



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

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

### Keep right up to date with our news

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



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

**facebook**

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

### IAPESGW 18<sup>th</sup> World Congress, Barry University, Florida, USA 17 – 21 May 2017

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

[www.barry.edu/iapesgw](http://www.barry.edu/iapesgw)

### Joining IAPESGW – Special membership offer extended

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

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

---

## International

### [Message from Ms Irina Bokova, Director-General of UNESCO on the occasion of International Day of Sport for Development and Peace 6 April 2015](#)

Nelson Mandela once said, "sport has the power to change the world".

We need this power more than ever today, to strengthen the grounds for more inclusive and sustainable development and lasting peace, in this year, when States shape a new global sustainable development agenda.

Especially in turbulent times, sport can be a powerful vehicle for social inclusion, gender equality, and youth empowerment, with benefits that extend far beyond the grounds of stadiums. There is nothing like sport to bring women and men from different cultures together

around the shared values of fair play, mutual respect and team spirit. Sport and physical education are especially important for young people, for their health and civic engagement.

Sport is a pillar of a healthy society, at ease with itself, united in its diversity, based on human rights and equal dignity. It provides a field for passions to be shared, for communities to come together, for the disadvantaged to be empowered.

This is the importance of the UNESCO International Charter of Physical Education and Sport, to bolster the right of access for all to physical education, physical activity, and sport. This same spirit guides UNESCO's action in the fight against doping, through the Fund for the Elimination of Doping in Sport, and the AntiDoping Convention, which 170 countries have signed. In August 2014, the World Youth Forum on Sport, Culture, and Peace was organized by UNESCO and the DG/ME/ID/2015/010 – Original: English Nanjing Municipal Government, bringing young men and woman together from across the world to explore common challenges and solutions.

In every society, sport is a field of dreams and a force for fabulous positive change - we must do everything to harness this power. This is UNESCO's message on this International Day of Sport for Development and Peace.

**Irina Bokova**  
**Director General, United Nations Educational, Scientific and Cultural Organization (UNESCO)**

---

#### **Inside the games reports (15 April 2015)**

##### **In sport all people are equal, Bach tells United Nations**

Thomas Bach, President of the International Olympic Committee (IOC), has reiterated his belief in sport's power to help in the fight against discrimination as part of a speech to mark International Day of Sport for Development and Peace at the United Nations headquarters in New York City.

The German spoke of the IOC's move to strengthen its commitment to equality when it amended Fundamental Principle 6 of the Olympic Charter to mirror the UN's Universal Declaration of Human Rights, which came just months after global demonstrations protesting against Russia's anti-gay law cast a shadow over the Sochi 2014 Winter Games.

It now reads: "The enjoyment of the rights and freedoms set forth in this Olympic Charter shall be secured without discrimination of any kind such as race, colour, sex, sexual orientation, language, religions, political or other opinion, national or social origin, property, birth or other status."

Bach also said the adoption of Olympic Agenda 2020 will help to "leverage the power of sport as a force for positive change around the world", while challenging gender norms and negative stereotypes, and promoting gender equality.

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

## **UNESCO (7 April 2015)**

### **UNESCO and Al-Hilal Saudi Football Club join forces to promote social inclusion through sports**

The Director-General of UNESCO, Irina Bokova, and the President of Saudi Arabia's Al-Hilal Football Club, Mohammad Al-Hmaidani, today signed a three-year partnership agreement to work together for the promotion of social inclusion through sports. Under the agreement, Al-Hilal will fund \$1.5 million in projects to provide quality physical education in schools and social integration of youth, especially in conflict and post conflict zones.

"More than ever today, we need to nurture the power of sport as a pillar of healthy societies, societies at ease with themselves and others, societies united in their diversity, based on human rights and equal dignity," said the Director-General.

"Especially in turbulent times, sport must be supported as a transformational force for social inclusion, gender equality, and youth empowerment, with benefits extending far beyond the grounds of stadiums.

"This spirit guides all UNESCO's action and the partnerships we have crafted with key actors in the fight against doping, to support sport as a force of peace," said the Director-General.....

[View the full news item](#)

## **Inside the games reports (15 April 2015)**

### **2015 Grant Support Programme launched by Agitos Foundation**

National Paralympic Committees (NPC) and Regional Organisations have been invited to submit funding proposals for the Agitos Foundation's 2015 Grant Support Programme which would help to develop and educate athletes, coaches and technical officials, while attempting to raise the profile of Paralympic sport.

Proposals from International Federations and International Organisations of Sports for the Disabled (IOSDs) have also been welcomed with the development of educational tools or programmes for coaches, coaches and classifiers, youth or development competition, purchasing sporting equipment and classification research and strategies a key focus.

The Agitos Foundation, the development arm of the International Paralympic Committee, have pledged €650,000 (£466,000/\$692,000) as part of their 2015 Grant Support programme, which attempts to support the development of summer and winter para-sports across the world.....

Applications are set to be accepted from May 1 to 31 via an online portal, with the outcome of the selection process due to be announced on June 30.

Documentation and guidelines for applicants has been published at the Agitos Foundation website [here](#).

[View the full news item](#)

## **Inside the games reports (18 April 2015)**

### **IOC to launch "groundbreaking" educational service at Athlete Career Programme Forum**

The International Olympic Committee (IOC) will launch a free, online education service aimed specifically at Olympians, other elite athletes and their coaches during its Athlete Career Programme Forum in Lima next month.

The "IOC Athlete Learning Gateway" is set to go live on May 28 when between 100 to 125 participants are expected to be in the Peruvian capital for the 7th edition of the ACP Forum.

More than 4,000 athletes and coaches from around the world have been helping the IOC test and develop the pilot version of the experimental Massive Open Online Courses (MOOC).

Leading academics, sports institutes, sports leaders and Olympians have contributed content for the programme, including courses and live online seminars.

Recommendation 18 of Olympic Agenda 2020, the IOC's strategic roadmap for the future of the Olympic Movement, calls for support to athletes to be strengthened.

This includes the development of athlete career programmes with all the relevant stakeholders and increasing engagement with athletes on important topics related to their careers on and off the field of play.....

To view the "IOC Athlete Learning Gateway" pilot service, click [here](#).

[View the full news item](#)

### **Inside the games reports (22 April 2015)**

#### **Innovative mixed-team golf to feature at 2018 European Sports Championships**

An innovative mixed-team golf event is set to feature on the programme of the 2018 European Sports Championships in Glasgow and Berlin.

Scotland's Gleneagles, the course which hosted last year's Ryder Cup, will stage the event if plans go ahead as expected, bringing together men and women in a unique professional format.

Although mixed-team golf featured on the sports programme of the Nanjing 2014 Youth Olympic Games, the event is the first of its kind in Europe, it is claimed.

Paul Bush, director of events at tourism agency VisitScotland, told insidethegames that the finer details are still being formally thrashed out between the European Tour and Ladies European Tour, but anticipates the event will be officially launched next month.....

[View the full news item](#)

### **Inside the games reports (22 April 2015)**

#### **Mountain bike star Włoszczowska revealed as latest Baku 2015 ambassador**

Polish Olympic mountain bike medallist Maja Włoszczowska has been revealed as the latest international Athlete Ambassador for the Baku 2015 European Games.

The Beijing 2008 women's cross country silver medal winner will represent her sport and feature in marketing campaigns and on social media to promote this summer's inaugural continental Games.

As well as her Olympic success, Włoszczowska was the 2010 women's cross country mountain biking world champion and has a total of 22 world and European medals to her name so far.....

[View the full news item](#)

## **Inside the games reports (21 April 2015)**

### **Peace and Sport launch new virtual forum to expand reach**

International organisation Peace and Sport has launched a new virtual forum here, aimed at fostering the development of the peace through the sport movement and offering its stakeholders a neutral, relevant and daily digest of the latest news.

Peace and Sport Watch is supported by international news agency Agence France-Presse (AFP), whose global head of sport Vincent Amalvy was present at the unveiling alongside Peace and Sport President and founder Joël Bouzou.

The Watch website, which can be accessed by clicking [here](#), features a practical tool for information on upcoming events relevant to the peace through sport movement.

A movement newsfeed can also be found, providing information on initiatives led by actors of the peace through sport movement, promoted through a Peace and Sport Twitter feed.

The Watch will be the online component of Peace and Sport's International Forum, the next edition of which will take place in Monaco in November.....

[View the full news item](#)

## **Specific countries**

### **AUSTRALIA**

#### **VicHealth (13 April 215)**

##### **Report shows parents can help prevent obesity in children**

Children who have more than two hours screen-time a day and children who frequently eat dinner in front of the TV are more likely to be overweight or obese, according to a VicHealth report published today (14 April).

As children return to school this week and next, the VicHealth research, conducted by Associate Professor Anna Timperio from the Centre for Physical Activity and Nutrition Research at Deakin University, focuses on understanding the factors which lead to children becoming overweight or obese.

With almost one in four Australian children overweight or obese and one in three expected to be by 2025, Influencing Children's Health: Critical Windows for Intervention looks at the key moments for developing healthy habits in children and adolescents.

VicHealth CEO Jerril Rechter said some of the key risk factors that may lead to Australian children becoming overweight or obese are inadequate fruit and vegetable intake and lack of physical activity.

“Children often eat less than the recommended amount of fruit and vegetables,i only one in five get the recommended hour of physical activity every day, and fewer than one in three meets the recommendation for daily screen time limits.ii This report reveals that over-use of electronic devices such as televisions, computers and electronic gaming consoles are linked to negative health consequences for children. In disadvantaged communities, having a TV in a child's room and using it as a reward has been linked with children being more overweight.

“Children who are obese are more likely than other children to develop asthma, type 2 diabetes, cardiovascular conditions and some cancers. Kids who are overweight are more

likely to carry their excess weight into adulthood, placing them at increased risk of chronic diseases. They may also be subjected to discrimination and bullying, which can harm their mental wellbeing,” Ms Rechter added.....

[View the full press release](#)

**Influencing children’s health: critical windows for intervention. Research highlights. Vichealth, Australia, dated March 2015 (9 pages)**

With almost one in four Australian children overweight or obese and one in three expected to be by 2025, Influencing children’s health: critical windows for intervention looks at the key moments for developing healthy habits in children and adolescents.

The VicHealth research, conducted by Associate Professor Anna Timperio from the Centre for Physical Activity and Nutrition Research at Deakin University, focuses on understanding the factors which lead to children becoming overweight or obese, particularly in the school, work, home and neighbourhood environments, and suggestions for intervention.

[Download a copy](#)

**CANADA**

*The Canadian Olympic Committee has put out this new resource that might be of benefit to our members:*

**One Team: Creating a Safe School and Sport Environment. Canadian Olympic Committee, 2015.**

The Olympic Rings stand for so much more in the world than just for sport; they are transcendent, they have the ability and the power to change society and culture. The COC believes in equality for all, and that athletes should be judged by their performance on the field of play and their character as people, not for who they love or how they identify. By creating change in sport, we can create change across all segments of society.

[View the sections of the guidance on-line](#)

**A couple of examples:**

**Top 15 Essentials (2 pages)**

Covers key points in developing a positive and fair environment in society and sport for lesbian, gay, bisexual and transgender people.

[Download a copy](#)

**One Team Glossary (4 pages)**

A useful reference point for phrases and words used in the context of LGBT people.

[Download a copy](#)

**Information received from Karin Lofstrom, IAPESGW Secretary**

**Inside the games reports (23 April 2015)**

**Canadian Paralympic Committee welcomes increased Government funding for next generation of sports stars**

The Canadian Paralympic Committee has welcomed the increase in sports Government funding to support the next generation of athletes for the next four years that was announced this week.

Finance Minister Joe Oliver revealed a CAD20 million (£10 million/\$16 million/€15 million) investment in high performance sport, both Paralympic and Olympic, over the four-year period beginning in 2016-2017 during his presentation of Canada's Economic Action Plan 2015-2016.

The figure will also be matched by the private sector.....

[View the full news item](#)

## NEW ZEALAND

### **Future of Sport in New Zealand. Synergia for Sport New Zealand. Sport New Zealand, April 2015 (59 pages)**

This report looks to New Zealand's future over 2015 to 2030, and the opportunities and challenges for sport.

As with any futures research, we are always confronted with three key challenges: the future is not predetermined, the future is not predictable, and future outcomes can be influenced by our choices in the present. This report does not aim to predict the future. It does however attempt to ground the findings in what we are seeing today, and how the seeds of today might evolve into the future.

This report offers questions, rather than prescriptive solutions. The directions we present are not mutually exclusive. They co-exist and are likely to be part of the lives of different people at different times of their life stages.

It is put forward to support a robust and grounded debate about the future of New Zealand sport, for all involved in sport to think deeply about the emerging opportunities and challenges that could impact people's participation and involvement in sport, and the role we can all play in responding.

[Download a copy](#)

## SPAIN

### **First ever study of homophobia in Spanish football**

The University of Seville in collaboration with the Andalusian Federation of ARCO IRIS is carrying out a study of football teams in the eight provinces in order to assess the actually existing level of tolerance of sexual diversity in Andalusian football.

As yet no Spanish Premier Division footballer has publicly declared his homosexuality, according to ARCO IRIS.

The 19th of February is celebrated as a Day against Homophobia in Football in memory of the English footballer Justin Fashanu, the first British footballer to come out as gay in 1990. Eight years later, Fashanu committed suicide.

The 19th of February is celebrated world-wide as the International Day against Homophobia in Football. This date coincides with the birth date of Justin Fashanu, the first professional player to come out as gay, in 1990. Eight years later he killed himself after suffering from depression.

The Andalusian Federation ARCO IRIS and the Malaga Association of Sports Writers have organised a Round Table at the offices of the Colegio de Periodistas (Press Association) in

Malaga to present the report: 'Football and Homophobia', the work of the University of Seville and ARCO IRIS. Participants in this event, to take place in 2015, include Jesus Hurtado, journalist and sports historian, Lorena Lopez, representing University of Malaga Rugby Club, ARCO IRIS President Gonzalo Serrano and Giselle Bolanos, psychologist and report co-ordinator.

The report, 'Football and Homophobia', is the first in Spain to study the level of tolerance of sexual diversity in the 'King of Sports'. The questionnaire which served as the basis for the findings of the report can be accessed by downloading from [www.contralasreglas.tk](http://www.contralasreglas.tk). The site also includes an on-line presentation entitled 'Lesbians and Gays in Sport' and includes information on the life and career of Justin Fashanu.

ARCO IRIS wants to point out that as yet no professional footballer has declared his homosexuality and is asking gay players to come out and stop hiding their partners so they can serve as role models for young gays, in the same way as do heterosexual players.

### **The Report 'Homophobia And Football'**

Joaquin Piedra is a member of the Department of Physical Education and Sport at the University of Seville, the organisation which belongs to the Study Group (HUM -962), which, together with the Andalucian Federation ARCO IRIS has instigated this investigation into the current climate relating to tolerance of sexual diversity in the world of football.

He says: 'In order to do this, we devised a short questionnaire which evaluates attitudes to sexual diversity in sport. The aim is to determine the ambience at all levels of competition, from local teams to the Premier Division.'

For Joaquin Piedra, the report's Director, 'In Spain football is currently seen as an area of male dominance, with a pronounced tendency to exclude anyone who deviates from the 'norm'. Because of this, the heteronormative character of football has made of homosexuals and other sexual minority groups a taboo subject, never to be mentioned lest it should cause problems.'

The information gathered from the report will enable the drawing up of a map of acceptance/rejection of sexual diversity in Andalucian football, whether relating to male or female players. The findings will help LGBT groups to develop effective campaigning strategies against homophobia in the 'King of Sports' in our country. It will also allow the sporting institutions and authorities to understand the existing situation regarding attitudes to sexual minorities.

### **Participating football teams**

Clubs in each of the eight Andalucian provinces have taken part in this study. ARCO IRIS has already approached the four First Division teams (Cordoba FC, Granada FC, Malaga FC and Sevilla FC) as well as other lower-league but equally well-known and important clubs such as Real Betis Balompie, UD Almeria, Recreativo de Huelva, Cadiz FC and Real Jaen. Other teams such as Linares Deportivo and Marbella FC have also been part of the study. Any other clubs who wish to participate are welcome to do so.

### **Gays and lesbians in sport**

The online presentation featuring Lesbians and Gays in sport, the first ever in Spain to focus on homosexuality in sport, is an adaptation of a European online presentation created by the regional government of Rhineland-Westphalia (Germany). It can be accessed at [www.contralasreglas.tk](http://www.contralasreglas.tk) and is sponsored by European sporting bodies such as UEFA. It features biographies of twenty-six leading gay and lesbian sports personalities as well as highlighting one hundred sportsmen and women who are open about their sexual orientation.

Gonzalo Serrano, ARCO IRIS President, explains that 'The majority of Spanish gay and lesbian sportsmen and women lead a double life and this is clearly shown by the fact that although there are gay Premier League players, not one has as yet come out.'

For Serrano, 'It is vital that gays and lesbians are visible in all areas of life, especially in those where it appears that there are high levels of homophobia and with this on-line presentation we want to show that gays and lesbians can live a normal, open life without the need to hide their sexuality and it is hoped that this will encourage all those who participate in sport to do the same. ARCO IRIS wants to show that those who are out and proud are happier, have more self-esteem and are less prone to stress of living a 'hidden life'.

## **Homophobia in sport**

Isabel Martinez, President of a support group for parents of gay and lesbian children, 'Families for Diversity', believes that in many sporting environments there is far too much evidence of homophobia in language and general behaviour and of the associating of competitiveness with masculinity, as seen when a lad who fails to show aggression is called a 'pansy' or 'queer' or a girl who excels at sport is labelled a 'dyke'.

'This overt homophobia inhibits gays and lesbians from coming out and leading a normal life. Many homosexuals give up sport altogether to avoid these stressful situations whilst others choose to hide their sexuality and lead a double life'.

Families for Diversity works to set up clubs and sports schools as well as encouraging education at all levels to create an ambience more welcoming and respectful of all who wish to participate in sport, regardless of sexual orientation.

**Joaquin Piedra, PhD**  
**Department of Physical Education and Sport**  
**University of Sevilla**  
**Spain**  
**Email address: [jpiedra@us.es](mailto:jpiedra@us.es)**

**Note: Joaquin is an IAPESGW member**

## **UK**

### **Government Equalities Office (27 March 2015)**

#### **New research shows seven is heaven for girls and sports**

Report suggests increased self-consciousness and lower confidence after Year 3 can stop girls participating in sport.

New research published today by the Government Equalities Office confirms that Year 3 (7-8 years old) is a critical age in keeping girls motivated to play sport. Beyond this age, girls become more self-conscious, lose confidence and many stop participating in sport.

The study, conducted for GEO by charity Women in Sport and the Youth Sport Trust, follows research from the Women's Sport and Fitness Foundation which showed that at Y4, activity levels are similar for boys and girls, but by Y6 girls are doing significantly less and this gap grows in the years that follow. The purpose of this research was to explore these findings further by focusing on girls in Y3 – the last academic year before the differences between boys and girls (in terms of confidence, body image and sports participation) start growing significantly.

This latest research found that amongst children interviewed, in Year 3, girls are still participating in school sports at broadly the same level as boys. Their confidence and body image is good, they are still largely influenced by their parents and only minimally influenced by celebrity culture and external role models. However, there are early signs emerging of what causes them to drop out of sports participation.

#### **The research found in respondents:**

- Gender perceptions are already emerging in relation to sport; girls think boys are 'stupid' and 'their' sports rough, the boys think girls lack skill and competence. Also, while school sports participation is roughly equal, outside school things look very different, with many more boys than girls involved in out-of-school sports clubs;
- The girls disliked playing games outside in the cold, whereas boys enjoyed the extra space associated with outside games. This difference is reflected in the sports they participate in with girls leaning towards swimming, dance, tennis, netball and gymnastics and boys more often highlighting football, cricket and rugby; and

- Girls were also beginning to notice the lack of female sporting role models available to them. Girls and boys agreed PE should be different for both sexes. Girls felt that boys can be overly competitive, cheat and play rough and boys perceived girls as 'less sporty' and skilled, as well as less interested in 'rough' and muddy outdoor sports.

.....  
[View the full press release](#)

**English Federation of Disability Sport reports (30 March 2015)  
 Exciting news of first ever Mixed Ability Rugby World tournament**

Support from far and wide has greeted the news of the first ever Mixed Ability Rugby World tournament.

The competition will see players with learning or physical impairments playing alongside non-disabled players in the same full-contact game, and was pioneered in England by [Bradford's Bumble Bees](#) RFU team.

The competition will be held at the Bradford & Bingley Rugby Club from the 17 to 21 August, prior to the official [Rugby World Cup 2015](#) in September.

Over 400 players, and delegates from 10 nations, have already confirmed their attendance at the disability-friendly event.

West Yorkshire has become the English hub of mixed ability sport thanks to a partnership of education and rugby, with tutors, alongside the RFU and existing disabled players, recruiting new clubs to mixed ability rugby.....

In conjunction with the Mixed Ability Tournament there will be a conference and education day where players, coaches and managers will share experiences of involving disabled players in all aspects of the game.

[View the full news item](#)

**Women's Sport Trust (7 April 2015)  
 Finalists Announced for Women's Sport Trust #BeAGameChanger awards**

The Women's Sport Trust has today announced the finalists for the inaugural #BeAGameChanger awards, with the overall winners to be chosen by the public. Following nominations and shortlisting by an expert panel, the finalists in each category give a superb reflection of the athletes, organisations and individuals making a positive contribution to women's sport.

The winners will be announced live at the Women's Sport Trust #BeAGameChanger awards, supported by Microsoft, which will take place on May 14 2015 on London's South Bank in front of an audience including elite athletes, media, businesspeople, politicians, sports leaders and grassroots influencers.

The Awards will prove that women's sport is viable, visible and unstoppable. They will make a compelling case for future investment, encourage increased media coverage and bring together the decision makers who can help to make this happen.

It's vital that the public helps to shape progress by deciding which role models, inspiring projects and sponsorship initiatives they think are making the most difference to women's sport. People can cast their vote by visiting [www.womensporttrust.com](http://www.womensporttrust.com). The website includes a brief profile of each of the finalists.

.....  
[View the details of the finalists](#)

## **Youth Sport Trust (21 April 2015)**

### **Girls Lead the Field: Growing Great Leaders through Sport**

A pilot project launches today at Loughborough University with 70 girls from seven of the country's leading independent schools coming together for a one day camp.

Girls Lead the Field is sponsored by Ernst Young (EY) and seeks to promote leadership and life skills through sport. The Youth Sport Trust has worked with independent schools and the Girls Schools Association (GSA) to identify how skills learned through sport can provide solutions which are central to the future success of young women.

The programme is targeted at high attaining girls who will benefit from inspirational and focussed support. Today's event, which is supported by Loughborough University and attended by 14 teachers, is designed as an inspirational and developmental start of a pilot project.....

The seven schools bringing their future leaders to the event are: Bedford Girls, Godolphin and Latymer (London), St Mary's (Cambridge), St Edwards (Oxford), St Helen's and St Katharine's (Abingdon), Newcastle High and Edgbaston High.....

[View the full news item](#)

**BMJ Open 2015;5:e007210 doi:10.1136/bmjopen-2014-007210. Published 1 April 2015.**  
**Community-based physical activity interventions among women: a systematic review.**  
Farahaniin, Leila Amiri et al

#### **Abstract**

**Objective:** Review and assess the effectiveness of community-based physical activity interventions among women aged 18–65 years.

**Design:** Systematic review

**Methods:** To find relevant articles, the researcher selected reports published in English between 1 January 2000 and 31 March 2013. Systematic search was to find controlled-trial studies that were conducted to uncover the effect of community-based interventions to promote physical activity among women 18–65 years of age, in which physical activity was reported as one of the measured outcomes. The methodological quality assessment was performed using a critical appraisal sheet. Also, the levels of evidence were assessed for the types of interventions.

**Results:** The literature search identified nine articles. Four of the studies were randomised and the others studies had high methodological quality. There was no evidence, on the basis of effectiveness, for social cognitive theory-based interventions and inconclusive evidence of effectiveness for the rest of interventions.

**Conclusions:** There is insufficient evidence to assess the effectiveness of community-based interventions for enhancing physical activity among women. There is a need for high-quality randomised clinical trials with adequate statistical power to determine whether multi-component and community-based intervention programmes increase physical activity among women, as well as to determine what type of interventions have a more effective and sustainable impact on women's physical activity.

[Source of information](#)

**The Football Association  
Women's and Girls' Football facts and figures**

There is a 2015 infographic available giving facts and figures about girls' and women's football  
[View the infographic](#)

**British Universities and Colleges Sport (16 April 2015)  
Manchester Metropolitan University This Girl Can Case Study**

Manchester Metropolitan University's Active Campus programme has seen over 2,000 students and members of staff get involved with free activities across the Manchester and Cheshire campuses since its implementation in September 2014.

The programme, which is supported through funding from the Sport England University Sport Activation Fund, delivers over 60 free activities across two campuses every week during term two, encouraging students from a range of backgrounds to get involved with a variety of different sports from netball and football to dodgeball and ultimate Frisbee.

"Although we saw high engagement levels during the first term, participation levels from women were significantly lower. In order to address this, we decided to take significant steps in term two to address this issue," said Darren Waldron, Sports Development Officer for MMU Sport.

**Inspired by This Girl Can**

Following the launch of Sport England's This Girl Can, MMU Sport worked closely with Greater Sport and the University of Manchester to deliver Shake it Off: a dedicated, one-off female only event at the beginning of term two. The event was aimed at engaging a wide demographic of women and providing them with the opportunity to try a range of activities for the first time.....

**What's coming next?**

MMU Sport is currently working on a wider female only offer that we can provide in the next academic year for our students and staff.....

[View the full case study](#)

*Also...*

**Team Bradford This Girl Can Case Study**

.....Long before the start of the This Girl Can campaign the University of Bradford has been encouraging their female students to pursue sports at every level. From ladies just starting a sport to those competing at a national level, Team Bradford is there to support them all. The flourishing Women's Football and Women's Rugby team are a testament to this, along with the teams that have had to expand in order to incorporate the growing demand for a separate female team and a mixed team.....

[View the full on-line case study](#)

**ThisGIRLCan with ACTIVEMapX!**



**An article by Paul Reynolds, Director, Communications. Women's Sports Network**

The various Women In Sport/Fitness awareness campaigns have crystallised a huge demand – is ACTIVEMapX a solution?

All the research tells us that more of us in the UK want to be more active – some figures (WSFF – 2012) – quote figures of '11m women and girls seeking to get more active'. The recent #ThisGIRLCan campaign proved the point with 7m hits on You Tube , 50k plus 'followers' on Twitter and international accolades for the brave and empowering approach targeting 'non-lycra' wearing women who make up the majority of those wanting to get more ACTIVE.

### **What's been the problem?**

Despite tremendous efforts by national governing bodies of sport (NGBs) and quangos such as Sport England, Wales, and Scotland – the intrinsic problems remain. We generally don't get ACTIVE for fear of being judged and often avoid formal gyms with high annual fees and places where lycra 'rules'; preferring to find local clubs/classes/groups where we can be 'coaxed' not 'coached' locally. Being with friends and ideally getting ACTIVE in the small packets of time which we can fit around other daily 'responsibilities' – far too legion to mention here – really helps.

A wide range of groups and organisations (NGB/commercial & voluntary-charity) have responded and set up numerous community-based clubs/classes to cater specifically for women. NGBs are running 'low impact' classes (such as: Breeze Cycling, Back to Netball, Go Fence, Get Into Golf...) to encourage women and girls (back) into sport. On the fitness front commercial organisations such as Curves, Lady Zone and Zumba have become established - alongside smaller private organisations POPDance, BuggyPush & schools, etc, which not only offer hugely empowering opportunities for women to have fun getting ACTIVE but also to get commercially engaged, either through employment or even setting up your own dance/active business.

### **How can we make the various multiplicity of SPORT/FITNESS options more available accessible to women and girls?**

.....  
[View the full article on pages 2 – 4 of Equality- Focus on Sport Edition 121, April 2015](#)

### **Inside the games reports (15 April 2015)**

#### **British Athletics appoint Dame Tessa Jowell as chair of 2017 World Championships Inspiration Programme**

British Athletics have today announced former Olympics Minister Dame Tessa Jowell as chair of the London 2017 World Athletics Inspiration Programme.

Dame Tessa, who played a key role in uniting the British Government behind London's successful bid to host the 2012 Olympic and Paralympic Games, was also an integral part in securing Britain's capital the rights to stage the 2017 International Association of Athletics Federations (IAAF) World Championships and the International Paralympic Committee (IPC) Athletics World Championships.

Both events retain the legacy left from London 2012 as they will take place in the Olympic Stadium and it will be the first time the two World Championships will be held in the same city in the same year.....

[View the full news item](#)

### **Inside the games reports (17 April 2015)**

#### **Olympic silver medallist Fell revealed as Britain's Tbilisi 2015 EYOF Chef de Mission**

Olympic modern pentathlon medallist Heather Fell has been revealed as Great Britain's Chef de Mission for the 2015 European Youth Olympic Festival (EYOF) in Tbilisi.

The British Olympic Association (BOA) made the announcement to mark 100 days to go until the event, which is due to take place in Georgia's capital from July 26 to August 1.

The Beijing 2008 silver medal winner, who also secured multiple podium places at the World and European Championships before retiring last year, will lead the British squad as they compete across nine sports during the six days of action.

“It’s a tremendous honour to have been named as Team GB’s Chef de Mission for Tbilisi 2015,” said 32-year-old Fell, a member of the BOA’s Athlete’s Commission since January 2013.....

[View the full news item](#)

### **Inside the games reports (22 April 2015)**

#### **Radcliffe to be awarded inaugural John Disley London Marathon Lifetime Achievement Award to mark last race**

Women’s marathon world record holder Paula Radcliffe is set to receive the inaugural John Disley London Marathon Lifetime Achievement Award after the 2015 Virgin Money London Marathon it was announced here today.

Radcliffe is set to bid farewell to the race on Sunday having won the race on three occasions, setting the world record of 2 hours 15min 25sec, on during her second victory in 2003.

She also won the race in 2002 and 2005.

The 41-year-old is due to begin the race for the first time amongst the mass start, rather than the elite field and will be presented the award by John Disley, the 1952 Olympic 3,000 metres steeplechase bronze medallist who was co-founder of the London Marathon with Chris Brasher in 1981.....

[View the full news item](#)

*Useful information to share...*

#### **Breast Health – is your bra right for you? Chartered Society for Physiotherapists, 27 March 2015 (2 pages)**

Over half of women in the UK who take part in sport are at risk of losing natural elasticity because they don’t wear a sports bra (MORI, 2000). Between 70 – 80 per cent still wear the wrong bra size. This fact sheet gives advice on exercise, posture and choosing an appropriate bra.

The leaflet includes bra measuring advice which explains how to measure and check your correct bra size (band and cup size) to ensure you achieve a well fitting bra.

[Download a copy](#)

Also read the BBC Sport news item, 23 April 2015 - [How sports bras helped transform women's approach to sport](#)

There was also a BBC Radio 5 Live programme on the topic as well that you can still listen to - [Bounce: The story of the sports bra](#)

#### **Challenging children’s inactivity: Activity challenge. Fit for Sport, [April] 2015 (12 pages)**

In 2014, Fit For Sport conducted a simple physical activity test to assess key indicators of health and physical literacy of primary age children in 80 schools across the UK. The Activity Challenge requires a combination of skill and aspects of physical fitness, including stamina, agility and coordination.

67% of children did not meet the fitness level to be considered sufficiently active and physically literate by Fit For Sport – based upon data collected from over 10,000 children and work completed with teachers, children’s activity professionals and experts to calculate the recommended fitness levels for particular age ranges.

[Download a copy](#)

**Women in Sport – moved to new address on 7 April 2015**

**Their new address is:**

Women in Sport  
3rd Floor  
26 Finsbury Square  
London  
EC2A 1DS

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

**USA**

**The Guardian in the UK reports (9 April 2015)**

**NFL hires its first woman to officiate games full-time**

Sarah Thomas had been tipped for the post but league has now confirmed her appointment saying the 41-year-old was 'ready' to take up the position

The National Football League on Wednesday said it would hire a woman for the first time to officiate games full-time for the most popular US sport.

Sarah Thomas, 41, will join the [NFL](#) as a line judge after officiating in Conference USA, a college league, since 2007, the league said.

"I did not set out to become an NFL official," said Thomas, who has been working in the NFL's Officiating Development Program. "The further I went along in the progression, getting into Conference USA, part of me thought it may become a reality.

"But my goal has always been to be the best line judge I could be."

Shannon Eastin was the NFL's first female official, serving as a line judge for the first three games of the 2012 season. She was hired as a replacement official during the lockout of full-time referees in a labor dispute.....

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

***International Journal of Behavioral Nutrition and Physical Activity, Volume 12, published online 29 March 2015. Environmental factors associated with physical activity in childcare centers. Henderson K, Grode G, O'Connell M and Schwartz M***

**Abstract**

**Background:** Child care centers influence physical activity levels among children, yet little is known about the specific aspects of the environment that support generous amounts of activity. The purpose of this study was to examine the practices, and environmental aspects of the child care center that are associated with children's moderate and vigorous physical activity.

**Methods:** Thirty-five child care centers serving 389 3 to 5 year old children were assessed for: 1) environmental characteristics of the center; and 2) staff practices related to child physical activity. Children's physical activity was measured using accelerometers over a single day in child care.

**Results:** Fourteen percent (an average of 9 minutes per waking hour) were spent in moderate to vigorous physical activity (MVPA). The strongest environmental predictors of MVPA were: time spent in outdoor play, suitability of indoor play space, and teacher encouragement of (but not participation in) indoor play.

**Conclusions:** In order to reach the U.S. recommended 120 minutes of physical activity per day, significant changes will need to occur in the child care setting, including increased time outdoors and more opportunities for indoor physical activity.

[View the full article](#)

---