



**IAPESGW International Update, September 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**

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



You can now follow us on Twitter - [take a look](#)



We're on Facebook too - [view our page](#)



[Our page on the website](#)

**September Editorial**

As usual the International Update covers lots of international news.

This month I should highlight ICSSPES's International Symposium on the 15-17 November, to be held near Berlin, Germany. As it is sponsored by UNESCO the cost is relatively cheap so this is a great opportunity to attend.

We have included a number of stories of wonderful women elected to international leadership positions in sports, others awarded honours, winning world championships or sailing solo around the world!

You must watch the video of Man Kaun who at 101 years of age won the Laureus Sport Foundation Award for the best Sporting Moment of the Year. She competed in track and field events at the World Masters Games in Auckland in April this year.

Over 30,000 competitors from around the world competed in numerous events in the spirit of fun, friendship and fitness. I know as I was there with my over 65's basketball team, winning a gold medal too!

We have included news from Australia, Canada, Croatia, Japan, Kenya, New Zealand, Saudi Arabia (did you read this week that the government there has announced that women now have permission to drive?) South Africa, Spain, UK and USA.

You can read about the Japan Dance Festival held in August with 2756 competitors and also in August, JAPEW (Japan Association of Physical Education for Women) held their Summer Session, running training sessions.

Lots of good things happening around the world. Many thanks to our national representatives for contributing.

And dear members and readers remember that you should put your health and fitness first, as the health of those we love starts with us!

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

---

## **International**

### **ICSSPE International Symposium - Physical Activity and Sport in the First Ten Years 15 - 17 November 2017, HausRheinsberg Hotel am See, near Berlin, Germany**

Research has highlighted the great importance of the childhood years in the establishment of a positive physical activity lifestyle. Health behaviours, basic movement skills, and physical activity patterns are all established during the first ten years. Recent research also shows that inactivity has its origins during the early years. Despite its importance, the early years and primary school stages have received relatively little systematic study. There is an urgent need to address this critical phase.

ICSSPE is hosting an international symposium that will draw together current scientific understanding related to this fascinating topic. This event is sponsored by UNESCO, as part of its Participation Programme.

The cost is just 290€ (which is inclusive of accommodation, food and drink, transport to and from the venue, and the entry to the event itself).

[View more details](#)

### **International Working Group on Women and Sport Conference - *Determine The future. Be Part Of The Change***

**17 - 20 May 2018, Gaborone, Botswana**

The conference will feature 6 plenary sessions and side events that will cover various issues under the following topical sub themes: Being well to play well; Safe Space: Protecting women in sport; Tell Their Story: leveraging media to advocate for women's sport; Welcome and empower all through sport; Sport without borders: cross-cultural collaboration and Let them lead: Changing the leadership landscape of sports.

Call for abstracts - [view the details](#) - note the deadline is 31 October 2017

Early Bird tickets available until 31 December 2017

[View more details](#)

### **University of Essex (29 August 2017)**

#### **First repository dedicated to sport and exercise related research goes online**

SportRxiv a dedicated preprint (i.e., 'pre' formal publication version print) repository dedicated to sport and exercise related research has been launched today. Developed with the [Center for Open Science](#), the site aims to create a central place for those working in or interested in sport to access research. Led by John Mills, a Lecturer at Essex, SportRxiv has been shaped by world leading researchers from around the world and represents those working in the sport and exercise sciences, rehabilitation and therapy, through to theatre studies and sport sociology.

Unlike institutional repositories that only hold pockets of relevant research, SportRxiv offers one central location; making it easier for researchers, students, practitioners, and the public to find the latest literature. What is more, all the research offered on the site is open and freely accessible to everyone.

.....  
SportRxiv is now live and accepting submissions. The site and further information can be accessed at: [www.sportrxiv.org](http://www.sportrxiv.org).

[View the full news item](#)

### **Leisure Management, UK reports (31 August 2017)**

#### **Classroom exercise could help combat childhood inactivity, study finds**

Exercise videos in school classrooms could be a cost-effective solution to help introduce more physical activity into schools, an American Council on Exercise (ACE) study has concluded.

Research, supported by ACE and performed by Dr Leon Greene at the University of Kansas' Department of Health, Sport and Exercise Sciences, involved 16 teachers and more than 400 students in second, third, fourth and fifth grade classes.

PE teachers helped researchers design eight exercise videos targeted at each age group. The students exercised with 10-minute videos up to twice a day for one month.

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

### **Inside the games reports (4 September 2017)**

#### **Syrian sisters feature in Taekwondo Humanitarian Foundation video**

The Taekwondo Humanitarian Foundation (THF) has released a video highlighting the case of two Syrian sisters who have taken up the sport.

Rayan and Zeinab Sleiman both practice the martial art at the Azraq Refugee Camp in Jordan, due to the THF's work.

The THF's mission is to teach taekwondo and stage educational programmes with refugees and displaced people around the world.

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

### **Inside the games reports (5 September 2017)**

#### **FEI secretary general elected President of Association of Paralympic Sports Organisations**

International Equestrian Federation (FEI) secretary general Sabrina Ibáñez has been elected as President of the newly-founded Association of Paralympic Sports Organisations (APSO).

The vote took place at the founding General Assembly of APSO here.

Ibáñez, a Swiss national of Salvadorian, American, and Austrian descent, was standing for election alongside Canada's Maureen Orchard, the former President and now secretary general of the International Wheelchair Basketball Federation (IWBF).

---

[View the full news item](#)

### **International Olympic Committee (13 September 2017) IOC makes historic decision by simultaneously awarding Olympic Games 2024 to Paris and 2028 to Los Angeles**

The [Session of the International Olympic Committee \(IOC\) meeting in Lima, Peru](#), today elected Paris as host city of the Games of the XXXIII Olympiad 2024 and Los Angeles as the host city of the Games of the XXXIV Olympiad 2028.

"Congratulations to [Paris 2024](#) and [Los Angeles 2028](#)! This historic double allocation is a 'win-win-win' situation for the city of Paris, the city of Los Angeles and the IOC," said the IOC President, Thomas Bach.

---

[View the full news item](#)

### **International Olympic Committee (15 September 2017) IOC elects eight new Members**

The International Olympic Committee (IOC) has today elected eight new Members as well as a new Vice-President and three new Members of its Executive Board during the IOC Session.

[Ms Anita L. DeFrantz](#) (USA), who joined the IOC in 1985, was elected as an IOC Vice-President. She already occupied this position from 1997 to 2001.

[Dr Robin E. Mitchell](#), IOC member in Fiji, [Mrs Nicole Hoevertsz](#), IOC member in Aruba, and [Mr Denis Oswald](#), IOC member in Switzerland, were chosen by the Session to join the IOC Executive Board. They will serve a four-year term.

Earlier in the day, the IOC Session elected eight new Members, who were proposed by the Executive Board in August. Four members, **three of them women**, were elected in the category of Individual Members: [Baklai Temengil](#) (PLW); [Kristin Kloster Aasen](#) (NOR); [Khunying Patama Leeswadtrakul](#) (THA); and [Luis Mejia Oviedo](#) (DOM).

---

[View the full news item](#)

*Awareness....*

### **International Olympic Committee (14 September 2017) Olympic Movement and athletes "All In" as IOC Athletes' Commission launches ambitious Strategy**

- Will strengthen the athlete voice within the Olympic Movement
- Builds on work of past Commissions and reflects goals of Olympic Agenda 2020
- Enhances the support available to athletes

In response to the contemporary needs of athletes, the [International Olympic Committee's \(IOC\) Athletes Commission](#) today presented a focused, action-orientated, and engaging

strategy. The Strategy includes initiatives to empower athlete participation in the Olympic Movement decision-making process and support athlete development in their sporting and non-sporting careers. It results from a 10-month consultation process with athletes and stakeholders.

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

[You can view the 16-page strategy here](#)

#### **The Guardian UK (September 2017)**

##### **Ana Carrasco becomes first woman to win solo championship motorcycle race**

Ana Carrasco became the first woman to win an individual world championship motorcycle race on Sunday in Portugal.

The 20-year-old Spaniard, riding a Kawasaki Ninja 300, found a draft on the final stretch to overtake Yamaha riders Alfonso Coppola (by 0.053sec) and Marc García (0.062) in round 10 of the FIM Supersport 300 World Championship.

The dramatic end to the 11-lap race at the Autodromo Internacional do Algarve lifted Carrasco to seventh in the overall standings with two races to go. Coppola moved top of the table with the runner-up finish with García dropping to second.

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

#### **Beyond Sport reports (22 September 201)**

##### **Moving the Goalposts bring the Global Goals World Cup home to Kenya**

This week saw a hugely successful Global Goals World Cup tournament end in victory for eight Kenyan girls as they battled it out in the five-a-side street soccer competition in Brooklyn, New York.

Former Beyond Sport Award winners Moving the Goalposts team took the trophy home along with the "Soccer-Activistas of the Year" bragging rights – which are enough to speed up change in their Kenyan town of Kilifi, and indeed the whole country.

The Global Goals World Cup is an annual activist football tournament in which female footballers participate to promote the UN's 17 sustainable development goals, and this year took place alongside the UN General Assembly in New York City.

Now in its second year, it has seen the participation of over 40 teams from five continents.

This year's winners, whose team name is taken from the Kenyan organization that has trained them over the years, qualified for the Global Goals World Cup after winning the East African tournament in Nairobi.

All teams got to choose which UN goal they would promote through the tournament, and Moving the Goalposts chose to play for goal number five – Gender Equality.....

[View the full news item](#)

#### **Inside the games reports (28 September 2017)**

##### **India's Kom to be AIBA representative at IOC International Athletes' Forum**

Five-time world champion Mary Kom has become the first Indian to be selected as the representative of the International Boxing Association (AIBA) for the International Olympic Committee (IOC) International Athletes' Forum.

The 34-year-old has been invited to attend the eighth edition of the Forum, which is scheduled to take place in the Olympic capital Lausanne from November 11 to 13.

Her participation at the event would become uncertain, however, if she is picked after trials for the ASBC Asian Women's Boxing Championships. The Championships are due to be held from November 2 to 12 in Ho Chi Minh City in Vietnam and therefore would overlap with the Forum.

Kom is among the most decorated athletes in Indian sport having also won a flyweight bronze medal when women's boxing made its Olympic debut at London 2012.

Additionally, she is a four-time Asian champion and won Asian Games gold at Luncheon 2014. Last year, Kom was one of four legends of boxing to be honoured at a special gala dinner which marked the 70th anniversary of the founding of AIBA.

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

### **70 Inspiring Pacific Women - Titaua Juventin Athletics Administrator, French Polynesia**



Titaua Juventin is a long-serving and respected member of the athletics community in the Pacific. She has a broad background in teaching and coaching, having worked in teacher training with the Ministry of Education in Tahiti.

Ms Juventin's passion is athletics, especially with young people and children. She successfully adapted the International Association of Athletics (IAAF) Federation's children's program in Tahiti and also introduced a program specifically for toddlers to get children moving from a very young age and make sport a part of a family lifestyle.

"Titaua is a strong representative of her federation and Polynesia at the international level," says Sarah Runzheimer, a project manager with Oceania Athletics Association, adding: "With a strong voice, she is on her third term on the Oceania Athletics Association Council as a Treasurer and is also part of the IAAF Youth Commission."

*I had to bring this to your attention.....*

### **Laureus Sport Foundation**

#### **Best sporting moment of the year contender - Age is just a number**

**Editor** - do watch the video 101 year old Indian athlete Man Kaur competing at the Master Games in Auckland, New Zealand. She didn't start competing in athletics until she was 93 years of age - so, what's stopping you!

You can vote for her as well.

[View the video on this page](#)

**Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 14, Issue 10, October 2017**

*Editor* - the abstracts from the articles in this current edition to be placed on their website are now available.

[View the abstracts](#)

[Also, view the September edition](#)

*An important topic to cover and share current thought....*

**Huffington Post (11 September 2017)**

[Brooke de Lench, Contributor](#): **Creating A Culture Of Concussion Safety Requires Teamwork All Season Long, Not Just One Day**

*"If I can get up and walk away from it, yeah, I'll probably keep playing," one player said.*

If your child plays a contact or collision sport, whether at the youth, middle school or high school level, chances are they will suffer a concussion at some point in their athletic career. How quickly they recover may depend on how soon after injury – if at all – their concussion is identified so they can be removed from practice or game action. The problem is that concussion signs – still the best way to identify a concussion – are difficult to spot, and athletes often hide their symptoms. The consequences of such unreported and undiagnosed concussions range from a longer recovery up to and including, in rare cases, catastrophic injury and death.

One way to improve the chances that an athlete's brain injury is identified is for teams to employ a "buddy" system in which team members are assigned to watch for signs of concussion in designated teammates and, if they spot signs, or if their teammates tell them they are experiencing symptoms, are encouraged or required to immediately report the possible injury to the athletic trainer or the coach.

While I had been advocating the use of a buddy system for many years in every sport, it was not until five years ago, during the taping of our PBS documentary, "The Smartest Team: Making Football Safer," in Newcastle, Oklahoma that I began to truly appreciate not just how

culturally entrenched was an athlete's reluctance to self-report concussion symptoms but also the part a buddy system could play in changing that culture.

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

*A general equality item of interest to some.....*

**Gender Equality - Sisters of the Pacific Ocean: Rising from the waves**

In preparation of the 13th triennial conference of Pacific women: what are the priorities for Pacific women.

Sisters of the Pacific Ocean is a collaboration between SPC and FemLINK PACIFIC with the support of the Australian Programme, Pacific Women.

[View the 15-minute video](#)

## Specific countries

### AUSTRALIA

#### **New South Wales Government - Office of Sport (4 September 2017)**

##### **Ministerial media release: Women's sport the focus of \$10M grants**

Hundreds of local sports clubs and sports organisations across the State are set to benefit from more than \$10 million worth of grants announced today by Minister for Sport Stuart Ayres, with a focus this year on encouraging more female athletes into sport programs.

"One third of girls aged between five and eight years of age participate in organised sport outside of school hours, and between the ages of 15 and 17, the participation rate for females is 8 per cent less than the overall state average," Mr Ayres said.

"We know our younger athletes are more likely to continue sport if it is take up at an early age, which makes this the perfect time for local sports groups to boost their female sport programs."

"Our female athletes are dominating on the world stage, look at the Diamonds, the Opals, the Jillaroos, the Matildas, the Hockeyroos, the Breakers, not to mention our Olympic gold medal winning Rugby Sevens."

"Women's sport is the fastest growing area of many codes and we are now seeing more big name sponsors and media networks recognising the public's appetite for prime time viewing, but more needs to be done, including cultivating participation at a grass roots level," Mr Ayres said.

From today thousands of local clubs and organisations can apply for NSW Government grants of up to \$20,000 under the Local Sport Grant Program and \$50,000 under the Sport Development Grant Program. The grants will cover initiatives such as new sport programs, community and nationwide events, facility upgrades or projects that improve participation in sport.

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

#### **Australian Paralympic Committee (September 2017)**

##### **Australian Chef de Mission named Best Official at International Paralympic Awards**

The leadership of Australian Paralympic Team Chef de Mission Kate McLoughlin has been recognised by the International Paralympic movement after she was crowned Best Official from the Rio 2016 Paralympic Games.

McLoughlin accepted the highly prestigious honour at the 2017 International Paralympic Awards Gala overnight in Abu Dhabi.

Becoming the only Australian to have won the award and the first Australian to win an International Paralympic Award in any category since 2009, McLoughlin said she was still in disbelief.

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

#### **VicHealth (July 2017)**

##### **Physical activity across life stages**

VicHealth has identified five life stages that give insights for engaging Victorians in physical activity.

In 2015, VicHealth commissioned research to identify key segments of Victorians based on their levels and type of physical activity. The research found that there are five distinct 'life



stages' which have common themes as well as unique attributes that influence physical activity behaviour. These stages are youth, young adults, parents, adults without children and retirees.

The research explores the attitudes and barriers to physical activity for Victorians at each life stages, and considers what would motivate them to change their existing behaviours.

**Downloads:**

[Insights to engage Victorians in physical activity at different life stages](#)

[Youth](#)

[Young adults](#)

[Parents](#)

[Adults with no children](#)

[Retirees](#)

**[Source of information](#)**

**Australian Government, Australian Sports Commission (12 September 2017)  
AIS program enhancing women's sport and athlete development**

Australian Sports Commission (ASC) CEO Kate Palmer said athlete development, transition and growing women's sport would continue to be key priorities for the ASC as she launched Change The Game, an AIS program designed to enhance links between elite female athletes and corporate Australia.

Following a successful pilot program, BlueScope will again partner the AIS for Change The Game 2017-18, which sees 10 elite female athletes and 10 business professionals brought together for mutual learning and development opportunities over the next 12 months. The athletes, from nine different sports, include Olympians, Paralympians, Commonwealth Games medallists, world champions and emerging talent.

"Change The Game is such an important program because it meets two of the ASC's key objectives: promoting further growth of women's sport and also enhancing the career pathway opportunities of our elite athletes," Palmer said.

.....  
**[View the full news item](#) - includes a launch video**

*Sailing solo around Antarctica.....*

**Australian Sailing (12 September 2017)  
'My longest stretch at sea was 81 days, completely solo'**

Bobbing about like a dust particle on an Earth-sized canvas, numbing winds howling in from an unbroken horizon, Lisa Blair paused to consider her surrounds.

The endless Southern Ocean, which grips Antarctica like a freezing vice, is as unforgiving a place as a human can experience. In some parts closer to the International Space Station than any recluse manning a lighthouse, little breaks the exhausting fluctuations between awe and peril.

Yet, from time to time, when the sun penetrated the ashen enclosure, a wondrous event would align Blair's overloaded senses, prompting calm amid the chaos.

"The ocean down there is just this unique shade of blue when you get the sunlight behind it," Blair says.

"It's all grey and then the crest of a wave will form, you'll get the whitewash on the top and then there's a couple of seconds just before it breaks where there's this most incredible

turquoise. It's like nothing I'd ever seen in any ocean anywhere in the world.”

That's saying something, as Blair was already an around-the-world sailor when she decided she wanted to become the first woman to sail solo and unassisted non-stop around Antarctica. She didn't end up completing her mission - a snapped mast hundreds of nautical miles off the coast of South Africa took care of the non-stop part - but when she returned to Australia on July 21 (and had her first shower in six weeks), she could begin to reflect on having become the first woman to sail solo around the world's most unwelcoming continent.

---

[View the full news item](#)

### **Yahoo 7 - Australian News (12 September 2017)**

#### **Australian sport says 'yes' to gay marriage**

Sydney (AFP) - Sporting bodies across Australia have thrown their weight behind gay marriage, with cricket on Tuesday the latest to add its support for same-sex unions as a contentious postal vote on the issue began.

So far, 15 sports organisations have signed an open letter urging marriage equality, including Football Federation Australia, Basketball Australia, the National Rugby League and several Aussie Rules clubs.

---

[View the full news item](#)

### **VIC Sport (18 September 2017)**

#### **Clubs Strive Towards Gender Equality**

Three local councils have bound together to provide resources for sporting clubs to achieve gender equality by creating opportunities for women to participate in sport at all levels.

Yarra Ranges, Maroondah and Knox Councils have joined forces and are on a mission to help create environments where women feel safe, valued and welcomed to participate equally.

In a video titled "Equality is the Game" funded by the Victorian State Government, highlights the role of clubs in preventing sexism, and encourages equality and prevents violence against women.

AFL Yarra Ranges Regional General Manager Aaron Bailey says there are now more pathways for women to play at AFL level than ever before.

“The Eastern Ranges Girls Academy is the elite football program in the region for females”.

Read more about this great initiative [here](#)

[Watch the video on this page](#)

### **SBS, Australia (20 September 2017)**

#### **This was the week that football really turned in Australia, Stajcic says**

Coach Alen Stajcic has hailed the Matildas' Brazil friendly series whitewash as a watershed moment for Australian women's football.

Fresh from last month's Tournament of Nations triumph in the US, the Matildas captured the hearts and minds of their home public with Saturday's 2-1 win in Penrith and Tuesday night's 3-2 victory in Newcastle.

Not that the nation wasn't already on board with the game's biggest female stars - quarter-final runs at the 2015 World Cup and 2016 Rio Olympics made sure of that.

But for Stajcic, who's overseen his team's evolution from relative underdogs to world powerhouse, there's something different about this.

---

[View the full news item](#)

## **BOTSWANA**

### **Inside the games reports (12 September 2017)**

#### **Africa Netball President to be awarded Certificate of Honour**

Africa Netball President Tebogo Lebotse-Sebego is to be awarded the Presidential Certificate of Honour in her home country Botswana.

Lebotse-Sebego, also a Board director at the International Netball Federation and the President of the Botswana Netball Association, will receive the award at a prestigious ceremony.

She will be presented the accolade by the President of Botswana, Ian Khama.

It comes after Botswana hosted this year's INF World Youth Cup in capital city Gaborone.

This was the first major international sporting event to be held in Botswana and the first INF competition in Africa.

---

[View the full news item](#)

## **CANADA**

### **Inside the games reports (4 September 2017)**

#### **Second female ice hockey league in North America agrees deal to pay players**

The Canadian Women's Hockey League (CWHL) will become the second women's ice hockey league in North America to pay players.

It follows the example of the National Women's Hockey League (NWHL) in the United States.

The CWHL announcement comes after the news in June that Kunlun Red Star's women's team, based in Shenzhen in China, are due join the League for the 2017-2018 season.

They will take their place alongside Boston Blades, Calgary Inferno, Montreal Canadiens, Markham Thunder and Toronto Furies in the competition.

For the first time since the League was launched in 2007, players will receive compensation for regular season play after a pay structure was passed by the Board.

---

[View the full news item](#)

## **COSTA RICA**

### **Inside the games reports (12 September 2017)**

#### **Costa Rica win FISU gender equality award**

Costa Rica won the International University Sport Federation's (FISU) fifth gender equality award.

The country's delegation at last month's Summer Universiade in Taipei presented a "project plan of effective equality between men and women in sport".

They beat off entries from Palestine, Kenya and Israel to be selected as winners.

All of the contenders showed proposals "for incorporation and development of gender equality policies in their countries and continental regions".

In Costa Rica, strategies have been developed in cooperation with the country's National University Sports Federation (NUSF).

---

[View the full news item](#)

## CROATIA

*Many thanks to our Croatia rep Constanza Lizačić for these items....*

### **Croatian Olympic Academy (28 August 2017)**

#### **The Croatian Judo Federation Awarded for the Best Development in the World**

Budapest, August 28, 2017 (Hina/Coc) – The President of the Croatian Judo Federation and Vice-President of the Croatian Olympic Committee Sanda Čorak received a special award for the Best Development of a National Federation in the world at the Gala event held in Budapest.

The "Best Development of the National Federation" Award was presented to the Croatian Judo Federation President Sanda Čorak by President of the European Judo Union, Sergei Soloveychik.

"This is a great honor to receive this award. For us 10 years ago it seemed impossible but we shared the same vision, implemented team work, and have been developing with the strong support of the judo community. I would like to thank to the IJF President Mr. Marius Vizer for always believing and supporting us and to the EJU President Mr. Soloveychik and the entire judo family", said Čorak receiving the award which was presented in Budapest where the World Judo Championship is held.

Croatian Judo Federation is a winner of IOC Trophy 2015 "Sport and Innovation" for project "Judo in schools" completed in 150 elementary schools out of total 600 of them in Croatia with a gym for regular and out of curriculum sports activities judo.

The motive for launching this project innovation in its form and way of work organization, was putting judo into operation as an educational method aimed at not only improvement of the motor and functional abilities of children, but also at increasing the self-confidence, acquiring control and self-control, strengthening of concentration, adoption of ethical principles and healthy lifestyle as well as at the prevention of bullying at school or on the street.

[Source of information](#)

### **Croatia Physical Activity Factsheet. World Health Organization - Europe, not dated - but established released in 2015 (6 pages)**

This is one of the 28 European Union Member States factsheets on health-enhancing physical activity, developed as a part of a joint initiative between the European Commission (EC) and WHO Regional Office for Europe in the context of the implementation of the Recommendation of the Council of the European Union on promoting health-enhancing

physical activity across sectors and the European Noncommunicable Diseases Action Plan 2012-2016.

[Download a copy](#)

**Editor** - other WHO-Europe physical activity factsheets [can be access here](#)

## IRAN

**Editor** - thanks once again to our national rep Robabeh Rostami for supplying an overview of activity in Iran, and all the excellent photographs, in a very informative news compilation - which you can [view here](#)



**An example: Archery championships of the disabled** - Compound team won the world champions league. Members of this team included: Somayeh Abbaspour, Razieh Shir Mohamadi and Farzaneh Askari.

## JAPAN

*Many thanks to Aoi Tanaka, our national rep in Japan, for this news.....*

### **JAPEW The 30th All Japan Dance Festival Kobe, 7-10 August 2017, Kobe, Japan**

In 2017, the 30th All Japan Dance Festival –Kobe-, as the only national dance competition for dance clubs at high schools and universities was held on 7-10th August.

2,756 students from 138 high schools and 47 universities performed their original dance pieces, and it broadcasted by NHK (Japanese Broadcasting Corporation).

The top 2 awards given for universities and high schools were as follow:

Minister of Education, Culture, Sports Science and Technology Award (For high quality creation piece)

- High-school Division: Glacier –The Earth is Crying- (Dance Club in Nikaido high school attached to Japan Women’s College of Physical Education)
- University Division: Rhapsody of Women (Performing Arts Course, Dance and Dance Education in Ochanomizu University)

NHK Award (well construction by theme)

- High-school Division: cryptobiosis ~The Insects that forget to die~(Creative Dance Club in Kanagawa Prefectural Yamato High School)
- University Division: Period of Fetal Movement – The Crab Cannery Ship by Takiji Kobayashi- (Dance Club in Saitama University)

Visit the website for more Information and images at: <http://www.ajdf.jp>

### **JAPEW Summer Seminar, 12-14 August 2017, Tokyo, Japan**

JAPEW (Japan Association of Physical Education for Women) held the seminar at 12-14th August in National Olympics Memorial Youth Center, Tokyo.

It had mainly 2 courses. One was the course of dance teaching methods for teachers in schools to satisfy new educational guideline. There were 80 participants for this course, including 23 participants to renew teaching certificate. Therefore, the lecture about the new educational guideline by Japan Sports Agency was highly satisfied by participants. Another course was for dance movement as lifelong dance. There were 174 participants. This course also held qualification renewal for health exercise instructor, exercise practice instructor, and GIF (Group Exercise Fitness Instructor).

**Visit our website for more information and the images at:**

<http://www.japew.com/seminar/29年度活動記録/>

## **KENYA**

### **Beyond Sport reports (30 August 2017)**

#### **Maasai Cricket Warriors use sport to campaign against FGM**

The Maasai Cricket Warriors from Laikipia Maasai in Kenya are using their love for the game to convey messages and awareness against social injustices in their community.

They are actively campaigning against degenerating and destructive cultural practices such as FGM (Female Genital Mutilation) and early childhood marriages, which are vigorously donating to the spread and increase in the cases of HIV/AIDS.

The warriors use cricket to empower girls and woman, target substance and alcohol abuse, animal poaching and strive to build peace amongst communities.

Maasai tribesmen took up cricket in 2009 and soon attracted a great deal of media attention. The team was invited to Cape Town for the Last Man Stands championship in 2012, played a tournament at Lord's the following year and were the subject of a documentary in 2015.

The sport was introduced by Aliya Bauer, a South African woman conducting research in the area who was missing the sport she loved. She brought over some equipment from her home country and started teaching the locals to play.

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

## **NEW ZEALAND**

### **Inside the games reports (31 August 2017)**

#### **Kendall appointed New Zealand Chef de Mission for Buenos Aires 2018**

Barbara Kendall has been appointed Chef de Mission of New Zealand's team for next year's Summer Youth Olympic Games in Buenos Aires, it was announced today.

The triple Olympic gold medallist will lead a team of up to 94 athletes to the Games due to take place between October 6 and 18 next year.

The 50-year-old Kendall is one of New Zealand's most successful athletes.

She won three Olympic medals in windsurfing, a gold at Barcelona 1992, silver at Atlanta 1996 and bronze at Sydney 2000.

New Zealand Olympic Committee chief executive Kereyn Smith claimed that Kendall's athlete focus, her ability to unite and inspire youth and her experience in numerous international leadership positions make her an ideal candidate for the role.

---

[View the full news item](#)

### **stuff.co.nz (2 September 2017)**

#### **Girls just wanna get paid: Calling time on the undervaluing of women's sport**

The Black Ferns' World Cup victory showed the skill and athleticism of female players was the equal of their male counterparts, with some commentators calling it the best rugby final ever, from both genders.

One weekend, two cracking games of rugby. Two rousing hakas; two nail-biting wins; two blistering shows of skill. The difference? One world champion team earns millions, the other is largely passionate women taking time out from day jobs as cops, firefighters and graphic designers.

The Black Ferns' victory against a paid England team at last weekend's Women's Rugby World Cup has earned them unprecedented media and public attention. The team dominated newspaper front pages and, for the first time, the players are being recognised in the street. It seems extraordinary for a team that already had four World Cups to its name – one more than their superstar male counterparts.

And the disparity got people talking. As much as the lack of a professional pay packet, it's the little things that speak volumes about the relative value placed on women's sport. While the All Blacks and Super Rugby teams fly business, the female world champions were in economy.

Then there was the girl who couldn't find a store selling Black Ferns jerseys, and the woman who wanted a full-family set, only to discover they didn't make men's sizes. As if it were inconceivable that blokes could be fans too.

Coming in the same week as a survey concluding female Kiwi workers are paid 16 per cent less than men for doing the same job, the revelations prompted calls for the rugby powerhouses to be paid. But the Black Ferns' situation is just a symptom of a bigger issue – the fact women's sport continues to be a poor cousin in terms of financial support

[Source of information](#)

### **Inside the games reports (13 September 2017)**

#### **Netball New Zealand launch scheme to reduce number of injuries**

Netball New Zealand has joined forces with the Accident Compensation Corporation (ACC) to teach more than 100,000 players how to reduce the risk of serious injury.

Both organisations will work to teach players how to improve their game through a "NetballSmart" campaign.

It is estimated that around 30,000 netball injuries cost the ACC, a New Zealand crown entity responsible for administering the country's universal no-fault accidental injury scheme, up to NZD\$27 million (£15 million/\$20 million/€16 million) per year.

The campaign will teach warm-up and preparation techniques, and aims to decrease serious knee injuries by as much as 50 per cent.

Netball is the biggest female participation sport in New Zealand, with 96 per cent of injuries suffered affecting women and girls.

A NZD\$2.4 million (£1.3 million/\$1.7 million/€1.4 million) investment has allowed NNZ to run the programme.

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

**Sport New Zealand (20 September 2017)**  
**International accolades for Kiwi's play projects**

Sport New Zealand congratulates Heather Knox, whose work encouraging Kiwi kids to get outside, get active and enjoy natural play areas has received global recognition.

Heather won one of six 'Recognition of Excellence and Impact' awards announced at the World International Play Association (IPA) Conference in Calgary on Sunday, alongside other winners from Italy, Canada (two), Turkey and Hong Kong.

Since March 2015, Heather and a small group of parents in Palmerston North have been passionately working to encourage local families to get outside and have some free fun.

The IPA award is for initiatives she established and runs on zero budget in her spare time: the Manawatu Family Microadventurers group, the Palmy Dirty 30 challenge and the Palmy Rocks group – along with a new pilot project, the Passport to Play Palmy challenge, which she runs in collaboration with Palmerston North City Council.

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

**PALESTINE**

**sportanddev.org (26 September 2017)**  
**The power of sports for development**

*Tamara Awartani discusses how sport can act as a crucial community development tool in Palestine.*

Palestine is a country under occupation for 50 years, its people living under oppression and in different challenging environments. Therefore sports for many is a way out, a breather, a peaceful bubble. As such, sport and development is a very special and needed tool in Palestine and I see it evolving in my country.

I have been in the field for years being an ex-athlete and coach. Moreover, through [Palestine: Sports for Life \(PS4L\)](#), an NGO I co-founded and managed with the focus on sports for development, we reach out and empower youth and women through sports focusing on different issues related to the needs of the area we work in—economic and infrastructure development, gender issues, human rights and discussions, youth and women capacity building, encouraging healthy lifestyles and promoting vocational education. It has proved to be successful in the many projects which we implemented and we believe that building on them will grow the sector by having more players in the field where, for example, youth and women can reflect and spread their experiences to others. Sport and development will be an important sector that will gain popularity for the attractiveness of sport and the benefits it brings to the community.

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



## PORTUGAL

### **Rosa López de D'Amico, IAPESGW President - A meeting with María José Carvahlo in Portugal**

On the way back from ICSSPE meetings I had the chance to spend a night in Porto (Portugal) and enjoy the wonderful hospitality of María José Carvahlo. We had a short visit at the Faculty of Sport of the University of Porto.



It is important to know that María José was the mover and shaker to create the Portuguese Association for Women and Sport in the 90s. This organization still is in place. Besides her work at the university on the sport management and law program, she participates in the board of the Portuguese Football Association, in her capacity as lawyer. She has an interesting combination in her CV, a former handball player, PE teacher and lawyer.

The short time we spent I learnt a lot about the women and sport movement in Portugal.

The following link is a very interesting article published in the newspaper by her, the title *O desporto não é para mulheres?* (Isn't sport for women?) It is written in Portuguese and is very interesting as she explains in simple words the actual situation on women in sport (participation in different roles) in Portugal; she asks for action at the policy level to improve the actual situation

<https://www.publico.pt/2017/07/31/desporto/noticia/o-desporto-nao-e-para-mulheres-1780860>

It was indeed a great pleasure to enjoy such hospitality and at the same time to learn so much in such a short time!

## SAUDI ARABIA

### **Brunel University London (19 September 2017)**

#### **Could Twitter encourage more Saudi women into sport?**

One of the enduring images from the Olympic Games in 2012 was of 800m runner Sarah Attar: alone but determined at the back of the field, arguably achieving a greater feat than any of her fellow competitors. She and judo competitor Wojdan Shaherkani made history as the first female Saudi Olympians: the Saudi Olympic Committee had finally lifted their ban on women competing in the Games.

But while gradual progress is being made at an elite level, there is a big grass-roots issue to tackle in the country. The World Health Organization report in 2014 stated that more than 60% of adults in Saudi Arabia are classified as insufficiently active. The report also finds that young people are being diagnosed with diabetes and obesity in increasing numbers. Brunel University London researcher Razan Baker says the problem also has a gender bias. "Due to cultural reasons preventing women from participating in physical activity as freely and equally as their male peers, Saudi Arabia has seen an increasing percentage of obese women."

## **Study unveils what inspires youth sport**

As a freelance sports journalist, Razan covered sport in Saudi Arabia for several years. She chose to undertake a PhD at Brunel to examine what influences young people in the kingdom to get involved in sport and how critical this is to increasing participation.

Previous research tended to focus on western countries, and indicated that self-motivation is the key to increasing physical activity. But Razan has discovered evidence to suggest that, in Saudi Arabia, family, peers, schools and sports organisations all have a major impact – and that social media is playing a huge part in this.

---

[View the full news item](#)

## **SOUTH AFRICA**

***Thanks to our national rep Mari Fourie for this next item...***

*Momentum South Africa (Mainstream Corporate Company specialising in Insurance) sponsoring not only SA Cricket, but specifically the SA Female Cricket Team. [The sponsorship was signed in 2013](#) - it is still going strong.....*

**spice4life.co.za**

### **Momentum Proteas 2017 #alwaysrising**

The Momentum Proteas Women's Cricket Team are rising to their strengths at the International Cricket Council (ICC) Women's Cricket World Cup in England. In South Africa, the players are also rising – as role models, national heroes and inspirational sporting champions. They are rising with the launch of the very first television commercial for the Momentum Proteas, which celebrates the sport, the team and every young girl who keeps rising to the challenge.

In the space of a few days the commercial has gained significant traction across social media with a total reach of 200,000 across Facebook, Instagram and twitter with very high engagement rates; and views on YouTube are rising steadily. The commercial brings the essence of the Proteas to all South Africans, conveying the message that the team in its entirety and each individual member of the team is #alwaysrising.

The commercial follows the story of young girls who all share a love for cricket. We witness their grit and determination to play well and always be better. Their hard work, passion and joy is inspired by, and paralleled to, the Proteas' training and matchplay. The juxtaposition between the girls and the Proteas team displays the talent, commitment and love for the sport, despite age or gender. It shows both the girls and the Proteas as exceptional talents, who love the game (despite some people saying it's not for them) and who are always willing to get better, summed up in the #alwaysrising hashtag.

---

[View the full news item](#)

## **SPAIN**

### **Andalusian Institute of Sport - Women's Day and Sport**

**Thursday 28 September 2017, at the Andalusian Institute of Sport, Malaga, Spain**

The Ministry of Tourism and Sport, through the Andalusian Institute of Sport, celebrates the activity "Women and Sport Day".

It is a free three-hour day dedicated to all people and groups interested in promoting effective equality in the Andalusian sport.

The event has taken place but you might want to see more details on the official site - [view the page](#)

**University of Seville et al - The 2nd International Conference on Micromachismo in Communication and Education**

**30 - 31 October 2017, Faculty of Philosophy of the University of Seville, Spain**

This Conference seeks to bring together researchers from various fields dedicated to examining the transformations of the patriarchal culture, which under the semblance of a velvety equality, maintains unequal convictions between women and men (as well as other

identities). Unveiling these forms of discrimination in education, communication and social relations will be the main objective of this Conference.

This Conference is a joint initiative of the University of Seville, University La Sapienza (Rome); Autonomous University of the State of Mexico (UAEM) and the Autonomous University of Barcelona (UAB).

[View more details](#)

**UK**

**Prime Minister's Office (29 August 2017)**

**Women in Sport reception - Prime Minister's speech**

The Prime Minister celebrates the achievements of British sportswomen at a reception at 10 Downing Street.

I am delighted to welcome you all to Downing Street today – and to have this opportunity to celebrate what I believe has been a watershed for women’s sport in our country this summer.

In doing so, it is a great honour to welcome two of our teams whose achievements have been such an important part of this breakthrough moment.

Our England Women’s cricket team whose dramatic nine-run victory over India at a packed out Lords secured the Cricket World Cup.

And our England women’s rugby team who earlier this Summer beat New Zealand in New Zealand to become the world’s No1 team – and whose breath-taking World Cup final in Belfast on Saturday night had the nation on the edge of its seat.

And while I know our rugby team will be disappointed with the result on the pitch, your result off the pitch, the legacy of everything you have achieved – together with our cricketers, our footballers, athletes, hockey players and of course Jo Konta’s spectacular run at Wimbledon – will change the way that women’s sport is seen in our country for years to come.

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

**England Netball reports (30 August 2017)**

**Women’s Sport Reaches New Heights**

It’s been a phenomenal summer for women’s sport. Record viewing figures and attendance at major sporting events, new sponsorship deals and television companies battling to secure broadcasting rights – the corporate world is finally waking up to the fact that there’s a huge appetite in the UK for women’s sport.

Household names such as Vitality, Investec, Kia and SSE are now backing women's sport. Lord's was a sell out last month, with 26,500 people packed in to watch England's cricketers win the World Cup and Sky reporting viewing figures of 1.1 Million, more than the average number of viewers for a Premier League football match. Over 80,000 tickets have already been sold for the Women's Hockey World Cup next summer and BBC2 reported over half a million viewers when it broadcast England Netball against Australia earlier this year.

Behind the scenes three sports NGBs have been working together to create a stronger fan base for women's sport on the back of the three Women's World Cups hosted in England over three years. The 'TeamUp' campaign sees the England and Wales Cricket Board (ECB), England Hockey and England Netball collaborating with promotional activity to increase ticket sales and encourage increased participation in schools.

.....  
To be part of this revolution in women's sport find out about tickets for major women's sporting events in 2017 and 2018 at: [www.teamupengland.com](http://www.teamupengland.com)

[View the full news item](#)

### **Rugby Football Union (1 September 2017)**

#### **Warrior Camps inspire female players to take up rugby**

Over the past fortnight hundreds of women have attended Warrior Camps across the country, adding to the 7,000 new players introduced to the game as a result of taster sessions over the past 18 months.

Now into the third wave of Warrior Camps, following successful January and May windows, 174 sessions have been taking place nationwide since August 18 and run until this Sunday.

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

### **Prime Minister's Office (week beginning 4 September 2017)**

#### **Points of Light winners September: Monica Thandi (London) and Julie Smith (Leeds) - Netball Development Trust**

Monica Thandi, from London, and Julie Smith, from Leeds, have established The Netball Development Trust, which uses netball to unite rural communities and empower children.

The charity works mostly in Kenya and Uganda to harnesses the power of netball to bring people in rural communities together so that the charity's partners can deliver important services such as distributing sanitary pads and leading educational classes on sexual and

reproductive health. The Netball Development Trust has reached over 10,000 children and has raised over £100,000 to support their work.

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

### **Dame Kelly Holmes Trust (week beginning 4 September 2017)**

#### **Comic Relief enables Trust to support young women at risk**

Young women across the UK will be empowered by world class athletes to lead positive lives, as part of a transformational programme, funded by Comic Relief and the Treasury and led by the charity of double Olympic gold medallist Dame Kelly Holmes.

[Get on Track](#) is the flagship programme of Dame Kelly Holmes Trust, which trains and

develops world class athletes to empower young people facing disadvantage. This enables them to take control of their own futures and contribute positively within their local communities.

The Trust will be running female-only Get on Track programmes in Leeds, Bristol, Hayes and Merseyside, which will work with young women who are vulnerable and disengaged as well as those who experience a range of barriers to success.

Each Get on Track will work with 20 young women age 16-25 who are not in education, employment or training (NEET). The programmes - run over a 14 -month period – will focus on personal social and emotional development, employability and the delivery of a social action project.

The Trust received £80,500 funding from Comic Relief and the Treasury, to specifically deliver transformational programmes which use sport or physical activity to empower marginalised women and girls.

To date, 78% of young women who completed the Trust's pilot women-only programmes have progressed into employment, education, training or volunteering 5 months into the course.

---

[View the full news item](#)

#### **England Golf (5 September 2107)**

##### **Gloucestershire's Jenny Clink to be 2019 England Golf President**

Gloucestershire's Jenny Clink has accepted the nomination to become President Elect of England Golf for 2018 with a view to becoming President in 2019.

---

[View the full news item](#)

#### **England Handball (6 September 2017)**

##### **Tracy Watkinson elected England Handball Chair**

England Handball has announced the election of Tracy Watkinson as its new Chair. Tracy, who received a 22-5 vote, has four-year's experience on the Board of a sport's governing body. She was an Independent Non-executive Director at England Volleyball from 2013-17.

Professionally Tracy's background is finance and business. She is a Senior Director at Credit Suisse, where she has been since 2013. Her current role is as Chief Operating Offer (COO) for UK ServiceCo Business & Program Director of Strategic Change Initiatives.

---

[View the full news item](#)

#### **Sport England / Club Matters reports (7 September 2017)**

##### **Mytimeactive celebrates active females across the nation**

As more and more [women and girls](#) look to get active across the nation, [mytimeactive](#) have joined the phenomenon. They have developed their "Us Girls" programme, based in the London Borough of Bromley, which aims to increase female participation in sport for all young women and girls aged 14-25.

Currently, the programme is built around a network of local community partners, ranging from [Boxing4Schools](#) to [Clarion Housing Group](#). Activities span from boxing to dance, with the aim of engaging young women through creating a relaxed, safe and nurturing environment. The

programme has grown from strength to strength with each of the sessions delivered by fully qualified coaches. The programme has also recruited and trained a team of female champions to act as mentors, ambassadors and role models for their peers.

The outcome has been exceptional with findings showing a significant impact on participants' physical activity levels and their overall well being, six months after completion of the programme.

Check out their video below to hear more from project staff and partner organisations involved. Discover how your sessions can be designed to effectively engage and retain women and girls in sport.

[Access the video on this page](#)

### **Women in Sport (13 September 2017)**

#### **Sported and Women in Sport launch a new 'Sport for Change' programme**

[Sported](#) and Women in Sport have come together to launch a new Sport for Change programme to help girls in the most deprived areas of the UK to fulfil their potential by opening up access to sport.

The programme is funded by [Comic Relief](#) as part of its 'Levelling the Field' initiative.

#### **Sported and Women in Sport unite to transform the lives of vulnerable girls and young women**

Research<sup>[1]</sup> shows that living in a deprived community can have a negative impact on girls' aspirations – including their educational choices, career pathways and participation in sport or physical activity. Gender stereotypes are particularly entrenched when it comes to sport. Only 43% of girls say they have the same choice as boys at school in sport and exercise; and amongst secondary school-age children, being 'sporty' is still widely seen as a masculine trait<sup>[2]</sup>.

The joint programme seeks to address this problem by helping community sport groups in deprived areas of Scotland, South West England and the West Midlands to tackle gender stereotypes by improving the sport offering for girls and women and better meeting their needs.

The community groups will benefit from expert workshops, gaining insights from Women in Sport's research into the values and motivations that guide girls' decision making, and how to apply these to the design, delivery and marketing of tailored sports activities. Each group will be supported by Sported volunteer mentors and regional managers for six months to embed the insights from the training and develop a business plan with a focus on girls' engagement and inclusion.

Additionally, nine girls from across the project will be identified as peer influencers. The girls will be coached and supported by Women in Sport to encourage their female peers to participate in sport and expand their aspirations.

---

[View the full news item](#)

### **British Heart Foundation (15 September 2017)**

#### **Study finds physical activity outside of school is vital for child health**

Physical activity outside of school is vital for child health, and could play a vital role in helping children meet government recommendations, according to new research we funded in Bristol.

The researchers found that children who do activity outside of school in addition to during school hours are much more likely to meet the Government's physical activity guidelines.

The results, published in BMJ Open, suggest that current efforts to increase exercise during the school day won't be enough for children to meet the recommended one hour of physical activity a day, set by the Chief Medical Officer.

### **Activity outside of school**

Researchers from the University of Bristol looked at the time Year 4 children (aged 8-9) spent doing physical activity outside of school, including after school clubs, playing in the neighbourhood and playing in the home.

The key findings from the study, which looked at 1,223 pupils from 47 state-funded primary schools, were:

- Children who attended sport / exercise clubs 5 days per week were 67% more likely to meet the Chief Medical Officers recommendation of an hour of physical activity per day than those who never attend.
- Children who regularly attended after-school physical activity programmes obtained around an extra 7.5 minutes of physical activity per day than children who do not attend.
- Playing in the neighbourhood or garden was associated with comparable increases in physical activity as attending after-school clubs.
- The more types of activity at school, outside of school and in the neighbourhood in which children engage the more active likely they are to meet public health guidance.

---

[View the full news item](#)

### **Association for Physical Education (18 September 2017)**

#### **This Girl Can – Access the Newly Updated Resources for Schools**

---

We are delighted to announce that the original resources that afPE developed have now been refreshed and updated and have been uploaded to the '[Partner Area](#)' of the This Girl Can website.

#### **Resources for Schools include:**

- Six themed workshops focused on the campaign's emotional themes and featuring flexible and interactive tasks
- Hints and tips to help staff and students actively implement the workshop ideas

In order to access the free resources for schools you MUST [register](#) on the This Girl Can website.

Once you have registered, you can not only access the 'Resources for Schools' but other materials, including:

- Downloadable copies of the posters that feature in the campaign
- Downloadable images that support the campaign
- This Girl Can & partner logo's
- Insight pack detailing the research behind the campaign
- Create your own personalised This Girl Can poster with the new marketing tool

[View the full news item](#)

### **Inside the games reports (20 September 2017)**

#### **BBSA to halt women's team funding just months before Pyeongchang 2018**

The British Bobsleigh and Skeleton Association (BBSA) is set to pull financial support from its women's team just five months before the Pyeongchang 2018 Winter Olympic Games.

According to BBC Sport, the BBSA informed female athletes that there was no money left to fund them because of "an overspend".

It is unclear if Great Britain will be represented in the women's bobsleigh competition in South Korea, but support of three men's teams will continue.

.....  
Alongside teammates, McNeill is hoping to raise around £30,000 (\$40,600/€33,800) to cover costs for the season. As of today, the crowdfunding campaign has already received just over £10,000 (\$13,500/€11,200) in donations and can be found [here](#).

[View the full news item](#)

**Editor** - an update today, 26 September, the BBC has reported that the team has now reached their target through their crowdfunding campaign - excellent news.

*Awareness.....*

### **National Children's Bureau (19 September 2017)**

#### **One in four girls is depressed at age 14, new study reveals**

New research shows a quarter of girls (24%) and one in 10 boys (9%) are depressed at age 14.

Researchers from the UCL Institute of Education and the University of Liverpool analysed information on more than 10,000 children born in 2000-01 who are taking part in the Millennium Cohort Study.

At ages 3, 5, 7, 11 and 14, parents reported on their children's mental health. Then, when they reached 14, the children were themselves asked questions about their depressive symptoms.

[<<< READ THE FULL BRIEFING >>>](#) [6 pages]

Based on the 14-year-olds reporting of their emotional problems, 24 per cent of girls and 9 per cent of boys suffer from depression.

The research, published with the National Children's Bureau, also investigated links between depressive symptoms and family income. Generally, 14-year-olds from better-off families were less likely to have high levels of depressive symptoms compared to their peers from poorer homes.

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

### **University of Birmingham (22 September 2017)**

#### **Fitbits could lead to negative impact on pupils' well-being, study finds**

Pupils in secondary schools are reluctant to see fitness and health tracking devices such as Fitbits introduced into Physical Exercise lessons in schools and the device could potentially cause a negative impact on students' overall well-being, research led by the University of Birmingham has found.

[In a new study, published today in Sport, Education and Society](#) [15 pages], researchers looked at the responses of 13 and 14 year olds taking part in Physical Exercise classes at two UK secondary schools over an eight-week period.

The study, carried out in collaboration with [Brunel University London](#) and [Örebro University](#) in Sweden, focussed on young people's use of a Fitbit and its associated health app.

Despite the initial enthusiasm towards meeting the Fitbit's daily 10,000-step goal, this was short-lived. The students' physical activity levels declined steadily over time, suggesting that the use of a Fitbit to encourage higher activity levels is not a viable long-term solution.



Additionally, researchers discovered the use of Fitbits resulted in feelings of inadequacy and lower self-esteem among pupils who did not complete 10,000 daily steps, as they had not hit their daily target. Pupils felt the 10,000 daily step goal to be too prescriptive, and they did not want teachers to impose step or calorie-based targets due to the additional pressure and stress it would place upon them.

---

[View the full news item](#)

*Awareness....*

### **Sheffield Hallam University (12 September 2017)**

#### **Planning approved for world leading research centre**

Planning permission for Sheffield Hallam University's new Advanced Wellbeing Research Centre (AWRC) has been granted by Sheffield City Council.

Building of the AWRC is set to start in early 2018 and it will become the centrepiece of Sheffield's [Olympic Legacy Park](#) (OLP).

Delivered by Sheffield Hallam University in partnership with Legacy Park Ltd, the AWRC is set to become the **most advanced research and development centre for physical activity in the world**. The key facility is supported by UK Government, who has committed £14million of funding to the project.

---

[View the full news item](#)

*Publications.....*

### **US Girls Wales Learning Report: April 2015 – March 2017. StreetGames, September 2017 (38 pages)**

During the course of the last two years of the Us Girls programme, the network have utilised a diverse range of tools in order to reach and engage the target group of 13-19 year old inactive and semi-active females, living in deprived communities across Wales.

There are approximately 36,000 13-19 year old females living in poverty in Wales. The target for the Us Girls programme was to reach just under 5,000 of these women and girls.

[Download a copy](#)

*Of interest....*

### **Girls' Attitudes Survey 2016. Girlguiding, September 2017 (42 pages)**

The survey gives girls' and young women's voices a platform to be heard and taken into account at the highest levels of decision-making across the UK. It empowers girls to speak out on the issues that really matter to them and affect their lives today. This major survey, now in its eighth year, canvasses the opinions of over 1,600 girls and young women aged 7 to 21, inside and outside guiding across the UK. The findings in 2016 build on those from previous years. They give an insight into how girls feel about the specific and emerging pressures facing them today, and what these mean for their happiness, well-being and opportunities in life. Girlguiding's youth panel, Advocate, leads the development of the survey each year and analyses the results.

[Download a copy](#)

[View what they say in their news item](#)

## USA

### **Eureka Alert! (30 August 2017)**

#### **A slam dunk for women head coaches - so drop the bias**

New study shows female basketball coaches face more biases than male coaches despite performing as well.

Having a man in charge of a US female basketball league team does not necessarily translate into more on court success. This is the conclusion of Lindsey Darvin of the University of Florida, lead author of a study in Springer's journal Sex Roles. Its findings challenge the assumption that men are better leaders, and therefore as coaches will get better results from individual players.

Studies have found that female coaches face more biases than their male counterparts when applying for head coach positions. Women are disadvantaged in their salary negotiations and performance bonuses, as well as in their chances to secure promotions and multi-year contracts. Darvin's team examined the validity of such gender stereotyping in the sport industry by determining whether the gender of a head coach influences the performance and productivity of individual players.

The researchers analyzed data collected for 1,522 players during 19 US Women's National Basketball Association (WNBA) seasons (between 1997 and 2015), and 4000 players in the US National Intercollegiate Athletic Association (NCAA) between 2013 to 2016. To be included in the analysis, players had to have participated in at least 250 minutes of play during two seasons.

Darvin and her colleagues found that men and women were equally successful as head coaches in developing their individual players within both the WNBA and NCAA women's basketball leagues. Individual players' performance was not linked to the gender of their head coach, but rather to the number of games in which they were featured, whether they played under a new coach or not, and their class year.

---

[View the full news item](#)

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

#### **NFL Flag-In-Schools program set to expand as youth health and wellness levels improve**

The NFL, USAFootball, GENYOUth and Fuel Up To Play 60 announced this week the expansion of the NFL FLAG-In-Schools Program, which aims to increase physical activity of youth by providing flag football resources to underserved communities.

Since 2014, the partners' efforts have resulted in 4.3 million students becoming more active before, during and after school through NFL FLAG-In-Schools. This year, NFL FLAG Kits will be distributed to an additional 4,700 schools nationwide, reaching approximately 2.6 million new students. The expansion was made possible by a renewed commitment from the NFL Foundation, amounting to nearly \$1.5 million.

"Football is a fun and engaging sport that teaches participants valuable life lessons both on and off field. We are excited to expand the NFL FLAG-in-Schools program and offer more kids the opportunity to get involved in the sport and have fun," said NFL Vice President of Youth and High School Football - Roman Oben.

NFL FLAG-in Schools Kits will be provided to 4,700 schools at the beginning of the 2017-18 school year. The kits include footballs, flag belts, kicking tees, posters and a physical education (PE) curriculum designed by SHAPE America for elementary and middle school students, to get active and learn the basics of football in a fun environment.

New this year, digital NFL FLAG-In-Schools training modules, including video-based instructions, will be available free of charge to PE teachers nationwide and provide more educators access to the training. The modules follow a curriculum developed by USA Football and SHAPE America that meets national standards for continuing education.

---

Additionally, schools report that the program has helped them to increase female students' participation in physical activity at school. In fact, NFL FLAG-In-Schools sparked such an interest in Miami-Dade County Public Schools that the district developed 50 new varsity middle school girls flag leagues with 1,100 girls now playing varsity flag football.

To learn more about NFL FLAG-in-Schools, visit: [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

[View the full news item](#)

### **Women Sports Film Festival**

#### **2017 Women Sports Film Festival - 28 September - 1 October, The New Parkway Theater, Oakland, California**

Welcome to the second annual Women Sports Film Festival. We are excited to be returning to Oakland with a full slate of new films celebrating the athletic achievement of women and girls from around the world. Our 2017 program includes seven feature length documentaries and 16 short films featuring female athletes from three continents participating in 18 sports.

Festivities kick off with our Opening Night film, [Girl Unbound](#), about Pakistani squash player and human rights activist, Maria Toorpakai, on Thursday, September 28. On Friday, September 29, we take a look back at the role Venus Williams played in the historic fight for equal prize money at Wimbledon, with Ava DuVernay's film, [Venus Vs](#). Saturday, September 30, starts with [#EverydayActivism](#), a panel discussion with athletes using their platforms to create social change, including WNBA legend, Chamique Holdsclaw. The festival closes on Sunday, October 1, with [Supergirl](#), about Orthodox Jewish pre-teen, Naomi Kutin who breaks a world powerlifting record at the age of 9 and becomes an international sensation.

[View more details](#)

### **Fortune.com (22 September 2017)**

#### **What Do 65% of the most powerful women have in common? Sports**

The link between female leadership and competitive sports has been well-documented. [A 2015 study of 400 female C-suite executives conducted by espnW and EY](#) found an undeniable correlation between athletic and business success: more than half (52%) of the c-level execs surveyed played sport at the university level, compared to 39% of women at other management levels. That same study reports that 80% of female Fortune 500 executives played competitive sports at one point in their lives.

The women on the [2017 Fortune list of Most Powerful Women](#) are no exception. Of the 31 MPWs who responded to Fortune's query, 20 (65%) played sports competitively in either high school or college; sometimes both. The most popular sport was a three-way tie between swimming, basketball, and tennis (five women each).

The swimmers on our list include are HPE CEO [Meg Whitman, Google](#) (she's still at it! See this [Fortune profile of the CEO](#) for more), CFO [Ruth Porat](#), YouTube CEO [Susan Wojcicki, Microsoft](#) CFO [Amy Hood](#), and Fidelity Investments personal investing president [Kathleen Murphy](#). PG&E CEO [Geisha Williams](#) and J&J group worldwide chair [Sandi Peterson](#) were both tennis players.

Deloitte CEO Cathy Engelbert, KPMG CEO [Lynne Doughtie](#), and [CVS Health](#) EVP [Helena Foulkes](#) played both basketball and tennis, among other sports; [P&G](#) group president of North America [Carolyn Tastad](#) and Murphy also shot hoops.

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

---