



News and Resource Update October 2016: 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

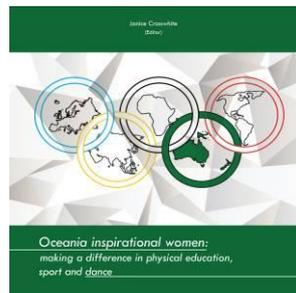
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IAPESGW Five Continents Series of Books - launched at the ICSEMIS Conference in Santos, Brazil on 2 September 2016:

- Inspirational women in Africa: making a difference in physical education, sport and dance. Edited by Anneliese Goslin (258 pages)
- Inspirational women in America: making a difference in physical education, sport and dance. Edited by Maria Beatriz Rocha Ferreira (198 pages)
- Inspirational women in Asia: making a difference in physical education, sport and dance. Edited by Canan Koca (276 pages)
- Inspirational women in Europe: making a difference in physical education, sport and dance. Edited by Rosa Diketmüller by (256 pages)
- Inspirational women in Oceania: making a difference in physical education, sport and dance. Edited by Janice Crosswhite (243 pages)

Please access the books via:

<https://drive.google.com/drive/folders/0B441cCHT7g1hcmFzejdTUkUtWHc>

**IAPESGW 18th World Congress - *Women and Girls in Sport: Research to Action*
Barry University, Florida, USA 17 – 21 May 2017**

Themes:

- Pedagogy of Physical Education, Sport, and Dance
- Lifelong Physical Activity for All
- Global to Local Initiatives and Assessment
- Sport Sciences

REGISTRATION IS NOW OPEN - to book your place on our 18th Congress please [visit the booking website](#) - early bird rates are available up to 20 January 2017

CALL FOR ABSTRACTS - based on the four themes above.

Second call for abstracts; 1 August 2016:

- Deadline for abstract submission: 30 October 2016
- Notification of acceptance: 15 December 2016
- Early Bird registration: 20 January 2017
- Delegates are invited to submit an abstract for either an oral and/or poster presentation under one of the sub-themes from 1 July 2016.
- Your abstract must reach the Scientific Committee on or before **30 October 2016**.

THE DEADLINE WAS 30 OCTOBER 2016

[View more details](#)

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

www.barry.edu/iapesgw

International

Around the rings reports (2 October 2016)

EY WABN and International Women's Forum Connect Elite Female Athletes with Top Women in Business

Applications for the EY Women Athletes Business Network (WABN) 2017 Mentoring Program are now being accepted. Elite female athletes seeking to make the transition from sport to successful careers in business and leadership are invited to apply for the program, which aims to support the career progression of top sportswomen following their retirement from competitive sport. The online application is available at: [*http://iwforum.org/wabn-application-instructions/](http://iwforum.org/wabn-application-instructions/).

The year-long program, a joint initiative between the WABN and the International Women's Forum (IWF), seeks to match 25 top women athletes with prominent female business leaders in order to develop their potential to become impactful leaders outside of their sport. Mentors are carefully chosen from across the IWF's network of 6,400 senior women executives in 34 nations on five continents to offer one-on-one guidance to the athletes and help bridge the gap between business and sport.

Beth Brooke-Marciniak, EY Global Vice Chair – Public Policy and Leader of the Women Athletes Business Network, says:

“Our research has shown that a background in sport can help accelerate a woman's

professional career. The drive, discipline and dedication of elite female athletes, in particular, make them a unique leadership talent pool. By pairing these 25 inspiring women with top female executives, we want to nurture their leadership skills for extraordinary success not only in sport but also in the business world.”

The 2016 mentee class, which has gathered at the IWF 2016 World Leadership Conference in Chicago this week for intensive leadership workshops, includes women from 13 countries who have competed across a range of sports. Mentees include Angela Hucles, who twice won gold as a member of the USA Olympic soccer team, champion Olympic freestyle skier Jennifer Heil from Canada and Great Britain Paralympic swimmer Susannah Rodgers, who is fresh from winning gold at the Rio 2016 Paralympic Games.

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[View the full news item](#)

***All application materials must be received by 11:59 PM EST Wednesday, 2 November 2016.**

UNESCO (3 October 2016)

To tackle the physical inactivity, pilot countries put Quality Physical Education at the forefront

According to the World Health Organization, school-age children spend as little as 2% of their time doing physical activity, and more than 80% of the world's adolescent population is insufficiently physically active *, leading to high levels of obesity, related non-communicable diseases, and a general apathy.

Based on the Quality Physical Education (QPE) package, UNESCO and partners are accompanying Fiji, Mexico, South Africa, Tunisia and Zambia in the revision of their national policies on physical education, to become more inclusive, responsive, child-centered, flexible and gender-sensitive, in view of reversing this alarming trend.

On 29 and 30 September 2016, an international workshop was held at UNESCO Headquarters in Paris to help strengthening the policy revision process through the creation of a community of exchange around QPE between the participating project partners — GIZ, ICSSPE, Nike, WHO — and the country representatives. Each national coordinator and ministry representative have presented the issue they faced to actually apply the QPE policy package in the field, in order to reflect together on adapted alternatives and solutions, based on knowledge-sharing and the provision of good practice examples.

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[View the full news item](#)

Inside the games reports (5 October 2016)

IWBF hope women's wheelchair basketball will grow in Africa following Algeria's historic participation at Rio 2016

International Wheelchair Basketball Federation (IWBF) secretary general Maureen Orchard is confident more African nations will compete in the women's wheelchair basketball qualification tournament for future Paralympic Games after Algeria became the continent's first-ever representatives at Rio 2016.

They suffered defeat in all four of their Group B matches and lost the ninth-place play-off against Argentina, 53-38 but Algeria's participation alone made Paralympic history.

They qualified after beating South Africa in the final of the 2015 IWBF Africa Championship in Algiers, securing the sole spot on offer.

Morocco and bronze medallists Nigeria completed the event's four-team line-up, which Orchard has confirmed will be expanded.

"We were delighted to have representation from the Africa zone and full representation at the zonal qualification tournament," said Orchard.

"This really reflects the hard work being undertaken in the zone and member nations.

"Our work with the Africa zone showed our commitment to them and will result in even more teams in the future competing in the qualification tournament."

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[View the full news item](#)

United Nations - International Day of the Girl Child 11 October: Secretary-General's Message for 2016

The theme of this year's International Day of the Girl is based on the seventeen Sustainable Development Goals. **The slogan is: *Girls' Progress equals Goals' Progress: What Counts for Girls.***

The wellbeing, human rights and empowerment of the world's 1.1 billion girls are central to achieving the 2030 Sustainable Development Agenda. When we agreed on that agenda, we promised girls quality education and health services.

We committed to ending discrimination and violence against girls, and harmful practices like child marriage. We pledged to leave no one behind.

Too often, in villages, shanty towns and refugee camps around the world, girls are the ones left behind: without nutritious food, healthcare or quality education, and at risk of sexual violence.

Investing in girls is both the right thing to do, and the smart thing to do. It has a powerful ripple effect across all areas of development, and reaches forward to future generations. But what cannot be measured cannot be managed. If we do not gather the data we need, we will never know if we are delivering on our promises.

We need to make sure that our initiatives are reaching all girls: girls in extreme poverty; girls in isolated rural areas; girls living with disabilities; girls in indigenous communities; girls who are refugees or displaced within their own countries.

Timely, high-quality data is vital so that we know where we are meeting our promises, and where we are falling behind.

Let us all work hard to make sure we count all girls, because all girls count.

Ban Ki-moon

[Source of information](#)

FIFA (11 October 2016)

FIFA announces appointment of Sarai Bareman as Chief Women's Football Officer

FIFA is pleased to announce that Sarai Bareman has been appointed as Chief Women's Football Officer. The New Zealander will head up the newly created Women's Football Division, reporting directly to FIFA Deputy Secretary General Zvonimir Boban, and will be part of the FIFA Management Board. She will take up her new role on 14 November.

Building on FIFA's commitment to further support and promote the development of women's football as well as women in football, Sarai brings a background in finance and football administration to the role of Chief Women's Football Officer. She also brings a lifelong passion for the game, having played from childhood. Encouraged by her father, a coach, she pursued her love of the game to the highest level representing the Samoan women's national football team.

Sarai has worked at national association level as the CEO of the Samoan Football Association, where she was responsible for overhauling its financial management and carrying out strategic rebuilding. She then took up a role at confederation level, initially as Operations Manager at the Oceania Football Confederation (OFC), before being promoted to the role of OFC Deputy Secretary General.....

[View the full news item](#)

ICSSPE is planning two exciting seminars and we are hoping that you will support us to fill the last places in both of them. So, maybe you come yourself or tell your colleagues and students about your positive experiences with ICSSPE.

One of the seminars - Communities and Crisis

Success <https://www.icsspe.org/content/communities-crisis-1> focuses on social and developmental aspects of physical activity and sport and offers to its participants one week of inclusive physical activity in a hotel gymnasium, joint reflections and lectures. It will take place from 30 October until 5 November 2016.

The second seminar - Paths to Success <https://www.icsspe.org/content/paths-success> - will provide helpful skills for young managers whose role it is to facilitate a revision of good governance measures within their organisation. This seminar will be held from 25 until 27 November 2016.

Of interest to some people perhaps....

University of Sydney Open On-line Course - Physical Activity and Exercise in Global NCD Prevention

Our online open course, developed in collaboration with the [WHO Collaborating Centre for Physical Activity Nutrition and Obesity](#), is offered annually.

Physical Activity and Exercise in Global Non-communicable Disease Prevention is an introductory course which takes a global perspective and which targets people working in government, non-government organisations and other settings who want an introduction to physical activity and exercise and why they are important for health.

Previous participants have praised the course contents, format and lecturers:

- This course provided "a great overview of current up-to-date research on PA and chronic disease."

- “Lecture topics [were] well-chosen and well-presented” through a “mixture of teaching media”
- “The discussions were excellent,” and moderators provided “useful and prompt comments”

The course curriculum can be viewed [here](#) and more course details are available [here](#).
 Enrolment is open for the 17 October - 25 November course.
 Enrolment for participants from all countries is now open.
 Please use [this link](#) to enrol.

[Source of information](#)

Laureus Sport for Good (11 October 2016)

Six goals for the future: Health, Education, Women and Girls, Employability, Inclusive Society and Peaceful Society

Over 100 leading Sport for Development organisations from around the world have set out their commitment to use sport as a tool to achieve the United Nations’ Sustainable Development Goals at the 2016 Laureus Sport for Good Summit in Germany [10 - 12 October 2016].

Soon after the announcement of the Sustainable Development Goals, Laureus Sport for Good refocused its vision and mission around six key areas covered within the 17 Goals:

- Health: Enhancing mental wellbeing/encouraging healthy behaviour change
- Education: Supporting quality of and access to education
- Employability: Increasing employability and creating pathways to employment
- **Women and Girls: Promoting equality, empowerment and safety**
- Inclusive Society: Creating communities which embrace ethnic, cultural and physical differences
- Peaceful Society: Resolving conflict, promoting community peace-building and creating safe spaces

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[View the full news item](#)

Leisure Management, UK reports (14 October 2016)

FIFA to impose mandatory grassroots funding for women’s football

Mandatory grassroots funding programmes for women’s football will be developed by FIFA for all its member associations in a bid to stop female participants leaving the game.

The plan will be part of a new women’s football development strategy that will be published by 2017, which in turn forms part of the governing body’s Vision of the Future document it has published following the election of president Gianni Infantino, and the appointment of Fatma Samoura as secretary general.

Aside from grassroots investment, the strategy will make the case for the appointment of a chief of women’s football, who will oversee the newly-established Women’s Football Division, and the creation of a women’s football-specific commercial programme.

FIFA has made the commitment that over the next 10 years it will invest up to US\$315m (£258m, €285.9m) for member nations to invest in the development of the women’s game. It

will include funds for the organisation of girls' leagues and women's professional leagues. The goal for FIFA is to double the 30m female football players worldwide to 60m by 2026.

[View the full news item](#)

International Olympic Committee (17 October 2016)
IOC announces winners of its 2016 Sport and Active Society Grants

Four development grants worth USD 20,000 each have been awarded by the International Olympic Committee (IOC)'s Sport and Active Society Commission to organisations running effective sport for all programmes in their communities.

And the winners are...

With a global network of sport-for-development projects, [Boxgirls Kenya](#) uses boxing as a catalyst for social change and a tool of empowerment for women and girls. In turn, football takes centre stage for the not-for-profit [Dreamfields Project](#). This development grant-winner provides townships and rural schools across South Africa with the necessary tools and equipment to play football, even in the most remote parts of the country.....

A case study detailing the projects and programmes of each of the winners will be added to the IOC's [Get Moving Toolkit](#).

[View the full news item](#) - there is a 4 minute video '[Nairobi's Boxgirls Fight Back](#)' included on the IOC news page

A couple of articles of general interest...

Sydney Morning Herald (21 October 2016)
Stacy T Sims: How your menstrual cycle affects your workout

Women athletes are finally speaking openly about menstruation. Last year, world champion marathoner Paula Radcliffe criticised British Athletics medics for not knowing how to deal with elite athlete's periods, pointedly noting that they're not the curse they've been made out to be and that she in fact set the marathon world record in 2002 while suffering menstrual cramps. More recently, Chinese swimmer Fu Yuanhui made international waves making waves by telling a reporter she didn't swim as well as she'd have liked because she got her period.

Stunningly, many of her female fans confessed to not knowing that women could even swim during their periods. More stunningly, it's 2016 and there is still so much silence, confusion and mythology surrounding menstruation. A woman's period is still so taboo in so many circles that it isn't discussed openly between coaches and athletes, and often not really talked about in training groups of women.

[View the full article](#)

Medical News Today (23 October 2016)
Fitness, not physical activity, mitigates negative effects of prolonged sitting

Researchers reveal that meeting public health guidelines for physical activity alone may not be enough to fend off the adverse effects associated with a sedentary lifestyle for seniors.

Instead, new research suggests that fitness, not physical activity alone, plays a protective role in guarding the body against risk factors for heart disease and other conditions.

Living a sedentary lifestyle - such as sitting for prolonged periods - has been shown to be a risk factor for cardiovascular disease and other conditions. Physical inactivity raises the risk of developing [high blood pressure](#) and [coronary heart disease](#) and has been found to increase the risk of certain [cancers](#).

Studies have linked excessive sitting to being overweight and obese, [type 2 diabetes](#), and early death. Lack of physical activity can also lead to feelings of [anxiety](#) and [depression](#).

Sitting for long periods has been suggested to slow the metabolism, which affects the body's ability to regulate blood sugar, [blood pressure](#), and break down body fat.

Regular physical activity is essential for healthy aging, and adults aged 65 years and over gain substantial health benefits from regular exercise. [Physical activity guidelines](#) recommend older adults do at least 150 minutes of moderate-intensity aerobic activity per week, such as brisk walking, and muscle-strengthening activities on 2 or more days per week to work all major muscle groups.

Among individuals who meet physical activity recommendations, the risk of cardiovascular disease with high sedentary time remains. However, high levels of cardiorespiratory fitness are associated with reduced levels of cardiovascular risk factors, including high blood pressure, [obesity](#), type 2 diabetes, and dyslipidemia.

[View the full article](#)

A new publication to be aware of...

A Mapping of Traditional Sports and Games (TSG) in Europe: A Final Report to the DG Education & Culture of the European Commission. European Commission - Sport, dated July 2016, released October 2016 (55 pages)

This mapping of Traditional Sports and Games (TSG) aims at gaining a better understanding of the landscape of organisations active in the field of TSG, at identifying and analysing a number of key actions and interesting initiatives across the European Union (EU). It also seeks to inform decision-makers on possibilities to support TSG at EU level by providing recommendations on potential actions and initiatives.

[Download a copy](#)

Specific countries

AFGHANISTAN

Beyond Sport (6 October 2016)

Interview: hummel & the impact of hijab football kit

Working with the Afghan Women's National Football Team, hummel has created a women's football kit with an integrated hijab based off the traditional baselayer shirt. This innovative shirt allows Afghan females to be involved in sport and play to the best of their abilities while remaining covered.

No one better understands the impact this innovation has had on the women of the Afghan population than former Afghan's Women National Football Team captain, Khalida Popal, who will be speaking at the 2016 Beyond Sport Summit. Popal will address how this

integrated sports kit has transformed women's involvement and interest in sport, as well as how it has empowered women across the Middle East.

Beyond Sport was lucky enough to conduct the below interview with Søren Lund, Chief Commercial Officer at hummel who worked on the development of the hijab football kit.

Beyond Sport: Why did Hummel sponsor Afghanistan's National Women's Football Team?

Lund: *In hummel our mission is to change the world through sport. We make partnerships with teams and clubs with a story to tell, like Afghanistan. We strive to understand the needs and challenges of the Afghanistan football players and on that basis we decided to make the partnership.*

On a larger scale we want to help give the Afghan people a brighter future through the beautiful game of football. In this instance, we want to show that football, as a tool, can bring awareness and empowerment to the strong men and women of Afghanistan.

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

AUSTRALIA

The Guardian, Australia (23 October 2016)

Isabelle Westbury: Can Tyler Wright prove to be the tipping point in sport's gender pay gap?

The Australian surfer's achievement this year remains a case of despite, not because, of the support female athletes receive, but her success may herald a wave of change.

Arms aloft, hoisted through the crowd by family and friends adorned in Tyler Wright jerseys of competitions past, the moment was emotional, poignant even. Yet Wright's feat of [winning the World Surf League](#) at the age of just 22, and on the back of a turbulent year personally, was one which has implications extending far beyond the personal victories the Australian surfer had sought to achieve.

Wright's dominance in this year's WSL tour has been so great that with one event still to come, not only has she won the competition outright, but she has earned more than her male counterpart, John John Florence, who is on the brink of securing the men's title. The Australian brings fun and glimpses of a warm human alongside the technical virtuosity that landed her a maiden world surfing title

It's a rare, if not unheard of, feat in any sport for a woman to earn anything near the male athletes, let alone better them. [Surfing](#) is no different; the men's prize money pool remains bigger than the women's. Wright's surpassing of the men's earnings is largely circumstantial, perhaps less a reflection of equality between the sexes than of her sheer domination of the competition; the men's competition has been far tighter and the rewards more widely dispersed, yet Florence could still surpass Wright's earnings should he win the final two men's events.

Surfing does of course deserve credit for its efforts towards equality between the sexes, but in this instance, as with most female sporting success, Wright's achievement remains a case of despite, not because, of the support female athletes receive.

Earnings in women's sport across the board remain woeful, especially for team sports. The inaugural AFL women's league, to begin next year, was announced amidst huge fanfare and

self-congratulation. While the female footballers deserve every bit of long-awaited attention the spectacle attracts, the league itself has largely escaped close scrutiny through a veil of revelry in its self-proclaimed progressiveness.

[View the full news item](#)

Qual Life Res. 2016 Oct 1. [Epub ahead of print] Change in physical function among women as they age: findings from the Australian Longitudinal Study on Women's Health. Leigh L1, Byles JE2, Mishra GD3.

[Author information](#)

Abstract

Purpose: Decline in physical function is common in older age, with important consequences for health-related quality of life, health care utilisation, and mortality. This study aimed to identify patterns of change in physical functioning (PF) for women in later life.

Methods: PF was measured longitudinally using the ten-item subscale of the Medical Outcomes Study 36-item Short Form Health Survey, for 10 515 participants of the Australian Longitudinal Study on Women's Health, who completed at least two surveys between 1999 (aged 73-78 years) and 2011 (aged 85-90 years). Conditional and unconditional latent profile analysis was conducted separately for deceased and surviving subgroups of women to uncover latent patterns of change in PF scores over time.

Results: Four patterns of change were identified for women who were still alive in 2011 (N = 5928), and four similar classes for deceased women (N = 4587): (1) 'poor PF' representing women with low PF scores, (2) 'moderate PF', (3) 'high PF', and (4) 'very high PF', where scores remained very high. All patterns exhibited a decrease in PF over time. Factors which predict low PF included sedentary levels of exercise, obese and overweight BMI, difficulty managing on income, and lower education.

Conclusions: The results provided evidence for a gradual decrease in PF for all women with age; however, there was no evidence for an increased rate of decline prior to death.

[Source of information](#)

CANADA

Inside the games reports (6 October 2016)

Double Commonwealth Games gold medallist named as Canada Chef de Mission for Gold Coast 2018

Former synchronised swimmer Claire Carver-Dias was today named as Canada's Chef de Mission for the 2018 Commonwealth Games in the Gold Coast.

The 39-year-old from Ontario was unveiled at the end of the Commonwealth Games Federation Sports Summit here today.

Carver-Dias won an Olympic bronze in the team event at Sydney 2000 and Commonwealth Games gold medals in the solo and duet competitions at Manchester two years later.

"The Commonwealth Games are of particular importance to my story," said Carver-Dias.

"The child of Welsh immigrants, I grew up watching the Games with my family, and I developed a deep appreciation for the Commonwealth in general.

"In fact, after winning an Olympic medal, I delayed my retirement for two years so that I could compete at the 2002 Commonwealth Games in Manchester, to the great satisfaction of my parents and extended family, not to mention that the double gold was a satisfying way to close my long athletic career."

Now an accomplished coach and management consultant, Carver-Dias is expected to lead a Canadian team of about 250 athletes competing in 18 sports and seven Para-sports at Gold Coast 2018.

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[View the full news item](#)

INDIA

Laureus Sport for Good (18 October 2016)

Laureus Sport for Good teams up with Mercedes-Benz to fund two sport-based programmes in India

Today, Laureus Sport for Good has associated with Mercedes-Benz in India, using the power of sport to help underprivileged children overcome social challenges. The new partnership will see Mercedes-Benz funding two Laureus-supported programmes in the country, OSCAR and YUWA.

The collaboration will see the two sport for development programmes located in Mumbai and Jharkhand benefit from support to reach more children, **empower and develop young women and girls, using sport to encourage themselves to reach their potential in life.**

The announcement continues Mercedes-Benz India's philosophy of taking a social responsibility lead, promoting education as a key pillar of societal engagement and development.

Laureus Sport for Good supports sport for development programmes which improve the lives of children and young people in disadvantaged communities. The organization helps the youth achieve the best with their given potential focusing on women and girls to promote equality, empowerment and safety.....

[View the full news item](#)

JAPAN

Inside the games reports (25 October 2016)

Four time Olympic champion Icho receives national honour in Tokyo

Japan's Kaori Icho, a four-time Olympic Games wrestling gold medallist, has received the country's People's Honour Award from Japanese Prime Minister Shinzō Abe at his residence in Tokyo.

Icho became the first female Olympian to win an individual event at four consecutive Olympic Games when she triumphed in the women's 58 kilogram final in Rio de Janeiro in August.

The 32-year-old also won the 63kg titles at London 2012, Beijing 2008 and Athens 2004.

The People's Honour Award was established in 1977 and is given to a person or group in Japan that "has sparked excitement and encouragement in society through an outstanding achievement in cultural endeavours in sport, music and film among others".

Ichō received the award at a reception, which was attended by International Olympic Committee (IOC) President Thomas Bach, which was also held to promote the Tokyo 2020 Olympic and Paralympic Games.

[View the full news item](#)

RUSSIA

Inside the games reports (28 September 2016)

Isinbayeva officially confirms she will stand to become next President of All-Russia Athletic Federation

Double Olympic pole vault gold medallist Yelena Isinbayeva has officially confirmed she will stand to become President of the All-Russia Athletic Federation (ARAF).

The world record holder has been the most outspoken critic of the International Association of Athletics Federations (IAAF) decision to suspend Russia following allegations of state-supported doping.

It meant she missed the Olympic Games in Rio de Janeiro last month.

insidethegames had reported in August that Isinbayeva was considering putting herself forward.

She has now announced that she will stand at the election due to take place in Moscow on December 9.

"I've made a decision I should lead our athletic Federation and restore its foothold in the International Association of Athletic Federations," Isinbayeva told Russia's official news agency TASS.

Isinbayeva announced her retirement from competition during the Olympics and revealed plans to start a new career in sports administration.

[View the full news item](#)

UK

sports coach UK (27 September 2016)

Blog: Reach – a year on

It's been a really exciting and busy year for the Reach team and, as we turn one next week, we thought it appropriate to reflect on the past year. I just wanted to share a few findings with you:

There are some amazing women coaches out there

We have uploaded around 33 coaching stories to our website from some great women coaches wanting to share their coaching journey with all our readers and partners. We receive emails daily from women wanting to support the campaign and find out how they can get involved.

Our advice to you:

- Advocate the role of coaching to your friends and participants. Remember great coaches don't necessarily have to be great players. Great coaches know how to influence and motivate people to get involved and get active
 - Ask your female players and participants if they fancy getting involved and helping deliver the session (small steps – just start 'sowing the seed' that they would be a great coach)
-

[View the full blog](#)

British Heart Foundation National Centre for Physical Activity and Health reports (27 September 2016)

Benefit from Activity - new website

Benefit from Activity, a new website designed to help people improve their health by being more active, was launched on 19th September. The site uses facts from published medical research to demonstrate just how activity can help prevent and improve a surprisingly wide range of health conditions.

The content of the website has been adapted from work carried out by Dr Brian Johnson for the Motivate 2 Move website which provides GPs and other health professionals with access to evidence which demonstrates the value of exercise. All of the examples are based on sound medical research, and the original version is endorsed by the Royal College of General Practitioners of Wales (RCGPWales) and British Association of Sport and Exercise Medicine (BASEM).

Visitors to the website can search for many conditions including cancer, arthritis, high blood pressure and dementia and get easy-to-understand advice on how being active can improve and even prevent these conditions.

View the website at: <http://www.benefitfromactivity.org.uk>

[Source of information](#)

Leisure Management reports (6 October 2016)

Sport Aberdeen launches 'confidence-building' swimming pilot for abused women

Women who have been abused will be invited to take part in a "confidence-building" swimming programme designed by Sport Aberdeen.

The organisation has secured £2,000 of Women's Fund for Scotland money to launch a pilot with support from Violence Against Women Partnership Aberdeen.

Aberdeen City Council, NHS Scotland, Police Scotland and Rape and Abuse Support are a few of the bodies making up the partnership.....

[View the full news item](#)

Women in Sport (3 October 2016)

Catherine Baker – Drive your leadership journey and inspire a generation

As part of Women's Sport Week 2016 Catherine Baker Founder of Sport and Beyond has written us an thought provoking leadership piece.

What was it that interested our team at Sport and Beyond most about Laura Trott's amazing medal haul in Rio? Her reluctance to look at it in purely 'female' terms, and her stated intention to be classed among the top medal-winning GB athletes full stop, not just the women.

So not only has Laura potentially inspired a new generation of cyclists, she has also taken a positive and inspirational approach to how her career as a cyclist and athlete should be viewed, and how she should be treated.

This is something that many of us look for: the simple situation where, on the issue of access to opportunities and assessment of abilities, gender is not an issue, and people are considered as individuals.

Whilst the direction of travel in this area is positive, with so many barriers having been broken down (or just quietly removed), more work can be done on this. And who by? Women themselves. Building their confidence; educating their male peers; increasing their skillset; challenging themselves; ensuring suitability for opportunities and then grasping them; supporting each other; and working determinedly towards their goals.

What's fascinating is that many of these areas have been picked up as key factors in the fabulous Sport for Success Research carried out by Women in Sport with the support of Investec. So playing sport helps drive many of the attitudes, requirements and skills noted above and which we expand on below – such as knowing yourself, building confidence, having a growth mindset, and challenging yourself. For many of you, therefore, you are already on the right path: let's see how you can build on it.

[View the full article](#)

Association of Colleges Sport (6 October 2016) Innovative college projects help engage women in sport

Since Sport England launched its Active Colleges investment in 2012, colleges have created a variety of innovative projects to engage women in sport.

AoC Sport has supported colleges to develop opportunities to increase female participation by providing networking opportunities, training and development, and by working with partners to develop female specific programmes.

Participation among female students has risen by six percent in this period and while there is still lots of work to be done to get more women engaged in sport, Women's Sport Week provides an opportunity to celebrate some of the outstanding work in colleges.

AoC Sport, in partnership with StreetGames, has provided 35 colleges with funding to enable them to establish Us Girls Doorstep Sport Clubs. Each club will offer three blocks of ten weeks of sport and physical activity. Each college received £2,000 and are all tasked with engaging at least 45 previously inactive female participants.

[View the news item giving some examples of programmes in colleges](#)

Sport and Recreation Alliance reports (5 October 2016) 'TeamUp' Campaign to Transform Women's Sport

Marking a unique moment in time for women's sport, The England and Wales Cricket Board (ECB), England Hockey and England Netball today launch TeamUp, a three-year campaign to maximise the legacy of three home World Cups and build a fan base for women's team sports.

Following the remarkable success of GB Women's Hockey team in Rio, whose gold medal winning match was seen by almost 10 million viewers in the UK, the next three years is an unprecedented period for women's team sports, with England hosting three consecutive Women's World Cups - 2017 ICC Women's Cricket World Cup; 2018 Women's Hockey World Cup and the 2019 Netball World Cup.

With an ambitious target to ensure all 7-13-year-old girls across the country have the opportunity to experience the benefits of team sport, the TeamUp initiative includes a novel rewards scheme for schools and teachers.

TeamUp will have a significant impact on sport for girls in primary and secondary schools – with a goal to ensure 150,000 7-13-year-old girls have more access to team sport. The campaign has a target of over 5,000 participating schools each year; all increasing their offer of team sports for girls with at least 60% providing all three sports - cricket, hockey AND netball. The initiative will have a long term effect on the delivery of school sport as it is anticipated that half of the 6,000 teachers involved in the scheme will also access free training offered in partnership through the Youth Sport Trust. Along with free training, once registered as a 'TeamUp School', teachers will have access to a variety of support resources. The more girls' team sport activity they deliver the more reward points they'll receive, which can be used for incentives such as free tickets to events, along with 'golden ticket' opportunities such as being ball girls for a World Cup Final.

For more information about TeamUp or to register your school on the portal visit:
www.teamupengland.com

[View the full news item](#)

Women in Sport

Women's Sport Week 3 - 9 October 2016

Editor - a selection of news items is available on their website - some examples:

[Exclusive offer from Sport and Beyond for members of the Women's Sport Network \(3 October\)](#)

[Blog: Catherine Baker – Drive your leadership journey and inspire a generation \(3 October \)](#)

[The Silk Series – New £100,000 Race Series for female jockeys announced in Women's Sport Week \(5 October \)](#)

[View all their news item](#)

BBC Sport - Cycling (6 October 2016)

Women's Sport Week 2016: Laura Kenny on equality, hair and Elton John

During [Women's Sport Week 2016](#), BBC Sport will have a special column each day by a notable woman in sport. Four-time Olympic cycling champion Laura Kenny (nee Trott) explains how women's road racing lags behind in the equality stakes and how changing her diet helped her win gold at Rio 2016.

During my career, men's and women's track cycling has always been equal.

We get equal prize money and there are equal events. At the London Olympics in 2012, it was the first time both the men's and the women's track schedules were exactly the same and we had the same television air time.

But on the road the situation is a lot different, and it's here progress still needs to be made.

My older sister Emma was a pro cyclist but it was difficult for her to make money as a road rider, especially as she was a domestique (a support rider) and not a lead rider.

The sport's world governing body, the UCI, has rules for minimum wages for men - a Pro Tour rider, for example, is guaranteed at least £30,000 a year.

In women's cycling there is no minimum wage and Emma didn't get paid thousands like her male counterparts did. She did it because she loved it.....

[View the full news item](#)

Some other BBC Sport articles:

[BBC Sport - Women's Sports Week 2016: Susie Wolff on women in Formula 1 \(3 October 2016\)](#)

[BBC Sport - Women's Sports Week 2016: Secretary of State for Culture, Media and Sport Karen Bradley reflects on a successful summer of sport and how she intends to capitalise on it \(4 October 2016\)](#)

[BBC Sport - Women's Sport Week 2016: Danielle Waterman on advances in women's rugby kit \(5 October 2016\)](#)

ALSO....

EFDS (3 October 2016)

Women's Sport Week: Five active disabled women's stories

[Women's Sport Week](#) is an opportunity for everybody involved with playing, delivering, leading or working in sport to celebrate, raise awareness and increase the profile of women's sport across the UK. The English Federation of Disability Sports exists to help make active lives possible for all disabled people. This week we are celebrating active disabled women. The following women, of all ages and from across the whole country, have all discovered the benefits of sport or active recreation.

.....
[View the inspirational stories](#)

AND....

Women's Sport Trust (6 October 2016)

Getty Images partners with Women's Sport Trust to redefine imagery of female athletes in commercial and editorial storytelling

- Partnership launches with powerful editorial curation; will see the inauguration of a dedicated creative collection of images depicting the diversity of female athletes and the many sports they participate in
- Getty Images announces paid internship in sports editorial photo business for talented female photographer

London – 6th October 2016 – [Getty Images](#), a world leader in visual communications and [Women's Sport Trust](#), the leading women's sports charity, have today announced a [new partnership](#) with the aim of increasing the visibility of female athletes and women's sports, whilst also challenging the way in which female athletes are portrayed in imagery. Focused on the realistic and aspirational representation of sportswomen and girls, the partnership launches today with a powerful '[Best of Women's Sports](#)' editorial curation featuring the world's top sportswomen in action.

These images will be made available free of charge to schools, universities and not-for profit organisations to promote the powerful depiction of women and girls in sports to the broadest audience possible. Future plans for the curation include a touring exhibition across schools and other grassroots organisations to increase visibility and awareness. In addition to these iconic editorial images, the partnership will see the launch of a new collection on [gettyimages.com](#) dedicated to the development of premium creative imagery that reflects the diversity of female athletes and the vast range of sports they participate in.

To be announced in due course, the new collection will promote a redefined visual representation of sportswomen in the commercial sphere and serve as a resource for marketers, advertisers and media for use in their campaigns and communications. Over time, this creative collection will also develop free to access imagery via dedicated shoots and new commissions for non-commercial use.....

Designed to inspire and educate people while breaking down limiting gender stereotypes, the forthcoming creative collection will develop [fresh, relevant and aspirational imagery](#) depicting sporting females, informed by a set of guidelines which both the Women's Sport Trust and Getty Images hope will become an industry standard.

The guidelines are as follows:

- **Sport appeal not sex appeal.** Focus on the skill, strength, speed, passion and drama of the sport instead of how the athletes look
- **Mix it up.** Capture a diverse mix of athletes participating in a wide range of sports
- **Keep it real.** Authentic, credible imagery that represents the athlete as she'd want to be seen
- **Play your part.** Everyone involved in the production, reporting and consumption of sporting imagery to take responsibility for the changes they can make
- **More is more.** Increase the number of images taken and seen
- **Be bold.** Be creative and push the boundaries, seek out new talent and new audiences

.....
For any schools, universities or not-for profit organisations wishing to access imagery from the Getty Images 'Best of Women's Sports' curation please [click here](#) to register. Once you are registered you will be able to access the images by clicking [this link](#).

[View the full news item](#)

**The Football Association (10 October 2016)
Beth Mead and Rachael Laws kick-off Girls' Football Week**

Sunderland and England duo Beth Mead and Rachael Laws helped kick-off FA Girls' Football Week at the opening event in the North East on Monday.

The players visited Sunderland College and met 100 students took who part in football sessions.

More than 60,000 people will take part in FA Girls' Football Week, which was created to give girls and women more opportunities to play the game.

Over 1,000 organisations including schools, clubs, further and higher education establishments and community groups will put on sessions throughout the week.....

Football is the largest female team sport in England with more than 2.89m players. There are more than 5,900 women's and girls' teams playing affiliated club football.....

[View the full news item](#)

Leeds Beckett University (10 October 2016)

New study makes recommendations for UK physical activity policy

New research from academics at Leeds Beckett University suggests changes are needed to the government-recommended guidelines of at least 150 minutes of moderate to vigorous intensity physical activity (MVPA) each week. They propose a more realistic target of getting people to do more physical activity than they currently do, especially among those who are inactive.

The study, led by Stephen Zwolinsky, a researcher within the School of Sport at Leeds Beckett University, and published in the latest edition of the *Journal of Physical Activity and Health*, suggests reducing sedentary time and increasing light intensity activity as a more realistic and achievable goal for the long-term inactive as they are likely to respond more favourably to these messages and still generate substantial health benefit.

The research also found that women and people from the most deprived areas are likely to spend the most time sitting and being inactive.

The researchers analysed data from 22,836 participants of the Leeds Let's Get Active programme, developed by Leeds City Council as part of Sport England's 'Get Healthy, Get into Sport' initiative. The programme aims to get inactive Leeds residents to do more activity, giving them free access to 17 swimming pools and gyms on specified days and times. Information was gathered using online and paper-based questionnaires between September 2013 and December 2014.

.....
The study develops our understanding about how people can be classified according to similarities in MVPA and sedentary behaviour. A key finding was that high levels of self-reported sedentary behaviour, determined by sitting time, appeared to cluster with low levels of MVPA. The finding that women spent more time per day sitting than men is a gendered effect not noted in previous research.

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

British Rowing (14 October 2016)

Three women re-appointed to leadership positions

We are pleased to announce the outcome of this month's AGM and Council meeting which saw three women reappointed to key positions in the sport.

Dame Di Ellis, DBE, was reappointed to her position of Honorary President, which she first succeeded in 2013 after serving 24 years as Chairman.....

At the same meeting, Fiona McAnena and Nicola Palios were unanimously reappointed to the Board as Independent Directors for a second three-year term. Both were introduced to rowing whilst at university and were recommended for appointment because of their professional expertise and commitment to the work of the Board.....

[View the full news item](#)

The FA (14 October 2016)

The FA joins Women in Football's leadership debate

Leadership was the focus at Wembley for the latest Women in Football event, supported by The FA, this week.

Jacqui Oatley chaired proceedings which saw FA CEO Martin Glenn, England and Arsenal defender Alex Scott, FA director of participation and development Kelly Simmons MBE, FA

anti-discrimination chairperson's panel member Vivienne Aiyela and Jenny Horsfield of Cambridge United's Community Trust debating some of the key issues relating to female representation in the game.

[View the full news item](#)

Sport and Recreation Alliance (16 October 2016)

Alliance calls for brands to better engage with females to get active

As the nation prepares to celebrate the incredible performances of our Olympians and Paralympians in Rio; the Sport and Recreation Alliance is calling for sponsors to better engage females with their brands. The Alliance believes that brands partnering with sport should recognise that women are the most powerful consumers on the planet making 85% of all purchasing decisions.

[View the full news item](#)

British Blind Sport (17 October 2016)

New report calls for change to improve activity opportunities for visually impaired women

Findings published in a new report today (Monday 17 October) by leading national charities, Women in Sport and British Blind Sport, highlight a need for providers to improve their activity offers for blind and partially sighted women.

The report titled [Small Changes, Big Difference](#), is the first of its kind to explore how sport and physical activity affects the lives of visually impaired women. It looks in depth at their motivations and barriers to becoming more active, and the specific challenges visually impaired women can face when accessing sporting opportunities.

Sport England's Active People Survey 10, 2016 confirms that 1.6 million fewer women than men currently take part in sport or physical activity once a week. This gender participation gap is also true for visually impaired women. Only 9.3 per cent of women with a visual impairment are active once a week for 30 minutes or more, compared to 11.7 per cent of visually impaired men.

Women in Sport and British Blind Sport are keen to use this new insight and work in partnership with providers to help increase participation of visually impaired women in sport and physical activity.

The report sets out five clear recommendations for providers about how they can better engage with visually impaired women and encourage them to be more active. By making small changes to their service offers, providers can make a big difference to the lives of visually impaired women.

Five recommendations for sport and leisure providers are:

- Signpost in innovative ways - use a range of communications methods and platforms already being accessed by the visually impaired community and ensure sources of information are kept up to date.
- Small changes make a big difference - make small amendments to existing processes and offers. This will enable more visually impaired women to enjoy the benefits of being active. Be prepared to accommodate for additional needs.
- Don't hide behind the rules - Engage in conversation with visually impaired women about their capabilities and potential risks involved. Provide training and resources for frontline staff so they can make accurate assessments of an individual's abilities.

- Empower women to come back - Provide a positive first experience. A good induction programme or tour of the facilities can help visually impaired women overcome confidence issues and safety concerns, and encourage them to return.
- Take a personalised approach – Get to know your customers as individuals with different circumstances and lifestyles, rather than someone who is simply blind or partially sighted. Position activities to appeal to the core values of women.

[View the full news item](#)

Small Changes, Big Difference: Making physical activity accessible for visually impaired women. Women in Sport and British Blind Sport, October 2016 (40 pages)

This report details new research by Women in Sport and British Blind Sport exploring the role of sport and physical activity in the lives of visually impaired women.

1.6 million fewer women than men take part in sport on a regular basis¹. Women in Sport's research, Understanding Women's Lives², helps us to understand what is important to women and how we can re-position sport to appeal to them. We wanted to understand to what extent this research applies to a specific group of women.

Women with a visual impairment were chosen as the focus of this exploratory research for two reasons. Firstly, sports participation is low among people with a visual impairment, even compared with other disability groups. Secondly, women are more likely to have a visual impairment.

By understanding the lives of visually impaired women, Women in Sport and British Blind Sport sought to explore the barriers to sport and physical activity that exist for this group, as well as the priorities that underpin their choices about engagement with activity.

The report recommends easy to implement, insight-led changes for activity providers. These small changes can have a profound and positive impact on the lives of visually impaired women, empowering them to be more active and enjoy the benefits of sport.

[Download a copy](#)

Sporting Equals (19 October 2016)

Sporting Equals to launch new Insights series

Sporting Equals, the charity that exists to actively promote greater involvement in sport and activity for disadvantaged communities particularly the black, asian and minority ethnic (BAME) population have launched a new initiative entitled the "Sporting Equals Insights Series."

Sporting Equals latest consumer research, conducted in partnership with the Department of Sociology at the University of Leicester looks specifically at the young Asian Pakistani female market (16-25). The research was carried out using focus group techniques and one-to-one interviews and has been supplemented with information drawn from other research carried out by Sporting Equals. It provides valuable insight which sport providers can draw upon to make sport more inclusive for this segment and help increase participation.

Sporting Equals insight into Young Asian Pakistani females identifies that these women face educational, employment and economic challenges alongside cultural barriers which impact on leisure and lifestyle choices. Finding the time, the right sort of motivation and the support meant there were limited opportunities for these women to pursue their interests in sport and physical activity.

[View the full news item](#)

Spirit 2012 Trust and the Fawcett Society - Spirit of Women Changemakers Conferences

12 November 2016, London

19 November 2016, Manchester

As part of our Spirit of Women programme to mark and celebrate the centenary of women's suffrage, Spirit of 2012 is funding several events and projects that will turn the spotlight on women and girls and address the issues that they face.

This November sees the Fawcett Society delivering two conferences for Spirit of 2012 - in London on 12 November and Manchester on the 19th. These conferences will bring together stakeholders from a wide range of sectors to discuss barriers to gender equality, and find solutions to address the current issues faced by women and girls.

These conferences will see the launch of a Spirit of Women Changemakers small grants programme, that will help create and test exciting and innovative ways of tackling inequality. The conferences are part of a wider Spirit of Women initiative to mark and celebrate the iconic moment in 1918 when women first won the right to vote, and will focus on the power of women and men to drive forward change in their communities, their workplaces or in their own lives - **with particular emphasis on the voluntary, cultural, sporting and physical activity sectors.**

The conference will have three themes, which will be explored through a mixture of presentations, panel discussions, interactive workshops, networking and art:

- Women's health and wellbeing
- Women in the economy
- Women in public life and political representation

[Buy tickets for Manchester](#)

[Buy tickets for London](#)

[Source of information](#)

Women in Sport - Insight Tour Webinar - Keeping women warm to sport in winter

24 November 2016, Webinar

As part of Women in Sport's #InsightOnTour events, this webinar will be full of presentations from the team and some special guests.

There will be opportunity for delegates to interact throughout and will have topics which cover a broad range.

Women in sport will take delegates through an exploration of findings from our Seasonal Drop off research and based on our findings, learn how to market sport to women in the colder months.

Book your place [here](#) - cost £20

[Source of information](#)

Women in Sport - Insight on Tour Webinar – Understanding diverse audiences

19 January 2017, Webinar

This webinar will provide delegates with a preview of Women in Sport's insights into Muslim Women and Understanding the Lives of Visually Impaired Women.

Book your place [here](#) - cost £20

[Source of information](#)

Women in Sport - Insight on Tour Webinar – Making the most of role models

2 February 2017, Webinar

Women in sport will take a look at the Olympic and Paralympic legacy from Rio 2016 and how we can capitalise on the success of women at the games.

Book your place [here](#) cost £20

[Source of information](#)

Women in Sport - Insight on Tour Webinar – Marketing sport to women and girls

22 February 2017, Webinar

This webinar provides practical advice sessions on how best to align your marketing to the values of women and girls.

Book your place [here](#) - cost £20

[Source of information](#)

In case you have contacts in the UK who might be interested in tendering for this research...

Women in Sport - research proposals to explore women volunteers in sport

Women in Sport are looking for an experienced supplier to undertake research into female volunteers in sport and are open to proposals.

Sport is the third most common sector for people to volunteer in. Equal numbers of men and women volunteer generally, but in sport, more men than women volunteer – 30% of men volunteer in sport compared with 16% of women. We want to create an in-depth picture of women's volunteering in sport to really understand their experience, including their motivations and barriers.

For full details please download our brief by [CLICKING HERE](#).

Our maximum budget for the research is £60,000 including VAT. **We are asking for proposals from researchers and agencies by Friday 4th November.**

The research needs to be completed by 31st January 2017.

For questions relating to this tender, please contact: Laura Matthews, Senior Insight and Policy Manager, Women in Sport: laura@womeninsport.org

[Source of information](#)

Some publications of interest.....

Women in Sport - Ezine, October 2016 - [available to view](#)

Sport, Physical Activity & LGBT: Study by Pride Sports for Sport England. Sport England, October 2016 (57 pages)

In January 2016 Pride Sports was commissioned by Sport England to undertake a 10-week study examining the participation of lesbian, gay, bisexual and transgender (LGBT) people in sport. The focus of the study was to review the existing research and reports into issues affecting LGBT participation in sport and physical activity and to evidence the impact of projects that are successfully addressing issues and delivering increased opportunities in sport.

The study gave particular consideration to how provision, which has successfully engaged LGBT people, is also working to reduce physical inactivity and to engage those not previously participating in sport. This report summarises the work undertaken and makes recommendations to Sport England.

[Download a copy](#)

Physical Education: Report by the All-Party Parliamentary Group On A Fit And Healthy Childhood. All-Party Parliamentary Group On A Fit And Healthy Childhood, October 2016 (51 pages)

The report calls for an overhauled system of education for PE teachers, including the restructuring of post-graduate certificates for PE teachers and increased time on initial teacher training programmes. The Department for Education is also being encouraged to carry out a review of the content of PE qualifications, “maintaining parity between practical and theoretical”.

A PE taskforce, which gathers best practice before developing a completely new PE Curriculum, should be created by the government. The taskforce would be expected to produce a standardised framework for schools, allowing them to “improve their PE offer” in a consistent way. The government is also being encouraged to fund research to compare practice of PE across the UK to aid the standardisation process, and implement a policy which will see an increase in the number of specialist PE teachers within state primary schools.

[Download a copy](#)

Girls’ wellbeing explored: Understanding pressures and resilience. Girlguiding, September 2016 (31 pages)

Mental wellbeing is an increasingly important issue for girls. In our 2010 Girls’ Attitudes Survey, the health issues girls were most concerned by were smoking, binge drinking and drug abuse. In 2015, mental health and self-harm had become top concerns, with 62% of girls knowing a girl their age who has experienced a mental health problem and almost half personally needing help with their mental health. This reflects broader research that has revealed a significant decline in wellbeing in young women.

Girls are facing unprecedented levels of stress and pressure — to do well at school, to look and behave a certain way, to measure up to expectations from friends, family, teachers and the media. Girls tell us that the combination of all these pressures can be unmanageable and is having damaging consequences for their wellbeing. Despite this, girls say that the adults in their lives are out of touch with their concerns and not providing the information or support they need to remain resilient in the face of increasing and changing pressures.

Following our 2015 survey, we commissioned this qualitative research to hear more from girls themselves about their wellbeing — to better understand, in their own words, the pressures they are facing.

[Download a copy](#)