

# RESEARCH CONNECTIONS

## AUSTRALIA AND NEW ZEALAND

### SPORT PARTICIPATION IN VICTORIA: RESEARCH SUMMARY (2016)

**Authors** Rochelle Eime, Dr Jack Harvey and Melanie Charity

**Abstract** This summary outlines the key findings and insights from the second year of VicHealth and Sport and Recreation Victoria's joint research into organised community sport participation in Victoria across 12 sports. It illustrates participation across age, gender and location in 2016, and compares this data with the findings from research completed in 2015. The key findings for 2016 were the same as those for 2015:

- Sport participation is highest among young children (aged 5–14 years)
- Sport participation rates drop significantly during adolescence
- Sport participation rates among females are half of those among males
- Sport participation rates are higher in regional Victoria compared to metropolitan Melbourne

The 2015 and 2016 data provide a robust measure, reiterating key trends in sport participation, and will continue to be monitored in future years' data.

**Published** VicHealth 2018

**Download** <http://www.vichealth.vic.gov.au/-/media/ResourceCentre/PublicationsandResources/Physical-activity/2016-Sport-Participation-Research-Summary.pdf?la=en&hash=3C296264BC2676DD9E9FA5D551E6F7FE537237BA>

**Cost** FREE

### THE VALUE OF ALPINE SKIING TO THE AUSTRIAN POPULATION: A CVM STUDY OF THE 2017 WORLD CHAMPIONSHIPS (2017)

**Authors** Bernd Frick and Pamela Wicker

**Abstract** This study estimates the monetary value of alpine skiing to the Austrian resident population using the contingent valuation method (CVM). Survey respondents across Austria were asked to state their willingness-to-pay (WTP) for broadcasting the 2017 World Championships and for an athlete support programme over a five-year period (n = 862). Approximately 29 percent and 20 percent of respondents reported a positive WTP for broadcasting and monthly support of alpine athletes over a five-year period, respectively.

Average WTP was €25 (broadcasting) and €8 (athlete support). Individuals with high medal expectations were more likely to state a positive WTP for broadcasting, while the amount of WTP was positively affected by consumption capital and the importance of symbolic capital (public goods), such as happiness from sporting success. Aggregate WTP exceeded public funding received by the Austrian Skiing Association by a margin, indicating that intangible benefits of alpine skiing are higher than its costs.

**Published** Managing Sport and Leisure, 22:6, 414-427

**Download DOI:** 10.1080/23750472.2018.1510742

**Cost** \$43 (USD)

### PLAYING THE CLIMATE GAME: CLIMATE CHANGE IMPACTS, RESILIENCE AND ADAPTATION IN THE CLIMATE-DEPENDENT SPORT SECTOR (2018)

**Authors** Greg William Dingle and Bob Stewart

**Abstract** The aims of this study were to understand issues that climate change poses for major Australian sport stadia and the organisations that manage them, and any organisational responses to such issues. Like climate-dependent agriculture and tourism, the sport sector is potentially vulnerable to climate change impacts, yet has largely been overlooked in empirical research. The results reveal four primary climate change issues: organisational uncertainty; greater management complexity and cost risks associated with water and energy resources, and waste outputs. No revenue opportunities were evident.

The results demonstrate that while most physical impacts are manageable, the primacy of commercial and operational imperatives determine organisational responses ahead of government climate policy, and any direct climate "signal" to adapt. Ten factors shape three organisational responses that we have typed using Berkhout's adaptation framework (2012, Adaptation to climate change by organisations. Wiley Interdisciplinary Reviews: Climate Change, 3(1), 91–106).

The results challenge the assumption that climate change impacts and responses are limited to non-sport and leisure industries.

**Published** Managing Sport and Leisure. Published Online: 30 Sep 2018

**Download DOI:** 10.1080/23750472.2018.1527715

**Cost** \$43 (USD)

### THE COMMUNITY NETWORK: AN ABORIGINAL COMMUNITY FOOTBALL CLUB BRINGING PEOPLE TOGETHER (2014)

**Authors** Alister Thorpe, Wendy Anders and Kevin Rowley

**Abstract** There are few empirical studies about the role of Aboriginal sporting organisations in promoting wellbeing. The aim of the present study was to understand the impact of an Aboriginal community sporting team and its environment on the social, emotional and physical wellbeing of young Aboriginal men, and to identify barriers and motivators for participation. A literature review of the impact of sport on the health and wellbeing of Aboriginal participants was conducted. This informed a qualitative study design with a grounded theory approach. Four semi-structured interviews and three focus groups were completed with nine current players and five past players of the Fitzroy Stars Football Club to collect data about the social, emotional and physical wellbeing impact of an Aboriginal football team on its Aboriginal players. Results of the interviews were consistent with the literature, with common concepts emerging around community connection, cultural values and identity, health, values, racism and discrimination. However, the interviews provided further detail around the significance of cultural values and community connection for Aboriginal people. The complex nature of social connections and the strength of Aboriginal community networks in sports settings were also evident. Social reasons were just as important as individual health reasons for participation. Social and community connection is an important mechanism for maintaining and strengthening cultural values and identity. Barriers and motivators for participation in Aboriginal sports teams can be complex and interrelated. Aboriginal sports teams have the potential to have a profound impact on the health of Aboriginal people, especially

its players, by fostering a safe and culturally strengthening environment and encompassing a significant positive social hub for the Aboriginal community.

**Published** Australian Journal of Primary Health 20(4) pp 356-364. 8 August 2014.

**Download** <https://doi.org/10.1071/PY14051>

**Cost** \$25

### ADVENTURE RECREATION AND SUBJECTIVE WELL-BEING: A CONCEPTUAL FRAMEWORK (2019)

**Authors** Susan Houge Mackenzie and Ken Hodge

**Abstract** Despite the documented positive outcomes of adventure experiences, subjective wellbeing (SWB) frameworks have been largely absent from discourse and analyses in adventure studies. This conceptual paper proposes a framework for understanding how adventure recreation experiences promote eudaemonic SWB. In our framework, we propose that adventure recreation fosters eudaemonic aspects of SWB by supporting the satisfaction of basic psychological needs for autonomy, competence, relatedness and beneficence. The framework also integrates "contact with nature" as an important mechanism through which adventure recreation fosters eudaemonic SWB. Analysis of research and practice across diverse aspects of adventure recreation (leisure, tourism, and education contexts) is used to support the proposed framework and to critically evaluate how psychological models, such as self-determination theory (SDT) and SWB, can advance theory and practice in adventure recreation. We conclude by offering a number of suggestions for future research directions and practical implications.

**Published** Leisure Studies. Published online: 11 February 2019

**Download** <https://doi.org/10.1080/02614367.2019.1577478>

**Cost** \$43 (USD)

### INTERVENTIONS TO IMPROVE PHYSICAL ACTIVITY AMONG SOCIOECONOMICALLY DISADVANTAGED GROUPS: AN UMBRELLA REVIEW (2018)

**Authors** Melinda Craike, Glen H Wiesner, Toni A Hilland and Enrique G Garcia Bengochea

**Abstract** People from socioeconomically disadvantaged population groups are less likely to be physically active and more

likely to experience adverse health outcomes than those who are less disadvantaged. In this umbrella review we examined across all age groups, (1) the effectiveness of interventions to improve physical activity among socioeconomically disadvantaged groups, (2) the characteristics of effective interventions, and (3) directions for future research.

Interventions can be successful at improving physical activity among children from socioeconomically disadvantaged groups, with evidence for other age groups weak or inconclusive. More high-quality studies in this population group are needed, which adopt strategies to increase recruitment rates and reduce attrition, report longer term outcomes, and provide adequate intervention details, to allow determination of the characteristics of effective interventions. We recommend that the benefits of physical activity be recognised more broadly than obesity prevention in future studies, as this may have implications for the design and appeal of interventions.

**Published** International Journal of Behavioral Nutrition and Physical Activity, 2018 15:43

**Download** <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-018-0676-2>

**Cost** FREE

### THE INFLUENCE OF A HEALTHY WELCOMING ENVIRONMENT ON PARTICIPATION IN CLUB SPORT BY ADOLESCENT GIRLS: A LONGITUDINAL STUDY (2017)

**Authors** MM Casey, RM Eime, JT Harvey, NA Sawyer, MJ Craike, CM Symons and WR Payne

**Abstract** This study investigated the perceived influence of a Healthy Welcoming Environment (HWE) on participation in sports clubs among adolescent girls, and how these perceptions changed longitudinally. HWE was defined in terms of a set of health promotion policies advocated by a health promotion foundation as the basis of sport club health promotion practice to promote structural reform in state sporting organisations and their affiliated associations and clubs. These included sports injury prevention, smoke-free, responsible serving of alcohol, sun protection, healthy eating, and welcoming and inclusive environments. Welcoming factors were the most positive influences on decisions to participate in sports clubs. These factors may be important in reducing barriers to sport participation.

Strategies supporting the social environment within sports clubs should be prioritised.

**Published** BMC Sports Science, Medicine and Rehabilitation, 2017, 9:12

**Download** <https://bmc sportsscimedrehabil.biomedcentral.com/articles/10.1186/s13102-017-0076-y>

**Cost** FREE

## INTERNATIONAL

### ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY: ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY - ACADEMIC YEAR 2017/18 (2019)

**Author** Sport England

**Abstract** Enjoyment is the single biggest factor in motivating children to be active, new analysis from our Active Lives Children and Young People Survey has revealed. More than 130,000 children and young people were surveyed in the academic year 2017/18, with participation figures published in December. This new analysis has identified five key findings that give us further insight into the attitudes of children and young people towards sport and physical activity. The five key findings are:

1. Physically literate children do twice as much activity. The more of the five elements of physical literacy - enjoyment, confidence, competence, understanding and knowledge - children have, the more active they are.
2. Enjoyment is the biggest driver of activity levels. Despite the majority of children (68%) understanding that sport and activity is good for them, understanding had the least impact on activity levels.
3. Children who have all five elements of physical literacy report higher levels of happiness, are more trusting of other children, and report higher levels of resilience (continuing to try if you find something difficult).
4. Physical literacy decreases with age. As children grow older, they report lower levels of enjoyment, confidence, competence, and understanding. Previous research from Sport England shows that activity levels drop when children reach their teenage years.
5. The results also reveal important inequalities among certain groups of children which must be tackled:
  - Girls are less likely to say they enjoy or feel confident about doing sport and physical activity. (58% of boys enjoy it, compared

to 43% of girls. 47% of boys feel confident, compared to 31% of girls.) Among children aged 5-7, boys are more likely to love playing sport, while girls are more likely to love being active.

- Children from the least affluent families are less likely to enjoy activity than those from the most affluent families, and previous research shows they are also far less likely to be active.
- Black children are more physically literate than other ethnic groups (driven by boys, but they are less active than the population as a whole).

**Published** Sport England (March 2019)

**Download** <https://www.sportengland.org/media/13851/active-lives-children-survey-2017-18-attitudes-report.pdf>

**Cost** FREE

### STRATEGIES FOR TEACHING CHILDREN WITH AUTISM SPECTRUM DISORDER IN RECREATIONAL AQUATICS PROGRAMS (2019)

**Authors** Erin Kraft, Raymond Leblanc and Diane M Culver

**Abstract** With the increase in the identification of autism spectrum disorder (ASD) in children, there is a need for teachers and coaches to have a tool box of effective strategies to facilitate physical activities for their students with ASD. Physical activity has been shown to provide numerous benefits, such as improved resilience and enhanced positive development. Swimming, specifically, is an optimal form of physical activity for children with ASD and an important life skill, considering that drowning is a leading cause of death among children with ASD. Training programs and educational opportunities for accessing appropriate strategies to teach children with ASD are seemingly scarce. This article aims to minimise this lack of resources by suggesting hands-on teaching strategies for aquatic programs for children with ASD to enhance the swimmers' opportunities to participate in recreational aquatic activities.

**Published** Journal of Physical Education, Recreation & Dance. Vol 90 Iss 1 pp 24-29

**Download** <https://doi.org/10.1080/07303084.2018.1535338>

**Cost** \$43 (USD)

### MAKING THE CASE FOR RECREATIONAL THERAPY SERVICES WITH INDIVIDUALS EXPERIENCING HOMELESSNESS (2018)

**Authors** Dawn De Vries and Andrew Feenstra

**Abstract** There is a significant need for individuals who are homeless to have recreation opportunities, which has been shown to increase quality of life and coping skills (Harrington, M, and Dawson, D (1997). Recreation as empowerment for homeless people living in shelters. Journal of Leisureability, 24, pp 17–29; Krinsky, 1992. Therapeutic recreation and the homeless: A clinical case history. Therapeutic Recreation Journal, 26(3), pp 53–57; Kunstler, R (1993). Serving the homeless through recreation programs. Parks & Recreation, 28(8), pp 16–22, 73); however, there is limited research on the topic of recreation and, specifically, recreational therapy interventions with individuals who are homeless. This paper will explore the potential of recreational therapy interventions to meet the needs of individuals who are experiencing homelessness. Through interviews with homeless shelters and organizations providing services for individuals who are homeless and a review of existing literature, a case can be made for the use of recreational therapy to facilitate leisure and recreation experiences, as well as facilitate the development of community and social skills, empowerment, coping and leisure skills.

**Published** World Leisure Journal.

Published online: 9 December 2018

**Download** <https://doi.org/10.1080/16078055.2018.1550436>

**Cost** \$43 (USD)

### SUPPORTING INDIGENOUS YOUTH ACTIVITY PROGRAMMES: A COMMUNITY-BASED PARTICIPATORY RESEARCH APPROACH (2019)

**Authors** Angela M Coppola, Nicholas L Holt and Tara-Leigh F McHugh

**Abstract** The purpose of this three-year, multi-phase community-based participatory research (CBPR) programme was to explore how to support Indigenous youth activity programmes and programme planners in Alberta, Canada. This CBPR programme was comprised of five phases: (1) Identifying mutual interests and learning how to partner, (2) Building culturally-relevant activity programmes with and for youth, (3) Defining CBPR programme goals and understanding our roles, (4) Exploring how to support Indigenous youth activity programmes, and (5) Applying and informing practices for supporting Indigenous youth activity programmes.

Phases Four and Five of this CBPR are the focus of this paper. Phase Four was an exploration of programme planners' experiences of, and recommendations for, building partnerships and programmes to identify how to support Indigenous youth activity programmes and programme planners. Fifteen programme planners from four urban areas in Alberta participated in one-on-one interviews. Findings are represented by three themes: (1) Building capacity for collaboration and programme planning, (2) Connecting partners and existing programmes, and (3) Aligning and integrating goals and resources with existing programmes. Phase Five, the application phase of this CBPR, involved the co-development of a gathering event to apply areas of support (ie. themes) from Phase Four of this CBPR, as well as to reflect on the strengths and challenges of applying such supports. Partners can use implications from the research programme processes and outcomes to explore their role in and practices for supporting these programmes.

**Published** Qualitative Research in Sport, Exercise and Health. Published online: 12 February 2019

**Download** <https://doi.org/10.1080/2159676X.2019.1574880>

**Cost** \$43 (USD)

#### CALL FOR ARTICLE ABSTRACTS

Abstracts of research projects of interest to PLA members are always welcomed for forthcoming themes, in particular research relating to:

- **Spring** | Parks, Gardens and Conservation: Abstracts required by 15/06/2019. Sub-themes include: Parks and gardens; Arboriculture; Horticulture; Climate change and the effect on our parks; Sustainable environments; State and national parks; Water efficiency usage systems; Cemetery open space management.
- **Summer** | Events, Tourism and the Arts: Abstracts required by 15/09/2019. Sub-themes include: Linking recreation and tourism; Economic and social impact of events; Community engagement; Art installations; Cultural events; Dance events; Major events

Please forward material or enquiries to John Wood at [jwocs@bigpond.net.au](mailto:jwocs@bigpond.net.au)