



News and Resource Update July 2016: Your guide to what's happening around the world

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

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IAPESGW 18th World Congress - *Women and Girls in Sport: Research to Action* Barry University, Florida, USA 17 – 21 May 2017

Themes:

- Pedagogy of Physical Education, Sport, and Dance
- Lifelong Physical Activity for All
- Global to Local Initiatives and Assessment
- Sport Sciences

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

www.barry.edu/iapesgw

PLEASE visit the website as information starts to be released for the 18th Congress next year.

Joining IAPESGW – Special membership offer extended

We are pleased to advise colleagues of the special rate of \$50 Canadian for a membership covering 2016 to 31 March 2017 – please encourage your contacts to take up this offer.

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

International

Received from Beatriz Ferreira, IAPESGW board member...

2016 International Convention on Science, Education and Medicine in Sport (ICSEMIS) 31 August to 04 September 2016, Brazil. Santos -SP

<http://www.icsemis2016.org/>

IAPESGW will have an important role in the ICSEMIS, speakers, symposium organizations, presentations and meetings.

There will be the launch of the Serie: Inspiration Women in Africa, America, Asia, Europe, Oceania: making a difference in physical education, sport and dance.

The Olympic Games in Rio de Janeiro – 05 to 21 August 2016 represent the biggest event of high level sport and brings together athletes, coaches and personalities and much more. We hope to be a success despite the economic and social situation in Brazil.

Grassroots Sport - Shaping Europe: Report to Commissioner Tibor Navracsics. High Level Group on Grassroots Sport. European Commission, June 2016 (31 pages)

The European Commission (DG EAC) set up a High Level Group (HLG) on Grassroots Sport, under the political leadership of Commissioner Tibor Navracsics. The HLG met five times during 2015 and 2016.

The HLG noted that all respectable academic studies point to significant economic benefits from grassroots sport: not only in terms of the direct economic benefit of spending in the sector but also deriving from the benefits to employers of fewer days lost to sickness absence and the benefit to society of a reduction in healthcare costs. Grassroots sport policy could therefore make an important contribution to achieving the goals of the EU's Juncker Plan. The HLG considered furthermore that several issues which are fundamental to the beneficial social contribution of grassroots sport and are often linked should be investigated and recommendations elaborated. These are:

- Health
- Social inclusion
- Informal learning and skills development
- Volunteering
- Economic dimension
- Sustainable financing
- Urban planning and infrastructure

[Download a copy](#)

High Level Group on Sport Diplomacy - Report to Commissioner Tibor Navracsics. European Commission, June 2016 (52 pages)

Because the EU foreign policy objectives and values of sport do match, it is the HLG belief that sport can help the EU reach many of its external political ambitions. Sport can be an element of dialogue and cooperation with partner countries and third countries as part of the EU's diplomacy. It can facilitate the EU's and its Member States' relations with the wider world.

[Download a copy](#)

[View the related news item for the release of the two EC sport reports \(29 June 2016\)](#)

Inside the games reports (6 July 2016)

Women from France and Spain to become first rugby Olympians since 1924 in Rio

Female players from France and Spain will become the first rugby Olympians since 1924 at Rio 2016, it has been confirmed.

The European neighbours will meet in the first game of the rugby sevens competition at the Deodoro Stadium in the Brazilian city, in a Pool B clash on August 6.

Sevens is making its debut on the Olympic stage, with 15-a-side rugby union last appearing on the Olympic stage in Paris 92 years ago.

All 12 countries involved in the women's tournament will play two matches on the opening day of competition, which comes just a day after the Opening Ceremony.

New Zealand and Kenya will join France and Spain in Group B, with Australia, United States, Fiji and Colombia contesting Pool A.

Hosts Brazil will begin their campaign with an interesting looking clash against Great Britain in Group C, with Canada and Japan completing Pool C.

The top two sides from each pool, plus the two best third-place teams, will progress to the quarter-finals.

The final pool matches will be played on August 7, with the women's quarter-finals, semi-finals and finals played a day later when the medals will be decided.

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

Inside the games reports (14 July 2016)

CGF President establishes Commonwealth Games Gender Equality Taskforce

A Gender Equality Taskforce has been established by Commonwealth Games Federation (CGF) President Louise Martin to ensure equal opportunities for women across the region, it has been announced.

The Transformation 2022 Commonwealth Games Gender Equality Taskforce, which has been given a mandate to “leave no stone unturned” in pursuit of equality, will work with sporting stakeholders, including future Games and Youth Games host cities, International Federations and member Commonwealth Games Associations (CGAs).

The body, which will be led by CGF vice-presidents Kereyn Smith of New Zealand and Canada's Bruce Robertson, will “comprehensively audit and explore opportunities for gender equality across all of the Commonwealth Sport Movement's activities and impacts”, according to the CGF.

This includes an attempt to increase the number of female coaches in sport across the Commonwealth's 71 nations and territories as well as gender equality in the CGF's governance structure.

One of their main remits will be to oversee plans to achieve athlete equality in organisation and participation at both the Commonwealth Games, the CGF's flagship quadrennial multi-sport event, and the Commonwealth Youth Games.....

[View the full news item](#)

Laureus Sport for Good (14 July 2016)

Fight sports punching their weight in the future of Sport for Good

As Sport for Development has come of age during the last half-decade, with it has come global recognition of sport as a tool for change.

At the turn of the Millenium, Magic Bus was an organisation just beginning to understand the challenges that Indian girls faced. Today, 17 years later, with a multi-million dollar turnover the charity is reaching and impacting on 400,000 children a year and has now expanded to run programmes across the sub-continent.

PeacePlayers International came from humble roots tackling race issues and apartheid in South Africa. Today, with one in ten of the world's children currently living in countries affected by armed conflicts, PeacePlayers International has been able to establish programmes in Israel/Palestine, Cyprus, the United States, Northern Ireland and Bosnia and Herzogovina.

Fight for Peace has gone from small roots in Brazilian favelas to an internationally recognised programme with ties to big brands like the Ultimate Fighting Championship. Alumni from their training programme can be found all around the world.

Yesterday's innovations in Sport for Development have not only gained a mainstream foothold in the communities in which they work, but they have become big hitters in the development world, championing sport as a vehicle for change.

The success stories are the reason the sector continues to grow and they will serve as mentors for the next wave of innovative solutions to our most pressing development needs. With organisations like Laureus-supported Magic Bus, PPI and FFP blazing a trail for others, who is following in their footsteps? Where are the hotbeds of innovation in Sport for Development?

There are a few programmes which have a unique approach to issues that once seemed impossible to tackle.

Fight sports have not often been associated with girls and young women, however, in the face of rising incidents of gender-based violence, some organisations are using sport not only to empower and embolden, but also to protect and defend. An increasing number of organisations in different countries are turning to fight sports to create strong female figures in their communities.

Two such examples are MIFUMI in Uganda, which uses karate, and [Boxgirls](#) in Kenya, which uses boxing to keep young Kenyan women safe, and which is the winner of a [With and For Girls Award](#) for its unique approach.....

[View the full news item](#)

IOC Diploma Sports Nutrition, YouTube (5 July 2016)

Should all athletes eat a high carbohydrate diet? - Louise Burke

Watch a short video from the IOC Diploma Program in Sports Nutrition featuring Dr. Louise Burke, 14 April 2016

[Access the video](#)

Note: Louise is a sports dietitian with 35 years experience in the education and counselling of elite athletes. She has been Head of Sports Nutrition at the Australian Institute of Sport since 1990. Her role as the team dietitian for the Australian Swimming Team from 1991-2007 and Australian Olympic Team from 1996-2012 provided extensive experience with international competition, the organisation of team travel and dietary concerns of the travelling athlete. Louise's publications include over 250 research papers in peer-reviewed journals and book chapters, and the authorship or editorship of several textbooks on sports nutrition. She is an editor of the International Journal of Sport Nutrition and Exercise Metabolism. Louise was a founding member of the Executive of Sports Dietitians Australia and is a Director of the IOC Diploma in Sports Nutrition.

[Source of information](#)

Medline Plus (18 July 216)

3 Health Issues That Can Threaten Young Female Athletes: Pediatricians' group urges members to watch out for the 'female triad'

Doctors need to be on the lookout for a trio of harmful health conditions in young female athletes, a new report says.

Known as the "female athlete triad," the conditions include eating problems, menstrual problems and weakened bones, according to the American Academy of Pediatrics. Experts now know that all three conditions need not be present together to cause long-term health issues, and that they are triggered by strenuous sports training and not eating enough to meet the body's demands.

"Each one of the components really exists on a spectrum," explained report co-author Dr. Amanda Weiss Kelly, division chief of pediatric sports medicine at Rainbow Babies & Children's Hospital in Cleveland.

The report discusses what is known about the triad and how doctors can screen for it during routine office visits.

Doctors can ask a number of questions involving eating habits and views, menstrual period patterns and orthopedic issues such as stress fractures, the report said.

Depending on the answers, a doctor can decide what to do next. For instance, if a girl has had stress fractures without any increase in training and has irregular menstrual periods, testing bone health may be in order, the report said.....

[View the full news item](#)

Medline Plus (25 July 2016)

Even a little exercise may help younger women's hearts: Those active about 2.5 hours a week had 25 percent lower disease risk than those who weren't, study found

Younger women who exercise just 2.5 hours a week may cut their risk for heart disease by up to 25 percent, a new study suggests.

"The habits and the choices we make in the first half of our life determine our well-being and freedom from chronic disease in the second half of our lives," said Dr. Erin Michos, an associate professor of medicine and epidemiology at Johns Hopkins School of Medicine in Baltimore.

"Importantly, higher levels of physical activity have been shown to be associated with reduction in rates of heart disease, stroke, cancers, diabetes and many other chronic health conditions," said Michos.

She co-authored an editorial accompanying the study, which was published online July 25 in the journal *Circulation*.

Lead researcher Andrea Chomistek said women can achieve the recommended 150 minutes of moderate-to-vigorous physical activity per week in as many or as few sessions as they wish.

Joining a gym or walking or bicycling, or any other moderate activity that one enjoys, can be enough to reduce your risk of heart disease, she said.....

[View the full news item](#)

Inside the games reports (28 July 2016)

Canadian Commonwealth Games gold medallist takes up position on CGF Sports Committee

Canada's Linda Cuthbert has been elected as the Commonwealth Games Federation (CGF) Sports Committee representative for the Americas region.

Cuthbert, winner of a Commonwealth Games gold medal in the women's 10 metre highboard at Edmonton in 1978, replaces Bermuda's Philip Guishard. He has stood down due to illness.

Cuthbert was chosen by the Commonwealth Games Associations of the Americas region - Bahamas, Belize, Bermuda, Canada, Falkland Islands, Guyana and St Helena - ahead of Bermuda's Douglas Stanley.

Cuthbert, who also competed at the 1974 Commonwealth Games in Christchurch, has been a vice-president of Commonwealth Games Canada (CCG) since 2006.

She is currently in charge of CGC's External Relations Committee, has previously chaired CGC's High Performance Sport Committee and also sits on the Canadian Olympic Committee's Ethics Committee.....

[View the full news item](#)

Physical activity strategy for the WHO European Region 2016–2025. World Health Organization, Europe, July 2016 (32 pages)

This physical activity strategy was prepared in the light of the existing voluntary global targets set out in the WHO Global action plan for the prevention and control of noncommunicable diseases 2013–2020, endorsed by the Sixty-sixth World Health Assembly in May 2013. The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of noncommunicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.

[Download a copy](#)

[View the BHFNC news report on the release of the WHO-Europe strategy \(4 July 2016\)](#)

Specific countries

AUSTRALIA

Elite Sport Male Champions of Change

#RIOROLEMODELS: Celebrating women in leadership across elite sport in Australia

Check out our next four #RioRoleModels, who each followed a different path to leadership:

[Katie Ryan](#); [Lynn Fowlie](#); [Lisa Elkington](#) and [Simone Foundation](#)

[Source of information](#)

Sky Sport (30 June 2016)

Amy Perrett to become Super Rugby's first female official

Amy Perrett will make history on Saturday by becoming the first female official at a Super Rugby game after being appointed assistant referee.

The 25-year-old Australian, a full-time professional referee, will be on duty for the Melbourne Rebels and Western Stormers clash on Saturday.

Perrett took charge of the 2014 Women's Rugby World Cup final, [which saw England defeat Canada in the Stade Jean-Bouin in Paris](#), and is one of Australia's two representatives for the Rio Olympics.....

[View the full news item](#)

Inside the games reports (27 July 2016)

Australian Paralympic medallist across five different sports dies aged 82

Australian Paralympic legend Daphne Hilton, a 14-time Paralympic medallist across five different sports, has died aged 82.

Tributes have been led by the Australian Paralympic Committee (APC), who described having lost one of its "true trailblazers".

Hilton (née Ceeney) became a paraplegic after a horse-riding accident in 1951 at the age of 17, which had left her in hospital for nine months. **She was her country's only female competitor at the first Paralympic Games in Rome in 1960**, winning two gold medals in 50 metres breaststroke and crawl swimming events.

She also won two silvers and bronze in athletics and a silver medal in archery. Table tennis doubles gold followed four years later in Tokyo, along with silver and bronze in swimming and further bronze medals in archery and fencing. She then won two more athletics bronzes at Tel Aviv 1968, along with a swimming silver.

After retiring following these Games, she made a brief return in the 1990s in a bid to compete in lawn bowls at Sydney 2000. This was unsuccessful as the sport was taken off the programme, but she still won a pairs silver and bronze aged 68 at the 2002 World Wheelchair Games.....

[View the full news item](#)

JAPAN

Inside the games reports (5 July 2016)

Tokyo 2020 appoint weightlifting sport manager

Reiko Chinen has been appointed as the weightlifting sport manager for the 2020 Olympic Games in Tokyo, it has been announced.

Chinen has been involved in weightlifting more than 30 years having originally started as an athlete.

Since moving into administration, Chinen has been involved in five Olympic Games as a technical official.

She was also the technical director at the 2014 International Weightlifting Federation (IWF) World Championships in Almaty in Kazakhstan.....

[View the full news item](#)

MALAWI

IAPESGW members creating and supporting programmes to develop sport leaders who make a real difference

Editor - I received this note from IAPESGW board member Darlene Kluka this month...

I just finished a winter school session in Blantyre, Malawi. For the past nine years, we have been delivering a year-long basic sport business management certificate program and an advanced program for the Malawi National Sports Council (MNSC). George Jana, the CEO of the MNSC, approached the University of Pretoria through Prof Goslin to create a certificate program in sport business management customized to the country to Malawi. Prof enlisted me to initially begin developing the curriculum with her. She then solicited Dr. Gerrie van Wyk and Mr. Menze N'Cogo to complete the team.

This year in the beginning program, Doris Suwedi from Special Olympics Malawi is on the course.....

Doris Suwedi, Special Olympics Malawi, sent Darlene an article on the work in Malawi to make sport accessible to everyone. She describes how Samuel Mbukwa, who is intellectually disabled, competed in an Athletics Association of Malawi 21km race. This was the first time for SOM to participate in this national event whereby SOM was trying to lobby for inclusiveness, and this was done by asking Athletics Association of Malawi to give a chance to Samuel to participate on behalf of fellow athletes.

[Please read Doris's full report of the event](#)



SOM National Sports Director, Doris Suwedi (L), Samuel (C) & SOM Board Chair, Peter Mazunda

NEPAL

Inside the games reports (27 July 2016)

Bhandari named Para-Athlete of the Year by Nepal Sports Journalists Forum

Taekwondo player Sita Bhandari was crowned as the Para-Athlete of the Year at the Pulsar Sports Awards ceremony at the Nepal Academy Hall.

The honour was granted to Bhandari by the Nepal Sports Journalists Forum following her achievements in the past 12 months.

Bhandari, who lost her left hand at the age of six after receiving burn injuries, was one of only two athletes from Nepal to win a medal at the 2015 International Wheelchair & Amputee Sports (IWAS) World Games in Sochi.

She secured a bronze medal, a performance she matched at this year's Asian Para Taekwondo Championship in Manila.....

[View the full news item](#)

SAUDI ARABIA

Inside the games reports (18 July 2016)

Four Saudi Arabian women set to compete at Rio 2016 Olympic Games

Saudi Arabian women are expected to take part in the Olympic Games for just the second time after four female athletes from the kingdom were named as part of their team for Rio 2016.

According *Reuters*, a spokesperson said Sarah Attar, Lubna Al-Omair, Cariman Abu Al-Jadail and Wujud Fahmi will be given wildcard entries to participate in next month's event in the Brazilian city.

It means they will not have to go through a formal qualification process and will be cleared to follow in the footsteps of two athletes - 800 metres runner Attar and judoka Wojdan Shaherkani - who represented the gulf nation at London 2012.

Attar, who is now 22, finished last in the sixth heat of the 800m qualification, while Shaherkani suffered defeat in 82 seconds to Puerto Rico's Melissa Mojica in her first round under-52 kilograms clash.

Al-Jadail looks set to compete in the 100 metres while Omair is braced to enter the fencing tournament.

Fahmi will also hope to realise an Olympic dream when she takes to the mat in the under 52 kilograms judo competition.

Saudi Olympic Committee (SOC) chief executive Hosam Alqurashi had admitted the announcements over male and female selections had to be revealed separately due to the issues with gender segregation.

In fact, the four women were not named by the SOC on the official team as only the seven male competitors were listed.....

[View the full new item](#)

TIMOR-LESTE

UNESCO (11 July 2016)

Empowering the Youth through Sport in Timor-Leste: launching the second phase of the "Sport for Life" initiative

The energy of youth is on display this week in Dili, Timor-Leste, where the "Sport for Life Youth Leadership Camp" is bringing together youth facilitators from all 13 municipalities of the country. From July 4th to 16th, they are trained to become facilitators themselves, to replicate the Sport for Life activities and to spread the positive influence of sport on youth development

across the country, conducting the events at the sub-municipal level, so that every young person is given the opportunity to engage.

The Story of Youth in Timor-Leste

It is often said that the hope of a nation is its youth, and in that sense, Timor-Leste has much to be hopeful about. The country has the highest proportion of youth in the Southeast Asia region: More than half of the population – 55 percent – is under 18, while more than third – 35 percent – is between 10 and 24 years of age, compared to the regional average of 27 percent for that age category.

A youthful population represents a great potential for the future of the country, as long as the young women and men have the opportunity to learn, to grow, and to lead healthy and productive lives. The available data points to serious threats to the realization of this potential in the country. Certain health and behavioural indicators for Timor-Leste raise alarm as the highest in Southeast Asia¹ :

- Adolescent Fertility Rate (births per 1000 women age 15-19): 51 (average for the region is 35). Not surprisingly, the country has the lowest percentage of Women Using Modern Contraception: 7% for ages 15-19, and 15% for ages 20-24 (average for the region 37 and 52 respectively).
- Percentage of Tobacco Use among Adolescents ages 13-15: 30% Female and 55% Male (average for the region is 5 and 20, respectively)
- Attitude Toward Wife-Beating among Young Women (percentage who agree under certain circumstances): 81% for ages 15-19, and 87% for ages 20-24 (average for the region is 35% and 33%, respectively)

[View the full news item](#)

UNITED ARAB EMIRATES

Inside the games reports (28 July 2016)

United Arab Emirates pick teenage female swimmer to carry flag at Rio 2016 Opening Ceremony

Teenage swimmer Nada Al-Bedwawi has been chosen as the United Arab Emirates' flagbearer for the Opening Ceremony of the Olympic Games here next week.

The 18-year-old will become the second female to carry the flag for the Emirati.

Maitha bint Mohammed bin Rashid Al Maktoum carried the flag at the Opening Ceremony of Beijing 2008. She is the daughter of Mohammed bin Rashid Al Maktoum, the Emir of Dubai, and represented the UAE in taekwondo at Beijing 2008.

Al-Bedwawi is four of female competitors in the UAE's Olympic team of 13 athletes for Rio 2016 and is due to compete in the 50 metres freestyle.

She will be first female swimmer to represent the Emirati in the Olympic Games.....

[View the full news item](#)

UK

England Athletics (27 June 2016)

Chair of England Athletics

England Athletics is pleased to announce Professor Myra Nimmo as its next Chair. Current Chair Peter King is standing down at the end of his term of office and, following a process led by England Athletics' Nominations Committee, Professor Nimmo was

recommended to the England Board, who have unanimously approved her appointment as Peter's successor with effect from October's AGM.

Professor Nimmo is currently Professor of Exercise Physiology and Pro-Vice-Chancellor Life and Environmental Sciences at the University of Birmingham. Her career, although always in Higher Education has always involved sport, serving on numerous bodies including the UK Sports Council. She also led, with colleagues across the country, the development of the National Centre for Sport and Exercise Medicine, based in the Midlands, London and Sheffield.....

[View the full news item](#)

Women in Sport reports (29 June 2016)

Team Up launches to grow women's sport

England Hockey, the ECB and England Netball have announced they will be working together on an exciting project called Team Up, centering on upcoming home Women's World Cups. The next three years is a unique period for women's team sports. England will host three consecutive Women's World Cups; 2017 ICC Women's Cricket World Cup, 2018 Women's Hockey World Cup and the 2019 Netball World Cup.

As such, all three National Governing Bodies are working together to build a fan base for women's team sports and host the best possible World Cups, not only with packed crowds but also by maximising on the legacy they leave behind. The initiative was launched at a special event at the finals day of the Hockey Champions Trophy.

The Team Up initiative will focus on developing a participation legacy for the three sports, as well as women's sport as a whole, and recognises that schools play a large part in the development of a sporting habit for girls.

As part of this Team Up project, an affinity scheme in which schools are encouraged to sign up to be a 'Team Up School', will provide support in the form of resources, training, as well as a number of other ways in which they can build up affinity points towards 'golden ticket' opportunities such as being ball girls for a World Cup Final!

[View the full news item](#)

England Golf (29 June 2016)

Girls Golf Rocks attracts hundreds of new players

Girls Golf Rocks has been hailed as a huge success after inspiring over 500 girls in nine counties to enjoy a taste of the game.

"There's been a tremendous response," said Lauren Spray, England Golf's Women and Girls' Participation Manager. "Over 430 of the girls who attended taster sessions have gone on to take structured coaching courses.

"We've also involved more than 100 girls from county squads who have acted as ambassadors to inspire the next generation of girl golfers."

The Girls Golf Rocks project is run jointly by England Golf and the Golf Foundation, working with the county associations and sports partnerships in Cheshire, Buckinghamshire, Dorset, Durham, Essex, Gloucestershire, Hampshire, Norfolk and Nottinghamshire.

Currently, figures show that only 1% of golf club members are girls, with an average of just two per club. Girls Golf Rocks aims to change that by attracting beginners to have fun, learn a new sport, get active and play alongside friends, with the encouragement of the young ambassadors.....

The results from Girls Golf Rocks coincide with the Women and [Family Golf Months](#), run by England Golf in June and July to highlight Get into golf opportunities across the country.....
[View the full news item](#)

Sport Industry Group reports (29 June 2016)

Laura Trott encourages girls to play #LikeAGirl

British cyclist and Olympic gold medallist Laura Trott is partnering with Always' #LikeAGirl campaign to share her own story and encourage girls to keep playing sport.

Data from the most recent Always' Confidence & Puberty Survey, shows that by the end of puberty, over half of girls surveyed (64%) will have quit playing sport. As part of the #LikeAGirl campaign Always also partnered with documentary filmmaker Nanette Burstein to find out how girls feel about playing sport.

The new [#LikeAGirl video](#), asked girls about their athletic experiences, the challenges and the benefits, what helped them stay in the game, or what led them to quit. Hear their stories and be motivated by their passionate rallying call for all girls to keep playing.

The survey also revealed that 8 out of 10 girls who quit sport during puberty felt they did not belong in sport and 61% wish there were more female role models in sport.

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The recent Always survey found that girls reported that three of the top benefits of staying involved in sport are increased confidence, teamwork, and staying in shape. However, despite the known benefits, girls still report that they don't feel like they belong in sport. Further, 67% of girls feel that society does not encourage them to play sport.

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[View the full news item](#)

British Heart Foundation National Centre for Physical Activity and Health (5 July 2016)

Physical activity in children

Twenty-four researchers have published an evidence-based consensus about physical activity in children and youth (6-18 years). It presents the accord on physical activity and children and young people in terms of fitness, health, cognitive function, engagement, motivation, psychological wellbeing and social inclusion as well as presenting educational and physical activity implementation strategies.

Theme 1: Fitness and Health

- Cardiorespiratory and muscular fitness are predictors of future cardiometabolic disease risk.
- Vigorous exercise has a marked favourable impact on cardiovascular risk factors.
- Physical activity is important in the treatment of many chronic diseases in children and youth.

Theme 2: Cognitive functioning

- Physical activity and cardiorespiratory fitness are beneficial to brain structure, brain function and cognition.
- Being active before, during and after school promotes scholastic performance. Time away from academic lessons for activities does not compromise scholastic performance.

Theme 3: Engagement, motivation and psychological wellbeing

- Being active has the potential to positively influence psychological and social outcomes.
- Good psychological outcomes in children and youth are related to an autonomy, supportive, mastery focused, caring/socially supportive environment, close friendships, peer group acceptance and parental attitudes and behaviours.

Theme 4: Social inclusion and physical activity implementation strategies

- Participation is influenced by socioeconomic status, gender, ethnicity, sexual orientation, skill level and disability.
- Social inclusion can be promoted by providing equal access to opportunities.
- Whole school approaches and enabling environments are effective strategies for enhancing physical activity.

[View the 3-page research article](#)

[Source of information](#)

British Cycling (8 July 2016)

Number of female coaches has soared by 70%, says British Cycling

British Cycling has revealed that the number of trained female coaches in the sport has grown by 70% since the organisation launched its women's strategy in 2013.

The ambitious strategy set out a number of aims, one of which was to ensure that, by 2020, more women were involved in the running of the sport. Just three years on, these new figures show that this vision is already well on the way to being turned into a reality.

The number of trained female coaches now stands at over 1,100, with almost half of that total number having qualified within the last three years. In order to ensure this momentum continues, British Cycling recently launched its 'Ignite Your Coaching' programme, designed to establish solid support networks - working collaboratively with experienced mentors - in order to encourage more women into coaching.....

[View the full news item](#)

CSP Network / Workplace Challenge reports (6 July 2016)

UK's leading plus-size athlete launches #OneBigFatRun a FREE virtual 5K in a bid to get 1 million FAT women running by 2020

Plus-size fitness guru, Julie Creffield, has launched her One Big Fat Run campaign in a bid to get 1 million overweight or inactive women running around the world by 2020.

Julie aims to break down the barriers that fat can't be fit. A barrier that Julie has experienced firsthand after a GP told her that she was too fat to run the Brighton Marathon in 2013 - even though she had run a marathon just two years previously at a similar weight and had clocked up many miles in training since.

It was at this point that Julie turned her popular blog into an exciting plus-size fitness brand and campaign for overweight women that has inspired, encouraged and motivated thousands of women to take part in running events around the world.

"Two million fewer women than men play sport in the UK, with many citing fear as the primary reason for not taking part" says Julie. "This is sad and wrong and needs to change!"

OneBigFatRun is a unique virtual running event which has been driven by social media and seen more than 5000 participants take part so far, but now Julie is hoping to grow the movement with a target of getting 10,000 women involved at the event this month on Sunday 31st July.....

[View the full news item](#)

Health Club Management reports (8 July 2016) Sport England commits to This Girl Can until 2020

Sport England has committed to investing in its This Girl Can campaign for at least another four years after recording a spike in participation figures.

According to the quango's 2015/16 annual report, its board has agreed to persevere with the campaign until 2020, subject to permission from the Department of Culture, Media and Sport (DCMS).

In 2015/16 Sport England spent £3.1m (US\$4m, €3.6m) on the campaign – which launched in 2014 – with £2.7m (US\$3.5m, €3.2m) going on marketing spend.

The report highlighted the traction gained by This Girl Can, with a quantitative survey conducted by TNS/BMRB finding that 2.8m women had participated in physical activity as a result of the campaign, with 1.6m of those claiming that they had started, or restarted, exercising.....

[View the full news item](#)

British Cycling (14 July 2016) Women Ahead join Ignite Your Coaching project

British Cycling launched a new women's coaching development network back in April, putting a call out for aspiring female coaches and leading lights from the industry to join together in creating an empowering and supportive environment.

The response was fantastic and matches have now been made to pair coaches with inspiring mentors, where activity has been focused around four pilot areas.

At this exciting project milestone, we are delighted to announce that Women Ahead have partnered with British Cycling to support the initiative and provide expert guidance.

[Women Ahead](#) is an international collective of mentoring experts who, in the last two years, have supported over 100 organisations to introduce and establish mentoring programmes.

This means helping 2,500 individuals to build rewarding relationships that promote personal development.

The first stage of the project saw Women Ahead delivering mentor training to those who are part of the network, after having been involved initially to help match mentors and coaches....

Applications remain open to anyone who would like to be involved as a coach or mentor. For more information about the project and to speak to one of the team, please [have a read through the Ignite page](#).

[View the full news item](#)

The Football Association (12 July 2016)

FA Women's Super League to move to new calendar in 2017

From 2017 The FA Women's Super League (FA WSL) will move to a new calendar, starting in the autumn.

The league will be played alongside the traditional football calendar, from September until May each season.

Next year, to bridge the gap between the seasons, there will be a one-off competition, The FA WSL Spring Series, which will be played from February to May. Each team will play each other once as they compete for their division's Spring Series trophy.....

[View the full news item](#)

Table Tennis England (12 July 2016)

Jill Parker becomes President at AGM

Jill Parker MBE has become Table Tennis England President for the term 2016-19. The former European champion was formally confirmed in the role at the recent Annual General Meeting.

She takes over from Doreen Stannard, who herself was awarded the Keith Ponting President's Memorial Award for exceptionally long and outstanding service to Table Tennis England. Doreen also became the first holder of the title of Honorary Past President.

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

British Cycling (20 July 2016)

Breeze launches inspiring new campaign to celebrate its volunteer Breeze champions

This summer, British Cycling's Breeze is proudly launching a new campaign to celebrate the variety of inspirational women who lie at the heart of the network.

The campaign features a selection of volunteer ride leaders, Breeze champions, from all over the UK who reflect the different backgrounds and shared passions of the network.

These women prove that whatever age or size you are or what barriers you've faced, cycling is something all women can get involved with.....

[View the full news item](#)

Scottish Government (21 July 2016)

Fund for sporting equality

£300,000 to encourage women's participation in sport.

A Sporting Equality Fund is to be set up with the aim of increasing women's engagement in sport, First Minister Nicola Sturgeon announced today.

The £300,000 fund will be used to find ways to close the gender gap that emerges in the early teenage years when 71% of boys compared to 51% of girls say they are active participants in sport.

The gap has been narrowing in recent years but significantly more men than women are active and significantly fewer describe themselves as inactive.....

[View the full news item](#)

Women in Sport (27 July 2016)

Women's Sport Wednesdays Launches

Women in Sport encourages the nation to get together, get active and raise money for Women's Sport Wednesdays.

Women in Sport is proud to launch Women's Sport Wednesdays, a fundraising campaign encouraging the nation to come together to play sport and raise money to help women and girls reach their full potential through sport.

The first Women's Sport Wednesday will take place on 5th October 2016, during national [Women's Sport Week](#), and will launch an ongoing campaign through which Women in Sport aims to make Wednesdays the day of the week when every playing field, pitch, pool, track and court will be filled with women and girls playing sport and having fun, all in the name of charity.....

We want to create a future where everyone can benefit from sport – regardless of gender. By taking part in Women's Sport Wednesdays you can help to achieve this. [Click here to download our Fundraising Pack to kick start your Women's Sport Wednesdays activity.](#)

[View the full news item](#)

UK Sport (28 July 2016)

UK Sport appoints new Director of Performance to maintain momentum after Rio 2016

UK Sport has appointed Chelsea Warr to the crucial role of Director of Performance to drive the progress of Great Britain's high performance system after Rio 2016.

Chelsea, who has worked at UK Sport since 2005, will be the strategic high performance lead for UK Sport. One of her first tasks will be to oversee the implementation of the critical strategic investments to be made by the UK Sport Board in December when around £350M of National Lottery and Government funding is expected to be invested in Olympic and Paralympic sports for Tokyo 2020 and beyond.....

[View the full news item](#)

British Heart Foundation National Centre for Physical Activity and Health (28 July 2016)

The Lancet physical activity series

Ahead of the Rio 2016 Olympics, the Lancet has launched a new four-paper physical activity series. The authors warn that since the 2012 London Olympics, there has been too little progress in tackling the global pandemic of physical inactivity.

An outline of the four papers is provided below:

Sitting time, physical activity and risk of death

One hour of brisk walking or cycling could offset health risks of eight hours of sitting is the conclusion from researchers who analysed data from over one million people from 16 studies. The research team wanted to see how many hours of daily physical activity would be required to eliminate the association between prolonged sitting time and increased risk of death. Examples of physical activity were brisk walking or cycling.

People who sat for eight hours a day but were physically active had a much lower risk of death compared to people who sat for fewer hours a day, but were not physically active. This suggests that physical activity is particularly important, no matter how many hours a day are spent sitting. In fact, the increased risk of death associated with sitting for eight hours a day was eliminated for people who did a minimum of one hour physical activity per day. The greatest risk of death was for people who sat for long periods of time and were inactive.

[View the paper](#)

Editor - you can also view a news item from the [University of Cambridge on this paper \(27 July 2016\)](#)

Economic burden of inactivity

The first study on the global economic burden of inactivity estimates the cost of inactivity to be at least US\$67.5 billion. High income countries bear a larger proportion of the economic burden while low and middle income countries have a larger proportion of the disease burden. The research included costs for the five major diseases associated with inactivity (coronary heart disease, stroke, type 2 diabetes, colon cancer and breast cancer) and therefore the actual cost of inactivity may be even higher than estimated.

[View the paper](#)

Progress since the 2012 Olympic Games

Since the 2012 Olympic Games, across the world progress has been made to develop national physical activity policies, however the policies are not always being implemented. In 2015, over 90% of countries had a physical activity policy, yet only 71% reported that the policy was operational. Despite the existence of physical activity policies, physical activity levels are still low across the world.

[View the paper](#)

Smarter approaches to physical activity

Authors of this paper state that increasing levels of physical activity will require collaboration between schools, urban planning, transport, sports and recreation and the environmental sectors, and greater efforts should be made to actively monitor physical activity as a risk factor in clinical practice.

[View the paper](#)

[Source of information](#)

Women in Sport - Ezine, July 2016 - [available to view](#)

UK Sport (28 July 2016)

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[View the full news item](#)

Women's Sport Trust (29 July 2016)

Virgin Money Giving and WST partner on 'Giving 100%'

Virgin Money Giving, the 100% not-for-profit fundraising website, and the Women's Sport Trust are joining forces to tell the greatest stories of women's sport in a new series of 10-minute films entitled: "Giving 100%".

The monthly series features two superstars from the world of women's sport who have this unique and intriguing opportunity to meet – in many cases for the first time – and interview each other.

The film allows viewers to eavesdrop on their conversation. Standby for shared revelations, laughter, drama, stories, remembered pain and glory. The athletes discuss when, how and why they came to give 100% to their sport – and what happened next.

The first of the series – to be launched on Saturday July 30th 2016, features the two longest serving women’s sport team captains of the modern era. Charlotte Edwards, the former England cricket captain, described as the greatest women’s cricketer of all time, talks to the GB hockey captain, Kate Richardson Walsh, on her way to Rio and celebrated for her heroic performance at London 2012 when she led her team to a bronze Olympic medal despite a broken jaw.....

[View the full details](#)

BMC Public Health BMC series – open, inclusive and trusted 201616:533. DOI: 10.1186/s12889-016-3203-x. Changes in sport and physical activity participation for adolescent females: a longitudinal study. Eime, R M et al

Abstract

Background: Participation in sport and physical activity is reported to decline during adolescence, particularly for females. However we do not have a clear understanding of changes in the context (i.e., modes and settings) of participation throughout adolescence. This study investigated longitudinal changes in physical activity participation and the specific modes and settings of physical activity, together with cross-sectional comparisons, for two age cohorts of female adolescents.

Methods: Survey of 729 adolescent girls (489 recruited in Year 7 and 243 in Year 11). Participation in eight different modes/settings was reported. PA was measured using 24-h recall diary and metabolic equivalent weighted energy expenditure (MET-min) in Leisure Time Moderate and Vigorous Physical Activity (LTMVPA) on the previous day was calculated.

Results: There were no significant changes in duration or total MET-min of LTMVPA on previous day. However, there were significant changes in the modes/settings of participation across time. Participation in school physical education rose during early adolescence before decreasing significantly, and participation in competitive sport and club sport significantly decreased over time; however there were increases in non-competitive forms of physical activity.

Conclusions: Overall levels of physical activity did not significantly decrease over adolescence, which is positive for physical health. However, the transition from structured sport to non-organised physical activity may affect social and psychological health, which needs to be further examined.

[View the 7-page article](#)

Publications of interest....

Sport for Success: the socio-economic benefits of women playing sport. Women in Sport and Investec, July 2016 (36 pages)

Thanks to the generosity of Investec, Women in Sport unveil Sport for Success, a comprehensive study into the role and importance of sport in helping women to achieve and contribute more in their careers.

Reaffirming how playing sport can help to develop skills and qualities valuable for women’s personal progression, Sport for Success highlights how the workplace too can benefit from the increased effectiveness of female staff.

[Download a copy](#)

Physical activity and health: Working together to get the nation moving. Sport and Recreation Alliance and ukactive, July 2016 (76 pages)

This new report explores the current public health landscape in England and how sport and recreation can engage with it.

[Download a copy from this page](#) - requires you to register for receipt of a copy

Editor: Alternatively, I have saved a copy of the report and can send it to you if required.

US Girls Alive: November 2012 - September 2015 Infographic. StreetGames, July 2016 (single sheet infographic)

Read all about the programme which recruits and support young female volunteers to assist in the development of Us Girls Alive Clubs; a place where young females can be active and learn to lead a healthy lifestyle.

[Download a copy](#)

Women's Sport Week Activation Toolkit . Women in Sport, July 2016 (6 pages)

[Women's Sport Week 2016](#) is about getting more women and girls involved in sport and an opportunity to showcase our female athletes who are at the top of their game. Most of all, it's an opportunity for everyone to get involved and show their support for women's sport.

The week is being led by the charity Women in Sport along with major media partners, sport national governing bodies and sport organisations including Sport England and DCMS. And we need you to help ensure #WSW16 is even bigger and better for 2016!

This Activation Toolkit has all the information, tips and advice you need to make it happen

[Download a copy](#)
