



IAPESGW International Update, July 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](#)

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International Update Editorial from Janice Crosswhite

Firstly I should introduce myself as the Communications Director for IAPESGW 2017-2021. So far, working with Jenny Warner, we have developed a new banner heading for the International Update and encouraged our members and National Representatives to send through, on a regular basis, news and research from their part of the world. We are trying to broaden our breadth of news and appeal to our readers.

Your feedback is appreciated at: crosswhite@bigpond.com

This edition is jam-packed, starting with Wimbledon news and finishing with our first photos and news from Iran.

Last month Wimbledon women's singles was won by Garbine Muguruza, (Venezuelan – Spanish) defeating Venus Williams (USA) but as much media coverage went to Andy Murray who corrected a reporter's "casual sexism" comment. Good on you Andy Murray!

Read the Beyond Sports Awards and you will see that many women have won these prestigious awards – a highlight being the Muslim basketballer Bilqis Abdul Qaadir who successfully advocated for headgear for women and in May this year FIBA overturned their hijab ban.

We have included two reports on MINEPS VI. In May over 500 participants and 116 Ministers of Sport met in Kazan to agree on future physical education and sport policies and strategies. IAPESGW contributed to the pre-conference working documents through our President.

The IAAF's latest research on hyperandrogenism and transgender athletes is a breakthrough as it shows that female athletes with high levels of naturally occurring testosterone receive a significant performance advantage. We will watch for further developments in this area.

There are articles on research, dancing, fitness, Active Parks, coaching, publications and more, with reports from Austria to the USA and many countries in between.

I hope you have had a good weekend. I started on Friday night by attending the launch of Women Sport Australia's mentoring program for 2017 and today, Sunday, attended a school reunion for a class of 35 girls I taught physical education and sport 50 years ago.

My message is to stay connected and to keep up your contacts! It is heartwarming to look back and see the success and growth of things you started and once was heavily involved in.

Happy reading!

Janice Crosswhite OAM

Last month we asked members - *What should we call our monthly news bulletin?*

After some careful thought we decided to make a slight change to the news bulletin's title, adding 'International,' and make a real change to 'banner header' design. We hope you like the 'refreshed' look.

The latest list:

[IAPESGW National Representatives 2017 - 2021 - view the latest list \(July 2017\)](#)

Women and Girls in Sport - Research to Action
18th World Congress | Miami FL USA
Hosted by **Barry University**



Congress report

Our President, Rosa López de D'Amico, has produced a report on the 18th Congress; we are now sharing this with members - [view the report on our website.](#)

International

The Guardian reports (3 July 2017)

Wimbledon organisers criticised over male bias on top two show courts

Centre and No 1 court schedules in last two championships featured more male matches than female.

The prize money may be equal at £2.2m each for the king and queen of [Wimbledon](#). But the tennis championships, which open on Monday, are still serving up sex discrimination on its top two show courts, it has been claimed.

An analysis of matches scheduled on Centre and No 1 courts during the last two championships demonstrated a gender bias overwhelmingly in favour of male players.

[Tennis](#) fan Mark Leyland, said the All England Club employed a 4:2 formula – two men’s matches and one women’s match on each of the two courts – despite complaints. “None of the other grand slam tournaments do this,” he said, citing the US and French championships’ top court schedules as roughly gender equal.

The novelist and campaigner has already taken the BBC to task over gender bias after recording the entirety of their coverage on BBC1, BBC2 and its red button service, to prove that 76% of airtime during the 2015 championships went to the men’s game. [On one day it was 93%](#).

The BBC’s governing body, which examined his complaint, subsequently reported finding a “startling disparity” in the number of men’s and women’s games broadcast. In 2016 the broadcaster achieved more equal coverage, with 37 men’s matches covered compared to 25 women’s, said Leyland. He said he would be monitoring again this year to ensure the corporation’s “unbiased coverage continues”.

[View the full news item](#)

International Association of Athletics Federation (3 July 2017)

Levelling the playing field in female sport: new research published in the British Journal of Sports Medicine

New research has been published today in support of the International Association of Athletics Federations’ (IAAF) currently suspended Hyperandrogenism Regulations.

On 27 July 2015 in a Court of Arbitration for Sport (CAS) case between the Indian athlete Dutee Chand and the Athletics Federation of India and the IAAF, [the CAS made an interim decision to suspend the IAAF’s Hyperandrogenism Regulations](#) for a period of two years, in order to provide the IAAF with an opportunity to submit further evidence as to the degree of performance advantage that hyperandrogenic female athletes have over athletes with normal testosterone levels.

The article published today, “Serum androgen levels and their relation to performance in track and field: mass spectrometry results from 2127 observations in male and female elite athletes”, is part of the evidence that the IAAF is preparing for its return to CAS. The authors, Drs Stéphane Bermon and Pierre-Yves Garnier, submitted the study for scientific peer review, and the article and related research has now been [published in the British Journal of Sports Medicine](#).

Dr Bermon, who has been a member of the IAAF and IOC working groups on hyperandrogenic female athletes and transgender athletes, jointly headed the study with Dr Pierre-Yves Garnier, Director of the IAAF Health and Science Department.

Funded by the IAAF and the World Anti-Doping Agency, the study describes and characterises serum androgen levels and studies their possible influence on athletic performance in both male and female elite athletes.

The study analysed 2127 mass spectrometry-measured serum androgen concentrations obtained from elite athletes participating in the 2011 and 2013 IAAF World Championships.

[View the full news item](#)

Also read.....

The Guardian, UK reports (3 July 2017)

Caster Semenya could be forced to undertake hormone therapy for future Olympics

Study shows performance-boosting effects of testosterone in female athletes, reopening controversial debate about intersex and hyperandrogenous competitors

- [Using testosterone to categorise male and female athletes isn't perfect, but it's the best solution we have](#)

[Caster Semenya](#), the Olympic 800m champion, may be banned from competing at future Games unless she undergoes hormone replacement therapy (HRT) or even surgery in the wake of a landmark study into athletes with raised testosterone levels which has just been published.

The International Association of [Athletics](#) Federations, the world governing body, commissioned research which has produced the most conclusive evidence yet that female athletes with very high levels of naturally occurring testosterone receive significant performance-enhancing benefits in competition.

An important new study could lead to the reinstatement of rules imposing a maximum level of male sex hormones in athletes competing as female

It comes only weeks before the [IAAF](#) is set to challenge a ruling by the court of arbitration for sport which, since 2015, has prevented it from restricting permitted levels of testosterone among female competitors.

The new study will not stop Semenya and other hyperandrogenic athletes, such as the Indian sprinter Dutee Chand, from competing at the world championships in London in August but it could have a significant impact on the Cas hearing later this month.

[View the full news item](#)

ESPN W (5 July 2017)

Why does it seem like nobody cares about female concussions?

EVERY FOUR YEARS or so, some of the world's most prominent scientists gather to synthesize and summarize the latest in brain-injury research. Since first meeting in 2001, the assemblage, called the Concussion in Sport Group, has grown in size and influence. Doctors, athletic trainers and media types around the world take their cues from the

recommendations it publishes and from the Sport Concussion Assessment Tool (SCAT) it has developed. When members gathered in Berlin last October, Jiri Dvorak, then FIFA's chief medical officer, said they worked on behalf of some 1 billion professional and amateur athletes. For that 2016 symposium, around 400 medical and sports professionals met in the Grand Ballroom of the Ritz-Carlton hotel, with art nouveau stylings that hark back to the days before the world wars and trappings so posh that guests enjoy breakfast honey harvested from a rooftop beehive. Over two days, a stone's throw from where the Berlin Wall used to stand, the leading lights of the sports neuro-establishment made clear their role as gatekeepers of concussion research. Organizers closed the conclave to the media and swatted audience members off social media.

There was another group almost entirely shut out of the 5th International Consensus Conference on Concussion in Sport: female athletes.

Of the dozen sessions at the conference, not one was dedicated to sex or gender. Researchers made 24 oral presentations during the meetings; one focused on female athletes. Among the 202 research abstracts, nine, or less than 5 percent, studied women specifically. "Gender hasn't been a hot, hot topic," says one member of the Concussion in Sport Group.

Hot or not, the facts the conference could have displayed are shocking. Women suffer more concussions than men in the sports that both play, with an injury rate 50 percent higher, according to the most recent research. Female athletes with brain trauma tend to suffer different symptoms, take longer to recover and hold back information about their injuries for different reasons than males. Anyone involved in sports should have a grasp of these key facts. Yet the leading national and international guidelines for understanding sports concussions and returning injured athletes to play ignore key differences in how women and men experience brain injuries.

Here's what's even more stunning: All of that information was public knowledge eight years ago, when ESPN The Magazine first looked at the subject of concussions and female athletes ("Heading for Trouble," March 23, 2009)-and all of it is still true. The latest studies continue to find that women get brain injuries more often in sports also played by men. But research into why and how is lagging to nonexistent, as are efforts to reverse the trend. Which means millions of female athletes are putting their brains at risk unnecessarily.

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[View the full article](#) - *and there's an informative video interview to watch*

Play the Game reports (10 July 2017)

World's Ministers of Sport meet to discuss inclusion, integrity and sustainability

Sports ministers and stakeholders from 116 countries meet in Kazan this week to agree on a concise action plan for developing sports strategies.

There is a long way from the prestigious Korston Hotel in Kazan, the capital of the Russian republic of Tatarstan, to the Indian teenage girl whose parents prohibit her to play cricket, the Argentine goalkeeper who let the ball pass in order to pay his debt to gangsters, or the Nepalese maid in Abu Dhabi who will never be given the opportunity to enter the local gym.

Nevertheless, these people and many more deprived of the right to play, physical education and sport will be on the agenda when UNESCO gathers ministers, leading government officials and stakeholders in sport from 116 countries from 13-15 July in Kazan.

The official name of the gathering is “The sixth International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport, MINEPS VI”. Whether the delegates will be able to improve the situation for those in need, is yet to be seen, but the ambitions are higher than at previous meetings and reflect a growing engagement from governments in the area of sport.

The conference’s main purpose is to assess the global developments in sport and guide governments and policy makers in how to make effective policies in the areas of physical education and sport.

Among the expected outputs of the meeting in Kazan is an ‘Action Plan’ outlining how to follow up on the [Berlin Declaration from the MINEPS V](#) meeting held in Berlin in 2013 and on the revised [International Charter of Physical Education, Physical Activity and Sport](#). Both these documents are integrated with the [UN Agenda 2030/Sustainable Development Goals \(SDGs\)](#).

The Kazan Action Plan also sets out five concrete actions in the field of sport ethics, inclusion and sustainability, which the member states will commit to by adopting the document:

- Elaborate an advocacy tool presenting evidence-based arguments for investments in physical education, physical activity and sport.
 - Develop common indicators for measuring the contribution of physical education, physical activity and sport to prioritized SDGs and targets.
 - Unify and further develop international standards supporting sport ministers’ interventions in the field of sport integrity (in correlation with the International Convention against Doping in Sport).
 - **Conduct a feasibility study on the establishment of a Global Observatory for Women, Sport, Physical Education and Physical Activity.**
 - Develop a clearinghouse for sharing information according to the sport policy follow-up framework developed for MINEPS VI.
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[View the full news item](#)

The Conversation (10 July 2017)

Dancing toward better physical rehabilitation

[To dance is human](#); people of [all ages](#) and levels of motor ability express [movements in response to music](#). Professional dancers exert a great deal of creativity and energy toward developing their skills and different styles of dance. How dancers move in beautiful and sometimes unexpected ways can delight, and the synchrony between dancers moving together can be entrancing.

To us as a neuroscientist and biomechanist ([Lena](#)), and a rehabilitation scientist and dancer ([Madeleine](#)), understanding the complexities of motor skill in a ballet move, or the physical language of coordination in partner dance, is an inspiring and daunting challenge.

Understanding how dancers move has important real-world implications, too. In our work, we’re studying gait and balance in different populations, as well as how holding hands – such as in partner dance – can actually help people walk and balance better. The ultimate goal is to help better design and prescribe rehabilitation to those with reduced mobility, as well as to

develop robots that can physically interact with people to help with both motor assistance and motor learning.

[View the full article](#) - *includes videos and recorded interviews with researchers*

Inside the games reports (10 July 2017)

Hooper elected to International Netball Federation Board at Congress in Gaborone

New Zealand's Shirley Hooper has been elected as a further director of the International Netball Federation (INF) at the organisation's Congress in Gaborone in Botswana.

Hooper replaces Octavia Gibson, who served in the role for two years and as the INF Americas regional director for eight.

Vice-president Sue Taylor also secured a further four-year term at the Congress, which took place prior to the start of the Netball World Youth Cup in the capital city.

[View the full news item](#)

sportanddev.org (11 July 2017)

Dropping the ball - Critiquing the recent closure of the UNOSDP

To what extent does the IOC-UN partnership signal a shift in the sport and development sector?

The recent closure of the UNOSDP office has raised much debate in the sport for development and peace (SDP) field. Certain critics have argued this is damaging for the field, a step back in many ways, while others feel the new IOC-UN partnership will be more sustainable. Whatever your disposition, it seems the decision not to replace Mr Lemke and sustain the post took most people in the sector by surprise.

However, while there is no doubt that the IOC being more centrally involved in SDP is a good thing, there are many valid concerns around the new arrangement. Firstly the move seems to have happened suddenly or with little consultation among a range of stakeholders. Secondly, the IOC seems centrally concerned with elite, organised, competitive, commercial forms of sport. Yes, it does have an emphasis on Olympism and those values, but it can be argued that mega-events such as the Olympics do not always serve the needs of development, which lie at the heart of the SDP movement. In fact, some research shows mega-events may exacerbate existing inequalities.

Furthermore, the IOC has oversight of sport federations and not governments, thus commanding far less influence over the public sector than a UN body. The IOC is entrenched in the world of sport while the UN has greater links to other sectors. It has also become abundantly clear that many federations do not exhibit high standards of governance or accountability (think of the corruption scandals that have engulfed a number of them over the years) and this may again subvert development goals.

[View the full news item](#)

Not promoting this commercial training programme merely making you aware of another exercise initiative.....

sportanddev.org (12 July 2017)

Where empowerment lives: Finding body acceptance through movement

How can a unique fitness programme empower women? Alice Bracegirdle, CEO and co-founder of Bellyfit, explains.

A mix of yoga, belly dance and fitness, with a healthy dose of body positivity, [Bellyfit](#) is an exercise programme that provides “mindful workouts for the modern woman”, as Alice Bracegirdle explains:

“Essentially it’s a great physical workout, but I think a lot of women are waking up to the fact now that we can’t just care for our physical bodies,” she says. “We need to care for our entire being, and that’s what Bellyfit classes are intended to do.”

The programme’s origins help explain why it resonates with women worldwide. “It was created out of a need that I had personally for myself. I was a single mom on welfare, dealing with some really hard times in my life.”

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[View the full news item](#)

The search tool does produce a list 'active parks' near to you...I tried it...

SIRC, Canada (12 July 2017)

Active Parks, Active People?

One of the top recommended strategies to increase physical activity is to increase public access to places where people can engage in physical activity. Installing free outdoor fitness equipment to create “active parks” is one way some cities have targeted increasing opportunities for adults and seniors to get fit. While there are many benefits to active parks or outdoor gyms, making the most of them involves more than just installation of the equipment – especially in smaller cities.

Active parks have long been popular in Europe and Asia and the trend has expanded across the world. ([Find a park near you!](#)) They include things like pull-up bars, ellipticals, lat pulldown machines, leg press machines, balance beams, and more. In large cities, introducing outdoor fitness equipment can increase the popularity of the park, as well as the levels of moderate-to-vigorous physical activity among adults.

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[View the full news item](#)

Excellent that the men's world No 1 tennis player corrects this journalist...

The Advertiser (13 July 2017)

Andy Murray corrects reporter’s ‘casual sexism’

ANDY Murray interrupted a reporter’s question to make an important distinction during his post-match news conference at Wimbledon.

Murray had just lost to Sam Querrey in the quarterfinals at the All England Club, and the question started by referring to Querrey as the “first US player” to reach a major semi-final since 2009.

“Male player,” Murray pointed out.

“I beg your pardon,” the reporter responded.

“Male player,” Murray repeated.

Querrey is indeed the first American man to make it to the semi-finals at a Grand Slam tournament since Andy Roddick reached the Wimbledon final eight years ago. Serena Williams alone has won more than 10 major titles since 2009.

And then there's her sister Venus, a Wimbledon semi-finalist last year and this year, for example, not to mention a finalist at the Australian Open in January.

And that's just the Williams sisters. CoCo Vandeweghe, Madison Keys and Sloane Stephens also have reached major semi-finals since Roddick's run.

Judy Murray, Andy's mother and a tennis coach, tweeted a quote of the exchange with the comment: “That's my boy.” It was accompanied by a heart emoji.

[Source of information](#)

Women's Sport Trust, UK (16 July 2017)

Billie Jean King talking gender equality

A three-minute, crystal clear argument for gender equality – beautifully distilled by tennis legend and campaigner Billie Jean King.

Billie Jean was speaking to the BBC's Karthi Gnanasegaram **at Wimbledon on the launch day of the [Blue Plaque Rebellion](#) campaign.**

[Access the recording](#)

UNESCO (19 July 2017)

Ministerial Conference for Sport and Physical Education adopts global action plan to promote safe, sustainable sports for all

More than 50 sport ministers and senior officials representing 115 countries agreed on actions to provide universal access to sports and physical activity to women and men of all ages during the Sixth International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport, MINEPS VI (Kazan, Russian Federation, 13 to 15 July).

Over 500 participants at [MINEPS VI](#) determined that the time for action had come as they adopted the [Kazan Action Plan](#), which tackles three priorities: universal access, maximizing the contribution of sport to sustainable development and peace, and protecting the integrity of sport (emphasizing safety of practitioners and governance of sports organizations and competitions).

During MINEPS VI the representatives of China, France, Japan and the Russian Federation made a public pledge to support the international implementation of the action plan.

“Over the past two days we have, I believe, achieved a true breakthrough in international sport policy development,” said Nada Al-Nashif, UNESCO Assistant Director-General for Social and Human Sciences in her closing remarks at the conference. “Such consensus concerning the comprehensive Kazan Action Plan is a strong message to government decision-makers that we must celebrate.”

As countries work to achieve the [2030 Agenda for the Sustainable Development](#) Goals, the Kazan Action Plan, reaffirms the need to align sport policy development with the overarching framework of the SDGs.

[Source of information](#)

Also, visit the [MINEPS VI, Kazan, Russian Federation, 13 to 15 July official website](#)

EU - Sport (20 July 2017)

Mapping and analysis of education schemes for coaches from a gender perspective

When discussing gender equality in sport, coaching is always one of the key issues, as statistics show an underrepresentation of women coaches in many disciplines, especially at the highest levels.

The European Commission commissioned this particular study to evaluate existing (formal and non-formal) training and education schemes for coaches in view of their gender equality elements, to evaluate their modules on gender equality and to identify good practices with regards to accessibility for women. This mapping followed specific Expert Group on Good Governance recommendations on Gender Equality in Sport and was very timely in the context of the Estonian Presidency's focus on the role of coaches in society.

The study looked at:

- Accessibility for women (i.e. flexible timetabling, childcare support)
- Specific modules on gender equality
- Progression i.e. towards high performance coaching
- Mentoring schemes
- Role models i.e. experienced women coaches
- Marketing (use of gender equality imagery in advertising etc.)
- Scholarships

In particular, it identified:

- 36 coaching education programmes with a gender dimension across 13 countries
- Women-only programmes as the most common approach
- Limited examples of accessible education activities for women (e.g. more flexible timetabling / childcare)
- Limited examples of programmes with modules on gender equality

The case studies suggest that women-only courses have worked well where the numbers of women coaches are starting from a low base and particularly where the confidence of women to take up coaching has been influenced by the perception that coaching is a male-dominated profession. However some federations prefer a quota-based approach, whereby women take part in mixed programmes.

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[View the full news item](#)

Mapping and analysis of education schemes for coaches from a gender perspective: A report to the European Commission . Ecorys for the European Commission, July 2017 (59 pages)

Ecorys, Professor Gertrud Ursula Pfister and Dr Leanne Norman were commissioned by DG EAC of the European Commission in April 2017 to undertake a mapping and analysis study

focusing on sports coaching education schemes from a gender perspective. The outcomes will feed into the follow-up of the recommendations of the Expert Group on Good Governance (in sport)¹ and into the work of the Estonian presidency of the Council in 2017.

[Download a copy](#)

Inside the games reports (23 July 2017)

Women's 50km race walk added to 2017 IAAF World Championships schedule as part of gender parity

A women's 50 kilometres race walk event will feature for the first time at an International Association of Athletics Federations (IAAF) World Championships when this year's edition takes place here next month, it was announced today.

It was previously the case that women only competed in a 20km race walk at the event and the Olympic Games, while men competed over the same distance and in a 50km event.

The women's 50km race walk was recognised as an official event by the IAAF in January 2017.

Its addition brings the number of medal events at the 2017 World Championships, due to take place from August 4 to 13, to 48.

Scheduled to start at the same time as the men's event on the final day of the Championships, the women's 50km race walk will have separate results and prize money.

[View the full news item](#)

Inside the games reports (24 July 2017)

Federation of International Lacrosse honour quartet with development awards

New Zealand's Jess Evans and Chinese Taipei's Sarah Lin are among four players who have received Federation of International Lacrosse (FIL) Development Awards.

Scott Neiss of Israel and Wales' Storm Trentham also received awards, which were presented on the pitch at half-time of the Women's Lacrosse World Cup gold medal match in Guildford.

The awards are given annually to those who have made outstanding efforts in promoting the sport of lacrosse around the world.

Evans received the prize for her efforts to develop female lacrosse players in New Zealand, despite an ongoing shortage of coaches, umpires and volunteers.

[View the full news item](#)

Excellent successes for women's projects at the awards this year....

Beyond Sport (27 July 2017)

Beyond Sport Global Awards Winners on top of the world

Last night grassroots organizations, brands, sports teams, leagues and athletes gathered at the One World Observatory at the apex of the One World Trade Centre to celebrate the courageous, creative and impactful work being done around the world using sport to promote and achieve the UN Sustainable Development Goals (SDG's).

From 250 entries spanning 70 countries, 37 organizations made the shortlist for the ninth annual Beyond Sport Awards with the 13 outstanding winners all epitomizing how sport can help tackle some of the most pressing social issues in the world today.....

Alive and Kicking walked away with the **Sport for Quality Education and Employment Award** for their innovative work in Ghana, Kenya and Gambia.....

Girl Determined were recognized for their **Colorful Girls Volleyball Circles**, collecting the **Sport for Equality Award**. Their Myanmar-based program.....

Hajar Abulfazl received the **Courageous Use of Sport Award**,..... Abulfazl's advocacy work spans female sports empowerment.....

Global Impact of the Year went to **Women Win**.....

This year's **Leadership in Sport Award** recognized the impact of someone taking a stance. **Bilqis Abdul-Qadir**.....

Other winners included **Everton in the Community** whose **Imagine Your Goals** program picked up the **Sport for Health and Well-being Award**. The **Sport for Peace and Social Justice** went to **Mi Vida es un Diamante (My Life is a Diamond)** – Grupo Internacional de Paz (Colombia and Mexico).

Best Partnership or Collaboration went to **National Alliance of Sport for the Desistance of Crime (NASDC) – 2nd Chance Group (Global/UK)**, whilst **Soccer in the Streets** picked up the **Sport for Innovation and Tech Award** for their Station Soccer initiative in Atlanta, Georgia.

The MLSE Foundation walked away with the **Sport for Sustainable Cities and Communities Award** for Regents Park Athletic Grounds in Toronto, Canada. **Sacramento Kings** took home the **Sport for Climate Action Award** for the Golden 1 Center (USA) and

Child Fund Australia received the **UNICEF Safeguarding Children in Sport Award** for their Pass It Back initiative in Laos, the Philippines and Vietnam.

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[View the full news item](#)

8th IWG Catalyst Newsletter

In this edition of the International Working Group on Women in Sport's newsletter:

7th IWG World Conference on Women and Sport 17-20 May 2018, Gaborone, Botswana

We encourage and call on all to now visit our website: www.iwg-qt.org to register for the conference and also appreciate the various participation options available. These including the opportunity to submit abstracts and present, to host side meetings during the conference and also to exhibit at the conference.

IAPESGW 18th Congress news item - including details of the International Leadership Award to IWG Co-Chairperson Dr Carole Oglesby.

[View the newsletter](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 14, Issue 8, August 2017

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

[View the abstracts](#)

[And the July issue can be view here](#)

Of interest.... the listed outcomes are very topical across the world

Pacific Women

Pacific Women Roadmap

Pacific Women has developed a Roadmap to guide its future investments at the regional and multi-country level. At the bilateral level, Pacific Women investments are guided by [country plans](#), which have been developed in close consultation with local women and men, civil society organisations and national governments.

The newly developed Roadmap will:

- Highlight strategic regional and multi-country mechanisms and interventions that can help eliminate harmful social norms and accelerate the achievement of gender equality;
- Identify priority action areas of work for Pacific Women;
- Provide guidance on maintaining and expanding partnerships in the region; and
- Identify selection criteria for new regional and multi-country investments.

The overarching Roadmap is based on three Synthesis Reports, which delved deeper into Pacific Women's first three intended outcomes: i) leadership and decision making, ii) women's economic empowerment, and iii) ending violence against women.

The Synthesis Reports and the Roadmap were developed through a combination of literature review, stakeholder consultations, and in-depth analysis, and supplement the foundational Pacific Women [Design Document](#). The documents have already begun to guide Pacific Women's work, with the Pacific Women Support Unit now convening a quarterly roundtable on women's economic empowerment to follow up on relevant recommendations.

Read in full:

[Pacific Women Roadmap](#)

[Women in Leadership Synthesis Report](#)

[Women's Economic Empowerment Synthesis Report](#)

[Ending Violence Against Women Synthesis Report](#)

For further information, please contact the Pacific Women Support Unit:

info@pacificwomen.org

[Source of information](#)

The Pacific Community

70 Inspiring Pacific Women

Starting Monday 24th July, each day for 70 days a new profile of an inspiring Pacific woman will be published to mark SPC's 70th anniversary, and to lead up to the 13th Triennial Conference of Pacific Women and 6th Meeting of Ministers for Women in Suva (Fiji) from 2nd to 5th October 2017.

[View the details](#)

Publications....

1st Physical Activity Almanac. Global Observatory for Physical Activity - GOPA, [2017?] (402 pages)

The full collection of report country cards that are currently available all in one document.

[Access the publication](#)

Note: Individual report country cards can be accessed on the GOPA website - [view here](#)

Of interest to some people....

Still left behind: Pathways to inclusive education for girls with disabilities. Leonard Cheshire Disability, July 2017 (56 pages)

Girls with disabilities are among the world's most marginalised groups of society, resulting from social norms and cultural bias around gender and disability. Those agencies committed to gender equity in education overlook the specific situation of and added barriers faced by girls and women with disabilities, and those who are committed to disability inclusion and equity fail to apply a gender perspective. As a result, girls with disabilities have limited educational opportunities.

The aim of this research was to provide a synthesis of the understanding of barriers to education for girls with disabilities and bring together evidence of effective or promising programme approaches that address these barriers.

[Download a copy](#)

Health topic...of interest to some people

Deakin University, Australia (4 July 2017)

Lifelong approach to physical activity best for brain health

A new review published in *Frontiers in Aging Neuroscience* has integrated evidence that engaging in lifelong physical activity can benefit brain health and may also be protective against cognitive decline and dementia in late life.

Dr Helen Macpherson from the Institute for Physical Activity and Nutrition (IPAN) at Deakin University, who conducted the review, said the link between physical activity and brain health may also be different at each stage of life from childhood, mid-life and late life.

"Physical activity has positive effects on brain health at all stages of the lifespan and there is growing evidence that physical activity may help cognition, offer protection against neurodegenerative disorders including Alzheimer's disease and Parkinson's disease and reduces incidence and severity of many psychological conditions including the common mood disorders, anxiety and depression.

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

New York Times (5 July 2017)

Bring On the Exercise, Hold the Painkillers

Taking ibuprofen and related over-the-counter painkillers could have unintended and worrisome consequences for people who vigorously exercise. These popular medicines, known as nonsteroidal anti-inflammatory drugs, or NSAIDs, work by suppressing inflammation. But according to two new studies, in the process they potentially may also overtax the kidneys during prolonged exercise and reduce muscles' ability to recover afterward.

Anyone who spends time around people who exercise knows that painkiller use is common among them. Some athletes joke about taking "vitamin I," or ibuprofen, to blunt the pain of strenuous training and competitions. Others rely on naproxen or other NSAIDs to make hard exercise more tolerable.

NSAID use is especially widespread among athletes in strenuous endurance sports like

marathon and ultramarathon running. By some estimates, as many as 75 percent of long-distance runners take ibuprofen or other NSAIDs before, during or after training and races.

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[View the full news item](#)

Medline Plus (21 July 2017)

An 'Active' Workstation Won't Lower Your Job Performance

Study found using treadmills, bikes or ellipticals while on the job didn't impair thinking skills.

FRIDAY, July 21, 2017 (HealthDay News) -- Companies needn't worry that job performance will suffer when employees use "active" workstations that come with potentially distracting treadmills, bikes or ellipticals.

New research shows that most of the thinking skills needed to get through a typical workday are "not impaired while working on the active workstation," said study author Brandon Alderman.

The evidence on active desks has been mixed, he said. Before the new study, "we knew there was a slight impairment in typing speed and mouse use when using the active workstations," he acknowledged.

The question was whether active workstations interfered with thinking clearly while on the job.

Alderman is vice chair of kinesiology and health at Rutgers University in New Brunswick, N.J.

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

Specific countries

AUSTRALIA

Clearing House for Sport (13 July 2017)

Australian Sport Policy

Public policy in Australia is formulated by governments to communicate and deliver on a strategic intent. It guides decisions and government investment including support and financial assistance provided to individuals, organisations, and other community groups.

Australian sport policy reflects the value and importance our society places upon sport. It will often be leveraged by or integrated with government and community objectives beyond the sport sector including preventative health and well-being, community and urban development, tourism and trade, and international relations.

[View the details](#)

Janice Crosswhite says, " *this is a terrific program*"

Australian Government - Australian Sports Commission (July 2017)

Change the Game

The Change the Game program connects Australian female athletes with talented business executives - it focuses on creating more corporate experiences for female athletes, providing personal leadership development, growing talent to stretch performance and improving gender diversity in sport and business.

Change the Game was established in 2015 through a partnership between the AIS and Bluescope. The program has been designed to provide a highly experiential and challenging

learning environment where participants are presented with opportunities to exchange diverse experiences and perspectives to build their personal leadership capacity and expand mindsets beyond sport and business and from personal to global contexts.

In particular, athletes are given opportunities to learn how their skills can transfer and be applied to a business context, develop new strategies to support key events and transitions

and make connections with a view to how they manage their career both during and post sport.

Applications close Friday 4 August 2017

[View the full details](#)

VicHealth (24 July 2017)

World famous This Girl Can campaign to get Victorian women active

Health promotion foundation VicHealth is seeking Victorian women to feature in a new local version of the world-renowned This Girl Can campaign to improve the health of women across the state.

VicHealth CEO Jerril Rechter today announced the foundation will deliver a new Australian version of the highly successful [Sport England campaign](#) to be delivered in Victoria, showcasing real local women giving it a go and getting active regardless of their fitness level, ability or how they look.

This is the first time the campaign will be delivered outside of the UK. Ms Rechter provided a sneak peak of the first phase of This Girl Can Victoria alongside Sport England CEO Jennie Price and three local women taking part in the campaign, at Melbourne Sports and Aquatic Centre this morning.

The campaign will aim to help Victorian women overcome feelings of judgement when exercising, following unpublished VicHealth research identifying fear of judgement and intimidation as key factors holding women back from getting active. More than 41% of women surveyed identified as feeling too embarrassed to exercise in public.

[View the full press release](#)

And...

Sport England (25 July 2017)

This Girl Can goes global

Our groundbreaking This Girl Can campaign hits Australia as we team up with VicHealth to get women of all shapes, sizes and levels of ability active.

Our initial three-year partnership with [VicHealth](#) will see the world's first health promotion foundation adopt [This Girl Can's](#) groundbreaking formula of showing real women and girls playing sport and getting active.

The aim is to help others in the state of Victoria, which includes the city of Melbourne, overcome the fear of judgement that holds many back – and achieve similar success to the [original campaign](#) that has inspired 2.8 million more women to get active to date.

[View the full news item](#)

AUSTRIA

10th Meeting Transnational Working Group for the Study of Gender and Sport 23-25 November, 2017, University of Vienna, Austria

The Transnational Working Group for the Study of Gender and Sport invites scholars from the field of gender research in sport to the annual meeting in Vienna, Austria. Founded in 2005, the group aims for a transnational and interdisciplinary exchange of researchers who have a major interest in the study of sport and gender. This year the meeting will take place at the Centre for Sport Sciences and University Sport of the University in Vienna.

Looking back on a long tradition of theoretical and empirical studies of gender-equity and gender construction in sport and research concerning sexism and gender discrimination, we invite researchers from different countries and scientific communities to discuss past, present and future perspectives, challenges and opportunities in the field of gender research in sport and sport studies.

Key Dates:

Call for Abstracts - 2.5.2017

Deadline Abstract Submission - 1.8.2017

Notification of Acceptance to the Authors - 22.8.2017

End of Early Bird Registration - 20.9.2017

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Web sportandgender2017.univie.ac.at

Conference venue

[Universitätssportzentrum I + II](#)

Auf der Schmelz 6 / 6A
1150 Vienna
Austria

CANADA

Female Coaching Network reports (3 July 2017)

New coaches chosen for the 2017 – 2018 CCAA Female Apprentice Coach Program

The Canadian Collegiate Athletic Association is proud to announce its Female Apprentice Coach Program apprentices and mentors for its 13th season.

Thirteen apprentices in five different sports will be mentored by CCAA coaches across the country during the 2017-18 season. They will be monitored throughout the year via progress reports.

“The caliber of mentor and apprentice coach has consistently improved over the years,” said Sandra Murray-MacDonell, CCAA Executive Director.

“The apprentices are a committed group who are motivated to take on the new role of a coach at the post-secondary level with the aid of their head coach mentors, who’s experiences and qualifications exceed the level expected to be part of this program,” she said.

The following is a list of the apprentices and mentors who have been selected for 2017-18:

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[View the full news item](#)

SIRC and the Ottawa Sport Council (4 July 2017)

Advancing Concussion Education at the Community Level

Participation in sport can be an integral, rewarding component of life. However, sport concussions can too easily derail the benefit of both competitive and casual exercise—instances that can be avoided through proper education and preventative measures. Sport is especially advantageous for adolescents. Those who participate in sport during this period often build better social skills, develop confidence and create a strong foundation for lifelong health. Unfortunately, it is this very age group that is most vulnerable to concussions. 64-percent of the time, children between the ages of 10 to 18 who visit the emergency room do so because of sports and recreational activities. Of this group, a staggering 39% are

diagnosed with concussions, and a further 24% are possible concussions. To further demonstrate the issue, concussions have grown in prevalence by 40% from 2004 to 2014 in the sports of football, soccer and hockey.

[View the full details](#)

CISION, News Wire, Canada (20 July 2017)

New funding will help support a vibrant gender equality movement across Canada

Projects will advance gender equality in Alberta and engage local women leaders in pan-Canadian network.

CALGARY, AB, July 20, 2017 /CNW/ - As Canada marks the 150th anniversary of Confederation, it is important to reflect on our legacy for the future. Despite the important milestones witnessed in these 150 years, women, girls, and gender-non-conforming people still face hardships. A lot more work remains for gender equality to become a reality in Canada. By investing in a strong and thriving women's movement today, we are laying the foundation for gender equality tomorrow.

Today, Terry Duguid, Parliamentary Secretary to the Minister of Status of Women and Member of Parliament for Winnipeg South, on behalf of the Honourable Maryam Monsef, Minister of Status of Women, announced Government of Canada funding for two projects that will help advance gender equality in Alberta and in Canada.

The Association of Alberta Sexual Assault Services is receiving \$338,986 for a three-year project to strengthen coordinated responses for victims of sexual violence. The organization will work with multi-disciplinary partners to assess gaps in institutional capacity and policies in order to increase reporting and response services for women. They will engage partner agencies in the development of a best practices framework which will be implemented across Alberta. Results will also be disseminated amongst stakeholders to improve coordination of services for victims of sexual violence.

In addition, the Coaching Association of Canada is receiving \$277,455 for a three-year project to increase the representation of women in coaching and senior administration roles in sport. The organization will develop policies and protocols to increase the recruitment, retention and advancement of women in professional sport occupations. It will work with partner agencies to pilot promising practices and share results throughout the sector.

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[View the full news item](#)

Inside the games reports (26 July 2017)

Transgender Canadian cyclist awarded settlement in gender rights case

Transgender rights campaigner Kristen Worley has hailed a major breakthrough in her struggle to change sporting approaches to gender after cycling bodies settled cases in her favour.

Cycling Canada, the Ontario Cycling Association and the International Cycling Union (UCI) all agreed to adapt their policies towards XY female athletes, gender verification and Therapeutic Use Exemptions (TUE) for otherwise banned products.

Worley underwent gender reassignment via surgery herself in 2001 and subsequently attempted to return to cycling.

But, when she applied for the TUE to use testosterone, the process took 10 months instead of days or weeks and the amount subscribed was not enough.

The cycling bodies have now vowed to "review and revise" internal policies to embrace human rights.

This will include launching awareness and education related to diversity and participants as well as advocating the establishment of standards and guidelines for XY female athletes based on "objective" scientific research.

Advocating "individualised" TUEs conducted by medical personnel with subject matter expertise is also being considered.

The Canadian cycling bodies will also now solicit other organisations, according the Canadian Olympic Committee and Commonwealth Games Federation, to advance this advocacy message to international bodies such as the World Anti-Doping Agency (WADA) and the International Olympic Committee (IOC).

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[View the full news item](#)

CAPE VERDE

Inside the games reports (17 July 2017)

M-Olympics held to promote gender equality in Cape Verde

The National Olympic Committee of Cape Verde (COC) hosted the 2017 edition of the M-Olympics on São Nicolão island.

Nearly 500 children took part in the event designed to teach youngsters about gender equality in sport.

The COC is aiming to provide more opportunities for women in sport, both on the field of play and in governance positions.

To this end they held a female leadership workshop in April.

A range of sporting activities were included at the M-Olympics which formed part of the COC's

Olympic Day celebrations. Other activities were held on every island in Cape Verde to promote the Olympic spirit.

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[View the full news item](#)

ETHIOPIA

Female Coaching Network reports (7 July 2017)

35 women have received their Caf C Licences as the Ethiopia Football Federation (EFF) looks to prioritise women's football in the East African nation (Ethiopia)

A total of 35 women have received their Caf C Licences as the Ethiopia Football Federation (EFF) looks to prioritise women's football in the East African nation.

The move comes after research showed that women's teams in Ethiopia were largely coached by men and women coaches were not up to speed with the requirements, hence the introduction of a platform for them to receive more education.

The women instructor coaches include Meseret Manni, Selamawit Zeraye and Meskerem Goshime Tadesse supported by Caf Elite men instructors including Abraham Mebratu and Sewenet Bishaw.

EFF Deputy Secretary General Meskerem Goshime Tadesse, a Fifa Master told supersport.com that: "This will help us develop women's football immensely. Women's football development cannot be achieved without the involvement of women coaches.

"Currently, up to 90 per cent women's teams coaches are men and this is not just here in our country but across the continent. We hope this course will change this and we shall see more women's teams coached by experienced women coaches.

"Most of the participants are experienced former national team players currently coaching at different levels in Ethiopia.

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

GERMANY

Inside the games reports (11 July 2017)

Rücker to replace Vesper as chief executive of German Olympic Sports Confederation

Veronika Rücker will replace Michael Vesper as chief executive of the German Olympic Sports Confederation (DOSB) on January 1, it has been announced.

The 47-year-old sports scientist takes over from Vesper, who has held the position since 2006 and will step down after he reached the age limit of 65 in April.

The decision to select Rücker came following a meeting of the DOSB Presidium in Berlin.

DOSB officials carried out a "an intensive analysis of the future tasks and the resulting requirements profile" before the Bureau agreed that Vesper's successor should be appointed from their own ranks.

Rücker has been working for the management academy of DOSB for more than ten years.

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[View the full news item](#)

IRAN

Many thanks to Robabeh Rostami, our national representative in Iran, for this item.....



Robabeh Rostami has documented the sporting success of women and girls in Iran throughout the month of July to share with IAPESGW members.

The first picture in this item refers to:

July/1/2017

*Iran women's sitting volleyball team won Kazakhstan and stood on the third place. Thus Iran got the chance to attend Poland international champions, Para Asia 2018 and Indonesia.

<http://www.isna.ir/service/Sports/9004>

The second picture:

July/2/2017

*An 83-year-old mother won the Iranian veteran's track and field champions.

<http://msy.gov.ir/#1>

[View the details of all the successes during July in Iran](#)

JAPAN

New items from Aoi Tanaka, International Committee, Japan Association of Physical Education for Women....

JAPEW All Japan Dance Festival Kobe, 7- 10 August 2017, Kobe, Japan

The only national dance competition for dance clubs at high schools and universities in Japan will be held at 7th-10th August 2017. This year is its 30th anniversary.

View [HP https://www.ajdf.jp](https://www.ajdf.jp), there are some images from the past events.

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

JAPEW (Japan Association of Physical Education for Women) will hold the seminar. It has mainly 2 courses. One is the course of dance teaching methods for teachers in schools to satisfy new educational guideline. Another is the course of dance movement as lifelong dance. It will be held at 12-14th August 2017 in National Olympics Memorial Youth Centre, Tokyo.

SAMOA

Australia Plus (5 July 2017)

Samoa's shifting sands reveal rugby renaissance

Women's rugby in Samoa has been in decline. But the drive of rugby-loving women, a devoted development team and a shift in cultural attitudes have combined to give the game new drive and hope.

Samoa loves rugby union.

The young man selling sarongs from a rickety card table in the centre of Apia proudly wears the national jersey, as do several shoppers.

In the villages, families huddle around TV screens to watch the Sevens World Series and taxi drivers proudly point out the homes of famous players.

But as they drive past Marist Brothers Primary School Mulivai, they barely notice what might be the nation's most devoted rugby players. Many of the 25 women running around in the

blazing sun and searing humidity have travelled more than one-and-a-half hours from the far side of the island for this chance to play.

.....
[View the full news item](#) - *some excellent photographs*

SAUDI ARABIA

Beyond Sport reports (13 July 2017)

Saudi Arabia to introduce Sports Programs to Girls' State Schools

Girls in Saudi Arabia will receive physical education lessons as part of the curriculum in public schools from next year. The long-awaited reform was announced by Education Minister Ahmed al-Issa on Tuesday 11 July. Classes will be gradually implemented at public schools from September 2017, allowing schools time to make sure qualified teachers can be found and facilities upgraded.

Human Rights Watch said that Saudi Arabia's reversal of its longstanding ban on sports for women and girls in public schools is a vital step forward for the nation. But serious hurdles, including the country's male guardianship system, remain in place, preventing women from fully accessing the education and health benefits of sports exercise.

The announcement, published on the Education Ministry's website, states that Saudi girls' schools will offer a physical education program beginning in the fall 2017 school term "in accordance with Islamic law standards" and would scale up "according to the possibilities available in each school" including sports halls and qualified female instructors. The statement said that the ministry made the decision to fulfil the Global Goals of Vision 2030, an ambitious government roadmap for economic and developmental growth.

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[View the full news item](#)

UK

Loughborough University (5 July 2017)

Loughborough professor given International Paralympic Committee award

Loughborough's Professor Vicky Tolfrey is to receive one of the International Paralympic Committee's (IPC) top awards in recognition of her commitment to para athlete research.

For nearly two decades [Professor Tolfrey](#), Director of the University's [Peter Harrison Centre for Disability Sport](#), has sought ways to apply sports science to para athletes who have been training for the international stage.

Professor Tolfrey will be presented with the 2017 IPC Paralympic Scientific Award in September at the [VISTA Conference](#) in Toronto, Canada. The biennial award recognises the contribution of academics to research in the field of sports for persons with an impairment.

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[View the full news item](#)

The Huffington Post, UK (5 July 2017)

THE BLOG: The Gender Gap - Kate Richardson-Walsh, Rio 2016 Olympic gold medallist, GB & England hockey

There are lots of pressures I feel as a female sportsperson. As a woman, I think you're caught in a Catch 22 situation, where on the one hand you just want to be known for your performance and the athlete that you are. Yet at the same time, you have to work hard to gain any kind of visibility, and even to get any type of endorsement deal.

As female hockey players, we often have nothing more than a stick contract, which is usually a very small amount of money. So, to change that into something more professional, and to gain more media attention, you have to do things that athletes in other sports simply don't have to do. You have to do lots of photo shoots and media (which I actually enjoy!) - but at the same time you don't want it to take away from what you do on the field. Serena Williams has spoken powerfully about this balance and she's a fantastic ambassador for female sports stars everywhere. I find it interesting that she's the greatest female tennis player of all time, yet she's had to do things that the likes of Roger Federer haven't in order to gain that level of fame.

I try to use the media as a tool to drive the profile of my sport. If we want hockey to be seen as professional - if we want to compete for better TV broadcasting rights and more newspaper articles - then we have to work with the media to get the best for us, as well as the best for them.

[View the full blog](#)

Cycling UK (10 July 2017)

Making roads feel safer and building cycle confidence could see 'seismic shift' in the number of women cycling

According to new research from Cycling UK, women who do not cycle on a daily basis are most likely to cite feeling nervous about cycling on the roads because they think it's dangerous as being a barrier to them cycling more often (44% compared with 26% of men).

The poll, commissioned by the nation's cycling charity, and conducted by ComRes, also found that 30% of women who don't cycle daily say they don't cycle more often as they don't feel confident enough to ride a bike – contrasted by just 11% of men feeling the same.

The research, released to coincide with Cycling UK's 100 Women In Cycling celebration, hosted in Birmingham today (10 July), suggests that better space for cycling and offering more opportunities for women to learn how to cycle with confidence, would have a big impact on cycling participation.

[View the full news item](#)

Women's Festival of Cycling Research - CYCLING UK. ComRes for Cycling UK, July 2017 (38 pages)

ComRes interviewed 2,039 British adults online between 5th and 6th July 2017. Data were weighted to be representative of all British adults aged 18+ by age, gender, region and socio-economic grade. ComRes is a member of the British Polling Council and abides by its rules.

[Download a copy](#)

The Football Association (13 July 2017)

New Women's High Performance Centres - The FA to open facilities at eight universities across the country

Committed to doubling participation and fan numbers of the women's game by 2020, The FA has unveiled plans for eight new High Performance Football Centres based at Universities across the country.

The centres will provide an educational and community-based setting to recruit, develop and deploy coaches, who will lead and inspire player development specifically in the women's and girls' game.

Establishing a connection with the England talent pathway and FA WSL clubs, the centres will provide talented players with an environment to facilitate both their academic and football ambitions, providing a variety of services such as, coaching, sports science and sports medicine and scholarship opportunities.

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The following eight universities have been selected based on their ability to deliver against the six key focus areas including coach development, collaboration with existing local football providers and supporting the England talent pathway:

- University of Birmingham
- University of Chichester
- University of Gloucestershire
- Manchester consortia – Manchester Metropolitan University & University of Manchester
- Northumbria University
- Nottingham consortia - University of Nottingham & Nottingham Trent University
- Sheffield Hallam University
- St Mary's University

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[View the full news item](#)

Women's Sport Trust (16 July 2017) The Blue Plaque Rebellion campaign

Sports journalist, campaigner and author, Anna stumbled across the woeful stats on the lack of statues and blue plaques for sportswomen while researching for her book, Eat Sweat Play: How Sport Can Change Our Lives - a passionate polemic aimed at bringing women and sport into the mainstream. Stunned by the invisibility of these incredible sportswomen's stories, Anna called Jo and Tammy – co-founders of the Women's Sport Trust - and set about plotting how to bring about change.

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[View more details](#)

University of Exeter (18 July 2017) One minute of running per day associated with better bone health in women

A single minute of exercise each day is linked to better bone health in women, new research shows.

Scientists from the University of Exeter and the University of Leicester found those who did "brief bursts" of high-intensity, weight-bearing activity equivalent to a medium-paced run for pre-menopausal women, or a slow jog for post-menopausal women, had better bone health.

Using data from [UK Biobank](#), the researchers found that women who on average did 60-120 seconds of high-intensity, weight-bearing activity per day had 4% better bone health than those who did less than a minute.

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The researchers looked at data on more than 2,500 women, and compared activity levels (measured by wrist-worn monitors) with bone health (measured by an ultrasound scan of heel bone).

As well as finding 4% better bone health among women who did one to two minutes of high-intensity, weight-bearing exercise, they found 6% better bone health among those who did more than two minutes a day.

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The paper, published in the *International Journal of Epidemiology*, is entitled: "[A small amount of precisely measured high-intensity habitual physical activity predicts bone health in pre- and post-menopausal women in UK Biobank.](#)"

[View the full news item](#)

Loughborough University (21 July 2017)

Success of Women in World Athletics programme celebrated with final seminar

Since 2012, a team of academics led by Loughborough University's School of Business and Economics has worked with European and British Athletics on the Women in World Athletics (WIWA) programme.

The annual development programme is aimed at supporting women who are transitioning into leadership positions through seminars in a range of areas including action planning, leadership career development, mindfulness and vision.

A closing seminar in May marked the end of the five-year programme, where 55 delegates from 22 countries attended. 120 women have completed the WIWA course since its inception.

The session focused on celebrating the success of the programme, with discussion points ranging from sharing individual journeys, focusing on vision, inspiring others, how to effect change, and becoming an agent of change.

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Running alongside the programme is a research project, run by Loughborough academics [Professor Christine Coupland](#) and Stuart West, which seeks to identify key outputs from the programme and track the long-term progress of delegates.

[View the full news item](#)

University of Wolverhampton (24 July 2017)

Female athletes overlooked in sports headlines, research reveals

Female athletes have been under-represented in print media over the last 40 years, a study by University of Wolverhampton researchers has revealed.

Coverage of sportswomen has been lacking in comparison to their male counterparts, with more column inches dedicated to soccer stories, even during high profile summer events.

Kay Biscomb, Director of the University's [Institute of Sport](#), and Hilary Matheson believes women's sport needs to have a higher profile and has published their findings in a new report, *Are the times changing enough? Print media trends across four decades*.

The work presents a unique analysis of four decades – from 1984 to 2014 – of British print media coverage of sport for the same two week summer period where there were many women's sporting events, including athletics, tennis, cricket and golf, in six national newspapers.

Research since the mid-1980s has illustrated the notion of unfair coverage with emphasis on femininity, trivialisation of women's achievements, sexist language, negative reporting and focusing on physical characteristics of female athletes. However, the type of reporting has vastly improved more recently.

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[View the full news item](#)

Women's Sport Trust (24 July 2017)
Response to RFU rugby contract situation

In recent times the RFU has made significant – and frankly overdue – strides in backing the women’s game. They have invested in players, coaching arrangements and actively sought to raise the profile of the game with bold campaigns like the Red Roses and Inner Warrior. The newly announced domestic competition is a significant move and bodes well for broadening the player base and providing a regular schedule of quality games.

We would like to see contract arrangements that are longer-term for both forms of the game and have had reassurances from the RFU that this is exactly the ambition they are working towards. It is equally important that the RFU commits to doing the hard yards of investing in an infrastructure that can sustain a thriving 15s and 7s operation – and we have seen evidence of their commitment to this.

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[View the full news item](#)

British Cycling reports (26 July 2017)
723,000 more women influenced to get on a bike by British Cycling since 2013

British Cycling has influenced 723,000 women, who weren’t cycling previously, to get on a bike since 2013, the sport's governing body announced today - four years after announcing an ambitious target to get one million more women cycling by 2020.

Launching a four-year progress update on its #WeRide women’s strategy, British Cycling has revealed the extensive changes that it has put in place across all levels to begin to counteract the legacy of a 50-year gender gap.

[Women's strategy four-year update](#)

.....
Key achievements include:

- 723,000 more women influenced to cycle since 2013
- 72% increase in female race licence holders since 2013
- Over 150,000 female attendances at HSBC UK Breeze bike rides, British Cycling’s female only rides programme
- Almost 500 clubs across the country now offer women-only sessions
- 70% increase in the number of trained female coaches
- British Cycling’s female membership has doubled since 2013
- British women have won over 20 elite world titles since 2013
- British women won ten Olympic and Paralympic cycling titles at Rio 2016
- Three women now sit on British Cycling’s Board of Directors

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[View the full news item](#)

Department for Digital, Culture, Media and Sport (27 July 2017)
Sports Minister Tracey Crouch praises governing bodies for reforms that will ‘collectively strengthen sport’

Sports Minister Tracey Crouch has praised the way national governing bodies have responded in working to become compliant with the new Code for Sports Governance by the end of October.

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If sports bodies do not adhere to the code and cannot demonstrate full commitment to becoming compliant with its requirements they will not be eligible to receive public funding. Governance requirements include:

- Greater transparency
- Increased skills and diversity in decision making - **with a target of at least 30 per cent gender diversity on boards** - and a commitment to greater diversity more generally
- Constitutional arrangements that make boards the ultimate decision-makers

The changes will mark the single, biggest collective step forward in sports governance in the UK, and will set a template for global best practice.

Significant progress is being made, with 50 sports bodies including the Football Association, England and Wales Cricket Board, Lawn Tennis Association, Rugby Football Union and British Cycling all having plans already agreed on how they will become compliant.

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[View the full press release](#)

The Football Association (27 July 2017)

Top Ten - First group graduate from The FA Women's Leadership Programme

The FA's inaugural Women's Leadership Programme now has its first ten graduates. Scunthorpe United's Leanne Mayo, Manchester CFA's Deb Owen, the Isthmian League's Kellie Discipline, Jenny Horsfield of the Cambridge United Community Trust, Tottenham Hotspur's Nikki Kelly, recently-appointed Brighton boss Hope Powell, Norwich City's Jackie Thornton, Anna Mitchell of Portsmouth, Prepared PR's Lisa Smith and Doncaster Belle's Faye Lygo were initially identified as those already at board level or seen to have board potential.

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[View the full news item](#)

Publications....

Getting girls active: Reducing gender inequality in physical activity. Policy Report 11/2017. Dr Simon Sebire, Professor Russ Jago, Kate Banfield and Professor Angie Page, University of Bristol, June 2017 (4 pages)

Girls are less active than boys at all ages. English girls are among some of the least active in the world, with only 16% of girls meeting UK physical activity guidelines of 60 minutes of moderate-to-vigorous intensity activity each day. This means that most girls miss out on the important social and health benefits of regular physical activity.

[Research](#) suggests that the changes girls experience during the transition from primary to secondary school (in perceived competence, friendship groups and peer support) may contribute to this decline.

A recent [review](#) suggests that previous attempts to help girls to be more active have had little effect and more novel approaches are needed. This evidence, alongside the Government's recent [Childhood Obesity Strategy](#), means that it is crucial that physical activity (in particular girls' activity) is pushed up the policy agenda.

This report presents new research evidence from the University of Bristol's Centre for Exercise, Nutrition & Health Sciences that can be used to support work on a local and national level to ensure that girls can be and stay active throughout childhood and adolescence. The evidence supporting this policy briefing draws on projects that used quantitative cohort and intervention studies as well as qualitative interviews and focus groups.

[Download a copy](#)

Physical Activity for Pregnant Women. Infographic. Department of Health, June 2017 (single page)

[Download a copy](#)

Physical activity in pregnancy infographic: guidance. Department of Health, June 2017 (7 pages)

The infographic is the latest addition to a series commissioned by the UK Chief Medical Officers. It aims to provide clarity and consistency, and to equip health professionals to deliver

evidence based recommendations on physical activity in pregnancy. The aim is to ensure pregnant women are aware of the benefits of being active throughout their pregnancy and are clear about the physical activity recommendations. The infographic provides details regarding frequency, intensity and time, together with specific examples of suitable activities and key safety messages. This supporting document provides further details regarding the design and key messages on the infographic.

The infographic has been designed as a tool to support health professionals to facilitate effective physical activity counselling during pregnancy.

[Download a copy](#)

Why are women reluctant to run?:Women's experiences of parkrun and wider running activity. 2016-17. Case study. Women in Sport, July 2017 (8 pages)

43% of 120,000 runners at parkrun are female, yet they are more likely to be classified as 'reluctant runners'. In partnership with parkrun and funded by Sport England, we undertook a research project to determine why some women are hesitant to reach the start line and therefore not engaging in running.

[Download a copy](#)

USA

**Barry University (27 June 2017)
Celebrating the 45th anniversary of Title IX**

Friday, June 23 marked the 45th anniversary of Title IX, when Congress proclaimed that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

One of the greatest impacts Title IX has been in the area of women's intercollegiate athletics. Barry University, which started out in 1940 as an all-female college, has long been a leader in women's athletics at the NCAA Division II level, despite not starting until 1984.

Barry University has sponsored eight women's athletics programs and currently carries seven intercollegiate women's programs. Tennis and soccer were original sports during the 1984-85 season. Softball came on board in the spring of 1986. Volleyball started with the 1988 season, as did basketball. Cross country, the other original 1984 sport, was dropped in 1991. The rowing team hit the water for the first time in 1996. Golf joined the program in the fall of 1998.

Those programs have won 12 NCAA Division II National Championships and 41 Sunshine State Conference titles. Student-athletes have excelled in the classroom, in the community and in life.

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[View the full news item](#)

**WorldWideWomen - 2nd Annual Girls' Festival
30 September 2017, The Hive, Oakland, California, USA**

Our second annual amazing, spectacular, life-changing Girls' Festival will be held Saturday September 30th at the Hive--a very cool new gathering place in Oakland.

This year we are hosting the event in collaboration with the [Women Sports Film Festival](#) and we will focus our activities primarily on health and wellness. The daylong festival will include fun sports and fitness activities, hands-on cooking classes, exhibits, career mentoring,

workshops, panel discussions and presentations--not to mention a full day of powerful films celebrating women athletes.

Please save the date, buy tickets (Women Sports Film Festival tickets sold separately - more to come), and stay tuned for a steady stream of exciting updates on festival activities!

[View more details](#)
