



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

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

Keep right up to date with our news

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



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

facebook

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

IAPESGW 18th World Congress, Barry University, Florida, USA 17 – 21 May 2017

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

www.barry.edu/iapesgw

Joining IAPESGW – Special membership offer extended

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

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

IAPESGW 2nd Regional Symposium – Women's Empowerment

14 – 15 December 2015, Tehran, Islamic Republic of Iran

Symposium themes:

- History and philosophy of women sport
- Pedagogy and research in women sport
- Women sport management and leadership
- Sustainable development in women sport
- Sponsorship and economic issues in women sport
- Women sport in Islamic countries
- Women sport and media
- Women sport and health
- women sport and international interactions



International

UNESCO (18 November 2015)

International Charter of Physical Education revised to ensure more inclusive access to physical activity

UNESCO Member States have adopted a revised International Charter for Physical Education, Physical Activity and Sport recognizing the importance of sport for development and peace during the 38th session of the UNESCO General Conference, which met at the Organization's Headquarters from 3 to 18 November.....

Based on the universal spirit of the original Charter adopted in 1978, and integrating the significant evolutions in the field of sport over the last 37 years, the revised Charter highlights the health benefits of physical activity, the inclusion of persons with disabilities, the protection of children, the role of sport for development and peace, as well as the need to protect the integrity of sport from doping, violence, manipulation and corruption.....

The adoption of this document represents a renewed commitment of the international community to promote sport as a catalyst for peace and development, and to reinforce Quality Physical Education. The revised International Charter for Physical Education, Physical Activity and Sport provides a framework that orients the protection of the integrity of sport and supports broader policies in favour of grassroots sport.....

[View the full press release](#)

International Charter of Physical Education, Physical Activity and Sport. Revised edition. United Nations Educational, Scientific and Cultural Organization, November 2015 (9 pages)

The International Charter for Physical Education, Physical Activity and Sport is a rights-based reference that orients and supports policy- and decision-making in sport. This unique text is intended for all, regardless of the ethnicity, gender, sexual orientation,

language, religion, political or other opinion, national or social origin, property or any other basis.

[Download a copy](#)

Note: Currently available in French and Spanish. A version in Chinese will also be online in the upcoming weeks. [Access the versions](#)

Support to the translations into Arabic and Russian would be welcome – contact Philipp Müller-Wirth: p.muller-wirth@unesco.org

**Anita White Foundation – Third Women’s Sport Leadership Academy 2016
19-24 June 2016, University of Chichester, Bognor Regis Campus, PO21 1HR, UK**

We are seeking applications from women who:

- Are currently in middle management or recently appointed senior managers or Board members of sport/sport-for-development organisations
- Have key areas of responsibility such as heading up a specific department /area/ project for their organisation or have current responsibility for influencing people and /or managing staff
- Are identified as future leaders by their organisations • Are committed to making a difference and enhancing opportunities for women and girls in and through sport
- Have good written and spoken English (Please note that no translation service will be provided)
- Demonstrate a commitment to continuous professional development

Application is open now at: www.chi.ac.uk/research/womens-sport-leadership-academy/wsla-2016

[View the flyer for the 2016 Academy](#)

Inside the games reports (15 November 2015)

International Canoe Federation President Perurena seeks gender equality at Tokyo 2020 - and cutting edge solution for Rio 2016

José Perurena, President of the International Canoe Federation (ICF), has revealed the sport will be seeking gender equality by the time of the Tokyo 2020 Games - and that it will deploy, literally, cutting edge technology to overcome some of the potential pollution problems encountered at the Rio 2016 Canoe Sprint venue on the Lagoa Rodrigo de Freitas.

The 70-year-old former Olympic canoer, who is also an International Olympic Committee member and President of the International World Games Association, toldinsidethegames: “We are continually evolving.

“This December’s Board Meeting will approve the final proposal for the event programme we will put forward to the IOC for inclusion in the Tokyo 2020 Olympic Games.

“The ICF’s vision is to have the gender equality, we will propose eight women’s and eight men’s events for canoe sprint and two of each in the slalom.

“We are also working on the programme of the Games of 2024.”

At London 2012, there were four slalom events – the men’s C1 and C2, the men’ K1 and the women’s K1.

The 2012 sprint programme featured 12 events, four of which were for women.....

[View the full news item](#)

Inside the games reports (3 November 2015)

Trio to be honoured with Paralympic Order

Three champions of disabled sport are set to be honoured with the Paralympic Order. Awarded by the International Paralympic Committee (IPC), the Order is the highest tribute a person connected to the Paralympic movement can achieve.

The latest trio to be recognised are **Sylvana Mestre**, former chairperson of the IPC Alpine Skiing Sport Technical Committee (STC), Georgios Fountoulakis, President of the Hellenic Paralympic Committee and Dr Axel Bolsinger, Ophthalmologist Adviser and Classifier for the German National Paralympic Committee.

They will be paid tribute to at the 2015 Paralympic Awards in Mexico City on Saturday (November 14), as part of the IPC General Assembly.

All three have made important contributions to the Paralympic Movement, according to the IPC, and have illustrated Paralympic ideals either in the sporting world or via outstanding services to the cause of the movement.

Mestre was a member of the IPC Alpine Skiing STC between 2002 and 2006 and then served as chairperson from 2007 to 2014.

During her time with the STC, she worked on various development projects, which increased the number of young people practicing skiing and improved the sporting calendar to feature distinct levels of competition across age groups and ability levels.....

[View the full news item](#)

Coaching for Hope

Football for Good Awards – taking place 2 December 2015 at Old Billingsgate Vaults, London

Shortlisted for ‘Champions of the Women’s Games’ Award are:

- Coaches across Continents
- Yoana Djambazova – Coach, Football Manager and Volunteer at Bulgarian charity ZOV

- Kim Stenning- Girls Participation Officer, Albion in the Community
- Damian Flynn – Manager of Cardiff City FC Foundation Women & Girls’

[View the details of the shortlist](#)

Shortlisted for The Sponsor Impact Award:

Corporate Social Responsibility is regarded as an essential business strategy now as businesses look to give something back to the communities within which they operate. This Award is looking for examples of innovative Club/Corporate partnerships that have benefited under-served communities in a material way. This can be through a range of activities, including improving facilities, increasing access to sport, or running schemes designed to reach excluded groups.

Continental Tyres for The FA Girls’ Football Festival Programme

The FA Girls’ Football Festival Programme, in association with Continental Tyres, has been created to promote the sport to young girls who are the future of the female game in England. The events provide girls aged 5 to 16 with an exciting, interactive football experience. In 2015 they visited 17 different counties and 8,689 5 to 16 year olds attended the events.

.....
[View all the Award shortlists](#)

World Health Organization – Europe (12 November 2015)

Physical inactivity and diabetes

Worldwide, people are less physically active: in the WHO European Region, one third of adults and two thirds of adolescents are insufficiently active. In consequence, physical inactivity has become a leading risk factor for ill health. 1 million deaths and 8.3 million disability-adjusted life years lost per year in the Region are attributable to physical inactivity.

As physical activity decreases, noncommunicable diseases (NCDs) are increasing. Diabetes is one of four major NCDs and, with cardiovascular disease, cancer and respiratory diseases, diabetes accounts for most of the disease burden and premature mortality in the European Region. Diabetes is diagnosed in 60 million people in the Region, and it is estimated that 50% of cases of diabetes have not yet been diagnosed. The prevalence is increasing all over the world, and WHO projects that diabetes will be the 7th leading cause of death by 2030

Risk factors for diabetes

Risk factors for diabetes include overweight or obesity, an unhealthy diet and physical inactivity, which account for about 80% of the increase in prevalence of diabetes. These risk factors can be modified. Physical inactivity alone is estimated to cause 7% of the burden of type 2 diabetes in the European Region, and overweight and obesity account for an estimated 65–80% of new cases of diabetes.

Children need at least one hour of moderate-to-vigorous physical activity every day. However, today, only 34% of European adolescents aged 13-15 years are active enough to meet the current guidelines. Generally, physical activity declines significantly among young people aged 11-15, and this trend is particularly strong among young girls.

The predominant causes of physical inactivity are environmental and systemic. It is becoming more difficult to maintain sufficient levels of physical activity, as people's daily work and living environments are increasingly sedentary. Furthermore, there are important inequalities in

levels of physical activity: poorer people tend to have less free time and limited access to leisure facilities or live in environments that do not support physical activity.

Minority ethnic groups and people with disabilities engage in less physical activity and are also harder to reach for promoting physical activity.

WHO action to promote physical activity

Addressing the risk factors for type 2 diabetes and halting its increasing prevalence call for whole-of-government and whole-of-society approaches. WHO/Europe's newly endorsed Physical Activity Strategy for the European Region 2016-2025 is an important step towards reducing the burden of type 2 diabetes. The strategy aims to inspire governments to facilitate and remove barriers to physical activity in the environment throughout the life-course.

Priority policy options could include:

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

Specific countries

AUSTRALIA

Government of Western Australia, Department for Sport and Recreation

How physical activity helps learning: Help your kids learn better

The Australian Department for Sport and Recreation has updated a research summary of the evidence behind physical activity and children's learning.

Some of the main research findings show that:

- there is a positive link between physical activity and academic achievement
- active boys are more likely to pass exams
- physical activity leads to improvements in maths and reading
- physical activity is likely to provide children with the optimum physiological condition for maximising learning.

[Read more](#)

Clearing House for Sport (27 October 2015)

Dr Ralph Richards, Senior Research Consultant, NSIC/Clearinghouse, Australian Sports Commission – Female Athlete Triad

Introduction

Sports and exercise are part of a balanced, healthy lifestyle. Some females who play sport or exercise intensely may be at risk of developing a syndrome of three interrelated conditions that exist on a continuum of severity; the female athlete triad. The female athlete triad is a combination of three conditions:

- Energy Deficit/Disordered Eating
- Menstrual Disturbances/Amenorrhea
- Bone Loss/Osteoporosis

Key Messages

- Some females who play sport or exercise intensely may be susceptible to the 'female athlete triad'.
- The causes of the Triad have been identified, as well as a number of risk factors associated with the condition.

- Diagnosis and treatment of the female athlete triad should be completed by a team of medical specialists.

What causes The Triad?

[View the full article](#)

Goodform (28 October 2015)

New research shows bright future for Women's sport

New findings from Goodform's research brand Sportswise have highlighted the increased awareness of, and appetite for, Women's elite sport.

Sportswise recently conducted new research into men's and women's sport viewing habits, and their attitudes to women's elite sport. Utilising Sportswise's Sports Fan Panel, a unique research panel comprising consumers, spectators and participants from a wide variety of sports, almost 2000 sports fans took part in the research, which has provided new insight into the growing profile of women's sport.

It is clear that men watch more sport (with 68% of the men surveyed watching over 3 hours a week, compared with 50% of women), but what Sportswise's findings also suggest is that the appeal of women's elite sport is much broader than many may think: in many cases, male sports fans are as engaged with women's elite sport as female sports fans are.

The research highlights that the increasing media profile of women's sport is certainly having an effect. 57% of men and 55% of women stated that they are more interested in women's sport now compared to two years ago. The picture is similar when we look at high profile women's sporting events: 26% of men surveyed stated that they watched the Women's Rugby World Cup 2014, versus 19% of women. The FIFA Women's World Cup 2015 was one of the highest profile female sporting events of all time, with every match being shown live on the BBC in the UK. Again we see interest from both male and female audiences: 40% of men surveyed tuned in to watch, as did 37% of women.

[View the infographics on the research findings](#)

ABC Grandstand Sport (4 November 2015)

Melbourne Cup-winning jockey Michelle Payne wants to inspire next generation of riders

Melbourne Cup-winning jockey Michelle Payne says she hopes [her victory on Prince Of Penzance in Tuesday's race](#) will inspire the next generation of riders.

Payne has overcome a bevy of injuries and a "chauvinistic" racing culture to win Australia's most famous race.

After calling out the male-dominated sport immediately following her victory, Payne on Wednesday played down any disadvantages she may have had as a woman in horse racing.....

[View the full news item](#)

CANADA

British Columbia – viaSport (17 November 2015)

viaSport launches #LevelTheField inclusion campaign for sport in BC - *We're levelling the playing field*

Launched today, #LEVELTHEFIELD is a province-wide movement that will work to create a more inclusive sport culture in British Columbia by targeting issues around gender equity, the LGBTQ2+ community, accessibility, socioeconomic inclusion, and cultural diversity.

As of November 17, is activating the first advocacy phase: gender equity in sport.

FAST FACTS:

- 4% of girls achieve the recommended level of daily physical activity.
- 17% of head coach positions in Canadian Interuniversity sport are held by women.
- 29% of National Sport Organization CEO's are female.

The Gender Equity #LEVELTHEFIELD campaign will focus on educating BC sport organizations, clubs, schools, community centres, and sport leaders on the issues of inequity across all levels of sport for girls and women, including:

ON THE FIELD - athletes and participants

CALLING THE SHOTS - coaches and officials

AROUND THE TABLE - board members, executives, and sport leaders

OUR GOAL: By March 2016, we hope to have a measurable increase in the number of local clubs and organizations discussing gender equity and taking steps to address gaps within their sport.

Will you join us?

We are calling on you - sport organizations, clubs, and community leaders - to help level the playing field in your community. Visit: viasport.ca/levelthefield and follow our three-step toolkit to evaluate your organization, take action, and advocate for the issue.

[Source of information](#)

Public Health Ontario

Promoting active play – new evidence briefing

Public Health Ontario has produced an evidence briefing on promoting active play for children aged 0-12. The evidence briefing identifies what type of community-based interventions are being implemented to promote active play in children and youth aged 0 to 12, and whether they have been effective?

From the 20 studies included in the review, the main findings were:

- modifications to the school play environment by adding markings or equipment increased physical activity
- short term increases in physical activity occurred following playground modifications in pre-school settings, eg, looping paths, grassy hills and open spaces
- opening school playgrounds to communities outside of school hours, public park renovations and a skate park renovation show varying increases in physical activity

- providing community access after school and on weekends to a supervised playground in the inner-city leads to increased usage and activity levels.
-

The Active Play Evidence Brief is now live on our website at:

- http://www.publichealthontario.ca/en/eRepository/Promoting_Active_Play_E... (English)
- http://www.publichealthontario.ca/fr/eRepository/Promoting_Active_Play_E... (French)

Inside the games reports (2 November 2015)

World-renowned Para-dressage rider inducted into Canadian Disability Hall of Fame

World-renowned Para-dressage rider Lauren Barwick has been inducted into the Canadian Disability Hall of Fame at a ceremony in Toronto.

Barwick is a three-time Paralympian and has won more medals at major Games than any other Canadian rider having represented her country at international level for more than 12 years.

Her accomplishments include bringing home individual gold and silver medals from the Beijing 2008 Paralympics, and winning Canada's only medals, a silver and bronze, at the 2014 World Equestrian Games in Normandy, France.....

[View the full news item](#)

Inside the games reports (5 November 2015)

Former Canadian Paralympic Committee President appointed Minister of Sport and Persons with Disabilities

Former Canadian Paralympic Committee President (CPC) **Carla Qualtrough** has been appointed Minister of Sport and Persons with Disabilities following Justin Trudeau's election as the country's new Prime Minister.

Qualtrough won three Paralympic Games swimming bronze medals during her sporting career before she went into sports administration, leading the CPC from 2006 to 2010.

The 44-year-old was elected as a vice-president of the Americas Paralympic Committee in 2013 and most recently was a member of the Toronto 2015 Pan and Parapan America Games Sport and Legacy Committee.

Qualtrough, a human rights lawyer, was the International Paralympic Committee's (IPC) Legal Officer for London 2012 and has been on the organisation's Legal and Ethics Committee since 2002.

Her appointment to the new Canadian cabinet was welcomed by current CPC President Gaétan Tardif, who hopes the body will be able to work with Qualtrough to further the development of disability sport in Canada.....

[View the full news item](#)

IRAN

Inside the games reports (15 November 2015)

Two gold medals for Iran at Asian Para Archery Championships

Zahra Nemati and Majid Kakoosh have each claimed gold medals for Iran at the Asian Para Championships in Bangkok, securing places at Rio 2016.

Paralympic champion Nemati notched 647 points in the women's individual recurve event to finish ahead of China's Dandanin Lin, the silver medallist with 617 points, and South Korea's Nam-Suk Ha, who rounded off the podium with 544 points.

Nemati, who broke a world record on her way to becoming Iran's first female athlete to win an Olympic or Paralympic gold medal at London 2012, has now earned a spot for her country at both next year's Olympic and Paralympic Games in Rio de Janeiro.

Nemati earned an Olympic slot by taking the silver medal in the women's individual event at the Asian Archery Championships last week, also in the Thai capital.

"I will do my best to win honours in Olympic and Paralympic Games simultaneously and I dedicate my gold medal to my family," she said.

Nemati, a black-belt in taekwondo before she suffered a spinal cord injury as a result of an earthquake in 2004, was awarded the SportAccord Spirit of Sport Award in 2013.

She took up archery following her injury, and made the national team just six months later after finishing third in the Iranian Championships against able-bodied archers.....

[View the full news item](#)

ITALY

Inside the games reports (19 November 2015)

Rome 2024 will illustrate a multi-cultural and gender equal Italy, predicts former long jump champion

Having two women at the helm of Rome 2024 will help change perceptions of Italy as old fashioned and behind the times, the bid's head of athlete relations Fiona May has predicted.

One of Italy's most successful athletes of recent decades, May won long jump outdoor world titles at Gothenburg 1995 and Edmonton 2001, as well as Olympic silver medals at Atlanta 1996 and Sydney 2000 and world indoor gold at Paris 1997.

The 45-year-old is a strong advert for the multi-cultural Italy the bid is hoping to promote.

May was born in the British town of Slough to parents of Jamaican origin and winning a bronze medal for England at the 1990 Commonwealth Games in Auckland before switching nationality four years later after marrying her coach Gianni Iapichino.

May's appointment follows the unveiling of Barcelona 1992 and Sydney 2000 Olympic fencing champion Diana Bianchedi as director general last week.

"It's not only very good to have more athletes at the top of the bid, but also incredibly valuable to have two women," said May.

"It's time to change the perception of Italy that some people have abroad.

"It is the time to understand that we are not so far behind as some think.

"I believe that choosing two women to represent the Bid Committee is a winning strategy and I hope that the percentage of women will increase, both in sports, and among the winners.

"By having two female champions in the bid, Rome is demonstrating its commitment through actions and not just words.".....

[View the full news item](#)

TURKEY

An update from IAPESGW Board Member Canan Koca:

Guide for Gender Sensitive Language in Sport

Turkish Association of Physical Activity and Sport for Women (KASFAD) developed a Guide for using Gender Sensitive Language in Sport. The Guide explains why gender sensitive language is important for establishing gender equity and promoting women and girls' participation in sport. This guide should be useful to all persons concerned with coaching, training, monitoring sports in Turkey. Its primary target audience are coaches, athletes, academics, sport media, sport policy-makers, sport science students in universities. The guide has been purposefully written in a simple language in Turkish with explanations so as to enable those who are not familiar with gender sensitive concepts to interpret and use alternative forms. The Guide is sent to all Turkish Sport Federations, sport related departments of Universities, sport clubs, women rights organizations.

Guide (in Turkish): http://www.kasfad.org/wp-content/uploads/dil_klavuz_son.pdf

Violence against Women in football in Turkey

In November 2015, a chairman of one of the famous football clubs in Turkey said a sexist comments after a league match: "If we're going to die, we'll die like men; we won't live like women. No one has the power to make us live like women." He later apologized for the remarks, saying he did want to offend women and that, uniquely, "my mother is a woman." Women right activist are strongly protested the chairman. KASFAD also released a position statement about this situation and violence against women in football in Turkey. After these protests, The Turkish Football Federation's (TFF) Professional Football Disciplinary Committee announced the chairman has been suspended for 40 weeks – the full term for a woman's pregnancy – and fined him 150,000 Turkish Liras.

KASFAD position statement:

<http://www.kasfad.org/futbolda-siddet-gorus-bildirgesi.html>

KASFAD 2015 Bulletin

Turkish Association of Physical Activity and Sport for Women (KASFAD) Bulletin sent out to its members each year providing an overview of developments in women and sport in Turkey. KASFAD 2015 Bulletin has been released recently.

KASFAD 2015 Bulletin:

http://www.kasfad.org/wp-content/uploads/KASFAD_B%C3%BClten_2015.pdf

UK

Women in Sport (6 November 23105)

Women in Sport calls for action to ensure progress towards gender diversity in leadership is maintained

- Latest research shows that positive steps in gender diversity at board level are not supported by sustainable workforce development
- Women in Sport calls for action to support development of female executives to ensure progress is not lost
 - Sixth annual Trophy Women? report published today, shows significant barriers still remain to women's involvement in sport's most senior roles
 - Positive progress has been made at sport's board and executive levels, but senior executives still point to cultural barriers standing in the way of many women
 - Women in Sport has introduced a 'checklist for change' designed to help the sport sector address practices that may be holding women back in the executive pipeline

The sixth annual Trophy Women? report, published today by Women in Sport, shows that while overall female representation in sport's boardrooms has reached an average threshold of 30%, progress made at the highest level masks continued barriers to women's involvement at the highest echelons of sporting governance.

Funded by Comic Relief for three years and supported by Sport England and UK Sport in 2015, the report identifies issues – including challenging cultures, rigid and narrow governance structures and practical barriers – that must be rectified in order to create a long-term solution to boardroom gender inequality.....

[View the full news item](#)

Trophy Women? 2015: No More Board Games. Women in Sport, 5 November 2015 (28 pages)

The report assesses the number of women in board and executive positions in sport organisations in the UK and provides recommendations on how to increase gender diversity in sport leadership.

[Download a copy](#)

Trophy Women? 2015: Checklist for Change. Building a sustainable pipeline to gender diversity in sport leadership. Women in Sport, 5 November 2015 (4 pages)

The Checklist for Change is designed to accompany our latest Trophy Women? report as a means to help the sport sector overcome barriers towards women's progression towards the most senior roles in sport governance.

[Download a copy](#)

Transforming local sport delivery for women and girls: workshop toolkit. Women in Sport, November 2015 (40 slides)

This workshop toolkit has been created by Women in Sport and Sport England to help County Sport Partnerships (CSPs) get the most out of conversations with their partners.

In November 2015 two sessions were held for CSPs to learn more about engaging women and girls in sport. Following this we developed a toolkit to enable you to share these key

insights locally.

There are four sections that summarise key guidance on women and girls sport that will help your partners:

- Understanding your audience
- Marketing and communications
- Running your sessions
- Keeping them coming back

The toolkit can be used in a variety of ways, including 1 to 1 meetings, forums and conferences. Feel free to use all sections together or select certain elements – guidance notes are attached to all slides.

[Download the toolkit](#)

**ukactive (5 November 2015)
Blue Print for an Active Britain**

The national cost of physical inactivity now stands at £20 billion per year. Although this is comparable to many of the great public health challenges facing the UK today, including smoking, alcohol harm and poor diet, physical inactivity is the last of these factors to receive a long-term, dedicated, resource-backed strategy.

Studies published in the Lancet have shown that inactivity is as dangerous to an individual's health as smoking, and a recent study of 334,000 European men found that nearly twice as many premature deaths can be attributed to physical inactivity as to obesity.

ukactive's Blueprint for an Active Britain calls for a single-minded focusing of resources, energy and policy to turn the tide of physical inactivity. It is one of the UK's greatest-ever social challenges. At its heart, the ukactive Blueprint lays the foundations for a stakeholder-supported government-led review of how and where physical activity can play a part in improving the nation's well-being, with practical policy recommendations across a range of areas.....

...[View more details](#)

**ukactive's Blue Print for an Active Britain: more people, more active, more often.
ukactive 5 November 2015 (76 pages)**

For the first time, this document brings together the highest profile voices to address core themes in physical activity promotion, and sets out an ambitious forward course for policy development at this critical juncture.

[Download a copy](#)

**Sporting Equals (week beginning 9 November 2015)
2015 Sportswomen of the year Awards - award to Annie Zaidi**

Sporting Equals Ambassador Annie Zaidi has won the Helen Rollason Award for inspiration at the Sportswomen of the Year awards 2015. Praised by countless sporting stars including David Beckham and Les Ferdinand for being “an inspiration to so many people”, Annie has overcome relentless discrimination for chasing her dreams of coaching men's football.

Starting her coaching career with a Sunday League team Annie moved to coach in Brixton after receiving harsh racism and sexism from other managers and parents. Annie became

the first South Asian and Muslim woman to complete the level 2 certification badge from the FA.

She now coaches the Leicester City U11s at the Centre of Excellence, recently becoming the organisation's chair in January 2015.....

[View the full news item](#)

[View the details of all the winners](#)

British Heart Foundation National Centre for Physical Activity and Health reports (18 November 2015)

Welsh college children hooked on sport

Figures from the first ever Further Education Sport Survey in Wales have been released revealing that 49% of college students are hooked on sport.

4,568 students over the age of sixteen attending further education colleges in Wales completed the Sport Wales survey between April and July 2015. The survey collected core data on sports participation, wellbeing, volunteering and attitudes to sport. The report provides information on how frequently students participate in sport, how and why students become active, attitudes towards sport and volunteering patterns in young people.

Headline results:

- 49% of students are hooked on sport which is defined as taking part in sport or physical activity on three or more occasions per week.
- 32% of students do not take part in any frequent activity.
- **A gender gap exists for sport. 59% of males are hooked on sport compared to 40% of females. This gender gap is bigger than for younger children and adults.**
- 83% of students would like to do more sport.
- Students would be encouraged to take part in more sport if they had more time, if their friends took part, if it was cheaper and if they were fitter.
- The top sports for males to take part in were football, running and swimming. For females these were running, fitness classes and swimming.
- 76% of students reported that they enjoyed sport outside college.
- Overall 23% of students have volunteered to help run sporting activities, e.g. administration, coaching, catering or transport.

[View the full news item and access the full report](#)

Exercise, Movement and Dance Partnership

Women dance their way to fitness - as the exercise move dance campaign joins forces with This Girl Can

As women all over the country are being inspired to get active by Sport England's 'This Girl Can' campaign, the latest research from Exercise Move Dance Insight has shown that a rapidly growing number of women are choosing dance fitness as their first step into exercise.

The Participant Survey, conducted by both Exercise Move Dance Insight and YouGov, involved 4,800 people, and found that an overwhelming 92% of females felt that dance fitness offered a non-competitive way to workout. It also found that classes offer a relaxed and friendly introduction to fitness and banish fears about 'gymtimidation'.

Almost all the women surveyed (91%) agreed that dance fitness was a great way to stay healthy, illustrating that a good boogie is not just fun, but can also offer a full body, calorie-blasting workout.

A very significant 38% of respondents claimed they were previously inactive before starting dance fitness and 55% of these indicated they had done no exercise for 3 years or more. This proves that taking part in a class is within easy reach of all abilities and that it's never too late to start. This was also supported by six out of ten people believing that you don't need to be fit before joining a dance fitness class.....

[View the full news item](#)

Dance Fitness – Participant Survey 2015: The Nation in Action. Exercise Movement and Dance Partnership and YouGov, September 2015 (11pages)

Participation:

- Group exercise participants are a lively bunch – 80% have participated in 4 or more classes in the last 4 weeks
- 55% have taken part in dance fitness at least once in the past
- 37% have been doing group exercise at least once a month for over 5 years 0 35% were inactive before beginning group exercise – that is more than 1 in 3 people doing absolutely no physical activity whatsoever
- Participation peaks in the winter and drops off in the summer months, however the decrease is relatively small
- The most commonly taken classes were:
Zumba®

Legs, Bums & Tums

BODYPUMP™

Spinning®

Pilates and yoga

- 'Dance fitness' is dominant amongst females; males indicated their alliance with 'cardiovascular' and 'strength & conditioning' activities

[Download a copy](#)

Loughborough University (24 November 2015)

Graduate becomes first Asian Woman Footballer of the year in England

Loughborough graduate MSc student, Aditi Chauhan, has created history by becoming the first Asian Woman Footballer of the year in England.

[The awards](#), supported by the English Football Association (FA) and the Asian Football Project, recognise achievements of British Asians in football.

Coming from a country that doesn't have a domestic league of its own, Aditi became the second only female from her country to play women's football in England and the first to win Asian Woman Footballer of the year.

Having graduated with an MSc in Sports Management at Loughborough, Aditi kick started her football journey when her school coach asked her to participate in the under-19 team trials. Playing for the Loughborough Students Women's Football Club (LSWFC) over the last year, Aditi now turns her focus to playing for West Ham United Ladies in the FA Women's Premier League Southern Division.

Speaking of her award, she comments: "This award is all worth it. Getting this award at Wembley is a fairytale, especially for someone who comes from a country that has no league for women. It was not easy to pursue a career in football. I am thankful to West Ham and my family for all the support."

[Source of information](#)

Another publication of interest...

Helping the girls believe they can!: A guide for coaches, leaders and activators to support more women and girls to enjoy sport and physical activity. sports coach UK, [November] 2015 (14 pages)

Helping the girls believe they can is a guide for coaches, leaders and activators to support more women and girls to enjoy sport and physical activity.

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