



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

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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

Tribunal Arbitral du Sport – Court of Arbitration of Sport (27 July 2015)

CAS Suspends The IAAF Hyperandrogenism Regulations Lausanne, 27 July 2015 -

The Court of Arbitration for Sport (CAS) has issued an Interim Award in the arbitration procedure between the Indian athlete Dutee Chand, the Athletics Federation of India (AFI) and the International Association of Athletics Federations (IAAF).

The CAS Panel in charge of the procedure (The Hon. Justice Annabelle Claire Bennett AO, Australia (President), Prof. Richard H. McLaren, Canada, and Dr Hans Nater, Switzerland) has suspended the "IAAF Regulation Governing Eligibility of Females with Hyperandrogenism to Compete in Women's Competition" (the "Hyperandrogenism Regulations") for a maximum period of two years in order to give the IAAF the opportunity to provide the CAS with scientific evidence about the quantitative relationship between enhanced testosterone levels and improved athletic performance in hyperandrogenic athletes. In the absence of such evidence, the CAS Panel was unable to conclude that

hyperandrogenic female athletes may benefit from such a significant performance advantage that it is necessary to exclude them from competing in the female category. While the Hyperandrogenism Regulations are suspended, Ms Dutee Chand is permitted to compete in both national and international level athletics events. Should the IAAF not file any scientific evidence within the two-year period granted by the CAS Panel, the Hyperandrogenism Regulations will be declared void.

The Interim Award is published in full on the CAS website: www.tas-cas.org/fileadmin/user_upload/award_internet.pdf

United Nations Sustainable Development Goals – draft June 2015

The zero draft of the UN Sustainable Development Goals (SDGs), to be adopted in September 2015, has been released. Unlike their predecessors, the Millennium Development Goals, which were focused on poverty reduction, the SDGs will apply to all countries including the UK.

The full text of the zero draft outcomes document can be accessed here:

<https://sustainabledevelopment.un.org/content/documents/7261Post-2015%20Summit%20-%20202%20June%202015.pdf>

The vision of the UN Sustainable Development Goals:

*In the goals and targets which we have agreed, we are setting out a supremely ambitious vision. We envisage a world free of poverty, hunger, disease and want. A world, for example, of safe and nutritious food; of affordable drinking water; of universal access to basic education; of physical, mental and social well-being. A world of universal respect for human rights and human dignity; of justice and equality; of respect for race and ethnicity; and of equal opportunity permitting the full realization of human potential while promoting shared prosperity. **A world in which every woman and girl enjoys full gender equality and all barriers to their empowerment in our societies have been removed.** A just, equitable, tolerant and inclusive world. And one in which humanity lives in complete harmony with nature.*

Inside the games reports (12 July 2015)

ITU President Casado renews call for triathlon mixed relay to be included on Olympic programme

International Triathlon Union (ITU) President Marisol Casado has called for triathlon mixed relay to be included as a new discipline at Tokyo 2020, despite its failure to be added to the Olympic sports programme for Rio 2016.

The ITU had hoped to have the discipline included at Rio de Janeiro but was controversially denied a place by the International Olympic Committee (IOC) Executive Board at meeting in 2013, after they ruled that no further disciplines would be added for the 2016 Games, partly to prevent putting the Brazilian organisers under financial pressure.

The decision was a setback to the world governing body but they are set to make a renewed attempt to have the discipline included at Tokyo 2020 following successful stagings last year at the Summer Youth Olympic Games in Nanjing, the Commonwealth Games in Glasgow and the Asian Games in Incheon.

The discipline, whose World Championships are due to take place on July 19 in Hamburg, sees two women and two men on each team compete in a "super-sprint" triathlon format before tagging their next team-mate.

Casado, a member of the IOC, is optimistic the discipline will be included due to the Agenda 2020 reforms and claimed the discipline is good for the development of the sport.....

[View the full news item](#)

The Age (26 July 2015)

Paula Goodyer: Five reasons why women need more muscle, not less

When a well-muscled female athlete competes in a sporting event suddenly her biceps are everyone else's business. This time it was [a New York Times story](#) on women tennis players and body image.

"Serena Williams has large biceps and a mould-breaking muscular frame, which packs the power and athleticism that have dominated women's tennis for years. Her rivals could try to emulate her physique, but most of them choose not to," said the story which quoted German tennis player Andrea Petkovic as loathing "seeing pictures of herself hitting two-handed backhands, when her arm muscles appear the most bulging".

The real issue here isn't body image, but why we're still having these creaky old conversations about women and muscle size that prop up outdated stereotypes. Worse still, it ignores the fact that more muscle, not less, is good for women's health, says Sydney-based strength coach Tony Boutagy, of the Boutagy Fitness Institute, which provides education for personal trainers.

"We're a society that mocks female muscle but the benefits of having more muscle extend to so many functions of the human body – there are no negatives to having more muscle," he says.

Let's count the ways that building muscle does a woman's body good.....

[View the full article](#)

Medical News Today (22 July 2015)

Does the menstrual cycle affect sporting performance?

Participation in sports is often seen as the preserve of the young and fit. While the years from adolescence to young adulthood may be when bodies are at the peak of physical fitness, for women, this time happens to coincide with the years in which menstruation occurs.

Earlier this year, when British tennis player Heather Watson was defeated in the first round of the Australian Open, she attributed her performance to "girl things," causing her to experience dizziness, nausea and [fatigue](#) as she attempted to play.

Annabel Croft, a former tennis player, told the BBC that Watson's openness was "brave" and that "women do suffer in silence on this subject. It has always been a taboo subject."

Croft considers the impact of the menstrual cycle on sporting performance to be "the last taboo" in sports, yet others downplay its influence. British runner Paula Radcliffe currently holds the world record for the women's marathon and she broke the existing record at the start of her period.

"I broke the world record so it can't be that much of a hindrance," she told the BBC, "but undoubtedly that's why I had a cramped stomach in the final third of the race and didn't feel as comfortable as I could've done."

In this Spotlight, we investigate to what extent the menstrual cycle can affect sporting performance, as well as examining strategies for mitigating against its draining effects.....

[View the full article](#)

The Conversation (22 July 2015)

Women's sport is on the rise but old-fashioned regulators need to catch up

There's no doubt that it's been an exciting year for women's sport – the FIFA Women's World Cup in Canada was very successful, with the [highest attendance ever recorded](#). At Wimbledon this year female wheelchair athlete [Jordanne Whiley](#) became the first British player in history to win four grand slam doubles titles in one season, after winning the wheelchair doubles final with her playing partner Yui Kamiji.

Female presence and success in sport is also being showcased in cricket this year, a sporting space that was once exclusively for men. The [Women's Ashes series](#), the third ever played, is being contested by two fully paid women's teams for the first time after the England women's cricket team [went professional last year](#). The matches will also be broadcast live for the first time – and England has [handily won](#) the first one day match.

Women's cricket has received significant investment recently, which has led to the imminent introduction of the [Women's Cricket Super League](#) in the UK and the [Women's Big Bash League](#) in Australia.

Great strides

The increasing visibility of women's sport in the media is increasing with a strong focus on the performance and achievements of female athletes. Marketing campaigns such as This Girl Can, which was introduced by Sport England to empower women to be active, are well connected to the modern realities of female participation in sport.....

[View the full article](#)

Sport England (22 July 2015)

European Week of Sport gears up to get people active

The first-ever [European Week of Sport](#) will be celebrated in 31 countries across Europe from 7-13 September 2015.

The European Commission is inviting sports clubs, schools, community groups and individuals to get involved and put on sport events in their communities.

European Week of Sport events can be large or small – from new ideas to something you were already planning. Anything that gets people active qualifies – from tennis open days to organised walks.

Events happening across Europe include: Bring a Buddy Parkrun, fancy dress runs, family fun days, bike rides, sports club open days and taster sessions and more.

Registering your event is easy. Simply visit the [European Week of Sport website](#), click 'Take Part!' and fill in a few details. Once you've entered, your details will be processed then added to the map of events happening around Europe.

Events can take place on any day during the European Week of Sport – but you may want to time your event with one of four ‘focus days’:

- Wed 9 Sept: Education Focus Day
- Thurs 10 Sept: Workplace Focus Day
- Sat 12 Sept: Sport and Fitness Club Focus Day
- Sun 13 Sept: Outdoor Focus Day

[View the full news item](#)

An Evaluation of Legacy from the Glasgow 2014 Commonwealth Games: Post Games Report. Scottish Government, 23 July 2015 (118 pages)

This report is the first post games legacy evaluation report for the XX Commonwealth Games it aims to generate learning for ourselves, future bidders and hosts, and to add to the international literature. This is the most ambitious evaluation that has been conducted as part of a Commonwealth Games.

It covers the key questions, methodology and findings to date.

[Download a copy](#)

[View the news item from the Scottish Government on the release of the report \(23 July 2015\)](#)

Specific countries

AUSTRALIA

[Australian Womensport and Recreation Association - AWRA Advocate - July 2015](#)

This month we discuss The Matildas remarkable effort in the World Cup, the Australian Women's Sevens team who have qualified for the 2016 Olympics in Rio, Sally Fitzgibbons, the Queensland Firebirds, and much more.

Sydney Morning Herald (25 July 2015)

Australian coach Jan Stirling reflects on her FIBA Hall of Fame entry

To Jan Stirling coaching is just coaching.

The sport, the gender of the athletes and the team budget matters not. What matters to her is the coach gets the best out of the athlete.

The 60-year-old has spent her life coaching basketball, consulting with coaches and talking coaching with friends such as David Parkin.

"It doesn't matter the sport, coaching is coaching," Stirling said. "It's about managing people more than about the Xs and Os."

Stirling coached Adelaide Lightning to four WNBL titles and 12 finals appearances in 12 WNBL seasons, then led the Australian Opals to the gold medal at the 2006 Women's World Championships and two Olympics silver medals in 2004 and 2008.

Stirling's highest honour will come in September when she is inducted into the International Basketball Federation's (FIBA) Hall of Fame. She is the only coach being inducted this year and one of just nine people selected from a short list of more than 150.....

[View the full news item](#)

The New Daily (27 July 2015)

Men, women and hockey's level paying field

While other sports quibble about the gender pay gap, hockey is quietly leading the way when it comes to equality.

"This is a man's world, but it would mean nothing without a woman."

James Brown once sang that. Great song, but these days the lyrics could do with a tune up.

The hockey field, I'd like to think, is owned by both genders.

- [So you think you can lead?](#)
- [Things we love ... but never want to see again](#)
- [The hockey coaching clichés we're totally over](#)

It's something I can't say for a lot of other sports.

The gender pay debate in sport raged recently, after the wages of Australia's women's soccer team, the Matildas, made headlines at the World Cup.

It is an entirely different story when it comes to hockey.

In the words of Hockey Australia CEO Cam Vale, "we treat our athletes as athletes".

"Whether you're a Kookaburra or a Hockeyroo, when it comes to basic terms and principles in how we remunerate our athletes it's exactly the same," Vale said.

So Hockey Australia dishes out equal pay for men and women who perform the same job. A refreshing thought, that.

But it doesn't stop there.....

[View the full news item](#)

AUSTRIA

European Strategic Actions on "Gender Equality in Sport 2014 - 2020": Development of the Austrian National Strategic Action Plan

The European Commission developed a proposal for strategic actions 2014 – 2020 on "Gender Equality in Sport". In this proposal there is a call for the development and implementation of national and international strategies.

In February 2015, the Austrian Federal Minister of Defence and Sports welcomed this political initiative to follow up on this process and to develop national strategic actions on "Gender Equality in Sport". He established the "Austrian Strategy Group on Gender Equality in Sport" to develop a national action plan and to implement national strategies.

Taking into account the developments in sport and gender equality policies, the European group of experts on "Gender Equality in Sport" identified at least four priority areas that need

attention in the national strategies for action and in particular, where they have a focus on grass-root and amateur sport and specific programs for young talented women and girls in sport.

Based on these priority areas, in Austria the following 4 working groups were established:

- Gender balance and equality in decision-making in sport
- Gender equality in coaching
- Fight against gender based violence in and through sport
- Fight against negative gender stereotypes in sport and the role of the media

The process of the development and implementation of national strategic actions is based on theories of professional development of organizations as well as on concepts of gender-mainstreaming. It got clear, that the composition of the groups is an important basis for the success. Therefore relevant stakeholders and decision-makers of sports organizations, sports federations, sports administrations and the government as well as experts and scientists are included into the process from the very beginning. The presence of the Austrian Federal Minister of Defence and Sports, Mag. Klug, at the Kick-off Meeting and his promising clear statement in his initial speech highlighted this topic as a prioritized issue in sports policy.

The intermediate results of the working groups will be presented periodically to the Strategy Group, which approves the proposals and works on strategies to implement these suggestions within the different organizational levels.

The IAPESGW board member, Rosa Diketmüller, was part of the initiative group and advisory board for this national action plan and the leader of working group 3 “Fight against gender based violence in and through sport”, where first results and measures will be expected by the end of 2015.

Information received from Rosa Diketmüller, IAPESGW Board

BRAZIL

Inside the games reports (5 July 2015)

Sports Minister claims Rio 2016 will make Brazil more active as study finds half of population do not exercise

A new study has found that 49.5 per cent of Brazilians do not practice sport or partake in physical activity, with just over a year to go until the Rio 2016 Olympic and Paralympic Games.

The findings were presented by Brazil's Sports Minister George Hilton following an unprecedented survey across the country titled the National Sports Diagnosis (Diesport).

The report aimed to show the relationship between the Brazilian public and sport.

Following the World Health Organisation's (WHO) premise that 30 minutes of physical activity, three times a week, makes someone a regular active individual the survey found that 50.4 per cent of women and 41.2 per cent of men in Brazil could be considered inactive.

The survey also found that citizens aged between 15 and 19 are the most active age group with only 32.7 per cent considered inactive.

That figure, though, rose to more than 40 per cent for those aged over 24.

Inactivity was even higher at 64.4 per cent in the 65 to 74 age group.....

[View the full news item](#)

News of forthcoming events in Brazil...

From September 12 through September 14th, the Federal University of Juiz de Fora will welcome the international delegation of the International Council of Sport Science and Physical Education (ICSSPE) for the annual meeting of the Association.

This meeting – exclusive to its members – aims to devise international strategies of disclosure, dissemination and exchange of knowledge in diverse fields of sport, sport science and physical education.

<http://www.alcided.com.br/ingles/programming/meeting-icsspe>

2nd Congress of the Latin American Association of Sport Physical Education and Dance will be held the Federal University of Juiz de Fora - Minas Gerais September 16 - 18th, 2015

<http://www.alcided.com.br/ingles/>

1st World Indigenous Games will be held in the city of Palmas - Tocantins October 23th to 1st November 2015

<http://en.jogosmundiaisindigenas.com/>

The other events can be found at the Centro Esportivo Virtual -

<http://cev.org.br/eventos/>

Information from IAPESGW Board Member Beatriz Ferreira

CANADA

PLAY FAIR, the new documentary on women and sport in Canada

We are very pleased to confirm that PLAY FAIR, the new documentary on women and sport in Canada, was released on July 15, 2015 (Wednesday).

PLAY FAIR is a compelling, unflinching and visually strong documentary that questions the assumption that women have reached full rights in sport. The film is rich in interviews with world-class Canadian athletes, coaches and activists, including Hayley Wickenheiser, Silken Laumann, Kallie Humphries and Abby Hoffman, as well as young athletes who are forging new paths.

It explores the state of women's rights at elite and community levels, on the fields and in boardrooms where sport decisions are made. Most importantly, it explores what the future holds for girls, women, sport bodies and sport policies in Canada.

www.playfair.tv

Karen Lofstrom, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)

IRAN

Int J Prev Med. 2014 Dec;5(Suppl 2):S108-13. Short-term Effects of a Physical Activity Intervention on Obesity and Aerobic Fitness of Adolescent Girls. Kelishadi R et al

[Author information](#)

Abstract

Background: In the past two decades, physical activity has decreased during both childhood and adolescence, and particularly adolescence. It seems that schools are attractive settings in which to implement interventions designed in order to promote physical activity in children; but in Iranian students, few studies have evaluated the effects of such interventions on overweight and obese children. The aim of this study was to evaluate the effects of a short-term school-based physical activity on obesity and aerobic fitness in 12-14 years aged girls.

Methods: This is a study with single group pretest and posttest design, in which 129 middle school girls in city of Isfahan were assessed based on preventive plan of inactivity in children at the Provincial Health Office. Variables, including weight, height, body mass index (BMI), waist-hip ratio (WHR), body fat percentage and aerobic power of subjects were measured using valid tests.

Results: This study showed that subjects' body fat percentage changed about 3.6% (37.74% pretest vs. 36.39% posttest), VO₂ max changed 7.43% (29.72 pretest vs. 31.93 posttest), WHR changed 1.12% (0.89 pretest vs. 0.88 posttest), whereas BMI was changed 1.65% (27.80 pretest vs. 27.34 posttest). Findings also revealed that there were significant differences between fat percent, ($P = 0.001$) and VO₂ max ($P = 0.001$) of subjects, but there was no difference between BMI of them in pre- and post-tests ($P = 0.361$).

Conclusions: These results suggest that even a short-term exercise intervention may lead to positive changes in body fat percentage, WHR and aerobic fitness of overweight children. Therefore, school-based physical activity interventions can be an effective preventive strategy to control obesity and overweight in students.

[View the full article](#)

IRELAND

Belfast Telegraph (24 July 2015)

Top female GAA player weighs into sexism row over competition prizes

One of Ulster's top female sporting personalities is urging the Gaelic Athletic Association (GAA) to "absorb lessons" from the furore surrounding the recent Poc Fada competition.

The event, which was staged over Hen Mountain near Hilltown, was won by Down player Catherine McGourty, who subsequently took issue with the fact that she was only awarded a medal while the men's winner, Paddy McKillion (Tyrone) received the bonus of a trophy and a skiing holiday.

Ms McGourty claimed that "an injustice had been done" and said: "I think with the establishment of the Women's Gaelic Players' Association at the start of this year, they are there to make sure things are done right for women in sport, in particular ladies' football and camogie."

Tyrone's Gemma Begley, who has been a member of her county's ladies football team for several years and sits on the executive of the Women's Association, believes the affair highlights the "demeaning" manner in which women can be treated within the GAA.....
[View the full news item](#)

JAPAN

Japan Association of Physical Education for Women (JAPEW) The 28th All Japan Dance Festival – Kobe, at Kobe Bunka Hall (Hyogo), 5th-8th August

To interact participants and also contribute development of dance, JAPEW will hold annual dance festival for dance clubs at high schools and universities in 5th -8th August. This dance festival is the only national creative dance competition for dance clubs at high schools and universities in Japan. All the dance pieces are originally choreographed and danced by young students. Therefore, students are eager to show their dance every year.

Last year, 90 high schools and 28 universities (More than 2500 students) performed their original dance pieces, and it was broadcasted by NHK (Japanese Broadcasting Corporation).

This year, 96 high schools and 32 universities are already applied for this festival. Surely, there will be great enthusiasm and commitment for dance.

View more at: <http://www.ajdf.jp/index.html>

Japan Association of Physical Education for Women (JAPEW) JAPEW SUMMER SEMINAR “Dance for All”, at National Olympics Memorial Youth Center (Tokyo), 18th-19th August

This seminar is for the training on the teaching methods for physical education and dance in preschool, elementary, junior-high and high schools, as well as life-long sports, dance and physical activities.

There are 2 training courses in the programme; A: For Life-long Sports, BC: For Physical Education at schools. For A course, there are lectures of psychology to consider about life, then practical of dance movement as lifelong-sports and experience of Japanese traditional dance movement. For BC course, to discuss about Physical Education in Japan, we invite one of the members of Ministry of Education, Culture, Sports, Science and Technology as lecturer.

There are also practical sections for teaching methods by various teachers to approach children in each stage.

Aoi Tanaka
International Communication Committee
Japan Association of Physical Education for Women (JAPEW)

UK

Public Health England (2 July 2015)

Study finds physically active children are happier and more confident

Change4Life and Disney's 10 minute shake up campaign launches with release of new study on the benefits of physical activity for children.

Today (2 July 2015) marks the launch of this year's 'Change4Life 10 minute shake up' campaign with Disney. The campaign aims to encourage children to do 10 minute bursts of moderate to vigorous activity, inspired by Disney characters, throughout the day, and every day, in order to meet the recommended 60 minutes of physical activity children need.

This year's campaign launches to coincide with the publication of an [evidence review by British Heart Foundation \(BHF\) researchers](#) from the University of Oxford and Loughborough University, which identifies the direct benefits that physical activity has on children in terms of their physical, social and emotional development.

The new review points to strong evidence that physical activity and sport has a positive impact on children's social skills and self-esteem. The evidence review also identified further social benefits for children as a result of physical activity including increased confidence and peer acceptance, alongside a link to friendship.....

[View the full press release](#)

Change4Life evidence review: rapid evidence review on the effect of physical activity participation among children aged 5 to 11 years. Public Health England, 2 July 2015 (26 pages)

This rapid evidence review aims to identify relevant literature on the physiological, psychological, social, and behavioural outcomes of physical activity participation among children aged 5 to 11 years, and provide an indication of the strength of the evidence for each outcome.

[Download a copy](#)

The Independent (4 July 2015)

A step change for women's sport

There is a wider understanding that the different-paced games hold different but equal attractions.

In the space of a few days last week, the nation acquired some new heroes and role models. The England women's football team pluckily lost in extra time to Japan in the World Cup semi-final on Wednesday, and Heather Watson pluckily lost to Serena Williams at Wimbledon on Friday in what was probably the tournament's best match this year. We know from recent history that yesterday's plucky losers can be tomorrow's giant killing winners: last week was a great one for British women's sport.

Watson's story is a wonderful one: the British girl who visited Wimbledon at the age of seven or eight and bought a poster of Venus and Serena Williams – on her wall for years – and then found herself playing her childhood pin-up and nearly beating her.

Hers is the kind of story that, we hope, will inspire and motivate a new generation of young women to take part in sport and to compete on equal terms with men. The Independent on Sunday has tried to lead the way with more coverage of women's sport, but we realise that there is a long way to go.

According to the Women in Sport campaign, just 7 per cent of all sports coverage last year was devoted to women's sport. In light of this imbalance, it is surprising that the "participation gap", the difference between the numbers of men and women taking part in sport, is only 1.7 million: there are 6.9 million women aged 16 or over who are engaged in sport once a week against 8.6 million men.

However, it feels as if we may be on the threshold of a big cultural shift in attitudes towards sport that could narrow those gaps. Some markers of formal equality have already been achieved. Equal prize money in tennis and many other sports is a battle that is being won. But

it needs popular attitudes to change. The reason media organisations often give for devoting less coverage to women's sports is that there is less demand for it. This is obviously a two-way process, even if it is more one way than the other.....

[View the full article](#)

England Athletics (7 July 2015)

Find out more about This Girl Can: Running

We have put a guide together for clubs who want to get involved and interact with the This Girl Can: Running campaign.

You will probably have seen coverage of This Girl Can - the award winning campaign from Sport England which celebrates active women and encourages more to become involved in exercise.

The end of June saw the launch of the This Girl Can: Running website and campaign which England Athletics has worked to create with Sport England and a wide range of partners with the aim of getting more women running, whether they start off with a lap of their local park or nipping out for a short run around the block.

Your club can engage and interact with this campaign to both raise awareness of the way your club works to support and provide opportunities for women, and to support the wider This Girl Can: Running campaign.

[To find out more please download the 'This Girl Can: Running Information for Clubs' document](#)

.....
[View the full details](#)

RFU (6 July 2015)

Pitch up and Play launched for Rugby Women

- Free taster sessions to take place over the summer
- "Give rugby a go regardless of age, ability or previous experience" – Natasha Hunt

If you still thought rugby was just a sport for men, think again. Participation in women's rugby has doubled in the past 10 years and, of course, England Women are 15-a-side world champions.

Keen to attract even more women to the game, England Rugby have launched their new women and girls' programme Pitch up and Play.

Rugby clubs across the country will offer free sessions this summer, open to women of all abilities.

Women will be encouraged to play to their strengths whether they're fast, agile, tall or strong, Pitch up and Play empowers women to unleash their inner toughness and unites all as Rugby Women.

The key focus is encouraging women into the sport with inclusive, enjoyable and informative sessions, whether they're brand new to rugby, a sofa supporter or a returning player. With an introduction to tackling, Pitch up and Play also includes skills, fitness and match play.....

Pitch up and Play sessions launch in July and run throughout the year. [Head here for more information.](#)

[View the full news item](#)

Inside the games reports (13 July 2015)

London appoints head of operations for 2017 IAAF World Championships

A head of operations has been appointed by the organisers of the 2017 International Association of Athletics Federations (IAAF) World Championships in London, it was announced today.

Michelle Dite, a former England hockey international, will take on the role which will cover all operational areas, including accommodation, security, technology, broadcast, volunteer programme and transport, for the Championships due to be held in the Olympic Stadium on the Queen Elizabeth Olympic Park.....

[View the full news item](#)

Loughborough University (17 July 2015)

Loughborough study reveals standing desks in schools could help tackle sedentary behaviour

How best to combat sedentary behaviour (prolonged sitting) in primary schools and encourage children to become more active has formed the basis of two new pilot studies in the UK and Australia.

Led by researchers at Loughborough University, in partnership with the [Bradford Institute for Health Research](#) (BIHR), the [Stand Out in Class](#) study introduced a bank of six specialist [Ergotron](#) sit-to-stand desks in Year 5 classrooms (ages 9-10) in Bradford – a city with high levels of deprivation and childhood morbidity. Findings of this study were compared to a similar study conducted in Melbourne, Australia, where all standard desks in Year 6 classrooms (ages 11-12) were replaced with sit-to-stand desks.

Lifestyle health-related behaviours in childhood typically track into adulthood. But by changing environments associated with prolonged periods of sitting, such as the classroom, researchers believe sit-to-stand desks have the potential to change behaviour in younger generations.

The Stand Out in Class findings showed that it may not be necessary to replace all standard desks with sit-to-stand desks. For example, in the Bradford study, over a nine-week period, 27 pupils were exposed to the sit-to-stand desks once a day for at least one hour, resulting in a reduction in their classroom sitting time of 52 minutes a day on average. The pupils' step count also increased significantly.....

[View the full news item](#)

Patterns and trends in child physical activity: a presentation of the latest data on child physical activity. Public Health England, July 2015 (21 slides)

PowerPoint slides presenting key data and information on adult and child physical activity in clear, easy to understand charts and graphics. These can be used freely with acknowledgement to Public Health England.

[Download the slides](#)

USA

Huffington Post (20 July 2015)

Ed Moses blog: Sport for All: The Case for Inclusive Physical Activity Programs

The Special Olympics are about to begin in Los Angeles and by this time next year the Olympics and Paralympics will be underway; the world will be watching sport and judging success in wins and losses. While many of the athletes working with me at Laureus USA are Olympians and Paralympians, we understand something as a collective group which is very important - not every kid is going to compete for gold, but every kid deserves a chance to play sports. Therefore we've banded together as a Laureus family to promote universal access to sport for kids, which means a [commitment to inclusion](#).

Kids can be excluded from sports due to a variety of reasons including but not limited to ability, economics, demographics, people in cultural environments that deter motivation to engage in physical activity, distance from facilities and lack of access to transportation, or lack of access to resources. Nike's Designed to Move report in 2012 stated, "Girls, children with

disabilities, and those from low-income families are often the most excluded from opportunities to engage in sports and physical play." The sport for good movement is trying to reduce these barriers, reach these children, and provide them with access to quality sports programs. In order to be successful this process will take time, innovation, and changes to existing systems.

For girls and people from low-income families, Laureus USA is supporting a socially inclusive model for youth development through sports currently in New Orleans and then aims to replicate the [Model City](#) approach in other cities. In this city, for example, our direct grants reach 56% girls in a community where publicly funded programs serve 5% girls. Most organizations within the sport for development sector focus on these populations; programs serving children with disabilities (either exclusively or embedded within the framework of their program) are rarer. The sport for development movement needs to intentionally focus on reaching these children either by reducing the barriers for them to engage in existing programs or specifically designing programs for these young people.....

[View the full blog](#)

Athletics Business (19 July 2015)

Women's sports popular, but value isn't commercial

We're two weeks removed from the World Cup victory of the U.S. Women's National Team, and a week past the 2015 U.S. Women's Open in Lancaster.

In both tournaments, the competition was compelling and the brilliance of these world-class athletes was inspiring.

But predictably, an all too familiar conversation around women's athletic events resurfaced. In the case of the women's soccer team, the discussion centered on whether the World Cup

victory will have a long-lasting impact on the growth of the sport, particularly as it relates to the long-term viability of a women's professional soccer league. And in the case of the U.S. Open, the continued disparity of media coverage, sponsorships and financial support as compared to the men's pro golf tour was highlighted.

In both cases, the issue at the crux of the debate ultimately relates to whether the commercial appeal of women's sports will ever be on par with the men.

The short answer? Probably not.

But that's not all bad. In the case of athletics, mimicking the men is not always a good idea.

That said, there is absolutely no question the commercial appeal and impact of elite women's sports is going to continue to grow in every way -from media coverage, to funding, to improved talent levels to increased corporate sponsorships. Despite the fact that there are still major gaps in funding and support in high schools when it comes to sports teams for boys and girls, much of this growth will be a result of the ongoing accumulative effect of Title IX, which was adopted as part of the 1972 Education Act and designed to prohibit gender discrimination in federally funded education programs.....

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Swish Appeal (25 July 2015)

Colin Davenport: WNBA and gender equality

2015 has been a phenomenal year for female athletes. From Serena Williams' dominance in tennis, to the USA Women's Soccer team winning the World Cup, they have highlighted the excellence of the female athlete. And with the growth of the WNBA, the league is playing a vital part in bridging the gap of gender equality.

The Women's National Basketball Association (WNBA) hosts its annual All-Star game today. Two dozen of the greatest athletes to ever play the sport, including multiple Olympic medallists, will compete against each other in front of a sell-out crowd in Connecticut.

It is one of the highlights of the year for the organization that possesses the toughest competition of any professional league in the world. Unfortunately the game and the WNBA, just like every major women's sports endeavor in history, has been largely ignored by mainstream culture. The question is why?

From the perspective of international basketball superstar and United Nations Women's advocate Lauren Jackson, the reason for the lack of acceptance is a systemic issue.

"It's ingrained in us to think that women's sport isn't as good as men's sport," Jackson [said earlier this year in an interview](#) with journalist Zoya Patel. "(T)here needs to be a push for equality for future generations coming through, and more of a focus on promoting women's sport."

Jackson, along with countless others, call for greater exposure for women's sports is finally beginning to be answered by the mainstream media. From Ronda Rousey's incredible [14 second knockout of Cat Zingano](#), to Serena Williams' utter [domination of her competition, to the USA women's soccer team claiming their first world cup in 16 years](#) in front of a record-breaking television audience, 2015 has been a breakthrough year for women's sports.

Never before has so much attention been given to so many female athletes from such a wide range of sports for such a prolonged period of time. At the forefront of this cultural shift is the WNBA itself.....

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**Physical Literacy in the United States: A model, strategic plan, and call to action.
Project Play, Aspen Institute, no date – is new, [July] 2015 (40 pages)**

This white paper provides the rationale (call to action), model (what seems to work), and strategy (how to) for a national initiative to promote physical literacy in the United States. Particular attention is given to vulnerable populations, including children from low-income families, youth from racial and ethnic minorities, **girls**, and children facing physical or developmental challenges. This paper conceptualises a path forward, a journey that will require sustained commitment and coordination from a number of sectors.

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