

RESEARCH CONNECTIONS

AUSTRALIA AND NEW ZEALAND

ALIVE AND KICKING: THE BENEFITS OF SCUBA DIVING LEISURE FOR OLDER AUSTRALIAN WOMEN (2019)

Authors Sally F Gregory & Kay Dimmock

Abstract As the number of older people in the developed world continues to rise, attention has turned to the contribution of leisure activities to quality of life. Leisure behaviour has been studied in numerous activities, including outdoor leisure. Scuba diving research has revealed the typical diver profile to be young and male. Yet with an active and ageing population, these stereotypes are being challenged. One notable group is the over 40s female diver. To understand more about leisure and older women, a qualitative study investigated the benefits scuba diving brings to a group of mature aged Australian women. Utilizing empirical research conducted in a beachside community, this research revealed the benefits older women gained from participation in diving activities and how diving activities contributed to their well-being. Findings contribute to the knowledge of serious leisure and continuation theory for adventurous older Australian women, an unexplored segment of the growing scuba diving community.

Citation *Annals of Leisure Research*

Download <https://doi.org/10.1080/11745398.2019.1605914>

Cost \$43 (USD)

ARE OUTDOOR GYMS LOCATED IN AREAS OF GREATEST NEED AND IMPACT? AN AUDIT IN SYDNEY, AUSTRALIA (2019)

Authors Leonie Cranney, Louise Shaw & Philayrath Phongsavan

Abstract Outdoor gyms are increasingly available and have the potential to revitalize public parks and provide equitable access to physical activity opportunities. A comprehensive online search was conducted for outdoor gyms in Greater Sydney including: number, location, equipment type, installation/upgrade year, funding, consultation and promotional strategies. Proportions of outdoor gyms in suburbs identified as having greater need or impact were calculated. The search identified 209 outdoor gyms, about one third (n=77; 36.8%) located in the most disadvantaged suburbs. Where installation/upgrade year was determined, the majority

(n=50; 87.7%) occurred in the past five years. There was limited community consultation (n=17; 8.1%) and promotional strategies (n=22; 10.5%). Increasing the accessibility of outdoor gyms through good design, location and promotion could be an important public health strategy to increase physical activity among at-risk populations. Further research to affirm their use, suitability and perceived social and health benefits in at-risk population groups is recommended.

Citation *Annals of Leisure Research*, 22:3, pp 395-403

Download <https://doi.org/10.1080/11745398.2018.1523737>

Cost \$43 (USD)

IDENTIFYING THE INFLUENCE OF LEISURE-BASED SOCIAL CIRCUS ON THE HEALTH AND WELL-BEING OF YOUNG PEOPLE IN AUSTRALIA (2019)

Authors Kristen Stevens, Richard McGrath & Emily Ward

Abstract The purpose of this study was to identify how leisure-based participation in social circus-arts may impact the health and well-being of children aged between 8 and 14 years in Australia. Research regarding the influence of arts participation has shown positive health outcomes. Performing and visual arts have been used as therapy, in illness prevention and for the promotion of good health. However, a gap in knowledge currently exists regarding the influence participation in the circus-arts may have for Australian youth in the general population. This qualitative study collaborated with a community embedded, not-for-profit, South Australian Circus School. Focus group results indicated active participation in circus for leisure, positively influenced children's mental well-being, aided socialisation skills, encouraged enjoyment of physical activity and built resilience to adversity. Circus participation for leisure may be viewed as a resource for positively influencing participant's health and well-being.

Citation *Annals of Leisure Research*, 22:3, pp 305-322

Download <https://doi.org/10.1080/11745398.2018.1537854>

Cost \$43 (USD)

LEAN THINKING IN LEISURE: CONTINUOUSLY IMPROVING EVENT VOLUNTEERING AND MANAGEMENT (2019)

Authors Clayton J Hawkins & Michael S Bonney

Abstract The events industry is facing rapid societal change. Issues such as professionalization of the industry, competing funding streams, a crowded market, and decreasing access to volunteer labour are creating an environment of need for solutions. This paper proposes the application of lean thinking as a platform for simplification and continuous improvement in the event industry as a case example of potential broader relevance to the leisure industry. It scopes the event industry context, discusses the concept of lean, and proposes the testing of lean as a philosophy and methodology to assist event organizers and their volunteers navigate the changing event industry context. This paper also examines the potential benefits of lean to time poor volunteers to maximize the value of their participation.

Citation *Annals of Leisure Research*, 22:3, pp 362-372

Download <https://doi.org/10.1080/11745398.2019.1568267>

Cost \$43 (USD)

COMMUNITY SPORTS CLUBS: ARE THEY ONLY ABOUT PLAYING SPORT, OR DO THEY HAVE BROADER HEALTH PROMOTION AND SOCIAL RESPONSIBILITIES? (2019)

Authors Jonathan Robertson, Rochelle Eime & Hans Westerbeek

Abstract Community sport organisations face increasing pressure from stakeholders to devote resources to activities that help them appear as being socially responsible actors in society. This study extends the concept of social responsibility from the corporate sport domain to investigate the relative importance of social responsibilities for community sport clubs. Items were developed from the Global Reporting Initiative and International Standards Organisation guidance on socially responsible organisations. A three-wave Delphi study was conducted internationally with 33 sport management academics and 23 national sport organisation managers. This study found that community sport clubs are primarily responsible for enhancing sport participation, creating a safe and inclusive environment, and ensuring the club is economically and legally sound. It is concluded that for sport clubs to be socially responsible

organisations, their focus should be on fulfilling obligations that meaningfully impact their community, before devoting scarce resources to activities beyond their immediate capacity.

Citation *Annals of Leisure Research*, 22:2, pp 215-232

Download <https://doi.org/10.1080/11745398.2018.1430598>

Cost \$43 (USD)

PHYSICAL CULTURE AND THE MAKING AND PRESERVATION OF BONDI BEACH (2019)

Author Douglas Booth

Abstract Bondi, arguably Australia's best known surf beach, raises questions about the relationships between physical cultures and the natural and built environments. In this paper I explore these relationships through an historical analysis of swimming, sunbathing, surf lifesaving, and surfing, and their contributions to the making and preservation of Bondi Beach. The physical cultures that formed at Bondi in the late nineteenth and early twentieth centuries were based largely on engagement with sea, surf, and sand. The subsequent provision of facilities and structures, such as ocean baths, public changing rooms, and clubhouses for surf lifesavers, contributed to a local built environment. Today, the Bondi Pavilion, the Bondi and North Bondi surf lifesaving clubhouses, and the Bondi Baths are as emblematic of Bondi Beach as its most prominent natural features – expansive horizons, headlands, golden sand, and breaking waves. However, the now iconic built structures contain a paradox. While they are the creations for physical cultures that engage with, and claim an affinity to, nature, they simultaneously break up and disrupt Bondi's natural contours, colours, textures, forms, and geomorphological processes.

Citation *The International Journal of the History of Sport*

Download <https://doi.org/10.1080/09523367.2019.1575815>

Cost \$43 (USD)

TAKING IT DAY-BY-DAY: AN EXPLORATORY STUDY OF ADULT PERSPECTIVES ON SLOW LIVING IN AN URBAN SETTING (2019)

Author David Lamb

Abstract This study is based within a local context and is focused on a number of adults within a family setting who had transitioned to a slower lifestyle. The key purpose of the study was to uncover their motivations and the challenges they faced in changing their lifestyle and how they interpreted their slower life. The participants for this study were recruited using my own contacts and

through a number of organizations that supported alternative lifestyles. Focus groups were used to elicit information through discussion on a range of issues related to the realities of this lifestyle. This method allowed participants' voices to be expressed and heard first-hand and as a result five key themes emerged from the data. The themes included the ethics and principles of living a slow life, the impact on family life and leisure, and issues to do with work, technology, media and money.

Citation *Annals of Leisure Research*

Download <https://doi.org/10.1080/11745398.2019.1609366>

Cost \$43 (USD)

ATTENUATED POST-FIRE FAUNA SUCCESSION: THE EFFECTS OF SURROUNDING LANDSCAPE CONTEXT ON POST-FIRE COLONISATION OF FAUNA (2019)

Authors Simms Angela, Scott Meaghan, Watson Simon & Leonard Steve

Abstract Findings from this study demonstrate the nature of fragmented and low quality habitat in the surrounding post-fire matrix, and the diminishing pool of fauna species available for colonisation, which leads to an attenuated succession after fire. Habitat connectivity combined with habitat quality are important factors to provide a rich pool of species for colonising and thus promote the recovery of pre-fire populations.

Citation *Wildlife Research* 46(3) 247-255

Download <https://doi.org/10.1071/WR18131>

Cost \$25

MULTI-SCALE DYNAMIC MAPS FOR THE MANAGEMENT OF INVADING AND ESTABLISHED WILDLIFE POPULATIONS: BRUSHTAIL POSSUMS IN NEW ZEALAND (2018)

Authors JD Shepherd, S Gillingham, T Heuer, MC Barron, AE Byrom & RP Pech

Abstract For New Zealand's invasive brushtail possum the main causes of population change are control programmes. Managers need to predict populations relative to targets to assess success at preventing the spread of disease or for protecting indigenous species.

We extended a possum spatial model to represent all individuals in the national population and created a web-based prototype for interactive presentation

Citation *Wildlife Research* 45(4), pp 336-343

Download <https://doi.org/10.1071/WR17135>

Cost \$25

CLIMATE AFFECTS FISH-KILL EVENTS IN SUBTROPICAL ESTUARIES OF EASTERN AUSTRALIA (2018)

Authors Vanessa N L Wong, Simon Walsh & Stephen Morris

Abstract Fish kills following austral summer flood events (November–March) occur episodically in estuarine channels in Australia. We examined the climatic conditions associated with the historic record of such events in a subtropical region in eastern Australia to determine the effect of antecedent weather conditions on the probability of post-flood fish-kill events. Records, including regional county council logs, newspapers and New South Wales Fisheries annual reports, were analysed for reports of floods and fish kills following these events. Daily rainfall patterns preceding floods with fish-kill events tended to be drier than rainfall patterns preceding floods when a fish kill did not occur. Based on these observations, it is proposed that estuarine hypoxia resulting in a fish kill is increased by prolonged dry periods followed by rapid and intensive rainfall preceding the flood peak. This is most likely due to (i) accumulation of organic material on the floodplain due to vegetation stress and reduced decomposition processes in drier conditions; (ii) upstream migration of the salt wedge, allowing some estuarine fish species to maintain an optimum environment, followed by flooding with (iii) rapid consumption of dissolved oxygen during decomposition of accumulated organic material sourced from senescent vegetation; and (iv) fish becoming trapped upstream in discharging hypoxic floodwater during the flood recession phase.

Citation *Marine and Freshwater Research* 69(11), pp 1641-1648

Download <https://doi.org/10.1071/MF17307>

Cost \$25

DECLINE OF THE GREATER GLIDER (PETAUROIDES VOLANS) IN THE LOWER BLUE MOUNTAINS, NEW SOUTH WALES (2018)

Authors Peter Smith & Judy Smith

Abstract The iconic greater glider, Australia's largest gliding possum, is predicted to decline with climate change. We report on a decline that is already occurring in the Blue Mountains and assess the factors responsible. The most likely cause, direct and indirect, is a marked increase in local temperature in the last 20 years. The heat-sensitive and fire-sensitive greater glider, once widespread, is becoming restricted to higher elevations,

a trend likely to be repeated throughout its distribution with increasing climate change.

Citation Australian Journal of Zoology 66(2). pp 103-114

Download <https://doi.org/10.1071/ZO18021>

Cost \$25

INTERNATIONAL

NATURE PARK MANAGER: EXAMINING THE TRANSITION FROM URBAN WASTELAND TO A REWILDED ECOTOURISM DESTINATION (2019)

Authors Berit C Kaae, Jesper Holm, Ole Hjorth Caspersen & Natalie Marie Gulsrud

Abstract Urban ecotourism and urban rewilding may form a sustainable transition path for both tourism and urban wilderness. In an explorative case study, we analyse this option by reconstructing the history of an extensive urban wasteland formerly used as military shooting range and dumpsite and converted to a Nature Park in 2015. The transformation of this urban wasteland has a long history which is shaped by changes in society, technologies, and consequently in ecologies during different periods reflecting prevailing paradigms of nature perceptions over time. We seek to provide a theoretical frame using the social-ecological-technological systems (SETs) framework and transition theory to describe the transformations of the site from its pre-wasteland stage to rewilding and recreation and lately niche development of urban ecotourism. Results reveal that Nature Park Manager is an excellent case illustrating the transformation of an urban wasteland into a nature park providing recreational

experiences, interpretative facilities, and guided ecotourism tours for tourists.

Citation Journal of Ecotourism

Download <https://doi.org/10.1080/14724049.2019.1601729>

Cost \$43 (USD)

SETTING THE STANDARD FOR GREEN INFRASTRUCTURE: THE NEED FOR, AND FEATURES OF, A BENCHMARK IN ENGLAND (2018)

Authors Tom Calvert, Danielle Sinnett, Nick Smith, Gemma Jerome, Sarah Burgess & Louise King

Abstract Green infrastructure is an essential component of health and sustainable places. The quality of green infrastructure often represents a missed opportunity to achieve this. This paper presents a review examining how built environment assessment systems evaluate the quality of green infrastructure. This was used to develop proposals for a new benchmark, which were examined by experts in terms of the demand, scope and operation. The findings suggest that current systems are not providing a robust assessment of green infrastructure and that a benchmark for green infrastructure would overcome some of the challenges associated with its planning, design and delivery.

Citation Planning Practice & Research, 33:5. pp 558-573

Download <https://doi.org/10.1080/02697459.2018.1531580>

Cost FREE

USING GEOTAGGED PHOTOGRAPHS AND GPS TRACKS FROM SOCIAL NETWORKS TO ANALYSE VISITOR BEHAVIOUR IN

NATIONAL PARKS (2019)

Authors Carolina Barros, Borja Moya-Gómez & Javier Gutiérrez

Abstract This article explores the potential of geotagged data from social networks to analyse visitors' behaviour in national parks, taking the Teide National Park as a study area. Given its unique landscape and characteristics, plus the fact that it is the most visited national park in Spain, Teide National Park presents itself as a suitable candidate to explore new sources of data for studying visitors' behaviour in national parks. Through data from a social photo-sharing website (Flickr) and GPS tracks from a web platform (Wikiloc), we outline several visitors' characteristics such as the spatial distribution of visitors, the points of interest with the most visits, itinerary network, temporal distribution and visitors' country of origin. Additionally, we propose a practical use of geotagged data for determining optimal locations for new facilities such as information stands. Results show that data from social networks is suitable to analyse visitor behaviour in protected areas.

Citation Current Issues in Tourism

Download <https://doi.org/10.1080/13683500.2019.1619674>

Cost \$43 (USD)

CALL FOR ARTICLE ABSTRACTS

Abstracts of research projects of interest to PLA members are always welcome for forthcoming themes, in particular research relating to recreation and physical activity. Abstracts required by 27/9/2019. Please forward submission material or enquiries to John Wood at: jwcs@bigpond.net.au

BOOK REVIEW

LEISURE SERVICES MANAGEMENT

Authors Amy Hurd, Robert Barcelona, John Meldrum & Jo An Zimmermann

This book outlines the essential knowledge and skills that successful recreation and leisure managers need, and helps students build those same competencies by encouraging them to think as managers. The text's activities, projects, and examples help students connect the competencies to real-world situations. They will learn what the manager's role is by exploring specific management areas such as marketing, financial management, human resources, employee development, communication, and evaluation.

Published January 2019 (ISBN 9781492557111)

FOUNDATIONS OF THERAPEUTIC RECREATION (2ND EDITION)

Authors Terry Long & Terry Robertson

Drawing on the combined wisdom and expertise of 20 contributing authors, who represent a broad spectrum of

experiences within the discipline, students will discover potential areas in which therapeutic recreation can be practiced — including mental health centres, programs for those with developmental disabilities, physical rehabilitation facilities, youth development programs, and programs for the aging population.

Published February 2019 (ISBN 9781492543671)

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