



## IAPESGW International Update, December 2017: News and resources from 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

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### IAPESGW Regional event

#### October 2018, Havana, Cuba

This IAPESGW event will be held in conjunction with a traditional event celebrated in Cuba by the name Cubamotricidad in October 22 - 26, 2018

More information on our regional event will be provided by Gladys Bequer at a later date.

### December Editorial

As this is our last *International Update* for 2017 I want to thank our many contributors to its monthly production and to especially thank Jenny Warner (Specialist Support Services, VAGA Associates) in Birmingham who gathers much of the contents and puts the newsletter together.

We also need to thank our members and the Executive Board for all they do for IAPESGW, continuing to facilitate growth and development in physical education, sport, physical activity and dance for girls and women. Through our global presence and working together we provide educational and professional experiences to support our advocacy and leadership development.

A huge thank you to our President Prof. Rosa de Lopez de Amico (Venezuela) for the mammoth amount of time, commitment and leadership she gives to IAPESGW. Rosa represents IAPESGW at many international conferences and events and has continued to do that this year when her husband was very ill, passing away a few months ago. Again, our condolences Rosa to you and your family and we wish you a better year ahead.

For the first time the *Update* includes an advertisement (last page) which I recommend you all read and take note of! If you wish to advertise in the *Update* please send me an email at [crosswhite@bigpond.com](mailto:crosswhite@bigpond.com)

At the start of the *Update* we note two international events in 2018, in Paris and London.

As usual we have many articles from various countries. From the USA we highlight the US Department of State Global Sports Mentoring Program that in 2017 works with 17 women from 15 counties.

From Canada we highlight CAAWS (Canadian Association for the Advancement of Women in Sport) Female Coach Mentorship Model which is a free resource on their website. Well done CAAWS!

Again we have articles on ending violence against women. Around the world there is a long awaited correction (for example; #metoo social media campaign) on harassment and violence against women and sport is no exception and must change its culture and policies. Male and female sports administrators are working together to educate participants, coaches, officials and volunteers that harassment and violence is totally unacceptable and is a reportable offence.

At this busy time of the year may you enjoy a safe and peaceful holiday season and good health and happiness in the New Year!

**Janice Crosswhite**  
**Communications Director**

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## **International**

*Events to be aware of...*

### **CFA International Summer School in Sport Sciences 2 - 6 July 2018, Paris**

The Summer School 2018 is dedicated to young researchers in human and social sciences whose work on all subject linked to physical activity and sport. These subjects cover a broad area, which allows experts and students to share experiences and expertise in their respective fields of research.

The Summer School provides a space to share information on research, theories and methods as well as to exchange ideas and knowledge about current tendencies and "hot issues" in the multiple arenas of physical activities and sports.

[View more details](#)

### **7th International Society for Physical Activity and Health (ISPAH) Congress 15 - 17 October 2018, Queen Elizabeth II Conference Centre, London**

The Conference will be co-hosted with Public Health England and Sport England – the two agencies leading the physical activity and health agenda in England. The congress has three main

themes: Addressing inequalities within and through physical activity; Evidence into policy and practice to achieve population change; and Physical activity and the wider determinants of health.

We will be accepting abstracts across a broad spectrum of topics and are hoping to build on the success of previous events in bridging the gap between research, policy and practice. We aim to develop a programme which is relevant to these broad audiences. Please encourage your practitioner and policymaking colleagues to join us in London.

**Abstract submission closes 1 February 2018**

[View more details](#)

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### **Inside the games reports (27 November 2017)**

#### **Commonwealth Games Federation hail increases in female technical officials for Gold Coast 2018**

Basketball, hockey and swimming will boast at least 50 per cent female technical officials for the first time at next year's Commonwealth Games in the Gold Coast, it was revealed today.

The three sports are viewed as leading a drive for gender parity among officials, with the Commonwealth Games Federation (CGF) claiming the upcoming edition of the Games will be the most gender-equal in history.

While three sports have achieved at least 50 per cent female technical officials, the CGF have announced large increases in a number of sports.

Rugby sevens boasts the largest increase after the percentage rose from five per cent at Glasgow 2014 to 33 per cent for Gold Coast 2018.

Rhythmic gymnastics have chosen 100 per cent female technical officials.

Weightlifting boasts 43 per cent, triathlon and lawn bowls both have 42 per cent, and badminton 41 per cent.

The number of men officiating in diving competitions has risen from 28 per cent to 41 per cent and netball has shown an increase from 21 to 28 per cent.

The CGF believe the increases have been part of their Gender Equality Strategy, but claim long-term partnerships are required to ensure the continued development of female technical official, particularly in smaller nations and territories.

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[View the full news item](#)

### **Huffington Post (1 December 2017)**

#### **Nike's Pro Hijab Launches In The UK To Help Muslim Women Access Sport**

'It's a reminder to Muslim women that we can achieve anything in the world.'

After months of anticipation, Nike's Pro Hijab is now available to buy in the UK, encouraging more Muslim [women](#) to take part in sport.

Nike announced it was trialling the high-performance hijab [back in March](#) to combat the fact that many Muslim women still "face barriers and limited access" to exercise.

[Statistics from Sport England](#) show that just 18% of Muslim [women](#) take part in regular sport, compared to 30% of the total female population.

The new hijab is created from lightweight, stretchy polyester with breathable holes, designed to fit women “like a second skin” and not interfere with movement.

The launch has been praised by a number of Muslim athletes, with figure skater Zahra Lari, from the United Arab Emirates, calling the Pro Hijab a symbol of empowerment.

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[View the full news item](#)

**Also....**

**Vogue (1 December 217)**

**Nike Pro Launches The First Sports Hijab With UAE Ice Skater Zahra Lari**

As [Nike](#) announces the launch of its first Nike Pro hijab today, *Vogue* talks to one of the faces of the campaign, Zahra Lari, the first Emirati competitive figure skater. At just 22 years old and the first ever athlete to compete in a hijab and with her sights on the next Winter Olympics, *Vogue* catches up with Zahra to discuss her involvement in the Nike Pro hijab.

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[View the full article](#)

**A report on the U.S. Department of State Global Sports Mentoring Program (received 4 December 2017)**

Hello Janice and Jenny,

I’m responding on behalf of Dr. Sarah Hillyer, who is still travelling in France for a sports diplomacy project. I’m sorry it’s taken so long to respond and that we missed the deadline for October. We concluded our work with the U.S. Department of State Global Sports Mentoring Program on Oct. 31 and immediately afterward Dr. Hillyer and two other members of our team left for New Zealand on a three-week empowerment project.

We’d love to provide you info on our 2017 class of the GSMP—17 women from 15 countries who were in the U.S. for a five-week exchange program we implemented for the State Dept—for the next Update (there is a comprehensive write-up available here:

<https://sportandpeace.utk.edu/2017/10/20/csps-celebrates-wonder-women-using-sport-to-impact-the-world/>)

Below you will find bullet points on all of these women:

[Agnes Baluka Masajja \(Uganda\)](#), mentored at UConn, is a Ugandan educator and head of the education commission for the Association of Ugandan University Sports. She seeks use the intersection of sports, education and business to empower generations of Ugandan girls.

[Aline Silva \(Brazil\)](#), mentored at Google, is the first Brazilian to medal at the world championships of wrestling. She wants to use her story and platform to turn millions of girls in her country into empowered warriors.

[Alejandra Rodriguez-Larrain \(Peru\)](#), mentored at Under Armour, is a marathoner and CEO of Peru Runners, an organization that uses running to impact thousands of Peruvians from all backgrounds.

[Carole Ponchon \(France\)](#), mentored at Women’s Sports Foundation, is a projects manager for the European Observatoire of Sports and Employment who is looking to elevate the importance of sport for empowering women in France.

[Caroline Lembe \(Belgium\)](#), mentored at Eli Lilly & Company, is the co-founder of [Siki-Lab](#) and an assistant boxing trainer in Belgium. She wants to show sports belongs to all people, regardless of race, age, background or gender.

[Carmen Pozo Rios \(Bolivia\)](#), mentored at Saatchi Los Angeles, is the first female sports journalist in Bolivia. She and a colleague launched a magazine and soccer academy called Las Superpoderosas that is teaching girls how to become “super powerful” women through sports.

[Chisom Mbonu-Ezeoke \(Nigeria\)](#), mentored at Fox Sports, is a pioneering Nigerian sports journalist who is among the most prominent female voices covering professional sports in her country.

[Claudia Contreras \(Venezuela\)](#), mentored at Gatorade, is a Venezuelan former national rugby captain and co-founder of [Deporte para el Desarrollo](#), an organization that impacts Venezuela’s underserved communities by developing and empowering sports coaches.

[Elvira Dushku \(Kosovo\)](#), mentored at San Antonio Spurs, is a former Kosovan basketball player and the first female secretary general of the Basketball Federation of Kosovo. She wants to give girls across her country the chance to find empowerment through basketball.

[Immaculate Chocho Nalwadda \(Uganda\)](#), mentored at Big East, is a Ugandan political leader, sportswoman, and gender advocate. She works with the [Uganda Olympic Committee](#), and seeks to use sports to change the lives of thousands of girls and women.

[Malak Hasan \(Palestine\)](#), mentored at ESPN, is a freelance journalist and the first female secretary general of the Palestinian Boxing Federation. She uses sport as an outlet to advocate for gender equality and inclusion.

[Megha Vora \(India\)](#), mentored at Google, has opened women’s self-defense centers across India. She is teaching Indian women how to fight back against violence and harassment, and seeks to open 1,000 centers to make India a more peaceful nation.

[Minjei Jeon \(South Korea\)](#), mentored at NCAA, is the deputy manager of school sports for the Korean Sport and Olympic Committee. She wants to build a Korea where sport and education are bonded together for making a positive impact in the lives of students.

[Naoual Zaaraoui \(Morocco\)](#), mentored at PGA of America, is a track and field coach with the Royal Moroccan Athletics Federation, and seeks to use sport to provide women with professional skills that will allow them to pursue successful careers.

[Po-Chun Liu \(Taiwan\)](#), mentored at NHL, is the first female baseball umpire in Taiwan and a prominent advocate more inclusive sports environment for women.

[Sangeetha Manoharan \(India\)](#), mentored at Burton Snowboards, is an Indian ultimate frisbee player and coach for [The Quad](#). She has traveled the world representing her country, and now dreams of using the sport to empower Indian girls to reach their full potential.

[Xinyi Hua \(China\)](#), mentored at ESPN, is a Chinese sports journalist and one of the most prominent women covering sports in her country. She believes sport is about storytelling and more than just competition. She wants to use her platform to bring more Chinese women into the sports media profession

In addition to this, Dr. Hillyer was the sole university representative at the Toyota Mobility Summit in Athens this past October, where the company announced its Start Your Impossible campaign and its transition into a full-on mobility company. There is a write-up about this event here: <https://sportandpeace.utk.edu/2017/11/08/csps-director-leads-panel-at-groundbreaking-toyota-mobility-summit-in-greece/>

I will make sure to send you updates about her work in New Zealand and France once we’ve debriefed those programs.

**Best, Brian Canever**  
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### **Beyond Sport (7 December 2107)**

#### **Ending Violence against Women and Girls through sport**

This year, Beyond Sport has joined UN Women's annual global initiative on social media to 'Orange the World', symbolising a brighter future without violence. We have been celebrating organizations and projects in our network who are using sport as a tool to end violence against women and girls.

From 25 November, the International Day for the Elimination of Violence against Women, to 10 December, Human Rights Day, UN Women are bringing together people and organizations around the world to end violence against women. This period is known globally at the 16 Days of Activism against Gender-Based Violence, with famous global landmarks lit up in orange.

Around the world today, women aged 15-44 are more at risk from rape and domestic violence than from cancer, car accidents, war and malaria. UN Women works to end violence at every level, from international policy and legal lobbying, to survivor treatment in conflict zones and refugee camps, and education and prevention.

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[View the full news item](#)

### **Pacific Community (8 December 2017)**

#### **Tackling sexual harassment is everybody's responsibility**

Sexual harassment is a risk that exists in all workplaces, in all sectors, and in all countries. Governments and employers are responsible for ensuring a safe and respectful workplace environment for all.

Governments have the overall responsibility to enact legislation on sexual harassment and make sure the legislation is implemented in the public and private sectors. It is also governments' responsibility to inform the public about their rights and about the existence of the legislation.

Similarly, unions and employers' organisations should take the lead in engaging with governments to help bring about these changes, as well as educating their own members and offering support to victims of sexual harassment.

Employers must take the lead role in ensuring that their workplaces are free from sexual harassment and that their workforce has the information and support they need to overcome these barriers.

#### **Did you know?**

##### **Sexual harassment is a form of discrimination against women.**

Most Pacific Island countries have ratified the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW). Therefore, governments have committed to adopt laws to protect women and girls against discrimination and this can be the foundation to enact national legislation against sexual harassment.

##### **Sexual harassment is a clear form of violence against women and girls.**

In 2012, the heads of Pacific Island countries endorsed the Pacific Leaders Gender Equality Declaration, in which they pledged to end violence against women. The adoption of legislation and policies against sexual harassment would be in line with this commitment.

## What do we do about it?

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[View the full news item](#)

### **BBC Sport (14 December 2017)**

#### **Concussion in sport: Are safety and equality compatible in women's boxing?**

In a week during which [Ireland's Katie Taylor](#) defended her world title and Nicola Adams returns to competitive action, it is timely to consider the dangers faced by female boxers and the indications they are more at risk in the ring than their male counterparts.

Research into other sports has shown female participants are more prone to concussion than men, raising questions as to whether safety and equality are compatible in boxing, and splitting opinion among respected figures.

The number and length of rounds form the crux of a debate which will help shape the future, with Taylor and Adams among those who have called for the duration of rounds in women's contests to be increased from two minutes to three, in line with the men's.

A three-year study begun in 2016 by the International Concussion and Head Injury Research Foundation (ICHIRF) is focusing on a group of retired sportsmen and women aged between 50 and 80 - assessing the long-term implications of concussion, and comparing the cohort to people of similar age, gender and background in the general population.

The group consists mainly of jockeys but footballers, rugby players and a few boxers are also being studied.

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[View the full news item](#)

### **Anita White Foundation - Newsletter 18, December 2017**

Our winter newsletter contains exciting news about the launch of the AWF video, applications to the Women's Sport Leadership Academy (WSLA) 2018, our Catalyst Grant programmes, and updates regarding our partners, Graduation 2017, publications and other projects.

[View the newsletter](#)

## **Specific countries**

### **AUSTRALIA**

#### **Basketball Program in Australia - I am a Girl, I can do anything**

The 'I am a GIRL' Program aims to encourage, inspire and empower women and provide a platform to encourage females of all ages to play, coach, referee, officiate and administrate basketball.

Led by our Ambassador Annie La Fleur, the program provides pathways and assists in the development of female role models. The program promotes Women's basketball, increase female participation numbers, develops female pathways for players, coaches, referees, referee coaches & officials and develops female role models in all facets of the game.

To get involved please contact Rachel Herrick at Basketball NSW on 8765 8555 or [rachel.herrick@bnsw.com.au](mailto:rachel.herrick@bnsw.com.au).

## Phys.org (4 December 2017)

### **Sporting sector may be key to reducing violence against women**

A roundtable led by academics and sporting professionals has explored the relationship between sporting codes and violence against women.

The roundtable conference was the first part of a project by researchers from Swinburne and La Trobe University to promote [gender equality](#) and reduce violence against women.

The project has been commissioned by the Office of Prevention and Women's Equality, and explores how the Victorian sport sector can help support and achieve women's equality and prevent violence.

The first stage of this project was to convene a panel of experts in sport and active recreation, women's equality, and prevention of violence, for a two-day round table discussion, which took place in Melbourne last week.

Associate Professor and Deputy Chair of Management and Marketing at Swinburne Dr Emma Sherry is leading the project and believes that such roundtable discussions are important for progress.

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[View the full news item](#)

## The Guardian (4 December 2017)

### **[Kate O'Halloran](#): Huge spike in women's footy participation figures tells revealing story**

Women have for too long been ostracised from a game they didn't have a chance to know they loved

At 36, Jacinta is playing competitive sport for the first time in her life. Well, almost the first. As a teenager she idolised the Brisbane Bullets, and asked to take up basketball. Driven along to tryouts, she was told that the uniform for girls was not shorts, but bloomers. Bloomers, like the underwear she wore under her skirt to school netball. She asked if she could wear shorts like the boys, but was told no. A chubby kid, she was embarrassed, and decided basketball wasn't for her after all.

She'd never much followed sport after that, especially AFL football. She felt, as Anne Myers powerfully portrays in her [prologue to the Women's Footy Almanac](#), that footy constituted a "microcosm of patriarchy at its worst... a hyper-masculinised environment that fosters a distorted sense of entitlement and privilege among young men". She knew the faces and the names, men who "behave badly", and disrespect women, but are "rewarded with media contracts and pats on the back". As a feminist, the stakes of following Australian rules football were too intense to bear.

But, as with Myers, and so many other women, things changed with the introduction of AFLW. For the first time, following AFL footy didn't mean compromising her values. At last – visibly at least – there were women to idolise, people like Susan Alberti, or Moana Hope (featured on Australian Story on the eve of the inaugural women's national league). Alberti, who wouldn't take no from the AFL executive for an answer and [propped up the women's league](#) of her own financial accord, or Hope, "heart and tats on her sleeve, and a kick to match". Women who inspired, with "determination, toughness, and a humility and gentleness of soul".

The rest, as with season one of AFLW, is history. Today, Jacinta is one of 463,364 women playing some form of Australian rules football, after an explosion in the number of dedicated women's teams ["way beyond" the AFL's own expectations](#). The number of women's teams is now 1,690 nationally, a huge 76% increase on last year. Let that sink in: a 76% increase. On the back of these unprecedented numbers, women now account for 30% of the total



participation numbers in the game, helping drive a 10% increase overall on participation figures in the sport for 2017.

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[View the full news item](#)

### **The Age (17 December 2017)**

#### **AFL's alleged sexual harassment reporting shows early signs of an industry 'correction'**

The reporting of, and investigation into alleged sexual harassment by an AFL club official is symptomatic of a "long-awaited correction that is occurring" within the Australian sport industry and wider world, according to the nation's peak advocacy body for women's sport.

Yesterday the AFL confirmed that "a club had reported a complaint under the respect and responsibility policy, which they want investigated. It involves an allegation of sexual harassment.

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[View the full news item](#)

*A publication of interest.....*

### **Australian Government response to the House of Representatives Standing Committee on Aboriginal and Torres Strait Islander Affairs report: Sport - More Than Just A Game. Inquiry into the contribution of sport to Indigenous wellbeing and mentoring. Australian Government, December 2017 (9 pages)**

The Commonwealth Government (the Commonwealth) welcomes the opportunity to respond to the report of the House of Representatives Standing Committee on Aboriginal and Torres Strait Islander Affairs titled Sport - More Than Just A Game and thanks all those who contributed to the Committee's inquiry.

Since the completion of the above report, there has been significant change in the way sport and recreation funding for Indigenous programmes is managed. The Commonwealth introduced the Indigenous Advancement Strategy (IAS) on 1 July 2014 and committed \$4.9 billion over four years to improve outcomes for Aboriginal and Torres Strait Islander people through the delivery of a range of programmes, including sport and recreation. The IAS replaced more than 150 individual programmes and activities run by various departments, including the Attorney-General's Department, Department of Communications and the Arts, Department of Education and Training, Department of Employment, Department of the Environment and Energy, Department of Health, Department of Industry, Innovation and Science and Department of Social Services, with five flexible broad-based programmes managed by the Department of the Prime Minister and Cabinet (PM&C). These programmes are:

- Jobs, Land and Economy;
- Children and Schooling;
- Safety and Wellbeing;
- Culture and Capability; and
- Remote Australia Strategies.

These new arrangements make funding more flexible and ensure that Aboriginal and Torres Strait Islander people are actively involved in the development and delivery of local solutions. The Commonwealth has set three clear priorities under these arrangements to make sure efforts are effectively targeted: increasing school attendance; getting Aboriginal and Torres Strait Islander people into work; and making communities safer.

[Download a copy](#)

## CANADA

### **Government of Canada (November 2017)**

#### **Canada's Feminist International Assistance Policy**

Over the past three decades, the world has made impressive gains in reducing poverty. Sustained economic growth has led to higher incomes, broader access to goods and services, and a better standard of living for many of the world's poorest citizens.

At the same time, millions continue to struggle in the face of persistent poverty and inequality, exacerbated by violent conflict and the effects of climate change. Women and girls—whose voices and interests are too often ignored—are particularly at risk.

The good news is that when women and girls are given equal opportunities to succeed, they can be powerful agents of change—driving stronger economic growth, encouraging greater peace and cooperation, and improving the quality of life for their families and their communities.

Investing in women and girls is the right thing to do and the smart way to reduce poverty and inequality.

For these reasons, Canada is committed to a new approach to international assistance: a truly feminist approach that supports the economic, political and social empowerment of women and girls, and makes gender equality a priority, for the benefit of all people.

[View details of the Policy](#)

### **Canadian Association for the Advancement of Women and Sport (15 November 2017) CAAWS & the CAC Launch New Model For Female Coach Mentorship**

Ottawa (November 15, 2017) – The Canadian Association for the Advancement of Women and Sport (CAAWS) and the Coaching Association of Canada (CAC) are pleased to announce the release of the Female Coach Mentorship Model: a free, turnkey tool designed to increase retention and advancement of female coaches.

Now available on the CAC's website for free download, the [Female Coach Mentorship Model](#) consists of three guides: a sport administrator's guide, a mentor guide, and a mentee guide. Together, these resources offer a guided approach to establishing effective and sustainable mentor-mentee relationships.

"Female coaches bring unique and significant value to the sport system at all levels, but often face complex barriers when trying to advance in their coaching careers," says Allison Sandmeyer-Graves, CAAWS CEO. "This mentorship model is a pragmatic and proven tool that any sport can use to encourage and support female coaches as crucial leaders within their sport and the Canadian sport system as a whole."

Four National Sport Organizations piloted the model for a full year, including Canada Basketball, Tennis Canada, Wrestling Canada, and Hockey Canada. In the University of Toronto's evaluation of the pilot, mentor and mentee coaches reported an array of positive outcomes, such as clear perceived personal and professional growth and tangible advancement towards coaching goals.

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[View the full news item](#)

## **'Baseball Girls' named one of the 10 best Canadian National Film Board (NFB) films of the 1990's**

Lois Siegel's 1995 feature documentary '[Baseball Girls](#)' details the history of women's participation in the largely male-dominated world of baseball and softball. It has also been screening as part of the National Film Board's Air Canada programming.

[You can watch this film on YouTube \(1hr 20mins\)](#)

## **CROATIA**

*Many thanks to Constanza Lizačić, our rep in Croatia, for these latest news items.....*

### **Croatian Olympic Academy (2 December 2017)**

#### **Croatian Olympic Academy and Croatian Mountaineering Federation promoted the first generation of sport climbing coaches**

Zagreb, December 2, 2017 - The first generation of sports male and female coaches, arising from the expert training program launched by the Croatian Olympic Academy (HOA) in cooperation with the Croatian Mountaineering Federation (HPS) was promoted at the Zagreb's Sheraton hotel.

Before the presentation of the coaching diplomas, the Vice-President of the Croatian Olympic Committee (HOO), renowned rowing Olympian Damir Martin, welcomed the audience and stated, among other things:

- Sports climbing contains all the elements of the Olympic motto: faster, more, stronger, and I wish you to conquer the Olympic peaks as soon as possible...

Croatian Football Federation's President Hrvoje Kraljević and Secretary General Darko Berljak welcomed new coaches from the podium.....

[View the full news item](#)

### **[Medica Jadertina, Vol.47 No.1-2 Ožujak 2017](#). Predictors of body dissatisfaction and disordered eating habits in the sociokultural model context. [Daniela Šincek](#) et al**

#### **Sažetak**

Physical activity and eating habits have a significant role in maintaining health. According to the sociocultural model, young women in the midst of internalisation of society's beauty standards can be more prone to dissatisfaction with their own physical appearance and as a consequence be more prone to undesirable health behaviours. The goal was to examine the contribution of physical activity, the importance of physical appearance, internalisation of the ideal body image and body mass index in explaining dissatisfaction with body image and the contribution of the body mass index and dissatisfaction with body image to the explanation of disordered eating habits.

228 university students participated. They completed a Socio-demographic and Anthropology Measures Questionnaire, Body Shape Questionnaire, Sociocultural Attitudes Towards Appearance Scale and Eating Attitudes Test. More than half of the examined students (55.7%) were not sufficiently physically active, while 18 participants (7.9%) achieved the result considered divergent enough that a consultation with an eating disorders expert was recommendable. Body mass index, general internalisation of society standards of the ideal body image, pressure to achieve the ideal body image and internalisation of the sport ideal, and also, the importance that students give to their physical appearance were significant predictors of dissatisfaction with body image. Significant predictors of disordered eating habits proved to be body mass index and dissatisfaction with their own body image.

The analysis showed different types of significant indirect effects (cross – over suppression for explaining the total result, mediation for explaining dieting and classical suppression for explaining both bulimia and oral control), while the correlation pattern suggested the different nature of relations among particular Eating Attitudes Test subscales and the same set of correlates.

[Source of information](#)

## **NEW ZEALAND**

### **Center for Sport, Peace, & Society, University of Tennessee (18 December 2017) CSPS directors 'shine a light' on sport for social change in New Zealand**

*“If you can shine a light on an issue, you create a platform for change—  
you guys brought the light!”*

*She Moves Symposium attendee after the CSPS presentation*

Immediately after the conclusion of GSMP: Empower Women through Sports in October, CSPS directors Drs. Sarah Hillyer and Ashleigh Huffman, and Dr. Carolyn Spellings, the center's impact and assessments coordinator, traveled to New Zealand for a three-week empowerment project with GSMP alumnae.

In New Zealand, they collaborated with the following group of remarkable women on conferences, workshops and sports activities.

- Fran McEwen, health and wellbeing partnerships leader for Wellington City Council and the founder of the Shift Foundation, a movement to promote physical activity among teenage girls in cities across the country
- Melodie Robinson, prominent rugby commentator and corporate communicators director for Sky Sport TV, and founder of The Wonderful Group
- Julie Paterson, CEO of Tennis New Zealand and founding board member of Women in Sport Aotearoa (WISPA)
- Shanelle Barrett, technical official for Triathlon New Zealand and the International Triathlon Union.

Among the trip's activities, Drs. Hillyer and Huffman served as keynote speakers at the New Zealand Recreation Association's (NZRA) Annual Conference, where they presented, “Thinking Global and Acting Local: Empowering Tomorrow's Leaders to Tackle the Challenges of Today.” At the conference, the directors also led a workshop on how to develop leaders for an audience of 50 attendees.

The CSPS directors also served as keynote speakers at the She Moves Symposium, which was organized to support alumni projects, including McEwen's Shift Foundation, Paterson's WISPA organization, and Robinson's Wonderful Group. More than 200 women and men, including school principals, sport coordinators and coaches, athletes, and Ministry of Sport officials were in attendance to hear them discuss empowerment, sport for social change, and sports diplomacy.

In addition to these events, Dr. Spellings led sessions on monitoring and evaluation for staff from several Wellington and national organizations, including the Wellington City Council, Sport New Zealand and the New Zealand Recreation Association (NZRA). She organized a webinar session, “Impact Evaluation: Know When You've Made a Difference,” to share about the key role monitoring and evaluation tools serve in communicating the impact of programs like the GSMP to society.

Read Dr. Huffman's reflections on the New Zealand trip here: [#1](#), [#2](#), [#3](#)

***A news item from their December 2017 newsletter received by email***

## **SAUDI ARABIA**

**sportanddev.org (1 December 2017)**

### **Breaking the mould: The first Saudi woman to climb Everest - The story of Raha Moharrak**

Raha Moharrak grew up in Jeddah, Saudi Arabia. She is a graphic designer, now based in Dubai. She is a visual communication graduate, having studied at the American University in Jeddah. She is also the achiever of an improbable feat.

Saudi Arabia's record on women's rights has earned the country a bad reputation. When Moharrak was growing up, women and girls were not allowed to drive, ride a bicycle or play sport. The latter has taken its toll on health, with Saudi women suffering disproportionately from cardiovascular diseases, obesity and joint problems.

Despite these challenges, in 2013 Moharrak became the first Saudi woman – and youngest Arab – to reach the summit of Mount Everest. Speaking at the Sporting Chance Forum in Geneva on 30 November, she described the origins of her interest in climbing.

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[View the full news item](#)

## **SENEGAL**

**The Hindu (4 December 2017)**

### **In Senegal, girls are breaking the rules to get in the game**

The smell of charcoal and fried fish lingers in the air as a group of girls make their way through the crowded streets of northern Dakar. Donned in blue and white football kits, they attract unwanted attention upon arriving to an open space barely big enough to be a football pitch. "You should be inside cleaning, not playing football," shout a group of boys. One of the girls, shrugging off such opinion, scatters crushed charcoal to outline the goalposts and launches a football into the air.

Sadly the jeers and attitudes of these young men are common in [Senegal](#). Across the country traditional gender roles are ingrained in national psyche and enforced from a very young age. Despite Article 31 of the UN's Convention on the Rights of the Child stating that all children have the right to play, Senegalese daughters are expected to carry out most household tasks, leaving little time for leisure activities. Seyni Ndir Seck is well acquainted with such a childhood.

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[View the full news item](#)

## **UNITED ARAB EMIRATES**

**Inside the games reports (12 December 2017)**

### **Booming UAE Netball joins the international fold**

The United Arab Emirates Netball Association (UAENA) will now be able to compete in worldwide events following their integration into the International Netball Federation (INF) on November 21.

Netball has increased in popularity in the UAE with nearly 1,000 playing the sport on a weekly basis.

However, there had previously been no official recognition of the sport at a national level, but the UAENA will now come under the umbrella of the UAE Basketball Association, with several key netball figures on the Advisory Board.

UAENA's integration means they are now also an official member of Netball Europe, giving them the opportunity to send an U17 team and an open team to the 2018 Netball Europe Championships.

The U17 tournament takes place in Dublin, Republic of Ireland, from March 2 to 4 and the Open Challenge competition will be held in Gibraltar from May 10 to 13.

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[View the full news item](#)

## UK

*Many thanks to Sport Northern Ireland for submitting this item.....*

### **Active, Fit & Sporty Update, December 2017**

The Active, Fit & Sporty Partnership have continued to have a busy year with several important events during the last month. The first was the Female Sports Forum's Building Momentum Conference at the beginning of November which was held at Titanic Belfast and was attended by over 180 delegates. This event was designed to build on the legacy of two major sporting events having been hosted in Northern Ireland this year, the Women's Rugby World Cup Finals and the Uefa Women's U19 Football Championships.

The conference heard from three fantastic speakers - Louise Martin CBE, president of the Commonwealth Games Federation, trailblazing motorcyclist Maria Costello MBE and former Olympic Gold Medallist Denise Lewis OBE. Alongside these keynote addresses, the delegates had a choice of four workshops from the Irish FA & Ulster Rugby, Netball NI, Youth Sport Trust and Volunteer Now.

All three speakers addressed their unique experiences as a female at the top of their respective sports. Louise Martin CBE, who played a crucial role in Glasgow's Commonwealth Games in 2014, spoke about her experiences of gaining the respect of male dominated board rooms. Maria Costello MBE focused on persistence, something she has demonstrated by becoming the fastest woman to lap the Isle of Man TT course and the first woman to stand on a TT podium – despite 24 broken bones along the way!



(L-R Louise Martin CBE, Maria Costello MBE & Denise Lewis OBE).

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[View their full Update](#)

*In Scotland.....*

**Royal Yachting Association reports (27 November 2017)  
Girls Do Sport**

Girls Do Sport highlights opportunities for women to participate in a variety of different sports including Sailing.

RYA Scotland have been proud to be chosen as one of the sports highlighted in the recent campaign, Girls Do Sport, for Scottish Women in Sport. A number of our female participants have been featured as part of the sport specific aspects of the campaign including a dedicated programme on the SW/S YouTube channel.

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[View the full news item](#)

**Swim England (1 December 2017)  
Swim England releases Guide to Engaging Trans People in Swimming**

Swim England has released the first ever guide to engaging trans people into swimming. This coincides with the 2017 Rainbow Laces campaign which is currently taking place, celebrating LGB&T inclusion in sport.

The new guide supports pool operators and clubs. It provides insight and advice on giving trans people the best experience of swimming possible.

The guide is designed to broaden understanding of what it means to be trans. It explores language and terminology, outlines what the barriers are for trans people when going swimming, and most importantly, how to address those barriers. It aligns with our [Three Frontier model](#) for growing swimming participation.

[Click here](#) to access the Guide to Engaging Trans People in Swimming.

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[View the full news item](#)

**BT Sport (4 December 2107)  
BT Sport Action Woman of the Year Awards - Jodie Taylor named Action Woman of the Year**

England Lioness Jodie Taylor is named the BT Sport Action Woman of the Year.

Judy Murray receives a Lifetime Achievement Award at the BT Action Woman of the Year Awards.

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[View videos of all the winners](#)

*Listed for awareness of how this tax is being used to fund activities....*

**Department for Digital, Culture, Media and Sport (5 December 2017)  
Tampon Tax Fund application form: 2018-2019 funding round**

The Tampon Tax Fund allocates funds generated from the VAT on sanitary products to projects that improve the lives of disadvantaged women and girls.

**Eligibility**

- The fund is open to charitable, benevolent and philanthropic organisations from across the United Kingdom

- Applications should be for £1 million or more
- The value of the grant requested must not represent more than 50% of the applicant's collective annual income
- Applications should focus on 1 of 3 categories: violence against women and girls, mental health and wellbeing, or the \*general programme
- Grants may be for 1 or 2 year projects
- All project activities must be concluded and funds must be spent by 31 March 2020
- Where applicable, bids must include details of arrangements for safeguarding children and vulnerable adults as part of their planned activities

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 The deadline for applications is midnight on Sunday 28 January 2018

\*The general programme criteria includes - engaging excluded and vulnerable women through sport

[View the full details](#)

### **British Paralympic Association (6 December 2017)**

#### **Hannah Cockroft is first Paralympian to win Sportswoman of the Year at SJAs**

Hannah Cockroft has been named Sports Journalist Association Sportswoman of the Year – the first time a para athlete has received the honour in the award's 58-year history.

In a whirlwind year the five-time Paralympic champion claimed three gold medals at the IPC World Championships in London in July taking her tally of world titles to ten.

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[View the full news item](#)

### **British Universities and Colleges Sport (7 December 2017)**

#### **This BUCS Girl Can Week 2017 - A Review**

This BUCS Girl Can Week took place on the 20-26 November 2017 with 76 institutions across the UK taking part. To celebrate the success of This BUCS Girl Can 2017, BUCS have released a [highlights video](#) showcasing the activity and statistics from the week.

The aim of the week is to encourage universities to engage with Sport England's 'This Girl Can' campaign and in doing so, close the gap on the 1.55 million more men than women that are taking part in sport once a week. This BUCS Girl Can highlights the brilliance of the Higher Education (HE) sector in providing opportunities for women and girls to be physically active throughout their time at university, whether that is at a participation or performance level.

Individuals participating in the week increased by approximately 1000 to bring the total to see 10,000+ women and girls getting involved. Approximately 20% of those participants were taking up physical activity for the first time or resuming activity after a period away.

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[View the full news item](#)

### **University of Wolverhampton (week beginning 11 December 2017)**

#### **Do exercise interventions enhance the body image of adolescent girls?**

Sharon Macintosh-Dalmed, a PhD student within the Institute of Sport and Human Sciences provides insight from her research work.

I recently completed a systematic review of literature to examine the question: Do exercise interventions enhance the body image of adolescent girls?



As a part-time mature student with working commitments and a young family, this was by far one of the most daunting challenges I have ever embarked upon. However, the personal triumph I have experienced has far outweighed the difficulties I faced along the journey. To my absolute delight, the systematic review has now been accepted for publication.

It is well known that many female adolescents may experience body image concerns, with research into this expanding greatly over the last quarter of a century.

Body Image Dissatisfaction (BID) can be described as a subjective negative evaluation of how one feels about their physical appearance.

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[View the full news item](#)

## **School of Sport, Exercise and Health Sciences Active, Loughborough University reports (12 December 2017)**

### **UK Physical Activity Guidelines update**

Over the next twelve months, the current UK Physical Activity Guidelines will be updated based on the latest evidence. Applications are open for places on Expert Working Groups across the four age ranges of the guidelines; under 5s, children and young people, adults, older adults and for the first time, sedentary behaviour.

Each group will produce a technical report with recommendations to the UK Chief Medical Officers for physical activity guidelines for their age ranges. If the recommendations are accepted, the Chief Medical Officers Guidelines Writing Group will produce the final report with recommendations for updated evidence-informed guidelines.

### **The process will be completed in three phases:**

- Phase 1: Construction of the expert working groups and appointment of international experts, which will perform systematic reviews, a national consultation on the current guidelines and their implementation resulting in the production of working group papers.
- Phase 2: A Scientific Consensus Meeting attended by the expert working groups, academics, stakeholders and communication and design experts to discuss and review the papers.
- Phase 3: National Consultation of the updated guidelines, final technical report by the expert working groups and the production of the final physical activity guidelines report.

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### **National consultation**

A National Consultation on the current physical activity guidelines, looking for any new scientific publications or studies relevant to each group, the communication and dissemination of the guidelines and how to maximise their impact with professionals across a variety of sectors, media and the public.

The consultation will be open until 17:00, Wednesday 31 January, 2018. Consultation forms can be [downloaded here](#) and returned to [ukcmo-pa@bristol.ac.uk](mailto:ukcmo-pa@bristol.ac.uk)

[View the full details](#)

## **Beyond Sport reports (14 December 2017)**

### **England Rugby announces women's participation growth**

England Rugby is launching the next wave of its Inner Warrior campaign in January 2018. According to England Rugby, the first year gave a huge boost to grassroots women's rugby participation and since launching in January 2016, over 10,500 women attended Inner Warrior camps nationwide throughout the year, far exceeding the RFU's initial target of 8,000. Of those women, 3,500 had never picked up a rugby ball before.

The influx of new participants into the women's game has also led to the creation of 41 new female contact rugby club teams this season.

The number of camps available to women has continued to grow throughout the year, with the 2018 Warrior Camps running between 12th – 28th January 2018.

Steve Grainger, RFU, rugby development director, said: "Female participation in rugby has seen unparalleled levels of growth in recent years, with a massive 215% increase since 2013. It's now one of the fastest growing team sports for women in England.

"As part of the 2017-21 funding agreement with Sport England and our new Women and Girls' Action Plan, the RFU is looking to significantly expand the number of women and girls participating in grassroots rugby across England, and the Warrior Camps are instrumental in supporting this growth."

[Source of information](#)

**Women in Sport - E-Newsletter, December 2017 - [available to view](#)**

## USA

### **Athlete Assessments (December 2017)**

#### **Women Coaches Academy Launches Master-Class**

Report reveals the efficacy of Women Coaches Academies as it launches Academy 2.0 for returning graduates at the NCAA Women Coaches Academy, November 29- December 2, 2017 in Denver, Colorado.

By Mim Haigh, Sports Writer – Athlete Assessments

The first cohort of ten women Coaches, graduates of the NCAA Women Coaches Academies, are set to submerge themselves in Academy 2.0, a specialist extension program for graduates run for the first-time at the upcoming 43rd Women Coaches Academy in Denver, Colorado this December.

Only ten Coaches were chosen for the hands-on, in-depth classes. In accordance with the Women Coaches Academy goal to educate, each Coach must host a clinic within their community in the 2018 year after returning from Academy 2.0.

The Alliance of Women Coaches which hosts the Women Coaches Academy has been

supporting women Coaches for more than a decade. The not-for-profit organization funded by the NCAA provides education, resources, support and inspiration to women Coaches across all levels of sport.

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[View the full news item](#)

### **Center for Sport, Peace, & Society, University of Tennessee (18 December 2017)** **Celebrating an eighth life-changing GSMP!**

Team CSPS welcomed 17 women from all over the world for the sixth GSMP: Empower Women program since 2012.

There is so much to be thankful for in 2017 as our team continues growing and expanding our work to impact the world through sports. This year alone, we have led sport-based empowerment projects in Brazil, France, and New Zealand, released our first documentary film "Pat: A Legacy of Love," welcomed the third cohort of the VOLeaders Academy, and added 33 new alumni to the Global Sports Mentoring Program (GSMP) family.

Throughout September and October, the CSPS managed the sixth GSMP dedicated to

empowering women and the eighth GSMP overall for the U.S. Department of State. Over the course of five weeks, our team welcomed 17 women from 15 countries to the U.S. to be mentored by top organizations, including ESPN, Fox Sports, the NHL, Google, and Gatorade.

For the first time, our team worked with women from Bolivia, Morocco, Belgium, and Palestine on this program. And, for the third time, the women on the program were able to participate on a panel at the espnW Women + Sports Summit in Los Angeles, California. At the end of the panel, U.S. Olympic gold medalist and ESPN soccer commentator Julie Foudy called it "one of the neatest moments" in her eight years at the espnW Summit, adding that she "felt a lot better about the future of the world" because of the international game-changing women on the stage!

Follow along with our work on GSMP via [Facebook](#), [Twitter](#) and [Instagram](#)!  
***A news item from their December 2017 newsletter received by email***

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