)

IPC launches call for Rio 2016 research applications

Proposals are invited in the areas of athlete health, classification, sport counselling, assistive technology, athlete identity, marketing and branding, development and public awareness, as well as other relevant subject areas.

The International Paralympic Committee (IPC) has launched a call for applications for research projects to be carried out at the Rio 2016 Paralympic Games between 7-18 September.

As part of its commitment to furthering research in all areas of the Paralympic Movement, the IPC welcomes proposals in the areas of athlete health, classification, sport counselling, assistive technology, athlete identity, marketing and branding, development and public awareness, as well as other relevant subject areas.

Enquiries and applications should be sent to Dr. Peter Van de Vliet, IPC Medical and Scientific Director (Peter.vandevliet@paralympic.org). The deadline for receipt of applications is 1 October 2015.

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[View the full details](#)

Inside the games reports (10 August 2015)

More coverage must be given to human rights issues when country hosts major sports events, new report claims

Greater coverage must be given to human rights concerns around the world, a report designed to coincide with Rio 2016 One Year To Go celebrations has proclaimed.

The report was conducted by researchers from the Institute of European Sport Development and Leisure Studies in Cologne on behalf of Non-Governmental Organisation Terre des Hommes.

It analysed media reports from 12 countries, consisting of Russia, India, South Africa, United States, Brazil and seven Western European nations.

After considering recent major events such as the Sochi Winter Olympics, Commonwealth Games and FIFA World Cup, it concluded that focus on human rights concerns increases and peaks directly before major Games, before dropping during the events and vanishing afterwards.

More work therefore "needs to be done to ensure that coverage and scrutiny of these events continue in the months - and even years - after they take place", it was claimed.

Britain rated the highest for quality of its coverage, with Russia last with only 0.49 per cent of the total, despite it having hosted the Winter Olympics last year.

Interestingly, and despite being only ranked 108th in the world by Reporters Without Borders' in terms of press freedom, Brazil ranked as having the second best coverage, with the US third and The Netherlands fourth.

This has not stopped calls for more to be done to use the Games as a catalyst to protest against alleged human rights abuse in Brazil, however.....

Read the full report here: [Children Rights and Mega Sport Events in 2014.pdf](#)
[View the full news item](#)

#BeActive – European Sports Week article (27 July 2015)

Physical activity: The gender gap

Let's talk about women for a moment. [We've given you statistics about how active Europeans are](#), and as you know by now, the numbers aren't looking good. Unfortunately, they are even worse for women. In fact, 63% of women in the EU never or seldom exercise or play sport.

The WHO underscores the importance of physical activity for women by highlighting its contribution to building self-esteem and confidence, and providing a vehicle for social integration and equality for women in society. Research has shown that sport can help to challenge gender norms and provides women and girls with opportunities for leadership and achievement.

Furthermore, physical activity has been shown to reduce the occurrence of many of the diseases and conditions that affect women across globe, including breast cancer, diabetes, osteoporosis and cardiovascular disease.

So, what's the hold up?

Men in the EU play more sports than women overall. However, the disparity is particularly marked in the 15-24 age group, with young men tending to exercise considerably more (71% at least once a week) than young women (50% at least once a week).

What's shocking is that the gender divide in physical activity starts as early as seven years old! Indeed, according to a study in the British Medical Journal[i], only 38% of seven-year old girls, compared to 63% of boys were achieving the required amount of physical activity.

This needs to stop.

The European Week of Sport is working to make sure ALL Europeans get moving and work together to build a #BeActive society. Ensuring that girls have access to opportunities to engage in sport and physical activity – particularly in the educational setting – is a critical step to closing this gender gap.

[Source of article](#)

SIRC - Sport Information Resource Centre

Sport Leadership - Creating Opportunities for Women

When female athletes decide to make the transition into leadership positions they bring with them numerous skills that have been developed from participating in sport. Many times these include high standards for success, the ability to overcome obstacles, exceptional discipline, and the ability work with and inspire a team - all of which are tremendously valuable for any organization. Even with all this potential, it's commonly known within the sport community that women are greatly underrepresented in [sport leadership](#) roles. Knowing this, how can we help pave the way for aspiring female leaders?

“More than 4 out of 5 executive businesswomen played sports growing up – and the vast majority say lessons learned on the playing field have contributed to their success in business...” - From the Locker Room to the Boardroom: A Survey on Sport in the Lives of Women Business Executives [2002]

Taking the First Steps

Addressing and removing barriers – Current evidence-based research on understanding barriers and promoting inclusive leadership is hard to come by but a few factors to consider are:

- [Societal attitudes](#), belief systems, and cultures all impact the way in which women are defined, developed and supported. These common assumptions continue to have an effect on young aspiring women and have a direct impact on a person's career.
- [Organizational structures and policies](#) should reflect diverse initiatives and have the support and commitment at the executive level to influence and affect change. Recommended areas to examine include promoting a work/life balance, increased transparency, and measuring and tracking what's been done to meet the goals an organization has set.

[View the full article](#)

[Journal of Physical Activity and Health: Volume 12, Issue 5 – May 2015](#)

Editor - this issue has just been made available and you can read the abstracts of the articles.

Specific countries

AUSTRALIA

VicHealth (11 August 2015)

Changing the Game: Increasing Female Participation in Sport Initiative

To get more Victorians physically active, VicHealth focuses on making physical activity participation part of everyday living, active recreation and organised sport.

The [evidence](#) tells us that not enough females are sufficiently physically active and participation levels decline as females get older.

Our objectives – VicHealth is thinking big!

Our focus is on getting tens of thousands of Victorian females who are inactive and somewhat active to become active more regularly through sport.

VicHealth wants to raise the profile of female sport and be a champion for female sport and health on a large scale. We also want to reach more than a hundred thousand females in Victoria and beyond.

Changing the Game is part of VicHealth’s long-term plan to get more Victorians living healthier and happier lives.....

[View the full details](#)

Gay News Network (20 August 2015)

Take the Human Rights Commission survey on trans, gender diverse and intersex rights in sports

The Human Rights Commission has launched a survey to discover the experiences of the trans, intersex and gender diverse community in sports.

Human Rights Commissioner Tim Wilson launched the survey today and hopes the data obtained from the study in the coming weeks will assist in developing a more inclusive framework for trans, intersex and gender diverse people to participate in sport.

“Participation in sports is part of the Australian identity and helps promote health, wellbeing, fair play and a culture of mateship,” Wilson said.

“Not enough empirical data has been collected on the experiences of trans, gender diverse and intersex people in Australian sports. We hope that this consultation will assist in filling this gap at a national level.”

In addition to the online survey, the Commission will conduct a review of federal legislation, local and national sporting code policies, and national and international literature. It will build upon consultations and research conducted in 2014–15.

“During the Commission’s recent national consultation, transgender, gender diverse and intersex people reported positive experiences in sport participation; others said they have experienced exclusion, violence and harassment on the basis of their gender identity or intersex status,” Wilson said.

“The Australia we should all want is one where everyone feels safe and capable of performing to their best. That happens when we get rid of pointless discrimination and bring about a culture of safety and inclusion.”

The results of the national survey will inform the National Anti-Homophobia and Inclusion Framework to ensure it suitably protects people on the basis of gender identity or intersex status.

Developed by Bingham Cup Sydney 2014, the framework has been adopted by Australia’s five major sporting codes, including Cricket Australia, Australian Football League, Australian Rugby Union, National Rugby League and Football Federation Australia.

To support the implementation of the framework, the Australian Human Rights Commission teamed with the Australian Sports Commission and Bingham Cup Sydney 2014 to commission Pride in Diversity to develop the Pride in Sport Equality Index, which annually measures sports on LGBTI inclusiveness.

“We are excited to be working with Bingham Cup, the Australian Sports Commission and Pride in Diversity to foster a culture of respect and diversity in Australian sports,” Wilson said.

The online survey will run from 20 August to 3 September 2015.

[View the details of the survey](#)

[Source of information](#)

ABC sport (20 August 2015)

Amanda Shalala : Australia's women's teams the Diamonds, Opals and Southern Stars' success does not guarantee financial windfall

In the past week Australia's sportswomen have continued their world-beating ways, including the Diamonds' Netball World Cup success, the Opals qualifying for the Rio Olympics, and the Southern Stars winning their Ashes test against England.

But they still face a massive battle when it comes to sharing in the financial spoils.

Of the estimated \$780 million sponsors pour into the Australian sports market, the women's share is just eight per cent.

Sports business analyst Lynne Anderson says corporations and sporting organisations must change their traditional mindsets when it comes to sponsoring women.

"The default model of sponsorship is still how many people can we potentially reach (on) Friday night, and where do I put my logo," Mrs Anderson said.

"And women's sport at this stage isn't going to compete on that model."

The dearth of media coverage in women's sport is highlighted by the Southern Stars' current Ashes series in England.

Their matches are not being televised anywhere in Australia, though Sky Sports in the UK is broadcasting every match live for the first time.....

[View the full news item](#)

Canberra Times (20 August 2015)

Government wants to fast track promotion of women in sport

The federal government wants to fast track the promotion of women decision makers in sport following a string of standout performances by Australia's high achieving, but historically underpaid and underexposed, female athletes.

Praising the recent feats of the Diamonds and Southern Stars – and congratulating the AFL and Seven Network for their unprecedented weekend support of women playing Australian Rules - sport minister Sussan Ley has told Fairfax the momentum is there to be seized.

While competitive results are crucial in boosting the funding of, and attention on, women's sport in Australia, Ley has underlined that female representation in off-field leadership – though markedly improved in the last three years - is still lagging.

It became mandatory for Australia's top government funded sports to meet a target of at least 40 per cent for women board members. Sanctions have been threatened, but as Fairfax Media understands are yet to be imposed, on sports that miss.

There has been a jump from 27 per cent average [female board members] to 38 per cent average on the boards of the top 21 national sports organisations since the diversity quota

was introduced in 2013. Seventeen of those 21 sports have increased the number of females on their boards in that period.

The median female director ratio in ASX200 companies as of July was 20.1 per cent.

Earlier this year the Australian Sports Commission, which introduced the female directors' quota for sports, found itself in the unfortunate position of missing its own target. In a short period of transition there was just one female among its members.....

[View the full news item](#)

Canberra Times (25 August 2015)

More women on sports boards would reduce corruption, doping, says researcher

More women on sporting boards is likely to lead to less corruption, doping and match-fixing, sports researcher Catherine Ordway says – but not, she argues, because women are more ethical.

Ms Ordway speaks on Wednesday at a public seminar on women in sport, alongside Senator Katy Gallagher, track cyclist Rebecca Wiasak and Capital Football chief executive Heather Reid.

She supports the push to have more women on the top sporting boards – with the Australian Sports Commission running a name-and-shame style system where it names boards with fewer than 20 per cent women on their boards.

Its latest report names archery (17 per cent), boxing (14 per cent) and the Australian paralympic committee (10 per cent) as having fewer than 20 per cent women in January 2015.

The sports commission's target is for women to make up 40 per cent of board members of the top 15 sports boards, and Ms Ordway said the target was likely to make a difference not only to the number of medals won by Australians but also to integrity - meaning less doping, match-fixing and corruption.

It was not because woman were "more moral or nurturing" but because diversity on boards tended to break up "group think" – the more diverse a board in the gender, culture and backgrounds of its members, the broader the mix of ideas and creativity, she said. It was also more likely that people would ask "the tough questions". But there was limited value in simply appointing women from the same backgrounds as the men – instead, boards should look for diversity.....

[View the full article](#)

Canberra Times (25 August 2015)

WNBL racing against clock to find new TV deal in time for October tip-off

Basketball Australia boss Anthony Moore has described the inequity between male and female sport coverage as "diabolical", admitting "a lot's got to go right" to secure a new television broadcast partner for the upcoming Women's National Basketball League season.

After the ABC axed its WNBL coverage after 35 years, Basketball Australia is looking to emulate Netball Australia's Channel Ten deal where they broadcast ANZ Championship matches in return for a payment derived from sponsors.

Basketball Australia needs to find \$2 million to pay for production costs and air time, and have enlisted the Australian Sports Commission and Repucom to build a business proposal to attract advertisers.

Moore conceded there's no guarantee the league will strike a deal in time for the season, which tips off in October.

He described it as "galling" to see the massive TV deals recently struck by the AFL and NRL, when the WNBL only requires a fraction of that money.

"The AFL has a \$2.5 billion deal. If we had \$2.5 million we'd be on TV," Moore said.....

[View the full news item](#)

Clearing House - Physical Literacy and Sport. Dr Ralph Richards, Senior Research Consultant, NSIC/Clearinghouse, Australian Sports Commission (27 August 2015)

In its broadest context 'literacy' means becoming educated. During childhood the education process is facilitated by direct intervention from adult carers (primarily parents, teachers, and significant others), as well as interaction with peers and the environment. Both structured and informal learning situations contribute to the desired result – literacy.

Key Messages:

- Physical literacy is a process that begins in infancy and continues throughout life.
- Early competency of movement skills will encourage participation in sport and lifelong physical activity.
- All sports contribute to acquisition of some fundamental movement skills. Some sports, when modified for young children's participation (such as athletics, gymnastics, and swimming) activate many skills and are generally accessible for early-age skill development.
- Play opportunities, relevant physical education curriculum, and organised sport participation help children to become 'physically literate'.

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[View the full article](#)

INDIA

BBC India reports (18 August 2015)

West Ham's Aditi Chauhan becomes India's first woman to play in England

India's Aditi Chauhan has become the country's first woman to play English league football.

Chauhan, the India international goalkeeper, made her debut for West Ham United in the opening game of the season against Coventry City on Sunday.

West Ham play in the Women's Premier League Southern Division - the third tier of women's football.

Chauhan's debut has created widespread interest in Indian newspapers and on social media.

Scores of people have begun congratulating her on Twitter, including the [Indian football team](#) and her former club FC Goa.

[Source of information](#)

PALESTINE

Sheffield Hallam University, UK reports (24 August 2015) Skateboarding lecturer on board with Skate Palestine

A lecturer from Sheffield Hallam University is taking her skateboard to Palestine next month to help teach children how to learn the popular hobby.

Dani Abulhawa, a senior lecturer in performance at Sheffield Hallam, is using her expertise around urban play to see how the work of SkatePAL is benefitting children and young people in the Occupied Palestinian Territories.

Dani will also help build skate parks in the war-torn country during her trip with the charity.

SkatePAL was founded by skateboarder Charlie Davis in 2013 after he visited Palestine to teach English. Riding around the streets on his skateboard he received a lot of attention from local children. Over the coming years, Charlie and a group of volunteer skateboarders, including Isle Skateboard's Chris Jones, continued to visit Palestine to build skate parks and teach skateboarding classes.....

[View the full article](#)

TAJIKISTAN

World Health Organization – Europe (22 August 2015) Scaling up healthy diet, physical activity and prevention of nutrition-related NCDs in Tajikistan

WHO/Europe's nutrition, physical activity and obesity programme successfully completed a 3-day training workshop for health professionals in Tajikistan on 17–19 August 2015. The training was dedicated to scale up promotion of healthy diet, physical activity and prevention of nutrition-related noncommunicable diseases (NCDs), in particular obesity in Tajikistan.

The objectives of the training workshop were to:

- familiarize participants with evidence on the links between good nutrition, physical activity, body composition and health outcomes;
- introduce and discuss existing guidance from WHO in this area, so that participants understand and are able to use the key recommendations in their daily practice; and
- consider how WHO guidance can be implemented according to the local context in Tajikistan.

The training also demonstrated, through practical exercises, existing techniques and approaches to:

- identify important target groups (e.g. pregnant and breastfeeding women) and at-risk patients
- monitor dietary intake and levels of physical activity
- monitor child growth and nutrition status in children and adults.

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On 19 August 2015, the Ministry of Health and Social Protection of Population, Tajikistan hosted an intersectoral meeting together with WHO/Europe to review the ongoing **implementation of the nutrition and physical activity action plan for 2015–2016**, in connection with the national strategy for Tajikistan 2015–2024. Members of the intersectoral

committee and multidisciplinary working group presented what has been done so far in 2015 and gave an overview of planned activities to be implemented by the end of 2016. Following discussion and agreement among all stakeholders, a decision was taken to scale up activities to promote and implement a healthy diet and physical activity for different population groups.

[View the full news item](#)

UK

sports coach UK (26 August 2015)

Money in sport for women: a long term vision

Sarah Milner, sports coach UK Inclusion and Diversity lead, blogs on the gender inequality and discrepancy in prize funds in sport.....

With the 2016 Olympic and Paralympic Games in Rio just around the corner I thought I would take a moment to look at how the discrepancy in prize funds that still exist between men and women in elite sport continues to highlight gender inequality in sport.

Tennis is leading the way towards gender equality for women in elite sport. It was the first sport to provide equal prize money at the US Open way back in 1973, as reported by a [BBC Sport survey](#) conducted last year. Billie Jean King was the powerhouse behind promoting equality in her sport at the top level and since then many more sports have followed suit. Diving, sailing, taekwondo, windsurfing and BMX cycling all have equal prize money for their male and female winners.

This topic makes really interesting reading, more detail can be found by clicking on this infographic which illustrates the [monetary debate between men and women in sport](#).

More money into prize funds or more money into developing sport for more women?

It's an interesting question. As funding gets tighter in sport, where does a sport focus its money? Cricket, football and Golf do not fare too well in the BBC report but, where they fail in equality at the elite prize fund level, they are starting to make up in their long term vision of getting more women playing their game at a grassroots level. In England and the UK, all three sports are putting money into making their sports more appealing to women in girls, arguing that this system change will have a long term, sustainable impact on the number of women coming through the sport into professional/elite rankings.....

[View the full blog](#)

England Golf (30 July 2015)

#ThisGirlGolfs – be inspired

There's some great women players on the world stage – but all too often golf is seen as a game for men. Think again! A new video campaign, supported by England Golf, is setting out to shift this perception and inspire participation.

#ThisGirlGolfs is being launched today at the Ricoh Women's British Open and highlights women who are already playing the game at all levels.

It spreads the message that golf is a game for all, with a unique handicapping system which allows people of different abilities to play and compete together, making it a great game for women and men alike.

#ThisGirlGolf features a series of different women and girls of all ages and backgrounds, showing how they fit golf into their everyday lives and enjoy the game.....

[View the full news item](#) AND [watch the video](#)

England Golf (August 2015)

Women and Girls' Conference – output available

England Golf held its first Women and Girls' conference at Frilford Heath Golf Club on Wednesday 12th August 2015.

The conference shared and celebrated the ways golf clubs and partners are working together to overcome the barriers associated with women and girls' golf. As well as providing an update on our women and girls' activity to date and highlighting different ideas and resources to help shape plans for 2015/2016.

[Access the output from the conference](#)

Institute of Outdoor Learning (30 July 2015)

Gender equity?

Is your organisation missing out on the benefits of a healthy gender mix in its leadership team? There is robust evidence to suggest that all male leadership teams are liable to be less effective than leadership teams with a mix of genders. Does our sector suffer from being insufficiently diverse in this regard?

Thanks to a donor the Institute is funding research into this area. The project is being lead by Cress Allwood and will draw on a wide cross section of organisations. If you have relevant insights in this area or would like to ensure your organisation participates in the research please contact us by [email](#).

[Source of information](#)

Department for Culture, Media and Sport (4 August 2015)

Government kicks off consultation to help strengthen sport across the country

Consultation to ensure public funding goes to organisations that can get more people participating.

Sports Minister Tracey Crouch has today launched a wide-ranging [public consultation](#) on sport in the UK.

The government wants to hear from interested groups and the public - people who are involved in sport and people who aren't - on what more can be done to use sport to help improve many more lives.

On top of the health benefits from participating, sport brings people together, contributes billions to the economy every year and enhances Britain's reputation on the world stage.....

The consultation sets out 10 broad themes that the government wants to engage with the public on. The themes are as follows:

- Participation
- Physical activity
- Children and young people
- Financial sustainability
- Coaching, workforce and good governance
- Elite and professional sport

- Infrastructure
- **Fairness and equality**
- Safety and wellbeing
- International influence and major sporting events

The public consultation will run for just under nine weeks, from 4 August until Friday October 2. It marks the start of the government working on a new strategy for sport in this country.....

The sports sector and interested public can access the consultation paper, including an online response form via: www.gov.uk/government/consultations/a-new-strategy-for-sport-consultation

[View the full press release](#)

A New Strategy for Sport: Consultation Paper. Department for Culture, Media and Sport, 31 July 2015 (56 pages)

This consultation highlights ten themes that together capture the headline issues that we want to address. Within each of those themes are a number of specific challenges we are hoping to tackle and for each of those, a question to frame the consultation responses we would find it most helpful to receive. This paper covers issues mostly relating to England only, however some policy areas are reserved and therefore those issues will also be of interest to the devolved nations. We will use the responses we receive to inform a new sports strategy that will be published later in 2015.

[Download a copy](#)

Premier League (3 August 2015)

Successful female football programme wins extra funding

A programme to encourage female football participation involving the Premier League and its clubs has secured an additional year's funding after it exceeded its targets of player numbers.

The programme, which involves the Football Association (FA), Sport England, the Premier League and Football League Trust, was launched in 2013 and has attracted 42,462 new players into the sport.

It will aim to attract another 21,000 in its third year, thanks to funding worth £3.7million from The FA and Sport England.

The programme is delivered through sessions, which run for 30 weeks of the year, carried out by 87 Premier League and Football League clubs. It is based on the successful Premier League 4 Sport model, which uses the expertise and facilities of the clubs and their coaches to create satellite sporting hubs.....

[View the full news item](#)

Health Club Management reports (3 August 2015)

Teen girls who exercise reduce risk of cancer in later life: study

Girls who regularly exercise as teens significantly reduce their risk of death from cancer other major diseases in later life, according to a new study.

The research, based on a sample of 75,000 women aged 40 to 70, concluded women who participated in exercise as adolescents for 1.33 hours a week or more had a 16 per cent lowered risk for death from cancer, and a 15 per cent lowered risk for death from all causes.

Those who participated in exercise as adolescents for 1.33 hours a week or less had a 13 per cent lowered risk for death from all causes.

The findings, published in the journal Cancer Epidemiology, Biomarkers & Prevention found that exercise in early life was key to long-term health regardless of lifestyle habits in later years. Unsurprisingly though, those with a life-long exercise habit enjoyed an even greater chance of prolonged good health. Women who participated in exercise both in their adolescent and adult lives had a 20 per cent lowered risk for death from all causes.....

In the UK there have been significant efforts to encourage greater levels of physical activity among teenage girls. [Sport England's highly-acclaimed This Girl Can campaign](#) has sought to remove the psychological barriers that prevent women from exercising and playing sport, while a University of Bristol study is [currently assessing whether peer-led intervention](#) could help address the steep reduction in teenage girls doing physical activity at secondary school. [View the full news item](#)

Inspired by 2012: The legacy from the Olympic and Paralympic Games. Third annual report – summer 2015. HM Government and Mayor of London, 4 August 2015 (96 pages)

This report describes legacy activities which took place in the third year since the London 2012 Games. It covers a number of areas:

- sport and healthy living
- the regeneration of east London
- economic growth
- bringing communities together
- the legacy from the Paralympics

[Download a copy](#)

Leeds Beckett University (11 August 2015)

Women sports coaches close to burn-out, new research reveals

Women sports coaches are having to work hard to gain acceptance and respect in their organisations and they experience poorer work-life balance than other professions, leading to burn-out, a new study by Leeds Beckett University has revealed.

Whilst the UK is working to develop the world's leading sports coaching system by 2016, the system is currently highly male dominated, with women making up only 28% of the profession and very few women reach senior levels.

Dr Leanne Norman, Senior Research Fellow at Leeds Beckett University, led the study, which investigated women's career transitions, professional identity, and wellbeing at the various stages of their careers.....

The study, led by Dr Norman and consisting of nine members of the University's Carnegie Faculty, Sports Coach UK and Ord Consultants, involved three stages. Firstly, an online stress evaluation tool was distributed to women coaches throughout the UK and completed by 218 people. This measured job characteristics, physical and psychological health, psychological wellbeing, and organisational commitment.

It was found that women coaches experience poorer work-life balance, job security and work relationships than other professions.....

The research team have presented their findings at the UK Coaching Summit in Cardiff and will be delivering one of the keynote speeches at the annual County Sports Partnership conference in October.....

[View the full news item](#)

Women in Sport (14 August 2015)

Blog: My Journey to the UEFA B

Football coach and teacher, Manisha Tailor, was recently awarded the UEFA B coaching license. She tells Women in Sport about the challenges she faced along the way...

It began in 2009 with my level 1 tutor Corey Donoghue, an innovative and creative tutor who, on completion, signposted me to the London Playing Fields Foundation (LPFF) who were running a Female Coach Development programme (FCD) for which I am truly grateful.....

[View the blog](#)

Independent (9 August 2015)

The 50 most influential women in sport: The full list

Women's power and influence over sport has been pretty minimal until, say, now. In previous centuries they gave birth to famous sportsmen and Queen Elizabeth I may have somehow nudged Sir Francis Drake into bowls. Other than that, their position was somewhat sidelined.

Women could play sport, amass trophies, even be admitted to the hallowed Long Room at Lords by 1999, but it is now, in the 21st century – with a female Sports Minister looking like she means business, women running football clubs, and the Lionesses generating a fascinated following – that we can truly sense the tide turning.....

The list:

1. Barbara Slater - BBC Director of Sport

.....
[View the full news item](#)

Considerations for increasing participation in women and girls football (aged 12+).

The Football Association, Women in Sport and StreetGames, latest edition August 2015 (6 pages)

This document is designed to help deliverers engage more women and girls in Football. It offers suggestions you may want to consider when setting up or delivering a football session to girls and women. The list has been compiled by national and regional FA staff with input from Women in Sport and StreetGames Us Girl! It has new participants in mind, or for those with beginner/intermediate skill levels. It is a working document, so imagery and content will be updated as our research and insight develops.

[Download a copy](#)

Sport England (20 August 2015)

New support guidance - Helping women and girls get active

Helping more people get active means happier, healthier communities. And getting women and girls involved in sport and activity is a crucial part of what we do.

This [interactive guide](#) is stuffed with tips and advice on how you might work with other organisations, both inside and outside of the sport sector. Click on the practical guide and summary below before taking a peak at the relevant sections from the guide.

[Access all the elements of guidance on this page](#)

The main document:

Helping women and girls to get active: a practical guide. Sport England, August 2015 (54 pages)

Rejecting a 'one size fits all' approach, this guide encourages facilitators to consider a range of barriers which may be preventing women and young girls from signing up. For example, research found that many women find mirrors in exercise studios intimidating and are often fearful of appearing to be the odd one out in classes. The guide also includes common sense solutions to encourage repeat visits to classes, such as teaming up with a local business to offer a free coffee as a reward for completion of a certain number of sessions. Some of the other top tips include:

- Make sure the changing rooms have full length mirrors and good quality hairdryers
- Mirrors in studios can make some women feel self-conscious
- Selling the sport or activity doesn't always work, instead sell the benefit, promoting the fun, friendship, social aspects, as well as de-stressing effect
- Consider alternatives to sporty images, ads with women in relaxed clothing having fun can resonate better
- Avoid stock photos, people prefer to see either local women or women who feel like them in marketing material
- Images of women exercising on their own or in small groups appeal more than images of large groups
- Record a quick video demonstrating the class and post online so possible attendees can see what the activity is like and the people taking part
- Reduce the fear factor by advising women what to wear, what to bring, how much it is, and that there will be other people at a similar level to them there either on your website, Facebook page or by talking to them

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The Women's Sports Network and The Sports Marketing Network LIKEaGIRLConference – Getting to the core of activity & sport - Call for Papers Mid November, University of Hertfordshire, College Lane, Hatfield, Hertfordshire AL10 9AB

What causes the disconnect, avoidance and drop out amongst young girls? How can schools, clubs & NGBs overcome this at an early age? Is it just a case of P.E. v competitive sport? Or something much deeper?

The Women's Sports Network and The Sports Marketing Network invite you to present your thoughts, ideas or initiatives to help engage girls with sport/fitness? See below for a guide to topics

A one-day conference to investigate why girls avoid 'sport' at school and frequently drop into inactivity. Understanding the root cause, exploring remedies that schools, clubs, NGBs and community providers can develop to attract and retain girls.

- Real stories and successes to be told, lessons to be learnt, ideas and experiences to be shared
- Have you got a great story to tell, then please get in touch?
- The issues, challenges and opportunities for getting more girls more active...
- Engaging and retaining girls in physical activity is a challenge - with many girls lacking confidence and fearing judgement. Yet, many young women ARE inspired and motivated, through being physically confident, understanding how to manage their bodies and carry this confidence into the rest of their lives.

Editor - Call for papers – I can't see a deadline

[View the full details](#)

Women in Sport – E-zine, August 2015 – [available to view](#)

VENEZUELA

Delivery of Educational Manuals for Venezuelan Female and Male Coaches
Written by: Andrea Manzo – a student working with Rosa Lopez de D'Amico



In the last July 27th, 2015, the Universidad Pedagógica Experimental Libertador, in Maracay served as the setting for the delivery of Educational Manuals for Venezuelan Female and Male Coaches, led by Dr. Rosa Lopez de D'Amico, who was the coordinator of the project.

The research center 'Estudios en Educación Física, salud, Deporte, Recreación y Danza – EDUFISADRED was glad to present the results of a project that begun in 2009, when the mayor of a city in Aragua state asked Prof. Rosa D'Amico – who at the moment was working

as State Sport Director for wrestling trainers that could work for the community. Since they were only a few of them, and the federation or universities offer regular courses to train coaches in such discipline and in many other, and the idea of creating educational manuals for training coaches and sports trainers to spread so valuable knowledge emerged. In the words of Dr. Rosa Lopez de D'Damico the presentation of the final version of the manuals was "a historic day".

Over 250 people participated in the creation of 52 manuals that will encourage the teaching of 50 disciplines in the state. "The delivery of this manuals allows coaches of Aragua and Guarico state to learn more rules and incorporate new coaches in the 50 disciplines that are part of the project," said Alberto Mier y Teran, who is the president of the Association of Domino in Aragua state.

This amazing research was possible with the hard work of more than 250 people and the support of the Ministry of Popular Power for Science, Technology and Innovation as well as the National Foundation for Science, Technology and Innovation (Fonacit), agencies that financed the various materials that were delivered to the authorities of the Regional Institute of Sport in Aragua state (IRDA) and the Regional Institute of Sports in Guarico state (IRDEG).

The project was divided into several stages. The first part started in 2010 with the printing of the first version as a pilot study. A year later the project was registered at The National System of Registration of the Investigation and in 2013 it was finally approved. From 2011 to 2015 the entire team worked very hard reviewing, restructuring and incorporating information to the manuals.

Finally, the printing of the final versions happened from 2014 to 2015. 97 coaches and academics from Aragua State mainly, but some from other states that also supported were the authors of the manuals of sports disciplines which include open waters, swimming, chess, track and field, badminton, basketball, baseball, bowling, canoeing, cycling, dominoes, climbing, fencing, bodybuilding, football, indoor football, artistic gymnastics (men and women), rhythmic gymnastics, Aerobics gymnastics, trampoline, shooting, archery, judo, karate, kick boxing, kickingball, weightlifting, wrestling, synchronized swimming, initial swimming, skating, water polo, softball, triathlon, volleyball among others.



The participation of women in this project was very remarkable since they represent more than a quarter of the authors of the manuals, with 35 females in total. It is a great progress in Venezuelan sports because sports disciplines are generally associated with men and such a big participation of women, not only as coaches but as authors of their own manuals is quite rewarding.

The greatness of this Project is that many of the coaches had no previous experience writing, but they have wonderful coaching skills. They were supported by the research center academics in the writing process in all these years that the process lasted.

Besides, there was a great need indeed to have manuals of those sports as from some of them there were none in the country. The Institutes of Sport from Aragua and Guárico state received 1200 manuals each for free as the social contribution of the project.

After presenting the 52 manuals and their authors, Dr. Rosa Lopez de D'Amico closed the ceremony with a symbolic christening of the manuals which curiously was done with 'magnesium carbonate or gymnastics chalk', and paraphrasing the quotation of an important educator in the Venezuelan history 'either we invent or we err' so we decided to invent, there might be mistakes of course, but it is the first step for you all to make them better.



News and resources, August 2015