



News and Resource Update, June 2017: 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:



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facebook

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

IAPESGW Board

CORRECTION to the list given in the May 'Update' - the members of our Board 2017 - 2021 are:

| | |
|-----------------------------|---|
| President: | Rosa López de D'Amico (Venezuela) |
| Vice Presidents: | Rosa Diketmüller (Austria) & Beatriz Ferreira (Brazil) |
| Secretary/Treasurer: | Kathy Ludwig (USA) |
| Communications: | Janice Crosswhite (Australia) |
| Co-opted members: | Maryam Koushkie Jahromi (Iran), Marianne Meier (Switzerland), Gladys Bequer (Cuba), Keh Nyit Chin (Taiwan), María Dolores Gonzalez (Spain) |

Organizer of next Congress: Arisa Yagi (Japan)

Note: Tansin Benn and Darlene Kluka have now retired from the their roles as 'Chair of Consultants'.

Details of our Board members can be view [here](#)

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

Note: There are still some details of representatives to add to the list - it will revised once we are in receipt of this information.

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



Report article submitted to the ICSSPE June newsletter:

Exciting Moment in the History of Girls and Women: 18th IAPESGW World Congress

An exciting moment in the history of girls and women in physical education and sport was made with the 18th IAPESGW World Congress held in Miami, Florida USA at Barry University from 17th until 20th May, 2017.

.....
IAPESGW invites all those interested in attending its 19th IAPESGW World Congress when it meets in Tokyo, Japan *18-21 August 2021.

[View the news report](#)

* **A correction to the date given in the ICSSPE article**

[You can read all the ICSSPE June newsletter articles here](#)



IAPESGW now listed on WorldWideWomen website

IAPESGW is now listed with WorldWideWomen, which is a free website covering numerous women's organisations from across the world. We are listed in the Health and Wellbeing category, along with similar organisations and groups that facilitate the healthy growth and development of women.

It is worth looking at their website to see the huge number of beneficial organisations that provide many services, programs and networks for girls and women.

Our page on the website: <https://worldwidewomen.co/organizations/6850/international-association-for-physical-education-a>

What should we call our monthly news bulletin?

We are throwing this question open to all members and challenging you to come up with a new name, or an adaptation of the existing name, for our monthly news bulletin.

So, we want your ideas. We are putting a deadline on this - **we would like to hear from you by 15 July please**. We can then have a new name for when the July edition is sent out.

Please send in your ideas - email our new Communications Convenor, Janice Crosswhite at: crosswhite@bigpond.com

International

Reuters (29 May 2017)

Injury rates in young female athletes may be underestimated

Injury rates among elite young female athletes may be higher than what's been reported, new data suggest.

"Most studies define injury as time loss from participation, whereas many athletes with overuse injuries continue to participate despite pain and reduced performance. When time-loss definitions are used, about 90 percent of overuse injuries appear to be missed," researchers write in the journal *BMJ Open Sport and Exercise Medicine*.

Angelo Richardson of Amsterdam University of Applied Sciences in The Netherlands and colleagues studied 60 young women who competed at the national or international level in soccer, basketball or gymnastics. The average age of the study participants was 17.

Every two weeks during the 2014-2015 season, the athletes filled out questionnaires that asked about health problems, including not just new injuries but also overuse injuries, which occur over time as a result of repeated stresses on tissues, bones and joints.

Overall, at any given time during the study, 48 percent of the athletes reported injuries, the authors found. And every two weeks, nearly 61 percent of the athletes were reporting some sort of health problem - either injury or illness.

[View the full news item](#)

Inside the games reports (29 May 2017)

Women's Nordic Combined Continental Cup approved by FIS

Approval for a women's Nordic Combined Continental Cup has been granted by the International Ski Federation (FIS) following their Calendar Conference in Portoroz, Slovenia. The green light came following a presentation by the Nordic Combined Committee, where the rules for the tour were finalised and the calendar agreed.

Otepää in Estonia will host the first Continental Cup of the inaugural season at the beginning of January 2018, with the event coinciding with a men's World Cup event.

It will be followed by a competition later that month in Høydalsmo, Norway, before a shared three-event finals with the men in Nizhny Tagil, Russia.

There is currently no senior Nordic Combined World Cup for women, nor is it an Olympic discipline.

A Junior World Championship test event is set to be held next year in Kandersteg, Switzerland, however.

Female Nordic Combined Youth Cup competitions also took place for the first time last year.

The FIS said women's competition will feature one jump and a five kilometre cross-country ski.

US Ski and Snowboard have also announced that an inaugural Women's Nordic Combined National Championships will be contested in Lake Placid on October 7

[View the full news item](#)

Inside the games reports (31 May 2017)

Yoshida welcomes addition of women's ski jumping team event

Chika Yoshida, the International Ski Federation's (FIS) race director for women's ski jumping, has hailed the decision to introduce a World Cup team event next season.

Team competitions have been a regular fixture on the men's circuit, but up until now, female jumpers have only been able to compete individually.

In the 2017-18 campaign, women's team competitions will be held in Zao in Japan and Hinterzarten in Germany.

Japan's Yoshida believes the move - confirmed at the FIS Calendar Conference in Slovenia last week - will lead to an increased talent pool.

[View the full news item](#)

Inside the games reports (30 May 2017)

Lundahl becomes second woman elected onto IWF Executive Board in Bangkok

A new member of the International Weightlifting Federation's (IWF) Executive Board is hoping to use her wealth of expertise in coaching to good effect after being elected.

Finland's Karoliina Lundahl was voted in today onto the Executive Board of the IWF during their Congress here in Thailand's capital city.

After the withdrawal of Moira Lassen, the Canadian who became the IWF's first female Executive Board member in 2013, Lundahl was a clear winner.

Yesterday, Ursula Papandrea, of the United States, was elected to one of five vice-president places, and she will sit on the Executive Board with 48-year-old Lundahl.

It is the first time two women have sat on the 21-strong Executive Board.

[View the full news item](#)

UEFA (1 June 2017)

UEFA launches Together #WePlayStrong to inspire more girls to play football

UEFA has today launched a ground-breaking campaign, aimed at transforming perceptions of women's football and encouraging girls to take up and continue playing the game. This new initiative will see UEFA working closely with its 55 member associations in order to ensure that football is the number one sport for women across Europe by 2020.

The *Together #WePlayStrong* campaign gets underway with an inspirational film that will be aired just before kick-off of Thursday's UEFA Women's Champions League final in Cardiff between Olympique Lyonnais and Paris Saint-Germain.

Today's launch kicks off a series of events, media activities and local grassroots initiatives across Europe, leading up to this summer's UEFA Women's EURO 2017 tournament in the Netherlands, and continuing into 2018.

Watch the full film here: <http://www.weplaystrong.org/ourstory>

Pictures of today's launch are available [here](#).

Together #WePlayStrong on social media:

- Twitter: [@WePlayStrong_](#)

• Facebook: <https://www.facebook.com/WePlayStrong/> • Instagram: <https://www.instagram.com/weplaystrong/>

• YouTube: <https://www.youtube.com/user/UEFA>

[View the full news item](#)

British Rowing reports (12 June 2017)

IOC confirm gender equality in rowing events for Tokyo 2020 with introduction of women's four

Male and female competitors will go head-to-head in seven rowing events each at the Tokyo 2020 Olympic Games as the IOC confirmed gender parity in the sport.

An equal number of men and women will compete in rowing events at the Tokyo 2020 Olympic Games after the International Olympic Committee (IOC) confirmed the event schedule would include the women's four for the first time since 1992.

.....
Rowing is just one of a number of sports to introduce more gender parity, with several bringing in mixed events. Triathlon, athletics and swimming will feature a mixed relay, while shooting and judo are among the other sports to introduce mixed team events.

[View the full](#)

Inside the games reports (13 June 2017)

Australia to launch bid for 2023 FIFA Women's World Cup

Australia will launch a bid for the 2023 FIFA Women's World Cup after the country's Government agreed to financially support their effort to secure the hosting rights for the tournament.

The announcement was made at an event in the Great Hall at Parliament House in Canberra today, which was attended by Prime Minister Malcolm Turnbull, Sports Minister Greg Hunt, Minister for Women Michaelia Cash and Football Federation Australia (FFA) chairman Steven Lowy.

The Government has pledged an initial AUD\$1 million (£597,000/\$756,000/€676,000) to the bid, with the potential for a further AUD\$4 million (£2.4 million/\$3 million/€2.7 million) of funding to be released if it reaches a stage where they are confident it has a genuine chance of success.

FIFA has not yet outlined the exact bidding procedure for the 2023 event.

Colombia, Japan, Thailand and New Zealand are among the others to have expressed an interest.

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[View the full news item](#)

Beyond Sport reports (16 June 2017)

World Heart Federation launch #Matchfitwoman

The World Heart Federation is partnering with UEFA, the Royal Dutch Football Association and the Healthy Stadia network to promote heart health and fight against cardio vascular disease ahead of UEFA Women's EURO 2017.

Under the theme 'A healthy Heart Your Goal', activities are taking place in the Netherlands and across Europe to encourage children, women and all fans to lead an active, healthy lifestyle and take up sports such as football.

Heart disease and stroke is the number one killer of women in Europe. New research in four European countries reveals that three quarters of women are doing less than the recommended level of activity. There is no lack of willingness to exercise as 72% of women questioned would like to be more active, but they quote embarrassment about their lack of fitness (31%), being too busy (42%) and worries about the cost of exercise (36%) as some of the reasons for not exercising more.

To help reverse this trend, the World Heart Federation encourage women across Europe to join the #MatchFitWoman 28 days challenge: improving their heart health by setting goals to get active for 30 minutes a day, 5 days a week until the Women's EURO kicks off on 16th July.

You can view the launch video [here](#).

The #MatchFitWoman challenge starts on Monday 19 June.

[Source of information](#)

Awareness.....

World Health Organization - Europe (19 June 2017)

New WHO Collaborating Centre for Physical Activity and Health

WHO recently designated the University of Zurich (Switzerland) as the new WHO Collaborating Centre for Physical Activity and Health. The Physical Activity and Health Unit and other groups of the Epidemiology, Biostatistics and Prevention Institute (EBPI) will support the implementation of the Physical activity strategy for the WHO European Region 2016–2025.

A lack of physical activity increases the risk of developing cardiovascular and respiratory diseases as well as diabetes and cancer. In Switzerland alone, insufficient physical activity is responsible for at least 325 000 cases of disease and 1200 premature deaths per year. This leads to annual direct treatment costs of more than 1 billion Swiss francs.

The Physical Activity and Health Unit at the EBPI has been focusing intensively on the health consequences of inadequate physical activity. Their research has garnered international recognition, leading to WHO designating the Unit as the new WHO Collaborating Centre.

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The research group will identify particularly promising national approaches for promoting physical activity, and collaborate with alliances and WHO networks. HEPA Europe, the European network for the promotion of health-enhancing physical activity, with over 160 member institutions from 36 countries, will be a strong partner in this regard. The group will also develop guidance for relevant topics within the scope of the Physical activity strategy, which will be supplemented by meetings of experts.

[View the full news item](#)

Inside the games reports (19 June 2017)

Exclusive: Chinese candidate joins Parsons, Jarvis and Petersson in race to become IPC President

China's Zhang Haidi is standing to replace Sir Philip Craven as President of the International Paralympic Committee (IPC), it was announced today.

Zhang, chairperson of the China Disabled Persons' Federation, had not publicly announced her intention to stand for the role.

She joins Andrew Parsons of Brazil, Canada's Patrick Jarvis and Denmark's John Petersson, who had already declared they had been put forward.

Zhang is a well-known advocate of disability sport in China and is currently a vice-president of Beijing 2022. The 62-year-old is also a writer, translator and inspirational speaker.

[View the full news item](#)

Inside the games reports (19 June 2017)

ICC reveal prize structure for upcoming Women's World Cup

The winners of this year's International Cricket Council (ICC) Women's World Cup will receive a record total of \$660,000 (£518,000/€592,000), the governing body has announced after they unveiled the prize structure for the tournament.

Back in May, the ICC announced the overall prize fund for the competition in England, which runs from Saturday (June 24) to July 23, would be \$2 million (£1.6 million/€1.8 million).

This represents a ten-fold increase on the previous edition of the tournament, held in India in 2013.

Runners-up stand to receive \$330,000 (£259,000/€296,000), while the losing semi-finalists will pocket \$165,000 (£130,000/€148,000).

Teams that exit the eight-nation World Cup at the group stage will be given \$30,000 (£24,000/€27,000) and countries will secure \$20,000 (£16,000/€18,000) for each win in the group stage.

Hosts England, Australia, South Africa, India, the West Indies, New Zealand, Sri Lanka and Pakistan are the teams due to compete in the tournament.

[View the full news item](#)

Inside the games reports (21 June 2017)

PSA to reintroduce Women's Masters in Saudi Arabia

The Professional Squash Association (PSA) has announced that the Women's Masters will return after a seven year absence in October.

Saudi Arabia will host the event, which will be a PSA World Series tournament, at the Princess Nora bint Abdul Rahman University in capital city Riyadh.

[View the full news item](#)

Beyond Sport (23 June 2017)

Women's Sports Week Highlights

In honour of Women's Sports Week, Beyond Sport have compiled a number of news stories relating to the progression of the female game and its pioneers around the world. These sports vary from rugby, football, ice hockey and running:

[View the news item](#)

Football Federation Australia (27 June 2017)

Video: FFA helping develop female administrators

Take a look as the FFA conducted a two-week development workshop for female football administrators in South East Asia.

[Access the video on this page](#)

Around the Rings (27 June 2017)

Transgender Athletes Share Their Personal Journeys in Olympic Channel's Identify

Featuring the inspiring journeys of five transgender athletes and how sport helped them find their true identities, [Identify](#), the new original series from the Olympic Channel, profiles athletes who are making their mark in the sports world. The five-episode docu-series premieres on Wednesday, 28 June, and is available worldwide exclusively on the Olympic Channel digital platform mobile app and at: olympicchannel.com.

Athletes Chloe Anderson (volleyball player), Schuyler Bailar (swimmer), Harrison Browne (hockey player), Pat Manuel (boxer) and Chris Mosier (triathlete) each share their personal stories of the challenges and triumphs they've endured while facing gender and identity issues in their desire to compete.

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[View the full details](#)

CIES Football Observatory Monthly Report: n°26 - June 2017

Women's football analysis: a comparison of five major leagues

Women's football is currently undergoing a welcome development. At the elite level, the process of professionalisation is well underway in several countries worldwide. Following in

the footsteps of the CIES Football Observatory studies, this report analyses the composition of squads in five of the world's most developed leagues: four European (Frauen Bundesliga in Germany, Damallsvenskan in Sweden, Division 1 féminine in France and Women's Super League in England), as well as the Women's National Soccer League in the United States.

The study investigates the criteria of age, origin and international status of players. For statistics at squad level, we have taken into account the players fielded or having been on the bench at least once during championship matches of the current season up until the 1st of June 2017. The on-pitch data were calculated by taking into account the playing time of each footballer.

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[View the full article](#)

Awareness of this on-line course.....

British Journal of Sports Medicine (26 June 2017)

Blog: Australian Sports Anti-Doping Authority (ASADA) – Level 1 Anti-doping E-Learning course. A free online anti-doping course everyone should do

.....ASADA (The Australian Sports Anti-Doping Authority) is an Australian Government statutory authority tasked to eliminate sports doping and to protect Australia's Sporting integrity. ASADA works with National Sporting Organisations to implement its policies, and has now created a free course to help educate the public. It is not only athletes who need to understand these policies. All support staff are required to not only understand, but to also follow anti-doping regulations. Support staff have a major role over not only what athletes are eating and drinking, but what supplements and medications are being taken.

Doping infringements are very serious with ineligibility periods ranging from 1-4 years. A sanction means that you are banned from competing in any sport sanctioned by a National Federation, coaching, working in sport and even training with your team. As anti-doping guidelines are constantly changing, so it is imperative that all of the athlete's network are aware of not only what is allowed or prohibited, but also how to check these substances before the athlete uses them.

The ASADA Level 1 anti-doping course is a free e-learning initiative designed to educate athletes, support staff and the public. **Although this course is for an Australian audience, the content is universal.** The home page for the course is designed around the "Australian National Training Centre" with eight destinations to visit, representative of eight sections to complete. To participate in the course, the participant navigates through each of these destinations is a module where a different anti-doping topic is explored with information, videos, examples and revision questions. The final destination is the main stadium where a final quiz on all topics is to be completed. The course takes around 60-80 minutes to complete, and progress is saved automatically. You do not need to complete the course in one sitting.

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[View more details](#)

A few 'health topic' items sent through by Janice Crosswhite, IAPESGW Communication Convenor.....

Medical News Today (15 June 2017)

Metabolic syndrome: An hour of resistance training per week may cut risk

Exercise is known to prevent or treat metabolic syndrome, which is a group of health conditions that raise the risk of heart problems and type 2 diabetes. Now, a new study suggests that less than 1 hour per week of resistance training, even without aerobic exercise, can be of benefit.

Lead author Esmée Bakker, of Radboud University Medical Center in Nijmegen in the Netherlands, and colleagues report their findings in the journal Mayo Clinic Proceedings. Metabolic syndrome is a [cluster](#) of health risk factors that make it more likely that a person will develop [type 2 diabetes](#) and cardiovascular diseases such as [heart disease](#) and [stroke](#).

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

Medline Plus (16 June 2017)

High-intensity exercise may be bad for the bowels: Hydration and proper food intake might help prevent gut trouble, researcher says

FRIDAY, June 16, 2017 (HealthDay News) -- When it comes to stomach discomfort during exercise, forget that old adage "no pain, no gain." New research suggests that excessive strenuous exercise may lead to gut damage.

"The stress response of prolonged vigorous exercise shuts down gut function," said lead author Ricardo Costa.

"The redistribution of blood flow away from the gut and towards working muscles creates gut cell injury that may lead to cell death, leaky gut, and systemic immune responses due to intestinal bacteria entering general circulation," Costa added. He's a senior researcher with the department of nutrition, dietetics and food at Monash University in Australia.

Researchers observed that the risk of gut injury and impaired function seems to increase along with the intensity and duration of exercise.

The problem is dubbed "exercise-induced gastrointestinal syndrome." The researchers reviewed eight previously done studies that looked at this issue.

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[View the full news item](#)

British Medical Journal Talk Medicine (24 June 2017)

Podcast: Treating low back pain in sport - Dr Fiona Wilson: 15 pearls from vast rowing experience

Assistant Professor Dr Fiona Wilson is a Chartered Physiotherapist in the discipline of Physiotherapy, Trinity College, Ireland. She has over 25 years of clinical experience in the UK, South Africa and Ireland. She has worked with elite and international athletes throughout her career and was Lead Physiotherapist for Rowing Ireland for 10 years.

Her research has focused on sport and exercise medicine with a special focus on rowing and back pain and recently in rugby and concussion. She is editorial board member for BJSM and was awarded the prestigious Cochrane Fellowship in 2012.

In this podcast Dr Wilson shares wisdom on topics such as:

- Managing back pain in the mature rower
- 3 common pitfalls / stroke issues to assess
- How to assess the rowing athlete
- How rowers monitor load / or not
- How you can use technology and apps to monitor rowers
- How to apply lessons from rowing to managing back pain in all sports and among the general public
- Debate on stability and mobility – are planks associated with increased incidence of back pain?

[Access the Podcast](#)

Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 14, Issue 5, May 2017

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

[View the abstracts](#)

[Also, view Volume 14, Issue 6, June 2016](#)

Of interest perhaps to some.....

Athens Journal of Sport, June 2017. Kinesiology Analysis of Athletics at the Ancient Olympics and of Performance Differences Between Male and Female Olympic Champions at the Modern Games in Running, Swimming and Rowing. Stefani, R

Kinesiology and physics were employed to better understand the performance of male and female athletes in the Ancient and in the Modern Olympic Games. In what we now call the Ancient Olympics (actually the Pan-Hellenic Games at Olympia), then open only to men, athletes competing in the long jump (part of the pentathlon) carried 1.5-3 kg weights called halteres. By training today's athletes, we have learned that by coordinating the backward and forward thrusting of those weights, about 5% in distance can be gained. In the javelin (also part of the pentathlon) a cord wound around the javelin unwrapped as the javelin was thrown, providing spin stabilization. Performance enhancing drugs were legal at the Ancient Olympics. When women competed in the Heraea Games at Olympia, they ran 5/6 (83%) as far as men, which was the female/male performance ratio of 1928 Olympic champions when women resumed athletics competition. Regarding the Modern Olympics, for running, swimming and rowing, using physics and kinesiology, equations for the velocity ratios of female/male elite athletes were derived and then populated with parameters from studies of over 2000 athletes. Assuming equal training and efficiency, the female/male ratio for running velocity simplifies to the relative female/male lean-to-weight ratio; while for swimming and rowing, the velocity ratio

becomes the 8/9th power of the relative lean-to-weight ratio, a remarkable similarity. For the average of Olympic champions in two time frames from 1980 until the present, the actual velocity ratios of about 90% are within tenths of a percent of the expected values, except for running where women have a 1% inefficiency due to longer-than men stride length (relative to height) induced by hip-height geometry. That extra 1% of wear strongly suggests that female athletes should strengthen knee joints to reduce the tendency of females to have six times the likelihood of ACL ligament tears as men.

[View the 16-page article](#)

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](#)

The Psychological and Emotional Benefits of Playing Football on Girls and Women in Europe: Project Report April, 2017. Executive summary. Dr Paul Appleton, School of Sport, Exercise, and Rehabilitation Sciences, University of Birmingham, April 2017 (11 pages)

This academic research was designed to understand more about the impact of playing football on the psychological and emotional health of teenage girls across Europe. It explores issues ranging from confidence, self-esteem, well-being, friendship, and togetherness. We also consider the longer-term effects on life skills, motivation, schoolwork, and careers.

[Download a copy](#)

Sport, Dance and Young people: A systematic review of sport and dance participation in healthy young people (15-24 years) to promote subjective wellbeing. What Works Centre for Wellbeing, UK, 22 June 2017 (67 pages)

Key findings:

- Yoga, and the Tai-chi like movements of Baduanjin-qigong, provided strong evidence of their effectiveness at reducing feelings of anxiety, depression, and anger, while improving attention spans and how the young people reported their overall wellbeing.
- Empowering young girls through peer-supported exercise has a positive effect on their self-belief.

- Aerobic and hip-hop dance can lead to greater increases in happiness compared to other activities like ice-skating or body conditioning.
- Taking part in 'exer-gaming' programmes, like Wii Fit, in groups can help encourage overweight young people to participate in physical activity and make friends.

The research was carried out by our culture and sport research team in Brunel University London, The London School of Economics and the Universities of Winchester and Brighton.

[Download a copy](#)

Perhaps of interest to some people....

Urban green space interventions and health: A review of impacts and effectiveness. World Health Organization - Europe, June 2017 (202 pages)

There is a wide range of international agreements and commitments to enhance and support the establishment of green spaces in urban settings, as these are considered to provide a range of benefits to the urban population. Yet, little is known on the most effective ways to deliver urban interventions on green spaces, and how to make sure that the environmental, social and health benefits are maximized. To respond to this question, this new WHO report provides the results of an evidence review and an assessment of local case studies on urban green space interventions.

The findings show that interventions to increase or improve urban green space can deliver positive health, social and environmental outcomes for all population groups, particularly among lower socioeconomic status groups. Yet, there is a need for better inclusion of health and equity outcomes in studies on green space interventions, and an improved monitoring of local green space management and related health and equity impacts.

Local experiences and urban practice suggest that multidisciplinary planning, cross-sectoral collaborations and community engagement in the planning process are essential to ensure that urban green space interventions deliver on multiple outcomes and provide a variety of functional opportunities that attract different population groups. Urban green space interventions seem to be most effective when a physical improvement to the green space is coupled with a social engagement/participation element to promote the green spaces and reach out to new target groups.

[Download a copy](#)

Specific countries

AUSTRALIA

NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report. New South Wales Government, 11 May 2017 (740 pages)

The NSW Schools Physical Activity and Nutrition Survey is a cross-sectional, school based survey of school children age 5 to 16 year.

The report provides in detail the methods, findings and tools used for SPANS 2015. It is the fifth in a series of school-based surveys of NSW school students and provides valuable trend information on the weight status and associated behaviours of a representative sample of 7,556 NSW school students in Kindergarten and Years 2, 4, 6, 8 and 10, conducted in Term 1, 2015.

[Download a copy](#)

[Executive summary \(44 pages\)](#)

Inside the games reports (4 June 2017)

Grinham and Duncalf become first openly gay professional squash players

Rachel Grinham and Jenny Duncalf have become the first active professional squash players to "openly identify" as gay after publicising their relationship in a bid to make others "more comfortable in their own skin".

Grinham, the 2007 world champion from Australia, and England's 2011 World Championship finalist Duncalf, have been a couple for several years.

They have travelled together to events in which they have played either alongside or against each other.

Their relationship has long been known within the professional game but the duo believe that, by openly "coming out" they can help others embrace their sexuality, especially within professional sport.

Duncalf moved to Brisbane in 2015 to live with Grinham.

[View the full news item](#)

ABC News (6 June 2017)

Casey Dellacqua responds to Margaret Court criticism with love for her 'normal' family

Australian tennis star Casey Dellacqua is poised to strike the ultimate blow in the fight for same-sex acceptance, but has one simple message for Margaret Court.

"It's just normal," Dellacqua said after closing in on a symbolic doubles double at the French Open in Paris.

Dellacqua and Fed Cup team-mate Ashleigh Barty on Monday advanced to the quarter-finals of the women's doubles at Roland Garros before the West Australian teamed with American Rajeev Ram to make the semis of the mixed.

Enjoying widespread locker-room support after calling out Court for her vocal opposition to same-sex marriage on the eve of the clay-court grand slam, Dellacqua winning either event would be seen as a major statement of defiance after Court enraged players with her claim that "tennis is full of lesbians".

But Dellacqua — who has two young children with partner Amanda Judd — insisted she had nothing to prove to Court, except that she is a regular human being too.

[View the full news item](#)

ABC News (20 June 2017)

Contraceptive pill's effect on female athlete's performance put to test in new study

Exactly how the female contraceptive pill affects an athlete's performance is the focus of a new study by Griffith University on the Gold Coast.

Associate Professor Clare Minahan said the pill changes female physiology by increasing a woman's core body temperature and alters her ability to regulate heat.

Ms Minahan said that could affect an athlete's ability to stay hydrated while competing.

"By taking a combined pill, that is one that contains both synthetic oestrogen and progesterone, it raises the core body temperature just at rest by about a third of a degree," she said.

Elite sports stars join study to help find answers

The study involves a group of 40 elite athletes from a range of team sports including soccer and hockey.

Twenty athletes are using the combined oral contraceptive pill, and the other 20 are not.

Athletes will be placed in environment chambers and complete activities such as sprints and jogging on a treadmill while scientists monitor their heart rate, blood pressure and sweat output.

[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

Contact

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CHINA

Inside the games reports (13 June 2017)

Yang appointed chairperson of Beijing 2022 Athletes' Commission

Chinese International Olympic Committee (IOC) member Yang Yang has been appointed as chairperson of the newly-established Beijing 2022 Athletes' Commission, it was announced here today.

IOC Coordination Commission chairman Alexander Zhukov confirmed it had been set up during this week's meetings with the Organising Committee.

The two-time Olympic champion will be tasked with ensuring the 2022 Winter Games are athlete-centered and she is expected to play a key role in preparations for the event.

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

FIJI

ABC International Development News (15 June 2017)

Managing mental health with music and movement

Psychological illness, stigma and the side effects of medication once meant a life of isolation for many Fijians battling mental illness. But supported recovery that includes a tailor-made dance fitness program has proven a choreographed step in the right direction.

The furniture has been stacked high at one end of the room.

There's a queue for the change rooms.

One after another, they appear at the front door, shaking off the heavy downpour outside.

Stino is loading up the boom box, well aware everyone is pumped.

"I like the steps and moves," says Asena.

"It's very exciting," offers John.

"It makes me feel happy."

The fuss and buzz is because it is AeroGym time.

Fiji's Community Recovery Outreach Program (CROP) is run out of a humble building high on a hill above Suva. Created six years ago as a way for Fijians who have suffered often-severe mental illness to re-integrate into the community, its walls are adorned with their confronting stories. Stories of anger, stories of illness but also stories of hope and ambition.

.....
CROP tackles that isolation by offering a sense of community, and group exercise is a cornerstone of the program's philosophy. AeroGym, the Australian Aid-backed Gymnastics Australia dance fitness program that combines aerobics and gymnastics is a simple, fun and highly-effective way to assist recovery.
.....

[View the full news item](#)

GREECE

Inside the games reports (18 June 2017)

Hellenic Olympic Committee host Women in Action meeting

The Hellenic Olympic Committee (HOC) held a "Women in Action" meeting which gathered together a number of female sporting delegates.

The meeting, the first of its kind, was held at the governing body's headquarters in capital city Athens.

HOC chair Xenia Argeitaki spearheaded the initiative and invited all women involved in sport to express their views and personal experiences.

The final goal is to enhance the position of women in sport in Greece.

HOC President Spyros Capralos and secretary general Manolis Kolympadis greeted those taking part, with the number including Greek Olympic medallists and champions, as well as members of governing bodies.

[View the full news item](#)

INDIA

Indian Express (9 June 2017)

Could the future of sports coaching in India ever be female?

#GenderAnd Culture: Why have we failed to have women taking executive decisions in Indian sport?

A quick web search for women coaches throws up more search results for train coaches rather than women sports coaches. "This, in a country, where it is only women who managed to make their names in Olympics," says Sunil Dabas, the only woman coach to be given a Padma Shri in India, ever.

The founder of Olympics games in 1896, Pierre de Coubertin described women's sport as 'the most unaesthetic sight human eyes could contemplate' and advised that some of the disciplines be reserved for women, though a few females were allowed to compete from 1900.

According to a 2016 report, almost half of National Olympic Committees surveyed by the IOC have fewer than 20 per cent of women on their Executive Boards, including ten nations who had no women at all.

In Indian sports association governing bodies, women constitute between two per cent and eight per cent. Hockey India, with 34 per cent female representation, is the only exception.

[View the full news item](#)

JAPAN

Inside the games reports (15 June 2015)

Icho wins Most Valuable Athlete prize at JOC Sports Awards

Kaori Icho's historic achievements in women's wrestling at the Olympic Games have seen her named the Most Valuable Athlete at an award ceremony held at the Tokyo International Forum.

The 32-year-old was presented with the prize at the Japan Olympic Committee (JOC) Awards after she achieved a gold medal for a fourth consecutive Games at last year's event in Rio de Janeiro.

Icho topped the podium in the women's freestyle 58 kilogram category in the Brazilian city. This victory made her the first female to win golds at four Games in a row in the same discipline, having won the 63kg titles at Athens 2004, Beijing 2008 and London 2012.

[View the full news item](#)

NEW ZEALAND

Of interest to some.....

Sit Less, Move More, Sleep Well: Active play guidelines for under fives. Ministry of Health, New Zealand May 2017 (34 pages)

The Guidelines:

- include new sleep recommendations, which are integrated with the updated physical activity and sedentary behaviour recommendations for all under-fives
- are based on current international evidence for under-fives
- outline the benefits of playing in the natural environment, an important cultural concept in New Zealand
- suggest practical, low-cost activities that parents, caregivers and whānau or families can do with under-fives to assist the children's development
- are consistent with the Ministry's Clinical Weight Management Guidelines for Children and Young People, Sport New Zealand's Physical Literacy Approach and Principles of Play, and the Ministry of Education's Te Whāriki: Early childhood education curriculum
- are accompanied by an infographic poster, which can be downloaded and printed from the Ministry's website
- will be accompanied by easy to understand health education resources for the general public, which will be available later in 2017.

[Download a copy](#)

NIGERIA

Inside the games reports (17 June 2017)

Nigeria chooses first female President to lead governing body after controversial taekwondo election

Margaret Binga has become the first President of a Nigerian Federation after being elected in controversial circumstances to lead the country's taekwondo governing body.

The former African champion was elected unopposed as the new President of the Nigeria Taekwondo Federation (NTF) at the Abuja National Stadium following the disqualification of incumbent George Ashiru by the Electoral Committee.

[View the full news item](#)

SWITZERLAND

A news item from IAPESGW member Susi-Kathi Jost:

Women's Run in Bern

On June 11 the 31st Women's Run took place in Berne, Switzerland. 30 years ago two enthusiastic women decided to give women a chance to run in a women only environment to motivate more women to run regularly. At the first run already 2,000 women took part. The number of participants has augmented to 14,500.

The positive fact is, that every year about 4,000 women are taking part in the run for the first time. Beside a sporting event it is also a social event with whole families being present and cheering. The finish is in the center of the city just in front of the parliament building. For more information in German or French follow the link below:

<http://www.frauenlauf.ch/> - *there are some great images from the event on the website*

UK

Women in Sport (1 June 2017)

Good Sports research launched: female volunteers in sport

Our latest research *Good Sports*, highlights the disparity between male and female volunteer roles, perceptions, motivators and barriers in sport. The research was led by Dr Leanne Norman from the Carnegie School of Sport at Leeds Beckett University and funded by Sport England.

Sports organisations and groups attract the most volunteers in society, with 54% of all formal volunteers involved in sport[1]. However, data reveals that men are more than twice as likely (30%) to volunteer in sport than women (14%)[2].

The *Good Sports* research looks to further understand what motivates women to engage in volunteering and what benefits and challenges women face in the sport sector. 54 volunteers were interviewed from a range of sports and from sports clubs, parkrun and non-sports groups.

[View the full new item](#)

Good Sports: Why Sports Needs to Engage Female Volunteers. Women in Sport , 1 June 2017 (4 pages)

Many people choose to volunteer in sport, and all sports clubs rely heavily on their volunteers to run. However, there is a large imbalance of female to male volunteers within the sports sector; with men being twice as likely to volunteer in sport than women. This research focuses on gender discrimination within sports volunteering and sets out best practice solutions to counter this disparity.

[Download a copy](#)

Inside the games reports (6 June 2017)

Newton appointed as new GB Taekwondo chair

Julia Newton has been announced as the new chair of GB Taekwondo, replacing Jeremy Beard.

Newton, the founder and managing director of communications and marketing consultancy Shine, will begin her role from July 1.

Beard has opted to step down after seven years in the role.

[View the full news item](#)

British Universities and Colleges Sport (8 June 2017)

Date announced for This BUCS Girl Can Week 2017/18

Following the success of the This BUCS Girl Can Weeks across 2015 and 2016, BUCS are pleased to announce that This BUCS Girl Can Week 2017/18 will be running 20 - 26 November 2017.

Save the date!

Universities are encouraged to organise a range of activity throughout the week of action for inactive, female students to get involved with. Whether that be women-only sessions, workshops discussing women and gender equality in sport or attempting to break a participation record as a university community, the Week is all about encouraging and empowering women to be active in sport and physical activity during their time at university and beyond.

[View the full news item](#)

Sustrans (8 June 2017)

Blog: Women in leadership roles

Last year, Daisy Narayanan, Sustrans Scotland's Deputy Director, Built Environment was seconded to 'act up' in the role of Scotland Director. She shares her reflections on her time as Acting Director, and on women in leadership roles.

"Last August, John Lauder, Sustrans Scotland National Director, was seconded to work with Xavier Brice, our Chief Executive, on the Sustrans five-year [strategy](#).

During this time, I enjoyed new responsibilities in my capacity as Acting Director, gaining a deeper insight into the 'bigger picture' policy and political context, as well as the nuanced world of influencing.

It has been a whirlwind of positive new experiences, at times pushing me out of my comfort zone.

I was asked towards the end of last year to write a blog about how it felt to be a 'woman leader'. I struggled with the label – what does one mean by 'woman leader'? Would the Sustrans Scotland National Director John lauder or our Chief Executive Xavier Brice, for example, describe themselves as 'men leaders'?

Over the past few months, I have had interesting conversations with friends, colleagues, peers and mentors on leadership.

More specifically, conversations that have revolved around the role of 'woman leaders' in traditionally male-dominated sectors and whether we do enough to speak out about our own personal experiences and challenges.

These conversations have led me to reflect on my own journey, which started as a young graduate architect in India in the late '90s, to leading urban design teams in London and Edinburgh. Every so often, I would come up against reminders that I was 'the other', a woman in a perceived man's world.

[View the full news item](#)

The Football Association (14 June 2017)

Dame Heather Rabbatts to step down

Dame Heather Rabbatts DBE has today announced that she will step down as non-executive Director and Board member after more than five successful years at The Football Association.

Rabbatts became The FA's first female non-executive Director and Board member when she was appointed in 2012. She also served on The FA's Remuneration Committee and chairs The FA Inclusion Advisory Board.

[View the full news item](#)

Independent, in the UK reports (14 June 2017)

Women's sport proves the best buy for business: Men's sport does not offer the same value for money to potential sponsors

For players and spectators it's fast and skilful; for sponsors it's now competitive value of money. Everyone's a winner, it seems, when it comes to women's sport.

After years of struggling for recognition, FA Women's Cup is to receive sponsorship worth millions of pounds from the energy firm SSE, guaranteeing the final at Wembley for the next four years and providing proof of a cultural shift in perceptions about women's sport.

And the deal announced last week follows news of other recent partnerships between the South Korean car firm Kia and women's cricket, the banking group Investec and women's hockey, and Microsoft and the Women's Sport Trust.

The sponsorship of the women's Boat Race earlier this year by management firm Newton was seen as so groundbreaking that Clare Balding missed the Grand National to commentate, despite her brother training one of the favourites.

Women's sport hasn't always been this blessed. When sport was first organised professionally, over a century ago, there was a view that women's athletic activities should be confined to sex and waitressing. Baron de Coubertin, founder of the modern Olympic movement, thought girls should just "stand about with garlands".

As recently as last autumn, three days after Marlie Packer had been crowned a Women's Rugby World Cup champion in the victorious England team, she was back at work as a plumber. But in the background, nothing less than a social revolution has been taking place.

[View the full news item](#)

Sport and Recreation Alliance (15 June 2017)

Sport and Recreation Alliance announce appointment of three new board members

The Sport and Recreation Alliance has appointed Lizzie Noel, Monica Shafaq and Caroline White to its board following an open recruitment process. The trio will officially take up their positions on the board at the conclusion of the Alliance's AGM on 11 July.

These appointments make sure that the Alliance board is balanced, inclusive and highly skilled, while reflecting the diversity of our membership and the sport and recreation sector more broadly. This is an important part of our fit for the future objective within [The Heart of an Active Nation](#), our recently published 2017-2021 strategy.

The recruitment process used to appoint Lizzie, Monica and Caroline follows the approach set out in our new governance framework, [The Principles of Good Governance for Sport and Recreation](#), which supports all of our members in achieving the highest standards of good governance.

Lizzie, Caroline and Monica replace Brendon Batson OBE, Nick Bunting and Mike Power OBE who all step down from the board in July.

[View the full news item](#)

Rugby Football League (16 June 2017)

Rugby Football League set to launch first-ever Women's College League

The Rugby Football League is delighted to announce plans for a Women's and Girls' College League, starting from September 2017.

Seven Colleges have already confirmed their interest in the competition; Northumberland-based Astley High Sixth Form and Wigan and Leigh College, as well as five Yorkshire-based Colleges; Wakefield College, New College Pontefract, Craven College, Sirius Academy Sixth Form and Huddersfield College.

To find out more, or if you are interested in entering a team to the competition, please contact Adam Hughes adam.hughes@rfl.co.uk.

[View the full news item](#)

UK Coaching (18 June 2017)

Reach releases new video to promote women in coaching for Women's Sport Week

Reach – a national brand of UK Coaching, which focuses on raising the profile of women in coaching – has unveiled a new video to promote women who coach during Women's Sport Week, 19-25 June 2017.

Titled: Supporting Women in Coaching, the video is set to inspire and encourage more women to think about getting into coaching.

Currently there is a lack of gender diversity in sports coaching [with two thirds of all sports coaches being men and only 17% of qualified coaches being women](#). The main routes of entry into coaching are through participation but with fewer women regularly participating in sport ([31.9% of women as opposed to 40.5% of men](#)), there are fewer women transitioning from playing into coaching, and therefore fewer role models for other women and girls to see coaching as an opportunity for them.

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

Chance to Shine (23 June 2017)

England World Cup winner welcomes revolution in girls' cricket and calls on all schools to inspire the next generation of female cricketers

New research from Chance to Shine and [Yorkshire Tea](#) points to a revolution in girls' attitudes and access to cricket – and highlights the vital role of schools in inspiring the next generation of girls to play and learn through the game.

On the eve of ICC Women's World Cup 2017, a nationally-representative Kantar TNS survey of children aged 8-16 found that 44% of girls played cricket to some extent in the past year, the vast majority of whom played at school (36% of all girls). At the same time, almost one-third of girls say they have no opportunity to play in school, and many say that they want more opportunity and encouragement to play the game.

The nationally-representative Kantar TNS survey of 1,002 state-educated children aged 8-16 examined the proportion of students who played cricket in the last year, their attitudes to cricket as well as the ways to get them to playing the game.

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

Girls' Cricket Research: Summary of findings. Chance to Shine, June 2017 (5 pages)

In June 2017, Kantar TNS carried out a survey of 1002 children aged 8-16 on behalf of Chance to Shine and Yorkshire Tea. The sample was nationally representative and included boys and girls attending state or academy schools in England and Wales.

The survey aimed to understand what proportion of children played cricket in the last year, their attitudes towards cricket as well as the barriers and enablers to playing.

[Download a copy](#)

British Gymnastics (20 June 2017)

TeamGym and MY CLUB popular with teenage girls

New research confirms 'TeamGym' gymnastics and 'MY CLUB', are proving a hit with teenage girls.

The research was undertaken by Women in Sport, conducted in partnership with British Gymnastics. It found the team elements and more informal coaching style seen in these forms of gymnastics have contributed to the gymnasts' enjoyment.

TeamGym takes skills from other types of gymnastics and adds a team element. Gymnasts work together to learn and perform amazing routines. It focuses on the floor, the trampette and the tumbling track and doesn't include apparatus such the beam and uneven bars,

which some girls say they prefer. Girls surveyed also said they like that TeamGym allows them to take part in gymnastics but without the hours of commitment required if training more competitively, which makes it easier to fit it into their lives.

MY CLUB is also proving popular. MY CLUB gives gymnasts complete control of their sessions, giving them the opportunity to choose the skills they want to learn or want to work on whether it's mastering a backflip or getting together to create a show-stopping gymnastics display.....

[View the full news item](#)

Should I Stay or Should I Go?: What motivates girls aged 11 to 13 years old to stay in gymnastics? 2016-17. Case study. British Gymnastics and Women in Sport, June 2017 (9 pages)

This project investigated what influences girls aged 11 to 13 years to keep taking part in gymnastics. The project explored whether products British Gymnastics have put in place, specifically TeamGym and MY Club, are helping to retain female gymnasts and to establish the role significant people such as parents, friends or coaches play within girls' lives at this age.

[Download a copy](#)

Women in Sport - Women's Sport Week 2017 - took place 19 - 25 June

Women's Sport Week was back to bring everybody involved with playing, delivering, leading or working in sport together; to celebrate, raise awareness and increase the profile of women's sport across the UK.

[View more details](#)

BBC - Sport (19 June 2017)

Women's Sport Week 2017: Gender prize money gap narrowing, new study shows

The gender prize money gap in sport is closing with more sports than ever achieving parity at the top level, a BBC Sport study has found.

A total of 83% of sports now reward men and women equally, according to the study commissioned for [Women's Sport Week](#).

Cricket, golf and football showed some of the biggest disparities although prize money for women has increased substantially in these sports over the past three years.

Other sports that do not reward male and female competitors equally according to the study are cliff diving, ski jumping and cycling events. Women are allowed to enter the world championships in darts and snooker but also have their own separate competitions, where prize money is a lot less.

[Full table - prize money in sport](#)

It is the second time BBC Sport has carried out the global study, for which 68 sports' governing bodies were contacted with 55 responding. [The first one was in 2014](#). That study showed 30% of sports rewarded men better than women.

The 2017 study, which looked at prize money for world championships and events of an equivalent standard only, does not include wages, bonuses or sponsorship. It found that 44 sports pay prize money, of which 35 pay equally.

Men and women compete alongside each other in horse racing and equestrian events. Women do not compete in the winter sport called nordic combined, and men do not take part in synchronised swimming at the top level.

[View the full news item](#)

BBC Sport (23 June 2017)

Video: Are girls turning backs on exercise?

A recent study found girls are turning their backs on exercise before the age of nine. By then only about half the number of girls as boys manage the recommended amount physical activity a day.

As part of Women's Sport Week, businesswoman and campaigning mother of two Kate Hardcastle, finds out why and what can be done...

[Access the video on this page](#)

UK Sport

Infographic for Women's Sport Week 2017

[Winning Women](#) - UK's Female Olympic & Paralympic Medallists 1996-2016.

Women in Sport - Ezine, June 2017 - [available to view](#)

Training opportunity support....

Women in Sport reports - Manchester Metropolitan University Scholarship Programme for Masters of Sport Directorship (MSD) course

We are delighted to hear that Manchester Metropolitan University has announced two women's scholarships for their acclaimed Masters of Sport Directorship (MSD) course.

As a direct response to our [Beyond 30% report](#), which revealed the extent to which publically funded sporting organisations are failing to meet the Code for Sports Governance criteria of at least 30 per cent female representation on their boards, Manchester Metropolitan University is offering professional women from a sports or business background the chance to apply for two scholarships on the MSD course this September.

The scholarships are open to any woman who meets the MSD criteria and consist of a first prize of £6,000 and second prize of £3,000 off the course fees. Applicants should send a CV and a 250-word outline of why they should be considered for the scholarship to donna.ward@mmu.ac.uk, telephone 0161 247 6078, **by 14 July**. Winners will be announced in August.

Further information on the Masters of Sport Directorship course at Manchester Metropolitan University can be found [here](#)

[View the full news item from Women in Sport](#)