BOOK OF ABSTRACTS

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

Barry University
College of Nursing and Health Sciences
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President’s Welcome

Dear Participants of the 18th IAPESGW World Congress,

On behalf of the International Association of Physical Education and Sport for Girls and Women, we take great pleasure in welcoming you to the 18th IAPESGW Congress under the theme Women and Girls in Sport: Research to Action organized in Miami, FL, USA, May 18th to 20th, 2017 hosted by Barry University.

IAPESGW as an academic organization since 1949 has been promoting academic debates informing the scientific, cultural, economic, historical, and political foundations and challenges of women/gender and sport in national and internationally context. We believe and promote research, inclusion, cultural understanding, respect and acceptance in topics that embrace gender issues in relation with physical activity, physical education and sport.

The 18th IAPESGW World Congress brings together decision-makers, students, researchers, referees, coaches and athletes with the aims to: advance the international dialogue around women and sport; improve the dialogue around women and sport internationally with a special focus on: History, pedagogy, management, sustainable development, media, health and religion. On this occasion 105 presenters are involved in oral presentations, 34 in posters, 43 in workshops, seminars, symposia and demonstrations, 3 keynote presentations and 32 counties and 5 continents are represented. The program also provides places for exhibitions and exchange of cultures in general.

The last IAPESGW World congress organized in USA was in 1961, besides the 50th IAPESGW Anniversary celebration in 1981. It was about time to come back, and we thank Barry University for hosting. We are living in complex times, so we sincerely appreciate the effort of all those who submitted their abstracts to be considered in the academic program. To those who could not come, our thoughts are with you.

I also want to recognise and thank the Editorial Board of the International Council of Sport Science and Physical Education (ICSSPE), the umbrella organization of academic and professional organizations in sport and physical education, as well as its International Committee of Sport Pedagogy (ICSP) for scheduling meetings at Barry prior to the Congress.

Our sincere appreciation to Prof. Dr. Anneliese Goslin and Dr Darlene Kluka, co-chairs of the Scientific Committee, who did extraordinary work with a team of reviewers who accompanied them in this task. To the co-chairs, Dr. Kathryn Ludwig and Dr. Bridget Lyons and the Local Organising Committee, as well as the leadership of Barry University, our sincere thanks.

Please, enjoy the event, and thanks for being part of it.

Prof. Dr. Rosa López de D’Amico
IAPESGW President
**Scientific Committee**

Prof. Dr. Anneliese Goslin (Co-Chair), South Africa

Dr. Darlene A. Kluka (Co-Chair), USA

Dr. Tansin Benn, United Kingdom

Me Janice Crosswhite, Australia

Prof. Dr. Rosa Lopez de’Amico, Venezuela

Dr. Connie Mier, USA

Dr. Lauren Tashmann, USA

Dr. Canan Koca, Turkey

Dr. Maryam Koushkie, Iran

Prof. Dr. Beatriz Rocha Ferreira, Brazil

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Amy Deutsch, USA
Kelley Eddington, USA
Karen Kaany, USA
Suzanne Pallot, USA
Key Note Address

LIFELONG PHYSICAL ACTIVITY FOR ALL STARTING IN CHILDHOOD THROUGH INCLUSIVE PROGRAMS OF PHYSICAL EDUCATION AND SPORTING ACTIVITIES – THE VALUES-BASED CASE OF BRAZIL

Prof. Dr. Ana Miragaya

Universidade Estácio de Sá Petrópolis, Brazil

Regular moderate intensity physical activity has been established by science to bring numerous and invaluable benefits to all human beings despite their age, physical condition, sex, religion, country, ethnicity or background. Furthermore, the practice of physical education, physical activity and sport has been considered by the United Nations as a fundamental human right for all. School and lifelong physical activity involves people's participation in a wide range of physical activities since their early childhood. In this sense, the role played by school physical education and Sport for All programs are essential for inclusion in physical activities, especially for girls, who tend to have limited access to physical activity and sport depending upon where they live. The objective of this presentation is to review selected programs on how they can inspire and encourage boys and, especially, girls in terms of participation such as found in the Olympic Education Program of Rio 2016, and other equivalent initiatives focusing on Olympic values and social inclusion.
Key Note Address

THE ‘TOP DOWN’ APPROACH TO INCREASE THE NUMBER OF FEMALES IN SPORT: IS THIS THE BEST APPROACH?

Prof. Dr. Clare Hanlon
Institute of Sport, Exercise and Active Living, Victoria University, Melbourne, Australia.

Research continues to show the health, economic and social benefits individuals, families, sport organisations and the broader community generated by girls and women as participants and leaders in sport. However research still demonstrates that more males than females participate in sport and also that men hold the majority of leadership roles. Leaders in the public and private sectors are driving nations to increase the number of females as participants and leaders in sport. Is this ‘top down’ approach the secret to successfully gaining gender balance in sport? Clare will provide key examples of the strategies and successes achieved in an attempt to break deeply entrenched practices, cultural norms and stereotypes that have been perpetuated and reinforced about females in sport through the ‘top down’ approach.
Key Note Address

EMPOWERING GIRLS THROUGH QUALITY PHYSICAL EDUCATION AND TECHNOLOGY INNOVATION

Dr. Jayne Greenberg

Miami Dade County Schools, Fl. USA.
North America Chair, International Sport and Culture Association

Miami-Dade County Public Schools over the past several years has received national and international recognition for implementing innovative, quality physical education programs. As a result of providing non-traditional, as well as traditional activities and sports, students have demonstrated increased fitness levels, greater self-esteem and self-efficacy, increased physical activity participation in the after school hours, and improved nutritional habits. Of greatest importance is the integration of technology into physical education through high-tech fitness centers, including fitness equipment with virtual cycles and multi-sensory walls. Reaching into environmental and water sports activities, students have the opportunity to learn to sail, kayak, canoe, and snorkel during physical education classes, and even participate in geocaching using GPS units and drones with GoPro’s attached to track their fitness trail. More recently, M-DCPS physical education released STEM-PE, using a humanoid robot to expand physical literacy through coding and analysis of motor skills. Come meet JAI at this session.
GLOBAL PROGRAMS MOVING LOCAL ACTION, GSMP AND IWG

WORKSHOP

Carol Ogelsby, International Working Group Women and Sport
Sarah Hilyer, Centre for Sport, Peace and Society
Carolyn Spellings, Centre for Sport, Peace and Society

Background

This workshop blends the potential impact of two global actors for the purpose of stimulating local women’s sport and leadership development initiatives. One actor, the IWG, as a network attempts to impact policy language among sport and related bodies to create space and resources for girls and women’s development. The second actor, Global Sport Mentoring Program (in cooperation with US State Department) annually brings 20 international participants to the US to be mentored by senior executives, non-profit founders and respected academics. The participants identify a social issue in their local community and develop a sport-based action plan to address the issue.

Workshop Plan

The hour will have 20 and 40 minute segments. The shorter segment will focus on the major provisions of the Brighton Plus Helsinki Declaration. Breakout groups will interactively problem solve to develop examples of how ‘policy provisions’ can provide strong bases for new local programmatic initiatives. Solutions will be shared orally. The next segment will be a very brief case example of the GSMP-4E model of empowerment to action: expose to new people, resources, networks; equip with new and enhanced skills; engage in new experiences to apply skills; and entrust to carry out a new program.

Results/discussion

All participants will develop a miniature action plan as an example of GSMP process and share with other participants and link how Brighton Principles support its justification.
Session 6, Friday 19 May 2017

DANCE MOVEMENT FOR MIDDLE AND ADVANCED AGED WOMEN ~ THE SECRET TO REMAINING ACTIVE THROUGHOUT ONE’S LIFE

DANCE DEMONSTRATION

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Anri TANAKA, Senshu University, Japan

Demonstration
We belong to the Japanese Society of Rhythm Movement Leaders. We will perform five pieces which will incorporate the results of our research into ‘Dance Movement’ for living a healthy life for as long as possible. They will cover different music genres and will include simple and complicated movements. We will also include a section where those watching can participate.

What is ‘Dance Movement’?
■ ‘Dance Movement’ is any dance that allows anyone of any age to enjoy themselves irrespective of purpose, stamina, interest, level and location, thereby promoting a healthy and stress-free body and mind.
■ A prerequisite is the ability to move. As long as each of us is alive, it is essential to be able to move one’s body so as to live one’s life to the full. Maintaining a supple body and a sound mind while having fun moving to music fosters this ability.

Pros of ‘Dance Movement’
■ People can move in any way they please.
■ Movements are easy on the mind and body.
■ People can move according to their age and stamina.
■ It promotes self-discovery and self-development.
■ It involves movement of the whole body.
■ It leads to an increase in stamina.
■ It spurs motivation, encouraging a proactive way of life.
■ It serves to protect against the symptoms of aging.
METACOGNITION STRATEGIES IN EDUCATION AND MOTOR SKILL LEARNING

Rosa Rahavi Ezabadi
Assistant Professor, Faculty of Sport Sciences University of Al-Zahra, Tehran, Iran

Background: The purpose of education is learning. Self-regulatory learning strategies were one of the main facilitators learning and motor skills’ performance. The goals of this study were to explore the importance of the metacognitive strategies on the female’s education and motor skills performance.

Methods: Studies were used of some related papers. Motor skill performance is one of the useful elements of learning which metacognitive strategies is helpful. The selected criteria have reviewed by using analytical approach.

Results: Study findings have shown that self-regulatory strategy has effect on female’s improving learning and implementation both sport skills such as Volleyball, Basketball and Table tennis and software tasks including simple and complex tracking task, Index of difficulty in trade off speed and accuracy tasks. The impact of metacognition strategies training of learning process have provided specific benefits for acquisition, retention and transfer phases.

Conclusions: Self-regulatory strategies are a variable which important for learning and performance in female’s sport and physical activity. Therefore coach and trainers could use these items by controlling conditions to improve metacognition skills.

Key words: Education, Metacognition, self-regulation strategies, motor skills

References


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SENIOR WOMEN GOLFERS: CHANGES IN BALL STRIKING AND MOTIVATION TO PLAY AFTER A GOLF SWING INTERVENTION

Kanwar, K.
Mann, M.

Background
Golf can improve quality of life among older adults. However, golf performance deteriorates with age. Female golfers trust their abilities less; and motivation to play is related to perceived competence. It was hypothesized that a specific swing intervention would improve golf ball striking and motivation to play golf among senior women golfers.

Methods
Six females participated over 11-sessions. Measurement sessions (MS) one, five, six, ten and eleven measured ball speed, launch and spray for 20 shots each, of 6-iron and driver clubs. During the remaining six sessions, instruction was imparted on the Minimalist Golf Swing, previously shown to improve ball striking. The Sports Motivation Scale II assessed motivation. Data was analyzed using a mixed effects model.

Results
The relationship between MS and five of six dependent variables showed significant variance in intercepts across participants (p<0.05). Significant random effects results (p< 0.01), controlling for age, years playing golf and pre-intervention motivation were: speed increased by an average of 0.33 mps (driver) and 0.52 mps (6 iron) per session; launch by 0.6º (6 iron) per session; and spray (left or right of target) changed more to the right by 0.70 º (driver). Mean total motivation increased by 4.33, intrinsic motivation by 1, and amotivation decreased by 0.5, none significantly.

Conclusions
Senior female golfers can improve golf ball striking and motivation to play golf after a Minimalist Golf Swing intervention.

PRESEASON BALANCE DIFFERENCES AMONG COLLISION, CONTACT, AND LIMITED CONTACT SPORT FEMALE ATHLETES

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Balance tests are commonly given in the preseason as a way of measuring baseline neuromotor behavior for comparison after a concussive event. However, different sport categories (collision, contact, and limited contact sports) have different probabilities of neurological insult from head trauma. Thus, it is plausible that athletes participating in different sports may experience a cumulative effect of subconcussive head trauma that could lead to different baseline balance scores in the preseason. A total of 1636 female athletes participating in collision (n=32), contact (n=966), and limited contact (n=638) sports performed three 20 second, bipedal, static balance tasks on a forceplate (BTrackS, Balance Tracking Systems Inc., San Diego, CA) with their eyes closed. Average path length of their center-of-pressure (CoP) displacement in cm was measured. A main effect of sport category was observed, $F(2, 1633)$
= 6.793, \( p < .001 \), with collision athletes having a significantly higher CoP displacement (\( M = 27.5, SD = 8.8 \)) compared to contact athletes (\( M = 22.7, SD = 7.3 \)) and limited contact athletes (\( M = 23.2, SD = 7.2 \)). The data suggests that a cumulative effect of previous head trauma may have affected the collision sport athlete’s neuromotor control. These data also suggest that sport-specific balance normative data may be needed in female athletes to enhance concussion management.

Sub-Theme: Sport Science
Parallel Session 3, Thursday 18 May 2017

COMPARISON OF BONE LUMBAR SPINE DENSITY AND CONTENT BETWEEN ELITE CHILD EGYPTIAN ARTISTIC GYMNASTS AND SWIMMERS

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Background
Physical activity plays an important role in stimulating site-specific bone mineral density (BMD) and bone mineral content (BMC). The skeletal response to sports training depends both on training-related factors, such as type of sport "impact or non-impact sports"; intensity, and duration of the training program. Physical activity during childhood is advocated as one strategy for enhancing peak bone mass as a means to reduce osteoporosis-related fractures. Gymnastics, swimming are popular activities attracting children even at very young ages in Egypt. The amount of skeletal loading, in these sports, varies greatly, swimming; a sport practiced in hypogravity and it is non-weight-bearing, Gymnastics is weight-bearing exercise and involves repetitive impact loading of the skeleton. The extent, however, to which the bony stresses from these sports affect (BMD, BMC) of the Lumbar Spine in elite child gymnasts and swimmers to determine whether the differences in bony stress inherent to each of these sports are manifested in measures of bone health.

Methods
A total of 30 child athletes with ages ranging from 10.8 to 12.3 years were recruited: 10 gymnasts (Gym), 10 swimmers (SW), and 10 age-matched controls (CON). BMC (g), bone area (BA; cm²), and bone bone mineral density (BMD; g/cm²) of the lumbar spine (L1-L4) were assessed by dual-energy X-ray absorptiometry (DXA; Hologic QDR).

Results
BMD, BMC, and Area of Lumbar spine of Gymnastics was significantly greater than swimmers and control groups; swimmer was significantly greater than control groups.

Conclusion
Physical activity in childhood could be an important factor in bone mineral acquisition in the prepubertal child, but only if the sport can include bone strains during a long-term program: Gymnastics has such characteristics; such acquisition could provide protection against risks of osteoporosis in later life. Swimming as a highly active nonimpact sport may lead to increased bone mineral content for child swimmers.

Keywords: bone health, Lumbar spine, elite child athlete, Gymnasts, Swimming, childhood.
AEROBIC CAPACITY AND BALANCE DYNAMICS DURING 12 WEEKS EXERCISE INTERVENTION IN LOW-SOCIOECONOMIC COMMUNITY IN SOUTH AFRICA

Nauris Tamulevicius 1; Guillermo R. Oviedo 2,3; Mashudu Phidza 3; Sunday Onagbiye 3; Caroline Madise 3; Stanislaw H. Czyż 2; Sarah J. Moss 3
University of Tampa, Tampa, Florida, USA 1; North-West University, Potchefstroom, South Africa 2; University Ramon Llull, Barcelona, Spain 3

Background: Physical activity (PA) and Aerobic Capacity (AC) are linked with prevention and improvement of health1,2. Balance improvement is associated with decreased risk and fear of falling, and with an improvement in quality of life3,4. It is unclear whether PA interventions could promote changes in AC and balance (B) in black African population from South Africa’s low-socioeconomic communities.

Objectives: To assess the changes in Aerobic Capacity and Static and Dynamic Balance during 12-week exercise intervention in low-socioeconomic community in South Africa.

Methods: Total of 103 participants were randomly divided into two groups. The Exercise Intervention group (EIG) consisted of 6 men (age=51±17y) and 55 women (age=59±11y), whereas the Control group (CG) consisted of 2 men (age=66±1y) and 40 women (age=60±8y). EIG followed an aerobic, balance and strength training program for 12-weeks, once a week, 1 hour each session. Before and after the PA program AC assessed using metabolic step test (Cortex MetaMax); dynamic balance assessed using timed “Up and Go” test (TUG) and static balance measured using single leg stand test. ANCOVA tests were used to analyse differences after 12-weeks training. Baseline measures, age and gender were used as covariates.

Results: After the PA intervention significant changes in AC ($p<0.001$) were observed. VO2 peak increased from 17.3±4.6 to 23.2±5.5 ml/kg/min ($p<0.001$); dynamic balance improvement was significant when compared baseline measures vs. post intervention in EIG from 21.2±8.8 to 17±5.3 ($p<0.001$), while non-significant improvements were found in static and dynamic balance when compare EIG with CG.

Conclusions: Results of this study showed that training once a week increases Aerobic Capacity in black Africans from low socioeconomic communities. However, this type of exercise intervention is either too short in duration and/or not intense enough to improve static and dynamic balance.

Implications for Practice and Policy: These results support using a community-based PA intervention to improve physical fitness. Tailored exercise interventions might be cost-effective and help to save public funds in countries that already are struggling with their economies.

Keywords: aerobic capacity; dynamic balance; physical activity; black African population

References
EFFECTS ON NEUROPLASTICITY AND COGNITIVE FUNCTIONS IN RESPONSE TO PHYSICAL ACTIVITIES IN OLDER WOMEN

Anita Hökelmann
Otto-von Guericke University of Magdeburg, Germany
Karen Clevenger
2012 SDAAHPERD Dance Educator of the Year

Age-related degenerations in brain structure and cognitive functions seem to be the normality in process of aging. However, research has shown that neuroplasticity can be influenced by effective physical activities. Physical exercise plays an important role in prevention of cognitive decline (Erickson at al. 2019; Kattenstroth, et al 2013). Therefore it is an ordinary task for Sport Science to develop intervention programs for “successful aging”. What type of physical activities, what type of sports has the highest impact to reduce age-related degenerations of physical and cognitive functions?

For the intervention were used typical non-cyclic movement (NCM) combination program focused on movement sequence learning (Dance, Gymnastics) and on the other side repetitive cyclic movements CM (walking, cycling and repetitive gymnastics). The intervention program was separated into two periods. In the first period of six month subjects trained twice a week à 90 minutes. The second period lasted 9-month. The intervention comprised a reduced training frequency, only once per week. Both intervention programs were performed in a group context using music to control for psychological influence. The experiment was designed as a 15-month controlled intervention. Fourteen members of the dance (67.21 ± 3.78 years, 50 % females), and 12 members of the fitness group (68.67 ± 2.57 years, 42 % females completed the whole study.

MRI and neuropsychological tests were performed at baseline, after 6 and after 15 months of interventions. Postural control was assessed with the Sensory Organization Test (SOT) implemented in the Balance Master System (Neurocom International, Inc., USA). The endurance, cardiovascular fitness was measured by the PVC 130.

The findings demonstrate clearly that different interventions produce different effects with respect to neuroplasticity, physical/motor and cognitive functions. So, the brain volume of the NCMT group increased in the precentral gyrus emerged after 6 months and remained stable over the whole period, whereas the change in the parahippocampal gyrus occurred in the later training period only (Müller, P. at al. 2016). Regarding balance or postural control there was a main effect of time regarding somatosensory and vestibular system in the NCMT and CMT group. The NCMT group improved in the use of all three sensors systems (so-matosensory system p=.004), visual system p=.027) vestibular system (p=.007) to maintain balanced. Members of the CMT group improved in the use of the somatosensory system (p=.006) and the vestibular system (p=.004).

Cardiovascular fitness did not differ between both groups at baseline. The cardiovascular fitness did not increase significantly over the intervention time (PWC 130). With respect to the executive and cognitive functions a significant improvement regarding TAP reaction times was seen in the comparison of baseline to the 15 months data in both groups. In all three VLMT subcategories (short-term memory, verbal long-term free recall, attention reaction time) a post
hoc pairwise comparisons showed significant improvements from baseline to 15 months and from 6 to 15 months in both groups. In conclusion the NCMT led to increases in the precentral gyrus and in parahippocampal gyrus volume. The NCMT group demonstrated a larger increase in the composite score of balance test and improved all three sensory systems. This finding can correlate with the change in brain volume. NCMT and NCMT reduce the degeneration process of aging and reduce the cognitive decline. In addition, non-cyclic movement training with focus on permanent learning activities has a strong effect on motor and mental fitness of humans.

References:

EFFECTS OF A COMBINED STRENGTH AND HIGH-INTENSITY AEROBIC EXERCISE PROGRAM IN BREAST CANCER SURVIVORS: A PILOT STUDY

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Introduction: The purpose of this study was to determine the effects of a combined strength and high-intensity aerobic exercise program on the quality of life (QOL), fatigue, peak oxygen consumption, strength and IGF-I in breast cancer survivors (BCSs) who had undergone surgery, chemotherapy and/or radiation therapy and were being treated with tamoxifen.

Methods: Eight BCSs followed the exercise program three times per week for 22 weeks at an intensity of 80%. Heart rate reserve (HRR), strength, QOL, fatigue and insulin-like growth factor-I were evaluated.

Results: The eight participants had a 97.8% adherence rate to the training program. Increased peak oxygen consumption (20%), increased strength (56.9%) in the arm without lymphadenectomy (AWL), and increased strength (104%) in the lymphadenectomy arm (AL) were observed. QOL was improved (24%) according to the SF36 and the FACT-B scales. Both general and mood fatigue decreased (67.7%), as did the plasma IGF-I levels (22.8%).

Conclusions: A program of incremental strength and aerobic exercise at 80% of the HRR may be effective in improving QOL, maximum oxygen consumption, and strength and in decreasing fatigue and plasma levels of IGF-I in BCSs and does not generate or exacerbate lymphedema.
THE ROLE OF HIGH PERFORMANCE FEMALE ATHLETES IN COLOMBIA: A PERSPECTIVE FROM THE BRIGHTON DECLARATION

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In 1994, some Athlete Women Organizations, representatives from Minister of Sports, and Education from several countries discussed about the role of women in sport field. As a result, the Brighton Declaration was established. This Declaration set ten strategies for improve women’s participation in different roles regarding sports, and it was addressed to governments from all over the world to contribute to policies’ development related to visibilization and empowerment of women in sports. Following this idea, this paper aims to describe the role of high performance athletes in Colombia regarding the perspective from the Brighton Declaration. This study analyzes the perception of five high performance Colombian female athletes regarding the role of women in Colombian sports, from the Brighton Declaration’s standpoint. Through a content analysis as a methodology, five athletes have been interviewed. As a conclusion, this study describes the current situation and the development perspective in Colombia on the following aspects: Equity and Equality in Society and Sport, Facilities, School and Junior Sport, Developing Participation, High Performance Sport, Leadership in Sport, Education, Training and Development, Sports Information and Research, Resources, and Domestic and International Cooperation.

Keywords: Brighton Declaration, High Performance Female Athletes, Women’s Role, Colombia.

PERCEPTION OF THE IMPORTANCE OF ETHICAL BEHAVIOR COMPETENCE OF WOMEN IN SPORT AND PHYSICAL ACTIVITY OCCUPATIONS

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Background
This study analyzes the perception of the importance of ethical behavior competence for the professional performance from a woman's perspective.

Methods
The methodology was quantitative and multi-stage probability sampling was used. Data was collected through a validated questionnaire. The sample size was 732 women who worked in sport and physical activity occupations in Spain.
Results
Women consider that the ethical behavior competence is fairly important (26%) or very important (64%). In all age brackets, this competence is considered very important, although the percentage the women over the age of 30 (more than 70%) is higher than under 30 (more than 55%). According to the initial training, the percentages (fairly and very importance) of women are: university program = 95%; vocational program = 88%; Secondary school and less = 82%. There are significant differences between the variables (p<.05).

Conclusions
The perception of the importance of ethical behavior competence of women is very high. In addition, women present higher percentage in all age brackets, but are higher in women over the age of 30. This perception increases when their initial training is higher.
The research is a part of the Fundamental Research Project I+D+i DEP2009–12828 which has been funded by the Ministry of Science and Innovation of Spain.

Sub-Theme: Sport Science
Parallel Session 7, Friday 19 May 2017

THE EFFECT OF PHYSICAL EDUCATION CLASSES AND “AFTER CLASS” PHYSICAL ACTIVITY ON FITNESS LEVEL AMONG YOUNG QATARI WOMEN

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Background: In Qatar, Physical Education (PE) officially appeared in Independent Schools in 2007. Although the government is putting increasing efforts, the situation of PE is still concerning. Recently, one of the national initiatives concerned the “after class” sports activities (SA). In order to determine the effectiveness of schools’ PE programs and the impact of SA in young Qatari women, the level of Health Related Fitness (HRF) was assessed in different groups of students that attended a variety of PE programs.

Methods: 85 women (18-25yr) participated in the study. The Alpha-FIT test battery and a personalized questionnaire were used to assess the HRF and the participation in PE programs and SA.

Results: Only 12% of participants had ≥2 PE classes/week and 35% participated in SA. Neither the participation in SA nor the frequency of PE classes showed a significant correlation with HRF (except for Jump-and-Reach). The lowest fitness scores manifested first in the Handgrip and 2km-Walk tests, then in the modified Push-Up test.

Conclusion: The low performance found in Qatari women’s strength and endurance could be indicative of a low participation in regular physical activity and a lack of awareness on muscularity.

This study was made possible by a grant (UREP 17-044-3-011) from the Qatar National Research Fund. The statements made herein are solely the responsibility of the authors.
SOCIAL MEDIA AND ITS CONSTRUCTION OF SPORTING FEMALE DISCOURSE—TAIWAN WOMEN’S BASKETBALL FACEBOOK PAGE “DOUBLE PUMP” AS AN EXAMPLE

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This study aims to understand the construction of sporting female discourse through social media platform, which is exclusive for women’s sport, and to analyze the objects, events and themes of posts; besides, this study also aims to explore the meaning and practices of resisting or reproducing the gendered discourse through this social media platform. Content analysis and interview was deployed in this study. In order to distinguish subject, event, theme of the posts; moreover, interview was used to understand the owners’ experience in basketball and gender awareness can influence the posts. The sample of this study was retrieved from ‘Double Pump’, a Facebook page that is exclusive for women’s basketball. In summarize, it is found that the posts of ‘Double Pump’ were focus on the events, and players with better performance; in addition, the owners of ‘Double Pump’ responded the posts editing was based on personal experience as a basketball players and fans. Despite the owners did not mentioned anything related to resisting gendered discourse in social media; however, the intention and posts did offer different perspective from traditional media, also, the posts presented the possibility that social media can be a tool to increase the media exposure of women’s basketball through new media.

Key words: social media, empower, women’s basketball, Facebook, gender stereotype

THE EFFECT OF 12 WEEKS ROWING ERGOMETER EXERCISE ON ELDERLY WOMEN’S HEALTH

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Background
Rowing ergometer exercise is a mode of physical activity that may allow older adults to improve their health. Therefore, the purpose of this paper was to study the effects of rowing ergometer exercise on older women health.

Methods
Twenty volunteers whose ages ranged from 60 to 80 years old were included in the study. The Subjects were divided into two groups. The experimental group was taken into a 12 - week rowing ergometer exercise program. The exercises included a 10-minute warm-up, a 20-minute rowing and a 10-minute cool-down period. The exercises were performed three times per week with intensity about 50 to 60 % of HRmax. No exercise program was prescribed for the control group. Both groups were assessed body composition, flexibility, Strength, muscle endurance and cardiovascular endurance before and after the exercise program.

Results
The result showed that body weight, body mass index and cardiovascular endurance between control group and experimental group after 12th weeks were significantly different at .05 level. The ratio of waist to hips, flexibility and muscular strength between control group and experimental group after 12th weeks were significantly different at .05 level.

Conclusions

In conclusion, this study showed that rowing ergometer exercise is effective in improving health in elderly women compared to control group. It can be applied for improving health in elderly population.

Sub-Theme: Sport Science
Parallel Session 9, Saturday 20 May 2017

MAKING SPORT SAFER –PREVENTING HARASSMENT AND ABUSE

(SYMPOSIUM)

Chair: Professor Chris Shelton, Smith College, USA
Professor emerita Kari Fasting, Norwegian School of Sport Sciences, Norway,
Dr. Nada Knorre, Czech Olympic Committee, Czech Republic
Diane Huffman, Norwegian Olympic, Paralympic, and Confederation of Sport, Norway/Canada

WomenSport International (WSI) was one of the first organizations, 20 years ago, to produce a position statement about sexual harassment and abuse in sports. At that time, this was a relatively new issue, but since then, more research has demonstrated the extent of the issues and guided the development of preventative measures. The purpose of this symposium is to focus on a safe space for girls and women in sport through prevention and protection against harassment and abuse. The three WSI speakers will give short introductions on their experiences, allowing for a 20 minutes discussion and comments at the end. Kari Fasting will be 'setting the stage' and give a brief summary of what is known about harassment and abuse based on her own and others empirical research. The International Olympic Committee (IOC) released their first Consensus Statement on Sexual Harassment and Abuse in 2006, and have since developed different educational and protective guidelines. Nada Knorre will present IOC's guidelines for IF's and NOC's and illustrate how the guidelines have been applied to Czech Sport. Another consideration is to ensure that measures are in place for major sport events, from tournaments to multi-sport games. Diane Huffman will focus on such examples from southern Africa.
The aim of this research was to establish exercise attitude differences in female students of Economy Faculty at University of Zagreb. The research study included sample of 332 first and second year female college students who, within mandatory PE course, chose different exercise programs: volleyball, basketball or aerobics.

The intrinsic motivation inventory (McAuley et al., 1989) with 18 items in which all of the items employed were scored on a five-degree type of Likert scale was used to estimate exercise attitudes. The differences between participants' samples were tested by discriminant analysis. The obtained results showed how, in the intrinsic motivation inventory, one discriminant function successfully differed analyzed students' groups according to chosen exercise program. However, none of the variables was found to be particularly contributing to the differences between groups. Some variables slightly contributed to students' exercise efforts and, at the same time, to the indifference towards exercise success. Volleyball and basketball engaged students seemed to show less effort and an opinion of not being successful at exercising, in contrast to students who chose aerobics program.

It can be concluded how in PE classes at Economy Faculty at University of Zagreb more incentive should be placed on exercising and perfecting volleyball and basketball elements and skills, along with introducing the collegiate competitions. It should also be noted that students are foremost oriented at their personal contribution, skills amelioration and group unity, that is, on intrinsic motivation.

MOBILE PHYSICAL EDUCATION IS REAL

M. Cordier
J. Saville

Refer to page 61 for abstract.
**Sub-Theme: Sport Science**  
**Parallel Session 11, Saturday 20 May 2017**

**KINESIO TAPING IN TREATMENT AND PREVENTION OF SPORTS INJURIES SYMPOSIUM**

**I.Chan - Barry University, FL. USA**

This is an introductory workshop in the basic concepts behind Kinesio Taping. Kinesio Tape is an elastic therapeutic tape used for treating sports injuries and a variety of other disorders. The inventor of the Kinesio Tape, Dr. Kenso Kase, a chiropractor, claimed that Kinesio Tape supports injured muscles and joints and helps relieve pain by lifting the skin and allowing improved blood and lymph flow. Kinesio Tape is a big sponsor to the Olympic Games since 2008, and it has since become popular among high-profile athletes. Although there has not been conclusive scientific evidence to confirm the effectiveness of the tape at this time, there is some research evidence that it can have a modest effect on reducing pain and improving range of motion in injured athletes. This workshop is taught by Ivan T. F. Chan, EdD, OTD, OTR/L, Katherine Greg, MS, OTR/L, CHT, and Orlando Valdes, MS, OTR/L. This workshop covers the history of the Kinesio Taping method, the qualities and benefits of Kinesio Tape, and current research related to Kinesio Taping. Selected special orthopedic screening assessments will be demonstrated, along with basic taping applications for common sports related injuries to the shoulder, elbow, and wrist. Tape removal and precautions will also be covered, as well as the pathophysiology of the conditions that can be treated with Kinesio Tape.

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**Sub-Theme: Pedagogy of Physical Education, Sport and Dance**  
**Parallel Session 2, Thursday 18 May 2017**

**GENDER, SPORTS AND PHYSICAL ACTIVITIES IN BRAZIL AND SPAIN: PRACTICES AND SUPPORT FOR BOYS AND GIRLS**

**Profa. Dra. Helena Altmann**  
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This article presents the results and the analysis of a study about sports and physical activities conducted with boys and girls in the 8th and 9th grades. The studies were performed in two metropolitan regions, one in Brazil, and the other in Spain. The investigation involved providing a survey with closed-ended questions to the students. The final sample included 1,742 Brazilian, and 1,186 Spanish subjects. Gender proved to be a statistically significant marker of difference in the results in both countries. Results were more favorable to boys in almost all the aspects evaluated. Brazilian and Spanish girls’ exercise levels are further apart.
from the current international recommendations of exercise for adolescent population than Brazilian and Spanish boys’ exercise levels. Girls and boys in Brazil perceive differences in support from friends and family, but they perceive no differences from the physical education teacher, unlike in Spain, where boys perceive receiving more support from the teachers, friends and family than girls. Results indicate that while Brazilian and Spanish girls will perhaps participate in physical activities or sport practices in the future, boys from both countries are very likely to do so.

Research funded by CNPq (Brazil).

BOYS AND RHYTHMIC GYMNASTICS. BE MASCULINE IN A ‘FEMININE’ SPORT.

Joaquín Piedra.
Department of Physical Education and Sport. Universidad de Sevilla, Spain.

In Western society, competitive sport has been historically and socially constructed as a means of privileging the dominant heteronormative and patriarchal discourse. This male dominance has oppressed not only women; it has also marginalized many men who did not achieve the standards of hegemonic masculinity. The aim of this study is to know and analyze the boys’ experiences that practice rhythmic gymnastics, traditionally linked to the feminine. Within the interpretive paradigm, following a symbolic interactionism approach, there have been eight interviews gymnasts aged between 8 and 19 years practicing rhythmic gymnastics at competition or exhibition level. The boys express the family support they have had to be introduced in a traditionally female sport. However, many of the gymnasts have ever experienced insults or jokes from other guys. The experience of joining a girls’ club has been positive, highlighting the good relationship now. This reception, which in some cases was initially skeptical, arises easier if the club had already experienced with other boys previously. Therefore, it seems important for the future work with families seeking tear down stereotypes and prejudices against this male discipline. Should be fostered equally rhythmic gymnastics among children, for a greater presence of boys in clubs facilitate their accommodation amongst girls.

Keywords: Masculinity; gender identity; gymnastic.

COACHING CHARACTERISTICS REQUIRED FOR WOMEN TO COACH TOP TENNIS PLAYERS

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Etsuko Ogasawar, Juntendo University, Japan,
Maki Itoh, Juntendo, University, Japan

According to Forbes’ "The World's Highest Paid Female Athletes 2016", among the 10 athletes who ranked in top, 8 athletes were tennis players. Behind this background is the prize money increase in tennis tournaments each year such as the Grand Slams, and it is noteworthy that the total prize money earned by women in all Grand Slams since 2007 was equivalent to male counterparts, which is a remarkable accomplishment and advancement for women.

Although performance of women’s professional tennis players has gradually received
recognition like men, women coaches that play an active role in the top level make up less than 10% of all coaches, which shows an obvious difference between the number of men and women coaches. However, a number of players have selected women to be their coaches. Former top player Amelie Mauresmo, who used to coach Andy Murray, is a specific example for a successful woman coach.

The purpose of this study was to clarify what conditions are necessary for woman elite professional tennis coach when choosing a coaching career based on the social cognitive career theory. A total of eight female coaches who are either coaching at present or have a coaching experience for an athlete ranking in the world’s top 100 were interviewed. The results offer insight into the career challenges and career perceptions of coaches and also explain what philosophy the women elite professional tennis coaches follow.

**Sub-Theme: Pedagogy of Physical Education, Sport and Dance**  
**Parallel Session 3, Thursday 18 May 2017**

**EDUCATIONAL TRAJECTORIES AND DISCURSIVE REPRESENTATIONS ABOUT SPORTS OF THE TRANS* STUDENTS OF THE “MOCHA CELIS” SECONDARY SCHOOL IN ARGENTINA**

Pablo Scharagrodsky *(FaHCE, UNLP / UNQ)*  
Magalí Pérez Riedel *(FPyCS – UNLP / CONICET)*

Historically, trans* people have been excluded from formal educational spheres. We learn that text books and Physical Education classes help perpetuate gender stereotypes and hierarchies. However, little do we know about the meaning-making processes about sports regarding the educational trajectories of trans* people or about the way they perceive the homophobic songs, the name-calling, the transphobic slurs and violent practices pertaining mainstream sports games in the media.

For such purpose, this chapter focuses on the analysis of the representations about mainstream sports in the mass-media and the sports-related educational trajectories of the trans people who study at the Secondary School for teenagers and adults called “Mocha Celis”. “Mocha Celis” is one of the first Latin American schools aimed at the trans* community. It was born in 2012 in Buenos Aires, Argentina, within a political context that lasted ten years and that was dedicated to the recognition and the protection of the rights of the LGBTIQ+ people. This includes the approval of the same-sex marriage bill, the gender identity law and the comprehensive sex education bill, to name a few.

We approach this matter from a communicational and educational view and from a feminist and queer perspective. The research questions are as follows: A) What are the discursive representations about sports of the trans* students of the “Mocha Celis” Secondary School? B) How would they describe their educational trajectories? C) What are their past experiences regarding sports at school? D) How do they feel when running into discriminatory songs, violent practices and dress-codes when watching or listening about sports games in the media?
SPORTS EDUCATION AND GENDER IN PHYSICAL EDUCATION CLASSES: AN ANALYSIS FROM THE BRAZILIAN KNOWLEDGE PRODUCTION

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The education of the body, in regard to the area of sport, begins during childhood, occurring in numerous and distinct ways for boys and girls. The experience of sport and an education about the body which precedes it and accompanies it plays an important role in physical education in schools when learning about sports. For many children, upon exiting childhood and adolescence, this serves as the only opportunity for experiencing the practice of sport in a guided and systematic manner. Therefore, this study investigates the ways that physical education classes in schools educate boys and girls about sport and what gender differences permeate this learning process. What sports knowledge, gestures, abilities, and dispositions were learned in physical education classes? In what way does this knowledge and understanding prepare boys and girls for the practice of sport? Lastly, we question the theoretical-methodological perspectives that underlie these studies. The study’s methodology consists of an analysis of the published and systematized knowledge about the stated theme, over the past 15 years. Preliminary data from the survey indicate that the theme of sports education from a gender perspective is infrequent in publications, while the separation of boys and girls in class and gender identity construction in physical education classes are more present.

Research funded by FAPESP (Brazil).

PROMOTING PHYSICAL ACTIVITY OF GIRLS IN KINDERGARTEN - INTERSECTIONAL PERSPECTIVES AND THE ROLE OF TEACHERS

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Background
Studies indicate that less than 50% of the preschool children meet physical activity (PA) recommendations and girls are less active than boys. The results of the baseline-study (E1) of the project “KinderGarten” (n=339) show that girls with migrant background and low SES have lowest levels of PA. So the intervention program focused on the attitudes of kindergarten teachers through discussing reasons for the baseline results and on spatial and organizational changes in using outdoor areas of kindergarten.

Methods
Also in the evaluation study (E2) the PA-behavior of children (2.5-6yrs) was collected on three time-points during outdoor play time in kindergarten through direct observation. Types of activity of girls and boys were identified and integrated into a ‘gendered’ map of activity. PA was measured by accelerometer (n=140).
Results
The findings illustrate that changes in regulations, like the allowance of using secluded or “hidden” spaces, empowered the children to explore new spaces, enlarged the number of activity patterns and increased significantly the amount of PA of girls (and boys).

Conclusion
To raise the awareness of kindergarten teachers for intersectional issues and to reflect and overcome daily-routine-driven attitudes seems to be a key factor for successful interventions. ‘Gendered’ activity-maps and accelerometer-derived PA-data of different groups of children helped to identify the problem, to negotiate new ways of promoting PA for preschool-children and to empower girls in outdoor areas of kindergarten.

Sub-Theme: Pedagogy of Physical Education, Sport and Dance
Parallel Session 5, Friday 19 May 2017

CROSSING BORDERS IN GERMAN PHYSICAL EDUCATION: BETWEEN SUPPORT AND SEXUALIZED VIOLENCE

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Lately a number of studies on sexual abuse and violence in sport settings have been published (e.g. Fasting & Brackenridge 2005, Brackenridge 2001, Dzikus 2012). However, all of them focus on organized sports and none of them takes a look on physical education, at least in Germany. What is the situation here? Considering the fact that sexual abusive behavior of teachers has recently been uncovered in some German schools, the question arises as to what the situation is with respect to physical education. This paper will deal with aspects of crossing borders within physical education in German schools. Interviews with P.E. teachers and a questionnaire answered by former students shall give some insight into this neglected or tabooed topic in Germany. The results show that there are a number of situations that can be interpreted as a “crossing of borders”. They border on sexual harassment and sexual abuse due to teachers entering students’ sphere of privacy, a setting that many P.E.teachers and students are daily confronted with. Due to cultural differences, some behavior patterns might be considered acceptable in Germany, but not in other cultures and countries.
INTERGENERATIONAL RELATIONS BETWEEN GRANDMOTHERS AND GRANDCHILDREN IN THEIR CHILDHOOD AND AT PRESENT TIME

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Background
Originally the project deals with an intergenerational comparison in seniors and children from the Czech Republic and Austria, with regard to physical activities. For this paper the relation of Austrian grandmothers to their grandchildren and how they remember their own grandparents is focused.

Methods
Qualitative interviews were conducted with 24 persons in Austria (among them 16 women 65+, having at least one grandchild). The semi-structured interviews were voice recorded, verbatim transcribed and analysed by using the software Atlas.ti. Additionally, the sociocultural background is taken into consideration for the conclusions of the results.

Results
As the most prominent result we can say that the amount and quality of the intergenerational relations were different. The post-war period, when most of the participants were children, was very poor with respect to sport facilities, organized offers and media influences. The women asked remember their leisure time activities mostly being outdoor on their own or with peers. They often had closer contact to their grandparents in their childhood – living in the same house and/or experienced them as a sheltered space. Whereas nowadays they experience that their grandchildren spend mostly special organized time with them but not less intensive.

Conclusions
The grandmothers of today consider the change of the sociocultural situation as the most influencing factor for the more structured contact between grandparents and grandchildren.

OPIOID EPIDEMIC AND THE FEMALE ATHLETE

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Background:
Eighteen Americans die each day from opioid abuse or overdose. Initially, opioid prescriptions are legally obtained for acute injury in primary care settings. Studies suggest that female athletes are more likely to experience injury from participation and intense training. Chronic pain is a problem that often follows sports injury.

While prescription opioids play a role in managing some types of injury-related pain, long-term use can be associated with abuse and overdose. Therefore, female athletes with injury-related pain may be at increased risk for opioid-related complications. The purpose of this literature review was to explore alternative treatments for chronic pain in female athletes.

Methods:
Electronic databases including CINAHL, MEDLINE in PubMed and Google Scholar were searched with the terms: female sports injury, opioid use, chronic pain and pain management.

**Results:**
Specific pain management recommendations for women are lacking. Prescribing patterns support women are twice as likely to have opioids prescribed than men even with the same condition. CDC recommends non-pharmacologic therapy and non-opioid drugs as first line for chronic pain. If appropriate, opioids should be adjunctive if initial therapy is inadequate. Multimodal approaches including regimens with multiple agents have been proven efficacious.

**Conclusion:**
Evidenced-based guidelines support opioids as secondary and/or adjunctive therapy for sports-related injury. Clinicians must employ safe prescribing practices and consider the risks for female athletes when utilizing opioids. Individualized, patient-centered and comprehensive care plans are necessary for long-term resolution of sports injury. There is a need for additional gender sensitive and longitudinal research on chronic pain management specifically addressing female athletes.

**AEROBIC DANCE: THEN AND NOW!!**

*WORKSHOP*

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*Otto-von Guericke University of Magdeburg, Germany*

Karen Clevenger  
*2012 SDAAHPERD Dance Educator of the Year*

Physical Educators around the world are familiar with the impact of Kenneth Cooper’s books on aerobic exercise (*Aerobics* 1968; *The New Aerobics* 1970; and *Aerobics for Women* 1972), which helped to develop Americans’ interest in fitness; what some people thought of as a fad became a historically significant national and international trend. Jacki Sorensen entered the scene and began to apply her years of rigorous dance training to the concepts put forward in Dr. Cooper’s books and lectures, which led to developing her own business franchise, *Aerobic Dancing, Inc.* Next, *Jazzercise* was the brainchild of Judy Missett; even Hollywood celebrities like Jane Fonda began to produce their own brand of exercise video tapes. Suffice it to say that the 70’s and 80’s took the combination of dance + locomotor movement + cardio intensity to a whole new level. Today, the media has responded to the public’s quest for fitness with television exercise shows and videos to satisfy all fitness levels: ZUMBA, P90X, CrossFit, Ultimate ABS, you want it…..you got it. Yet, there is now a “new” resurgence of Aerobic Dance with newer high energy music, preconceived target heart rates and training zones, along with trendy dance styles and intricate footwork. And, most interesting is the return of actual choreographed routines that are performed each class session; the literature has always suggested that the human body will work more efficiently if it “knows” the order of the movement as opposed to having to “watch and imitate.”

Our Aerobic Dance session will provide not only a good workout for the dance fitness enthusiast, but will teach two or three new routines suitable for use in any type of fitness class. Handouts with routine steps will be provided to those attendees who participate.
RESEARCH STUDY ON COMMUNITY-BASED DANCE INSTRUCTORS' MOTIVATION: FOCUSING ON LICENSE HOLDERS IN JAPAN

Arisa YAGI Japan Women’s College of Physical Education
Junko HARADA Kansai University, Japan.

Targeting community-based and certified dance instructors, an investigation was conducted to reveal the motives for providing dance classes, having got 102 respondents in three levels of license. As a result of an exploratory factor analysis on the reason of beginning own activities, 6 factors were extracted such as "expectation to a new activity and circle", "release", "interest to dance", "indirect interest", "needs for physical activities" and "interests to the instruction". In comparison between the license levels and the factor scores, concerning "interests to the instruction", license-A showed significantly higher score than B and C, and concerning "needs for physical activity", C showed significantly higher score than B and A. For activities’ merits, 6 factors such as "sharing 'concerns and learning process'", "joy of music and dance", "creativity and release", "self-efficacy", "transformation" and "group cohesion" were extracted. The relation between factor scores and license levels has shown no significant difference, but A holders may have shown the higher value in 3 factors of "sharing 'concerns and learning process'", "creativity and release", "self-efficacy".  

Conclusion: (1) in lower level license, motive to body satisfaction works more, and in advanced levels, motive to act as a good leader work stronger. (2) Instructors with higher level license recognize nature of dance activities such as creativity and sharing body experience with others, and develop "self-efficacy" further.

FIELD HOCKEY ADVANCES FEMALE GRADUATION RATES IN MIAMI-DADE COUNTY

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Andrew Falco
Barry University, FL, USA

Background Field hockey is the third most popular international sport in the world and participation in the United States is dominated by women. However, despite the international appeal, varsity high school and college field hockey programs are not offered in some of the highest foreign born and immigrant concentrated communities such as Miami-Dade County, Florida. In 2015, women surpassed men in attaining high school and collegiate level degrees, however foreign born communities still remain under represented. If student athletes have higher graduation rates and there is a demand among foreign born and immigrant populations to play varsity field hockey in high schools and colleges, then field hockey programs should be offered in these communities to increase female graduation rates.
Methods Analysis of female student athletes competing in school-sponsored varsity sports, financial aid programs, and high school and college degrees obtained. A survey will be conducted among female students in Miami-Dade County to assess interest in varsity field hockey participation, educational goals, financial support, and geographic limitations amongst other criteria.

Results Anticipated results will include a higher graduation rate amongst student athletes compared to non-student athletes and interest in participation of varsity field hockey programs in high school and college within Miami-Dade County.

Conclusions Based on the prospective results, field hockey programs should be offered in foreign born and immigrant communities, such as Miami-Dade County to increase female graduation rates.

A SOMATIC MOVEMENT APPROACH TO MOVING AND RESOURCING OUR CREATIVITY AND CONNECTION TO LIFE.

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This paper will address how somatic movement practice and its core principles can both develop and support our connection to ‘being in movement’ throughout our lives. Drawing on my research into the field of somatic movement arts and pedagogical approach as a somatic movement educator, this paper will develop a rich field of associative connections between dance, performance studies and movement education. These connections will be theoretically pursued through an engagement with leading performance and movement scholars, who bring a somatic mode of attention and focus to their field of study across dance and phenomenology, dance and autobiography and empathic kinaesthetic movement responses. Central to my argument is the proposal that somatic movement practice can nurture well-being and develop self-agency through its focus on sensory awareness, movement integration and building community. The paper will introduce and offer analysis of practical examples of this somatic bodywork, which serve to underpin this pedagogical approach, namely adaptive yoga, developmental movement patterns, movement improvisation, intuitive dances and a functional and structural anatomical approach. The overarching theme explored in this paper is how we can awaken our physical intelligence and the capacity our bodies have to resource well-being through this somatic bodywork and its creative movement processes.

A DESCRIPTIVE STUDY OF GIRLS’ ACCESS TO STRUCTURED AND UNSTRUCTURED PHYSICAL ACTIVITIES IN SOUTH FLORIDA PUBLIC SCHOOLS K-12.

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Ferrona Beason, PhD, ARNP
Jascinth, Lindo, PhD, RN, MSN
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Gender disparities in physical activity levels among children and youth are well documented, and indicate that girls are less physically active than boys. The ‘couch-potato’ culture has been described as a defining characteristic of contemporary youth lifestyles. Given that sedentary behaviors among children and youth continue into adulthood, these negative health effects have
the potential to become chronic illnesses, particularly among women. Organizational influences, such as access to school-based, structured (physical education classes, sports) and unstructured (recess) physical activities, may mitigate gender disparities. However, cuts in school budgets leave many K-12 schools reconsidering the availability of these activities. In Florida, the State Board of Education adopted minimum physical education requirements for grades K-12. These standards vary by grade level. Elementary schools are required to provide 150 minutes of physical education each week for students in grades K-5 (a minimum of 30 consecutive minutes is required on any day that physical education instruction is provided). Middle schools are required to provide one semester of physical education each year in grades 6-8. High schools must offer a one-credit physical education requirement. This descriptive study provides data on how public schools in South Florida are implementing the state's physical education standards, with a specific focus on initiatives targeting girls' access to structured and unstructured, school-based physical activities.

Sub-Theme: Pedagogy of Physical Education, Sport and Dance
Parallel Session 9, Saturday 20 May 2017

ACHIEVEMENT OF JAPANESE DANCE LEARNING THAT HAS BEEN DRIVEN ACTIVE LEARNING

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Active learning will be introduced at the Ministry's curriculum guidelines in 2020. Postwar dance learning has led active learning and has had a great influence on physical education. In this research, we aim to clarify the outcome of the dance learning. Research methods are literature research and survey research. In the literature research, we explored the influence on the dance education from the contents of the Guidelines and the content of the JAPEW workshops and the discourse of creation committee members (Professor Chiyoe Matsumoto, Chiyo Kawaguchi, Yasuko Kataoka, Yoshiko Murata, Kazuko Takahashi). As a result, the dance guidance changed from pre-war "pretense of movement" to "independence / creation of movement and image" after the war. Four professors, Matsumoto's students, were the heads of JAPEW, and they had suggested ways of thinking and active learning in various places. In the survey research, we studied mastered skills and teaching methods for junior high school students and teachers by questionnaire survey. Learned skills were expression power and creativity in creative dance, body sensation in rhythm dance. The teaching method tended to draw movements and images by improvisational expression in creative dance and to transcribe movement by video in rhythm dance. In conclusion, Matsumoto's influence on dance education is great, and in the creative dance teaching, I learned that 21 - century type skills were acquired by active learning.
VALIDATION OF BESS TEST IN PHYSICAL EDUCATION

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The scoring system BESS (balance errors scoring system), is a test commonly used by clinical investigators, however there is an increase of studies that couple the BESS system, as a measure of results beyond the scope of its original purpose introducing the field of sport, and in our case, as a possible assessment tool balance in physical education. In this paper, the application of BESS Test two different age groups, 5th grade and 4 semester of high school, college Ypsilanti Puebla was conducted in order to validate it, using the Software ptest to analyze. It conducted a nonrandom selection of 26 primary and 26 high school students, 13 men and 13 women in each case. The results were compared in 6 different positions, including 3 on a flat surface and the other 3 on an implement with unstable surface, each position must be maintain for 20 seconds each. It was obtained as a result; the BESS Test is valid for children 5th grade, not valid for high school students study.

Keywords: BESS Test, validation, Physical Education.

EFFECTS OF A DANCE WORKSHOP FOR CHILDREN LEAD BY CONTEMPORARY DANCE ARTISTS: FOCUSING ON THE SPATIAL RELATIONSHIP BETWEEN ARTIST AND CHILDREN

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Although dance workshops lead by contemporary dance artist are often used in an educational school setting in Japan recently, there has been almost no significant study in which the effects for participants are analyzed using reliable and valid scales. In order to make effective elements apparent, we need to analyze structures of methods and philosophies in contemporary dance workshops. The purpose of this study was to reveal the correlation between reaction in contemporary dance workshops and categories of the artist-children spatial relation. First, we set spatial relation patterns referring to the workshop’s video and the preceding studies. Second, we measured the amount of time of each patterns in 4 different types of workshops. As a result, The times were different depending on the workshops purpose and the ratio of personal activities, pair activities, and group activities. In addition, the free writing survey for children in considering of this study is that if we use a lot of “the dispersive formation”, children can feel pleasure and overcome shame.
PRODUCTION OF MASCULINITIES IN THE ‘FIGURATION’ OF STUDENT TEACHER AND PUPILS IN PE LESSONS – VIDEOGRAPHIC OBSERVATIONS

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Background: In Baden Württemberg, students must successfully complete an advanced internship after the 2nd semester. In general, the students enter the field of school/PE lessons without prior experience. Nevertheless, they must face a detailed observation and assessment of their teaching. My study focuses on the analysis of selected teaching units under the following issues: how do the student teachers meet the requirements of imparting and organising subject-specific content in the gym hall under didactic principles? And how do the pupils react to the student-teachers’ efforts?

Theoretical references: Elias (1970: 141) calls the interactive practices the “network of dependence” between teachers and pupils “figurations”. Members of these figurations are subject to an adaption requirement, which they cannot revoke. However, normally, they are not aware of this fact. As a result, power relations can arise, which, despite intended actions, support intentional power effects.

Methods: A total of seven double PE lessons from the teaching practice of the 2012 summer semester were recorded on video. From the subsequent sequence division, central sequences were selected with a view to the question and described (Dinkelacker/ Herrle, 2009). In addition to the analysis of the video data, the personal reflections of the student-teachers were added after the lesson was carried out for the evaluation.

Results and Conclusions: The male student teachers orientate their performative choreografies (posture, language and teaching style) on hegemonic masculinity (Connell, 1995), which plays a decisive role as a reinforced behaviour pattern in sports institutions. Due to the interrelation order, the pupils, who have gained the needed competition skills, act in the same way as these student-teachers. Pupils, who do not contain their mode of masculinity were rejected and threatened with peer group exclusion.

References

PHYSICAL EDUCATION TEACHERS IN JAPAN: CONTINUITY OF GENDERED TEACHING POSITIONS IN PRE AND POST-WAR SOCIETY

Michiko KAKEMIZU
Tokyo Women’s College of Physical Education, Japan

Background
Even though the goal of gender equality is stated in the curriculum, gender differences persist in student’s choice of events, events taught by male and female PE teachers, and the number
of PE teachers, meaning gender equality has not been achieved.

Methods
Historical materials were acquired from the List of Personnel of Secondary Schools (published from 1903 to 1939). Additional data was gathered through surveys conducted with university students concerning female PE teachers in their high school days.

Results
The Girls' High School Syllabus of 1903 states: “We will, to the best of our ability, have girls’ PE taught by female teachers.” This statement was reissued in 1947 and was to be gradually realized. However, the number of female teachers remained less than male teachers in most instances. The resulting situation created division of labor where female teachers taught dance and male teachers taught sporting events and martial arts. Disparities still exist in both co-ed and girl’s high schools. In the former, the number of female teachers is less than half that of their male counterparts. In the latter, the numbers of male and female teachers is more equal except for an imbalance of female teachers who teach dance and male teachers responsible for martial arts.

Conclusions
The groundwork for the current state of male PE teachers in Japan was laid in the early 20th century. Though society has progressed, there are still similarities between the pre-war and post-war situations of Physical Education teachers in Japan.

GIRLS, WOMEN AND SPORTS IN ARGENTINA. PAST AND PRESENT

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The topic I have brought to share with you is a possible interpretation among many others, a possibility of thinking an issue that exceeds girls and women in sport and physical activity and it is historically linked with representations and cultural, political and sexual imaginaries that circulated in a certain place and time about how to conceptualize the body and sexual difference from certain practices, knowledge and discourses.

My presentation consists of three parts. The first makes a short and general historic analysis about the femininity construction from the physical activity, sports, physical education, games, recreational activities and other body education proposals since, in my opinion, there are, beyond certain nuances, logics of continuity between past and present. The second part tries to analyze what is currently happening regarding girls, women and the physical activity from an important national survey carried out in Argentina. The third and last part is clearly purposeful. It suggests possible political actions enabling strengthening spaces and physical and sport practices. These practices should be more equal, fairer, more impartial and respectful of the differences and of the “different”, and also should broaden rights.
DANCE AND ACCESSIBILITY
SYMPOSIUM

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Inclusive dance is an important means to open new spaces in society. This symposium deals the experiences of four researchers in different areas focusing on dance as a possibility to make accessible new experiences for girls and women. Specifically we will address: the benefits of inclusive dance experience, the creation of inclusive dance education environments in elementary schools, the construction of identities of physical disability women through the wheelchair dance, the inclusion of indigenous women through ritual dance in the indigenous peoples' games in Brazil. The results show how positive experiences in dance can influence personal development in life.

Details of each presentation

Benefits of Inclusive Dance Experience
Maria Dinold

Background Positive and successful dance experience in an inclusive setting relies on the pedagogical ability and practice of the teacher. Teaching and performing experience had shown that inclusive dance pedagogy has the potential to contribute to the quality of life of persons with a disability and that similar additional benefits could be identified for participants without impairments as well.

Methods In order to assess the presumed benefits of an inclusive dance experience – like improved self-confidence, self-efficacy, and self-reported satisfaction with the level of achievements in dance, mobility, independence, social relations, and mastery of daily living – eleven participants of the inclusive dance company “Ich bin O.K.” were asked by semi-structured interviews about their opinion. Furthermore, some considerations from practical teaching experience are depicted and highlighted as pedagogical advices.

Discussion Combining adapted teaching considerations with practical suggestions and the results of the interview inquiry the presentation will aim to give a picture of the optimally desired dance experience in inclusive dance for persons with and without a disability.
Conclusion
Depending on different abilities with respect to answer questions, to self-assessed feelings, and to mastery of verbal expression it can be confirmed that positive experience in dance can influence positive personal development in life.

Creating Inclusive Dance Education Environments in Elementary Schools
Michelle R. Zitomer

Background
A number of Canadian public schools are offering dance as a subject matter in its own right. Dance education encourages children to discover who they are, how they feel, and how they relate to others. Due to inclusive education policies that encourage placement of children with disabilities in regular classroom settings to the extent possible, an increased number of children with disabilities gain opportunities to participate in dance alongside peers without disabilities. Despite being a topic of discussion and debate across education domains internationally, inclusion has received limited research attention in dance education. This study explored how inclusive dance education environments are created in elementary schools through the perceptions of dance teachers and their students with and without disabilities.

Methods
Four elementary school dance teachers, eight children with disabilities and 14 classmates without disabilities from five schools in western Canada participated in this study. Data collection involved interviews, class observation, field notes, and children’s art work. A conceptual framework of relational ethics facilitated data collection and interpretation. Data were analyzed using interpretive thematic analysis procedures.

Results and Discussion
Thematic analysis resulted in three main themes that illustrate the creation of inclusive dance education environments in the five schools: (a) Accepting all students, (b) support, and (c) embodied learning. The four teachers valued the uniqueness of each student and felt committed to inclusion. Through participation in the dance classroom environment classmates without disabilities learned to regard uniqueness as an ordinary aspect of their classroom diversity, and students with disabilities gained a sense of belonging.

Conclusion
Insights from this study suggest that elementary school dance education can potentially offer students a safe learning environment that enables collaborative movement exploration, problem solving, and creativity.

The construction of identities of physical disability women through the wheelchair dance
Eliana Lucia Ferreira

Background
The wheelchair dance is one of the components of Inclusive Physical Education in the curricula of the Physical Education area. The differentiated bodies are conquering new social and educational spaces. The history of wheelchair dance practices is in accordance with the Brazilian Inclusive Education Policy. The objective of this research is to understand the possibilities of social inclusion through the wheelchair dance for women. And in return it contributes to a better understanding of the dance itself.

Methods
Choreographies registered in video of wheelchair dance groups from different regions in Brazil were analyzed. Formal interviews with dancers and choreographers from these same groups
were carried out. Apart from this, famous dance teachers were also interviewed from different Brazilian dance groups. The data were collected during 2000 and 2016, and analyzed using two methods: the French discourse analysis of Michel Pêcheux and the movement analysis of Eni Orlandi.

**Discussion**
The wheelchair dance established another dimension and understanding of movement. Beyond that, we point out the fact that wheelchair dance has advocated another meaning for the body. in favor of a more collective physical education, more inclusive and searching for activities where individuality prevails. The Wheelchair dance aligns itself with the struggle of disable women to be recognized as a person who is able to express their feelings through body gestures.

**Conclusion**
Disabled people want to get rid of the stigma of the disability image. Furthermore, through dance, women with disabilities struggle to build a memory able to replace the memory of disability. Through wheelchair dance people with disabilities build a new identity that is linked to a collective proposal, where prejudice, if not overcome, is at least confronted. Their participation in actions established by heterogeneous groups helps them to build an identity that will be materialized in social relations in which they are entangled, lined up and intertwined. Identities are recreated, and this new collective identity is able to establish an original social ideology. Planned actions that propose social intervention are the means to change social reality, from the moment that these actions may be projected to encourage social changes respecting cultural diversity and enhancing the potential of the community. And for that, it is necessary to establish a close relationship to develop the sense of belonging to or with the group. Additionally, offering them the means to expand their opportunities, to permit the dance experience to be translated into real possibilities that can improve their living conditions.

**The inclusion of indigenous women through dance in the indigenous peoples’ games**
Maria Beatriz Rocha Ferreira

**Background**
In the last ten years the National Indigenous Peoples’ Games is one of the most important and complex phenomenon in Brazil. The organization depends on the articulations among different sectors of society: - Intertribal Committee – Indigenous Memory and Science (ITC), Ministry of Sports and other public and private sector of society. They congregate elements from ancestral indigenous cultures and from the contemporary world. In these events, the dance rituals were the main entrance for the women participation.


**Results and discussion** – In the beginning the women came only as wife to sell arts and crafts, and to participate in the religious dance rituals. The dance became the main entrance for their participation in the Events and allowed them to have empowerment in different aspects: participating in different games and being part in the social forum.

**Conclusion**
The women participation in the dance rituals allowed them to have the opportunity to participate in the games, to show their traditions and values, to exchange experience with other indigenous peoples and to affirm their rights and obtain acknowledgement in the Brazilian Society.
MANAGEMENT CAPACITY OF EMPLOYEE WELLNESS PROGRAMMES (EWP) IN SOUTH AFRICA

Mari Fourie

Within South Africa, employee health and wellness programmes are divided into two (2) categories: Employee Assistance Programmes (EAP) and Employee Wellness Programmes (EWP). Both categories aim to improve the health and wellness of employees with the intention of improving productivity within the workplace – however, the EAP has a stronger legislative obligation employers have to abide by, whereby the EWP encourages employees to take charge and responsibility of their own well-being through company based programmes. Employee sport and recreation programmes provide a host of benefits to both organisations and employees which includes; reduced stress, better employed health, increased employee commitment and motivation, improved company image, higher retention rates, reduced absenteeism and increased productivity - which evidentially add to the organisations’ overall performance (Gungaphul, M., Kassean, H. & Ramnarain, T., 2012). Research findings by Joubert and De Beer (2011) on the benefits of team sport for organisations indicated that organisational team sport should be considered as a vehicle for improving trust, respect, commitment, friendship and communication between employees – these benefits organisational team sports contributes to an organisation, are all requirements for an effective workforce and in turn improve organisational effectiveness. Lin, Wong, & Ho (2012) investigated how leisure benefit systems (non-work benefit programmes – e.g. participate in leisure activities) affect frontline hospitality employees’ quality of life when faced with work-to-leisure conflicts (e.g. working hours) – their findings yielded that when frontline employees’ receive adequate leisure benefits, it leads to a better work and leisure life as it serves as a coping mechanism for work-leisure conflict (e.g. insufficient time to participate in leisure), which in turn may lead to better job and leisure satisfaction. The study aims to investigate (1) female participation rates in employee corporate wellness programmes, (2) female specific programmes presented by organisations and (3) reasons for non-participation and (4) investigate management’s capacity to effectively implement EWP, by measuring it against the ISO9001:2005 standard (Quality Management System).

OUTDOOR ADVENTURE PURSUITS: THE EXPERIENCES OF WOMEN PARTICIPANTS IN TRAILBOUND TRIPS

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Barry University, FL. USA

Background: Outdoor adventure activities are popular recreational pursuits. Organized programs often target a population such as at-risk youth, college students, and business employees. Goals of programs include these: personal discovery, empowerment, character development, building community, physical fitness, active learning, fostering love for adventure, and appreciation of the natural environment. Research investigations have studied
the achievement of these goals and the impact of the experiences on participants in specific demographic groups. Yet, there has been little attention devoted to understanding the experience of women, a growing population of participants. This study examined the experiences of women who take part in Trailbound Trips, a Chicago-based outdoor adventure organization for women. Their offerings include hiking, bicycling, kayaking, dogsledding, rappelling, and SCUBA diving in nature preserves, national parks, and wilderness areas.

Methods: Existential phenomenological interviews were conducted with 11 women participants in Trailbound Trip offerings. Participants ranged in age from 47 to 67. Qualitative analysis of the interview data identified meaning units, which were grouped into subthemes, major themes, and a primary ground.

Results: A final thematic structure revealed seven major themes that characterized the participants’ experience: empowerment, leadership, nature, new experiences, friendships, personal growth, and physical.

Conclusions: The results suggest that outdoor adventure pursuits can be transformational for women in many ways and that it provides an avenue for exploring personal meaning and promoting psychological benefits.

THE POWER OF SOCIAL MEDIA IN THE WEIGHT LOSS JOURNEY OF A CHRONICALLY OBESE FEMALE

Maria Luisa Guinto-Adviento, PhD
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The use of social networking sites to provide obese people access to community support from health practitioners, exercise professionals, and encouraging peers has been recognized as an innovative way to address global health issues that include obesity (World Innovation Summit for Health, 2013). Employing the Interpretative Phenomenological Analysis (Smith & Osborn, 2003; Smith, Flowers & Larkin, 2009), this case study examined how a chronically obese female made sense of her significant weight loss of 100 pounds or a third of her total body weight in 12 months and sustained this over the succeeding months. Her account illustrates how she struggled through different weight loss programs since childhood and what led to her final resolve to make a radical shift in her eating habits and physical activity. Central to her journey is her public declaration in social media of her weight loss decision and how this provided her with the powerful support system required to sustain her motivation to regulate her calorie intake and manage her exercise regimen over the months. Five master themes emerged from the analytic process: (1) changing mind prior to changing body, (2) using Facebook, Twitter, and Instagram to chronicle her diet and exercise progress, (3) accessing free online advise for exercise and nutrition (4) gaining online and face-to-face private and public support and eventually (5) becoming a “Fitspiration” to other women struggling with overweight. Findings from this study offer important insight into the phenomenology of weight loss in a chronically obese female who engaged the strengths of social networking to achieve her objectives.

Keywords: obesity, weight loss, social media, interpretative phenomenological analysis
ZUMBA @ BULEY: A PHYSICAL ACTIVITY INTERVENTION PROGRAM FOR AFRICAN AMERICAN WOMEN

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Having a physically active lifestyle reduces risks for obesity and cardiovascular diseases (Opdenacker, Delecluse, & Boen, 2009). Individuals from low SES backgrounds often lack access to facilities and perceive significant barriers to exercise (Bopp et al., 2006). In the U.S., 63% of African American women, specifically those from low SES backgrounds do not meet the recommended physical activity guidelines and 82.1% of them are classified as overweight (National Center for Health Statistics, 2015). A physical activity/rhythmic aerobic intervention program was implemented within a community center in the U.S. Twelve African American women ($M_{age} = 45.75$) participated in Zumba classes, two times per week for three months. At the completion of the program, participants responded to semi-structured surveys to assess their experiences and motives for participation. Qualitative and descriptive analyses revealed four themes for experiences and motives for participation: entertainment, cost-efficiency, educational and convenience motives. Most participants reported that they found the program beneficial and would continue participation in the future. Potential employment opportunities for those who became Zumba certified instructors in return for consistent participation were particularly emphasized among the benefits of joining the program. These findings reveal that targeted interventions may help minorities from low SES backgrounds to participate in and possibly maintain physical activity. Implications including designing interventions that incorporate entertainment, low-cost, education, and convenience will be discussed. Strategies to help facilitate lifelong physical activity habits with women from low SES settings will be outlined.

EXAMINING ACADEMIC AND ATHLETIC MOTIVATION AMONG STUDENT ATHLETES: A QUANTITATIVE STUDY AMONG STUDENT ATHLETES AT A DIVISION II UNIVERSITY

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Examining the relationship between academic and athletic performance of college athletes has been a topic of interest in the literature over the past few decades (Gaston-Gayles, 2004). This subject has been very important to Athletic Department administrators and the National Collegiate Athletic Association (NCAA) in their shared goal of maximizing student performance both on and off the athletic field (Gaston-Gayles, 2005).
Student athletes spend an average of 20 hours practicing while taking 4 to 6 academic courses, which results in approximately 12 to 18 hours of coursework per week. Actual time spent in a classroom is only a relatively small portion of the study time. (Gaston-Gayles, 2004). Given this unique dual motivation to attend college – academic and athletic – there is a need to examine the focus and attitudes student athletes hold toward their academic and athletic roles. The overall goal of the college experience is to develop and improve students’ learning both inside and outside of the classroom (Hoover, 2012).

The participants in this study will be student athletes at nine colleges and universities (Barry University, Eckerd College, Florida Southern College, Florida Institute of Technology, Lynn University, Nova Southeastern University, Rollins College, Saint Leo University and University of Tampa) in Sunshine State Conference, Division II athletics during the 2016-2017 academic year. The sample for this study will include student athletes who participate in eighteen varsity sports including eight men and ten women teams.

The participants will be asked to answer thirty six (36) questions: six (6) indicating demographic information and thirty (30) questions in regards to their academic motivation, athletic motivation, and career athletic motivation. The Student Athletes’ Motivation Toward Sports and Academic Questionnaire (SAMSAQ) was created by Gaston-Gayles, to measure academic and athletic motivation of student athletes in colleges and universities. The initial survey consisted of 30 questions that examined the degree to which student athletes were motivated towards academic and athletic related duties. There was 15 questions created to measure academic motivation, Gaston-Gayles (2005) re-named the factors appropriately after common characteristics for each factor were discovered. The SAMSAQ now consists of three different subscales: (a) student athletic motivation (SAM) which measures the degree to which an individual participated to pursue their athletics (8 items), (b) academic motivation (AM) (16 items) which measures the degree to which an individual participated and was motivated toward academic related tasks, and (c) career athletic motivation (CAM) (5 items) which measures a likeness of the desire to play sports at the professional level. These three subscales have the potential to provide academic advisors with information about student athletes to help them develop a balance between academic and athletic tasks. Individuals will be asked to specify their level of agreement with each statement on the questionnaire using a 6 point Likert-type scale (1=very strongly disagree to 6=very strongly agree). Scores for each of the subscales requires reverse coding eight items (items 5, 9, 11, 18, 21, 25, 26, and 30), summing the responses for each subscale, and calculating the mean score for each subscale. Data will be collected via Survey Monkey sent to student athletes from their Athletic Directors. The results of this study can provide athletic departments with knowledge and enhance their conceptualization skills so that they can work more effectively with student athletes.
WILL, SOCIAL SUPPORT AND PSYCHOLOGICAL RESILIENCE IN FEMALE ATHLETES.


Our work has the goal of evaluate some particularities of life stories of Cuban women athletes that have had succeed in their sporting careers and the influence of the social support (family, trainers, headmasters and professionals) in their psychological characteristics and the development of their own personalities since childhood. It is also made an exploratory study about this subject in girl’s initiates in their own sport. It is shown the efforts of the government and other organizations in encourage girls and women to improve the role of women in society, all of this to guarantee the access and opportunities of developing and sustain all their potential. It is made a study of cases in high performance athletes, Olympic and World champions, like: Yumilka Ruiz (volleyball), Driulis González (judo), Ana Fidelia Quiot, (athletics) and girls that practice rhythmic gymnastics of the initiation sport. The results show the special combination that result in particular characteristics of each one, facing mechanisms, obstacles and difficulties and the level of social support that they received.

“I AM JUST AS STRONG, MAYBE STRONGER:” TOWARDS AN UNDERSTANDING OF WHY WOMEN PLAY TACTILE FOOTBALL.

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Since the passage of Title IX in 1972, women have been defining and consistently redefining what it means to be a female athlete and as a result, have been challenging the socially constructed, gender-based stereotypes of what a female athlete is supposed to look and act like. To that end, female tackle football players are at the forefront of helping society re-imagine how a female athlete participates in her sport. Historically, women did not have the same access to football as a competitive sport experience as men. However, in the past twenty years, there has been an increase in the number of women playing tackle football. What is less known about women’s tackle football experience is why they compete in a sport that was traditionally reserved for and defined by men. Surveys were sent to 30 of 31 teams in the Independent Women’s Football League (IWFL). A total of 681 players were contacted and 245 players completed the survey. Using thematic analysis, patterns emerged explaining why women play tackle football. Themes included: (1) “Because I can”, (2) To be a role model, (3) “To prove that I am strong,” (4) Provides an outlet for aggression and (5) To be physically active.
WOMEN AND GIRLS: #ACTIVE, FIT AND SPORTY – NORTHERN IRELAND’S JOURNEY!

Haughey, T.J (Ulster), Bunt, A. (SNI), Platt, A. (Ulster Hockey), Kearney, K. (NISF)

Background: The Sport and Physical Activity Survey (SAPAS) carried out in 2010, highlighted that only 35% of women across Northern Ireland achieve the recommended 30 minutes of physical activity, 5 times a week. Women’s participation in sport peaks in young age groups (16-29 – 43%) and declines with age (50+ - 18%). So what can key organisations do to shift this change? A coordinated approach – So why has the Female Sports Forum been established to get Northern Ireland Females #ActiveFitandSporty!

Methods: Mixed methods approach adopted which included a systematic review of organisations involved in the delivery of physical activity and sporting programmes at all levels. Consultation events across Northern Ireland. Implementation and evaluation of programmes. Themes established for action plan.

Results: It was evident from data collected, provision of opportunities for female participation in activities was large. There were gaps in relation to aspects such as role models, media attention, leadership and research from a Northern Ireland context. Lead to the development of a strategy and pledge. Funding was released in October 2016 by Minister of Sport for Northern Ireland to assist in achieving aspects of the action plan developed from the strategy and consultation events.

Conclusions: Working in partnership with community, voluntary, statutory and education organisations to achieve a coordinated approach is vital. A common vision shared by all partners will ensure “Women and Girls: #Active, Fit and Sporty” in Northern Ireland.

THE POST CAREER OF WOMEN’S SOCCER PLAYERS IN BRAZIL: AN ANALYSIS THROUGH LIFE STORIES OF FORMER MEMBERS OF OLYMPIC WOMEN’S NATIONAL SOCCER TEAM

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Background: The aim of the present study is to understand social and behavioral aspects involved in the transition phase and current situation of former Members’ of Olympic Women’s National Soccer Team post career. Through this investigation factors that surround the acquisition of a new identity after sports career come will be analized. Methods: This is qualitative research. This project is guided from the oral history and oral history of life of former members’ of olympic women’s national soccer team. Life story brings out particular meanings that the narrator carries in a way where it is possible to overcome the superficiality of speech and have a reflective attitude, allowing the narrator reliving experiences and remarkable episodes, and establish their own order chronological to the facts. The analysis of career transition for post career will be held from clippings of stories of life of project participants. It is intended to contextualize in order to compose the discussion proposed in this research, through the transcript of the content obtained through interviews with the participants. Results: The research is ongoing and is part of a MA degree. Conclusion: The research is ongoing and is part of a MA degree.
SPORT FOR ALL? INCLUSION OF FEMALE REFUGEES IN EUROPEAN SPORTS
SYMPOSIUM

Rosa Diketmueller, University of Vienna, Austria
Annette R. Hofmann, Ludwigsburg University of Education, Germany
Petra Gieß-Stueber, University of Freiburg, Germany
Susanna Hedenborg, Malmö, Sweden
Aage Radmann, Norwegian School of Sport Sciences, Oslo, Norway
Clemens Ley, University of Vienna, Austria

Presently one of Europe’s main challenges is how to deal with the refugee situation. Due to the 1951 Geneva Refugee Convention by the United Nations, which is built on the Universal Declaration of Human Rights that recognizes the right of persons to seek asylum from persecution in other countries. This means that the European countries have the responsibility to look after the masses of refugees that are presently seeking entrance into Europe.

There are many different social and political programs targeting the present refugee situation. This session will take a look at the role of sport and physical activity. According to the EUs commission’s White Paper on Sport all residents should have access to sport and specific needs are to be addressed in order to meet the situation of under-represented groups. It is stated that sport can provide health benefits through the integration into society of migrants and persons of foreign origin as well as support an inter-cultural dialogue. This is also often believed by governments, sport federations and sport club who have various offers, even though mostly for men and boys. In this session, however, special attention will be given to programs including women and girls. They are often – due to cultural and religious reasons – excluded from access to physical activity and sport. In so doing the situation in Austria, Germany, and Sweden is focused on.

Physical Activity and Sport for Girls and Women: A possibility of Integration into German Society?

Annette R. Hofmann, Ludwigsburg University of Education, Germany
Petra Gieß-Stueber, University of Freiburg, Germany

In 2015 almost half a million persons applied for asylum in Germany. Sport, physical activity and exercise are often used as means to raise awareness for social problems and it is generally thought that they can support integration. This can be seen in the fact that state governments often act as partners of sport federations by giving financial support to set up sport and physical activity offers for refugees. Women with migration background (in this case refugees) participate to a much lesser extend participate in these programs than males. Several reasons account for this: Not only are there fewer female refugees, but also, due to their religious background (muslim) women and girls are much more drawn to the private sphere and to family life. This means they often do not participate in public sport or exercise activities to the same extend. In addition, many refugee women and girls were to a lesser extent than men, involved in sports and physical exercise in their home countries. This paper will examine and compare chosen examples how to include refugee women within German sports and show the difficulties and barriers in doing so.
Sport and Integration - a Swedish Perspective

Susanna Hedenborg, Malmö, Sweden

In 2015 170,000 people applied for asylum in Sweden. A majority of these came from Syria. As a means for integration the Swedish government decided to set aside 32 and later 64 million Swedish Crowns per year for work directed to the Swedish Sport Confederation’s integration projects. In this presentation a mapping out of how this money was used will be explored on a macro, meso as well as micro level. Which sport federations were given money and how much? How did the sport federations distribute the money to the sport associations? What kind of projects were carried out in the associations? The study is build on a survey and interviews and the analysis will be guided by gender theory.

Outdoors and Integration – a Norwegian perspective

Aage Radmann, Norwegian School of Sport Sciences, Oslo, Norway

In 2015 Norway received 31,145 applications for asylum. This is the highest number of applications that Norway has received in one year. By comparison, in 2014 there were 11,480 applicants. The highest number of applicants Norway has received earlier was in 2002 when 17,480 applications for asylum were received. People from Syria amounted to the highest number, with over 10,500, followed by Afghans (7,000), Iraqis (3,000) and Eritreans (2,900). The Norwegian White Paper No. 18 (Stortingsmelding 18 (2015-16) “Outdoors – nature as a source of health and overall life quality” declare that it is strong political commitment to involve refugees in the Norwegian tradition of Outdoors/Friluftsliv since Friluftsliv is considered to be an important arena for inclusion and integration. In this presentation challenges both regarding the organisational understanding of the concept “Frl HuffPost integration/inclusion” and refugees perception of Norwegian Friluftsliv will be discussed.

'Train the trainers': Gender and Intercultural Competences in Courses for Coaches for Traumatized Female Refugees

Rosa Diketmüller & Clemens Ley, University of Vienna, Austria

Knowing that refugees show a particularly high prevalence of psychosomatic and psychosocial disorders and that exercise and sport gain somatic and psychosocial health benefits, this lecture focuses on the relevance of gender and intercultural competencies of ongoing coaches for traumatized women. Previous studies (e.g. Ley et al., 2016) indicate that these benefits are very relevant for traumatized refugees, torture and war survivors. Nevertheless, especially for migrant (muslim) women the person who offers physical activity and sport is crucial. Till now, competencies of coaches for traumatized female refugees are currently scarcely researched and curricula on this issue are still missing. The research analyses how gender, cultural, religious and health-status issues are addressed within a program for coaches who wanted to work with traumatized female refugees. It got clear that intersectional approaches were needed in order to contribute to the understanding of the specific needs of the target group and to the development of a target-group oriented program. This lecture focuses on the results regarding the program-development, the experiences of the coaches in offering physical activity and sport and finally discusses the role of gender and intercultural issues in the framework of trauma work with (muslim) females.
Presently one of Europe’s main challenges is how to deal with the refugee situation. Due to the 1951 Geneva Refugee Convention by the United Nations, which is built on the Universal Declaration of Human Rights that recognizes the right of persons to seek asylum from persecution in other countries. This means that the European countries have the responsibility to look after the masses of refugees that are presently seeking entrance into Europe.

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Sub-Theme: Lifelong Physical Activity
Parallel Session 9, Saturday 20 May 2017

YOGA FOR CANCER RECOVERY

Doris Lu-Anderson, Ph.D. E-RYT 500
Mira Costa College, California, USA

Yoga has its ancient root in India. Many researchers estimate that yoga originates approximately 5,000 years ago in India (Feuerstein, 2001). In the modern society, due to the perception of fitness and physical movement of yoga, people consider yoga body-mind practice, or a form of exercise. Moreover, people do perceive the various benefits that yoga brings, including peaceful mind, feeling good, improving body strength. According to the World Health Organization (WHO) (2015), cancers figure among the leading causes of morbidity and mortality worldwide with approximately 14 million new cases and 8.2 million cancer related deaths in 2012. Also, the number of new cases in expected to rise by about 70% over the next 2 decades. Among women, the five most common sites diagnosed were breast, colorectal, lung, cervix, and stomach cancer. Although there is no scientific evidence to prove that yoga can cure or prevent any type of cancer, but studies and reports do suggest that yoga might help cancer patients and survivors to sleep better and cope with anxiety (Cancer Research UK, n.d.; Prinster, 2014). In addition, yoga interventions can be tailored to specific groups like breast cancer patients and recovery, where the goals may focus on reducing fatigue, promoting healing, improvement mood and sleep quality, removing toxins, reducing stress and inflammation (UC San Diego Moores Cancer Center, n.d.). Physical educators and coaches may encounter students who are going through cancer treatment and recovery. Thus, the purpose of this workshop is to provide a basic understanding about yoga’s benefit for cancer recovery, and tactics to provide simple breathing and movement to this special group.
References

Sub-Theme: Lifelong Physical Activity
Parallel Session 10, Saturday 20 May 2017

A DOWN UNDER PERSPECTIVE – AN EXAMINATION OF THE RECENT SUCCESS OF WOMEN’S NATIONAL SPORTS LEAGUES IN AUSTRALIA

Janice Crosswhite
Retired/ IAPESGW Vice President, Australia

Background:
This paper will examine the results of the Gender Balance in Global Sport Report (Women on Boards, September 2016) and relate this report to the national Australian scene with an examination of women’s national leagues (Football - soccer, Cricket, Australian Rules Football, Basketball and Netball) in Australia and their respective media success.

Methods and Results:
Semi-professional women’s sport is on the rise in Australia. 2016-2017 will see the start of three new national leagues in Australia. These new leagues, along with the continuing existing leagues, will generate increased competition for talented female athletes, as well as sponsorship support and media coverage.
In particular Janice will discuss the rise to prominence in the last few years of these leagues along with the inevitable rise in demand for wages and conditions for the players. She will detail Netball’s parental care policy which is a game changer for women’s sports. It provides players with young children unprecedented support and safeguards a player’s contract should they fall pregnant or get injured.

Conclusion:
The success or otherwise of the respective leagues will become known over the next year as most will start in a few months’ time and Netball’s new national league will commence early
2017. Overall, the media coverage of women’s semi-professional sport is on the rise and this will be a major factor in the leagues possible success.

SECONDARY SCHOOL GIRLS’ VIEWS ABOUT PARTICIPATION IN SPORT

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Background: Understanding girls' views on participation in sports may help address the long standing low participation issue of females in sports pointed out in several studies. The study established girls' interests, participation and the factors that influenced their participation in sports.

Methods: A cross sectional survey was conducted in a girls' secondary school with senior one girls aged 13 - 15 years in Wakiso, Uganda. A self-administered questionnaire was used to collect data and descriptive statistics were used in the analysis.

Results: Completed data for 188 girls was used to establish girls that were interested in sports (85%); those that participated in sports (69%) and the sports they participated in: swimming (70.8%) was participated in most while gymnastics and golf each with less than 1% were least participated in. Higher than 90% girls' response on each of the following: religion, culture, family and school indicated a positive influence towards sports.

Conclusions: Firstly, girls are interested in participating in sport. Secondly, girls participate in variety of sport to which they are exposed. Thirdly, sports most enjoyed by girls include swimming, basketball and netball. Girls' participation in sport is high where religion, culture, school and family are supportive.

‘GAELIC4GIRLS’: DEVELOPMENT OF A COMMUNITY SPORTS-BASED PHYSICAL ACTIVITY INTERVENTION

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Background: Ladies Gaelic Football (LGF) is a popular form of childhood physical activity (PA) participation in Ireland. In recent years, the participation rates have increased significantly among children aged 8 to 12 years old. As a result, the Gaelic4Girls’ (G4G) programme has been established nationally to continue to increase and improve participation. The purpose of this study was to inform the future development of the existing G4G programme.

Methods: Cross-sectional data were collected in 2016 on female Irish primary school children (n=358) in relation to PA levels (using self-report and accelerometry), psychological correlates of PA,
anthropometric characteristics, and fundamental movement skill (FMS) proficiency. A sub-sample (n=37) participated in focus group interviews to explore their perceptions of health, sport and ladies football participation. 

**Conclusion:** The G4G programme will be the first evidence-base in Gaelic Games for PA promotion in Ireland, particularly for vulnerable, at risk for drop-out girls and may hold promise as an innovative community sport-based, health-promoting intervention for children.

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**Sub-Theme: Lifelong Physical Activity**

*Parallel Session 11, Saturday 20 May 2017*

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**POSTURE IN JAPAN’S TRADITIONAL PERFORMING ART “NOH” LEADS TO A GOOD POSTURE — FROM THE PERSPECTIVE OF TOYO FUJIMURA’S POSTURE EDUCATION—**

Chika Okuno, Tokyo Women’s College of Physical Education, Japan

Chisato Hasegawa, Tokyo Women’s College of Physical Education, Japan

Hiroaki Nastui, Japan Women’s College of Physical Education

Toyo Fujimura (1885〜1955) is one of the individuals who contributed to the development of women’s physical education instructors in Japan. Among the educational practices of Toyo, “posture education” currently continues to be explored from the perspective of both research and practice. One of the movements advocated by Toyo that contribute to the development of a good posture includes “Noh”. This study aims to clarify whether the “Noh” posture is effective in the development of a better posture through data collection of “Noh” movements.

**Methodology**

1. Medical verification of the good postures advocated by Toyo
2. Data analysis of the movements of Noh performers (*shite kata* or protagonists) through motion capture

**Results**

The good posture advocated by Toyo is in maintaining the physiological anterior groove of the lumbar spine. The study clarified that in order to maintain this it is important to maintain the muscular strength balance around the lumbar spine and for this it is important to strengthen the muscular strength of the rectus abdominis muscle. Further, from the data analysis of movements of Noh performers through motion capture, the maintenance of the physiological anterior groove of the lumbar spine could be observed from the first “posture” and it was identified that they were walking without disturbing this posture. In other words, one can consider that this is the formation and maintenance of a good posture.
SPORT AND PHYSICAL ACTIVITY PROFESSIONALS’ PERCEPTIONS OF LEADERSHIP COMPETENCE: A GENDER PERSPECTIVE

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Background
This study analyzes the sport and physical activity professionals’ perceptions of leadership competence for their professional performance, from a gender perspective and according to age and initial training.

Methods
The methodology was quantitative and descriptive in nature and multi-stage probability sampling was used. Data was collected through a validated questionnaire. The sample size was 2500 Spanish individuals who worked in sport and physical activity professionals’ occupations.

Results
Both men and women consider that the leadership competence is fairly important or very important (percentages higher than 70%), while men give greater importance (70% women; 73% men). In all age brackets, this competence is considered very important, although the percentage between 30 and 44 is higher (74%). According to the initial training, this perception increases when the training is higher. Specifically, the percentages of women are: university program = 70%; vocational program = 69%; Secondary school and less = 67%. There are significant differences between the variables (p<.05).

Conclusions
The perception of leadership competence is high, although women present lower percentages. However, women show a greater difference than men when increases the initial training. According to age, women present a higher percentage between 30 and 44.

The research is a part of the Fundamental Research Project I+D+i DEP2009–12828 which has been funded by the Ministry of Science and Innovation of Spain.

PHOTOGRAFIC COVERAGE OF THE FEMALE FIGURE IN SPORT: VENEZUELAN CASE STUDY

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Girls and women have made great steps in sports, but despite their progress, everyday life suggests that sportswomen do not receive commensurate media attention. In order to determine how female athletes and sportswomen are framed in newspapers, a qualitative analysis was conducted on three Venezuelan newspapers, with the purpose of exploring the relationship between sport and gender by examining their photographic images coverage in local media. The main interest of this research is to examine media coverage of female sport, particularly at the local level; to demonstrate media is in many ways dominated by the coverage of men rather than women’s participation. The characteristics of the language used in the sample captions were also analyzed. The findings indicate that men dominated photographic coverage in local papers, and, by comparison female athlete’s media attention focus on their physical attractiveness or non-sport-related activities. In addition, the portrayal of sport women in the media has been exposed to sexualizing and objectifying discourse. To conclude, the results from this study also provide a foundation for those who wish to further explore and raise awareness on this issue.

**Key words:** Female Figure, Sport, Local newspapers

‘YOU’LL MAKE A GREAT MOMMY, SUZY!’ REINFORCING GENDER STEREOTYPES THROUGH PLAY

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Play is an important area that can be used to break down stereotypes and encourage gender equality. Despite the many changes in male-female relations over the last decade as well as strides made in female rights and equality, play remains gendered. This article argues that toy production and sales companies adhere to cultural ideologies in providing toys that are perceived as masculine and feminine. Rigid gender divisions tend to be the norm in the design of toys for children. Little girls grow up with dolls, tea sets and play ovens that emphasise their nurturing and maternal ‘instincts’ while little boys play with super heroes and toy guns that emphasise power, aggression and dominance. A qualitative ethnographic approach was utilised in the observation of 85 toy stores. The observation grid included the use of colour; types of toys; division of genders and availability of alternative toys. The study concludes that the provision of toys is indeed gendered and that gender divisions are enforced both in the provision of toys as well as within the toy store environment itself.
**WOMEN INVISIBILITY IN SPORT AND LEISURE PUBLIC POLICIES IN BRAZIL**

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Alessandra Vieira Fernandes (UEM-BR)  
Fernando Augusto Starepravo (UEM-BR)  
Giuliano Gomes de Assis Pimentel (UEM-BR)

**Introduction:** The analysis of public policies that permeate the sports field shows that the involvement of women is still meager. Considering that legislation can be understood as one of public dimensions (Frey, 2000), the **Objective** of the study is to analyze the (non) presence of women in sports and leisure public policies in Brazil. **Methodology:** Using the Thematic Content Analysis (Bardin, 2011), it was carried out a desk research of the digital cursive available records of the Brazilian legislation on sports and leisure (Decree-Law No. 3,199 / 41, Law No. 6251, No. 8672, No. 9615 and No. 9981); the resolutions of the three National Sport Conferences (2004, 2006, 2010). **Results:** it was observed that the oldest the decree-law, women were allowed to participate in modalities recognized as “masculine” ones, being football the first one accepted. It was noticed, then, the need of women's access to sport, in general. Concerning the National Sports Policy, inequality in sports in the country came with its map of socioeconomic inequalities. In the other two CNEs, women's participation in sport appears in general way through social inclusion and ensuring access to sport and leisure regardless of gender. **Conclusion:** It was concluded there is an absence of sports public policies aimed at women in the various modalities in the Brazilian National Legislation.

**BICYCLING AMONG RESIDENTS OF UNIVERSITY OF NIGERIA: A FOCUS ON ISSUES OF THE RIDERS SAFETY**

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**Background**  
The study determined whether the residents of University of Nigeria Nsukka used bicycling to and from workplace. The study also reviewed some basic safety issues. The University has residential quarters with network of roads that could be used for bicycling. It is however not known how many residents use bicycling to and from workplace. Issues of safety were also of concern in this study. These issues include availability of bicycle routes, bicycle paths in major roads and traffic rules meant to protect the riders.

**Methods**  
The descriptive survey was used for this study. The sample was 316 residents of the University of Nigeria, Nsukka. Questionnaire used to collect the data has age, gender and 6 other items on bicycling to and from workplace. The instrument was validated by five experts in University of Nigeria. The researcher personally administered the questionnaire. Data were analyzed using frequency and percentages.
**Results:**
The result of the study showed that 19.76% used bicycle to workplace. The result also revealed that 6.3% of the residents return home on bicycle. It was also found that 17.9% of them bicycled within workplace.

**Conclusions**
It was concluded that bicycling to and from workplace is not a popular practice among the residents of University of Nigeria, Nsukka. Younger persons bicycled more than the older ones. More men bicycled than women

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**Sub-Theme: Global to Local Initiatives**

**Parallel Session 5, Friday 19 May 2017**

**WOMEN AND SPORT IN LATIN AMERICA**

**SYMPOSIUM**


Panel Chairs – Professor Rosa López de D’Amico & Professor Tansin Benn

In the field of gender equity in sport the outcomes of ‘Global to Local’ initiatives are best judged by the opportunities women find to participate in sport at every level from school to high performance sport levels. The global context of research and advocacy continues to make a difference for girls and women but success depends on the political, economic and social situation in which everyday lives are lived. IAPESGW led on the first English language book to share the experiences of Latin American women in Sport, published by Routledge in 2016. Detailed chapters were included from: Argentina, Brazil, Chile, Colombia, Costa Rica, Cuba, Honduras, Mexico, Puerto Rico and Venezuela. In this symposium, those authors able to attend will discuss the realities for women and sport in their countries.

In summary, the region has many dichotomies, for example, countries with political stability and others with instability, high femicide rates in some places and high visibility of women political leaders in others. Most importantly, there is evidence of progress in women’s rights at constitutional levels across the region and a growth in women’s organizations and solidarity for equality. Girls and women’s rights in participation in physical activity have benefitted. Compulsory physical education is the norm for all girls and boys, despite resource variables between countries, and Latin American women in all countries have successful histories through personal and national endeavours in high performance sport.

**GROUP EXERCISE AS AN ADJUNCT TREATMENT FOR TRAUMA**

**WORKSHOP**

Dr. Eva Nowakowski-Sims, PhD, LCSW, MPH

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The health benefits of exercise are hard to ignore. In addition to the many physical benefits (weight control, decreased risk of cardiovascular disease, more energy, and better sleep), physical activity stimulates various brain chemicals that improve mood and
relaxation. Research has found significant benefits in using exercise as an adjunct treatment modality for depression (Lawlor & Hopker, 2001; Stathopoulos et al., 2006), anxiety (Asmundson et al., 2013; Wipfli et al., 2008), Post Traumatic Stress Disorder (PTSD) (Fetzner & Asmundson, 2015) and substance-related disorders (Strohle, Hofler, & Pfister, 2007). Growing evidence on the role of the body in trauma response suggests that exercise can be effective as an adjunct treatment to traditional therapy to enhance outcome. Exercise may potentially be both a powerful protective factor and a valuable intervention for negative outcomes associated with psychological trauma. Exercise is so important to one’s physical and mental health, that many programs are adding it as an adjunct treatment to traditional interventions. Most clients struggle to begin a physical activity program. Group experience can potentially increase the effect of the intervention because of heightened motivation as a result of the social interaction among the participants. In this workshop, participants will be able to identify how trauma impacts the body and brain, highlight the success of exercise as an adjunct treatment for psychological disorders, and offer 3 group exercise activities as adjunct treatment options for survivors of trauma.

RESEARCH FOR PRACTICE AND PRACTICE FOR GAINING EVIDENCE. THE CASE OF “KICK-FOR- GIRLS”

Petra Giess-Stueber
Albert Ludwigs University of Freiburg, Germany

On the basis of various empirical studies, it has been shown that under-representation of girls and women in sports are the result of an interweaving of individual dispositions, gender relations, the structures of sportorganisations and social patterns of behavior and interaction (Giess-Stueber 2000). The following aspects for intervention in the field of sport for girls at social risk can be derived from theory and empirical data: First analyse the causes of low participation and the interests of the targetgroup, create a network, train the trainers, arrange a setting that is gender- and culturesensitiv and inclusive, create a climate of security dominated by recognition and facilitate a sense of belonging. Taking all this in account, we initiated football groups for girls in schools in residential areas with a dominant rate of families at social risk and close to accomodations for refugees and organised an infrastructure for encounter. Students giving football lessons are supervised from the sportpedagogy department of the University. Since 2010, school tournaments and partnerships with sports clubs were established. The evaluation design for this educational setting is inspired by the "Developmental Evaluation" concept of Patton (2011). In contrast to other evaluation models we look for evidence that might disprove our theory and we check for errors in the way we’re implementing out concept. Key findings will be presented.

References
GENDER-KNOWLEDGE-POWER-BODY

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From a general perspective, childhood is commonly seen as the time when gender identity develops, but until now childhood has seldom been contextualized in gender studies as a specific phase of life either theoretically or empirically. In particular topics ‘body and movement’ have been neglected. An empirical approach to assess how gender relations in childhood are being structured, and in which specific cultural backgrounds, has rarely been the focus of any gender study. This will be the point of departure for this research. The aim of this study is to find out more about the internalized image of children and parents in terms of what can be regarded as normal in ’body and movement’. In this presentation social practices will be analyzed in which the differences within families regarding ‘body and movement’ are structured, differentiated and strengthened. The results show that the movement behavior of girls is now tending to break away from the traditional norms of gender image held by their parents. The conclusion is that across all social classes the theory of ‘body and movement’ underpins variations in gender differences. In the real world however the parent’s differentiation between the genders is obscured by their allegation that their children are treated equally – or by the belief of natural differences in the area of movement in regards to gender.

CONNECTED DATA TO CONNECT WITH STUDENTS

Michael Cordier, J. Saville
IHT, USA

No more pencils and clipboards! Experience technology designed specifically for physical education for data collection that connects daily to any fitness, health or academic measurement. Interactive Health Technologies (IHT) has been working hard to provide Physical Education teachers with the tools to encourage students to reach their own individual potential. Come be inspired and learn about the new innovative adidas Zone wrist-based heart rate monitor that interfaces seamlessly with the IHT Spirit software for group data collection and reporting. The adidas Zone motivates and empowers students to get excited about fitness, teaching them how to self-manage their own health daily.
STATE AND STATUS OF WOMEN SPORTS IN BANGLADESH

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Background: Nature of sports participation indicates cultural outlook of the society towards sports. Bangladesh is a People’s Republic with majority of Muslim population. It is expected that the people of this country will have social stigma of women’s participation in competitive sports at National and International level, just like other Muslim countries of Asia. Under this consideration present study was undertaken to analyze state and status of women competitive sports in Bangladesh. For this study the necessary information were collected from the records of Bangladesh Women Sports Federation, Bangladesh Sports council, Bangladesh Sports Federations and Bangladesh Olympic Association.

Case Presentation: It appears from the collected information that Bangladesh Women Federation was established in 1972, one year after emergence of the country as an independent state, with the purpose of spotting sports talents among girls from all over the country and nurturing them through planned training. Schools and colleges were also grooming up centers of sports talents for girls students. With these female athletes National level tournaments used to be organized on a regular basis by different sports Federations – Track and Field Athletics, Swimming, Volleyball, Handball Table Tennis, Badminton, soccer and so on. Participation of Bangladesh women teams in International tournaments started with the South Asian Federations (SAF) Games in 1980. There after they participated in Asian Games and Commonwealth Games in Weight lifting, Swimming, and shooting. Nilufa Yasmin and Fouzia Huda Jui participated in Olympic Games in Long jump in 1996 and 2000 respectively. Dolly Aktar participated in swimming in 2000, 2004 and 2008 Olympic Games. Nazmun Nahar Beauty represented Bangladesh in 2008 Olympic Games in 100m. Bangladesh women teams participated in Olympic Games in 2016 in Archery, Swimming and 100m. Bangladesh women athletes represented the country in World championships in Weight lifting and Track and Field Athletics.

Conclusion: From these data based information it appears that people of Bangladesh encourage women participation in competitive sports at National and International level.

Key words: Women sports, Competitive sports.
MAKING A DIFFERENCE FOR GIRLS AND WOMEN IN PHYSICAL EDUCATION, SPORT AND DANCE
SYMPOSIUM

Anneliese Goslin - South Africa – Africa
Beatriz Ferreira - Brazil – America
Canan Koca - Turkey – Asia
Rosa Diketmüller - Austria – Europe
Janice Crosswhite - Australia - Oceania
Coord. Rosa López de D’Amico - Venezuela
Tansin Benn - England
Darlene Kluka - USA
Eliana Ferreira - Brazil

Provisional titles of presentations

1. Women who have made a difference in PE and sport in Africa: realities from fourteen countries
2. Women in Physical Education and Sport in Americas: Perspectives from ten countries.
3. Inspiring women in Asia making a difference in sport from fourteen countries
4. Inspirational women in Europe making a difference in Physical Education, Sport and Dance from: Cases from fourteen countries
5. Stories from Oceania Inspirational Women who had made a difference in physical education, sport and dance: Women from eight countries

Abstract

The project Making a difference for girls and women in Physical Education, Sport and Dance was developed in order to increase the visibility of women across the world who have made a difference in the lives of girls and women in physical education, sport and / or dance. The result are five books, one per continent (Africa, America, Asia, Europe and Oceania) in which it was emphasized the diversity of each continent (eg., ethnicity, disability, sexuality, geographically, culturally); physical education and school sport pioneers who have made outstanding leaders or project initiators with an outstanding legacy; policy / advocacy drivers; sport leaders and outstanding athletes; Individuals who dedicated their lives to community projects for girls / women; Indigenous peoples and their forms of physical activity; biographies and legacies.

From each continent the information is presented following different approaches but all of them ended highlighting the life of women who have made a different in PE and sport and more important bringing into the English speaking world information from diverse countries of the world. The research center NGIME (Brazil) also had a big contribution by making it possible to publish this meaningful information from various corners of the world
From Global Sport Mentoring Program to We Can Project in Taiwan—Localized Global Experiences of Empowering Women Through Sport

Y-H Tseng
Athletic Department, National Taiwan University

Background: The purpose of this paper is to present the current situation, events and programs of facilitating women and girls in sports in Taiwan, and to illustrate how to localize the global experiences in Taiwan. Case presentation: After first Taiwanese participated in Global Sport Mentoring Program in 2013 which was hosted by Department of United States, the participant allied with American Institute in Taiwan and local non-governmental organization and local profit institutions to organize; hold events for physical education teachers for enhancing the awareness of gender equity in teaching. The series of related events including seminars and workshops for PE teachers in 2014 and 2015, which included the themes of gender awareness raising, teaching material introducing and experience sharing through regular meetings for physical education teachers; and video campaign and FB events of WeCan in 2016. Meanwhile, the Sport Federation of Taiwan also proposed the first “Whitepaper of facilitating women and girls in sports” in 2016 as a guidance in promoting women and girls’ physical activity and sport participation for next ten years. Conclusion: In conclude, the events initiated by NGO and local profit institutions is workable, the replicated events could be the beginning for developing long-term program in Taiwan.

Keywords: empower, women’s sport, physical activity, localize

Creating Safe Spaces in Sport Using Trauma-Sensitive Coaching Workshop

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Up2US Sports, USA

Since 2009, Up2Us Sports has been the leading non-profit organization dedicated to harnessing the power of sports to reduce youth violence, promote health, and inspire academic success for all kids. We accomplish this by training coaches to integrate evidence-based principles of positive youth development and trauma-informed practice to their sport environment. All kids do not experience the benefit of sport equally. Low-income youth, children of color, and girls are most likely to face barriers to participation, like access to fewer programs, exorbitant participation fees, and family responsibilities. One often-overlooked barrier is that sports programs are not equipped to handle youth who have been exposed to adverse childhood experiences (ACEs), or trauma. This makes sport an unsafe space for many youth who could, paradoxically, benefit the most from participating.

There is growing research that points to the power of physical activity as a way for people exposed to trauma to heal. When you pair this with the power of a caring adult relationship
(coach) and the potential to develop a protective layer of peer support (team), you activate the true power of sport.

For this interactive workshop, Up2Us Sports will offer an introductory coach training session in which we will share small evidence-based changes coaches can make to their programs so that they are more accessible and safe for kids who have been exposed to trauma.

**Poster and Video Presentations**

**Parallel Session 2, 18 May 2017**

**PRESCRIPTION OF RESISTANCE EXERCISES USING 1-RM STRENGTH TEST IN WOMEN**

Diego Alfeu dos Santos; Bruna Costa Martins; Matheus Pastore; Camila Leite Nogueira; Renato Aparecido de Souza; Wagner Zeferino de Freitas; Daniela Gomes Martins Bueno; Dénis Bueno da Silva; Wonder Passoni Higino; Elisângela Silva

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**Background:** An important part of any resistance exercise program is the intensity (load) that is chosen to perform that exercise. Thus, the aim of this study was to check whether the prescription at 80% of 1-RM is related to the training zone (6-12 repetitions), as advocated by the literature to the muscle hypertrophy in women. **Methods:** 17 women resistance exercise practitioners (age: 27.2 ± 7.8 years) were recruited. The 1RM test was performed in supine horizontal (SH) and squat (ST) exercises. After 48 hours of obtaining the maximum loads on the 1-RM test, subjects were subjected to a further session of evaluation. On the second evaluation, the subject should do the most possible repetitions (concentric failure) with 80% of the load obtained in the 1RM test in the same sort of exercises that were made in the 1RM test. Descriptive statistics were used. **Results:** In mean terms, the sample performed 14.5 ± 4.4 repetitions in SH and 16.9 ± 3.2 repetitions in ST. These values showed that the prescription at 80% of 1-RM overestimated the training zone recommended to promote muscle hypertrophy. **Conclusion:** It was concluded that prescription of resistance exercises (SH and ST) at 80% of 1-RM was not adjustable to the stimulus zone for muscle hypertrophy.

**FUTSAL IN THE CONTEXT OF PAUL UNDER STATE PERSPECTIVE OF ATHLETES PARTICIPATING IN THE PAULISTA 2015 CHAMPIONSHIPS**

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*Instituto Federal De Educação Ciência E Tecnologia Sul De Minas, Brazil*

Futsal Is Popular Sports In Brazil, And Its Practice Presents Lagged Value, Both In Financial Terms, As Female Participation In Sports. Therefore Highlights The Need For Studies On The Role Of Women In Sports, Especially In Soccer, And Personal, Social And Economic Impacts That This Activity. Therefore The Project Has Aimed To Describe The Female Futsal Context In São Paulo. Understanding This Context It Is Given From The Profile Of Atletase The Path For Them To Reach The High Performance, Covering Issues On Initiation, Specialization In The Modality And The Constitution Of The Federal Bond And Its Professionalization. Data Analysis Was Performed Using Descriptive Statistics, From The Calculation Of Summary Measures Of Each Of The Analyzed Indices. After Analyzing The Data, We Reached The
Conclusion That The Futsal Despite Still Being A Typically Considered Masculine Sport, Has Given Way To Women, Either By Creating Women's Competitions, Is The Structure Provided To Players (Remuneration, Stay, And Feeding Studies). Also Came To The Conclusion That This Is A Process That Still Needs Attention, In View Of The Fact That Gender Bias Still Exists, Rooted By The Fact Constitute A Sport Considered For Men.

THE EFFECT OF GENDER AND PHYSICAL ACTIVITY LEVEL ON LEARNING STYLES OF CHILDREN AGED 4 TO 6

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Background: One of the crucial factors that help teachers provide the conditions for effective learning is consideration of the learning style of children. Methods: The aim of study investigates the effect of gender and activity level on learning styles of girls 4 to 6 years old. Therefore, random cluster sampling was used to select 4 kindergartens as representatives. The tool used in this research was a researcher-made questionnaire of the visual, auditory, and sensorimotor learning styles of girls 4 to 6 years old. The reliability and validity of the questionnaire in this study were confirmed and the questionnaires were completed by kindergarten teachers for each child. Results: Chi-square analysis showed a significant relationship between gender, physical activity level and learning styles (p ≤ 0.05). Girls mostly used the visual style, while boys mostly used the auditory and the kinesthetic style. Based on the current results, it can be asserted that attention to gender and physical activity can aid the advancement of the dominant learning style of children. Conclusion: Teachers and parents should emphasize the importance of physical activity in the advancement of learning styles and pay sufficient attention to and take appropriate decisions for the improvement of the learning of children.

Keywords: Learning Style, Girls, Researcher-Made Learning Style Questionnaire.

POSSIBLE BIOLOGICAL MECHANISMS OF ACTION OF PHYSICAL ACTIVITY ON BREAST CANCER

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Scientific evidence has demonstrated the importance of physical activity as an effective strategy to reduce risk and relapse of breast cancer. However, the exact biological mechanisms of action of physical exercise on breast cancer are not known yet. The purpose of this paper is to carry out an exhaustive systematic review of the literature associated to this topic, and identify the possible hypothesis proposed to the mechanisms of biological action of physical exercise on breast cancer. Method: Direct a systematic literature review published from 1990 to 2011 about the effects of physical exercise on woman with breast cancer. Keywords: breast cancer, mechanisms of biological action, physical activity, risk factors, physical exercise.
PEDALLING TOWARD EMANCIPATION: THE CASE OF BIKE BRIDGE PROJECT

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The recent surge of migrants confronts Europe with very serious challenges. A few Western European countries have become the final destination of millions of asylum seekers with rather very diverse socio-economic, cultural, and religious backgrounds and life experiences. Thus, the issues of diversity and integration of refugees and asylum seekers into the host societies have lately been in spotlight in Europe. When it comes to integration of minorities through sport and physical activities, Germany is a pioneer. There is a wide range of sport-based initiatives and programs with various aims target minorities especially refugees men, teenagers, and children. Women refugees and asylum seekers, however, have been under-represented and to a great extend excluded from sport-based interventions. Focusing on the case of Bike Bridge which is a physical activity-based local initiative primarily targeting women refugees and asylum seekers, this study attempts to indicate the potential of such programs at micro level. The study is informed by feminist cultural approach. The data was collected from the monitoring and evaluation of the pilot phase of the project. The subjective perception of the participants, trainers and a psychiatrist were collected through personal interviews and group discussions. Participant observation was another method of data collection. The result indicates various physical, psychological, and social benefits of such programs. The study emphasizes the capacity of a well-designed, properly- implemented initiative for empowerment and emancipation of female refugees and asylum seekers in the new setting.

A CONSIDERATION ON BODY EXPRESSION EDUCATION/CREATIVE MOVEMENT AND DANCE IN EARLY CHILDHOOD TEACHER TRAINING

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The purpose of this paper is to consider the content of body expression education in early childhood teacher training course. As the curriculum for kindergarten in Japan was revised in 2008, the area of “Expression”, which includes body expression as creative movement and dance, emphasized the importance on the children’s process of expression with enjoyment and to share children’s expression each other. Therefore, teachers are required not only to teach movement, but also to have receptive perspective to encourage and inspire children’s expression by words, movements and environments. Since then, it can be said the contents of body expression education in early childhood teacher training course have been discussed in many practical reports. Thus, to consider the contents, the significant points of the contents of body expression education was discussed by studying practical reports, then the contents in the teacher training course was analysed by students’ questionnaires. As a result, it was clarified that body expression education aims “creativity”, “improvisation”, and “communication”. However, it showed the ambiguity of its contents. From the results of questionnaires, it was indicated although they enjoy creating movements themselves, they have difficulties to do with children, because of their lack of confidence and also not much unseen creative movement at practical training in kindergarten. Therefore, concrete teaching contents in teacher training and
THE EFFECT OF SELECTIVE COMBINED TRAINING PROGRAM ON MOTOR PERFORMANCES BALANCE AND MUSCLE STRENGTH IN BOYS WITH DOWN SYNDROME (DS)

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Objective: The aim of our study was to investigate the effect of selective combined training program on motor performances balance and muscle strength in boys with Down syndrome.

Methods: The sample consisted of 20 with intellectual disability children with Down syndrome who were randomly selected as subjects. Muscle strength of the handheld to measure (MMT, North coast, USA) and to measure the balance of Sharped Romberg balance test with eyes open and be closed. Descriptive statistics, analysis of variance with repeated measures for independent samples and paired sample T-test (p ≤ 0.05) applied for statistical analysis. (SPSS 22)

Results: analysis of variance with repeated measures showed that combined training program significantly reduced mean scores of the Group muscular strength and static balance for the experimental groups as compared to the control group (P<0.05).

Conclusion: A combined strength and proprioceptive training improves postural balance in children with ID could be due to the enhancement in muscle strength and proprioceptive input integration.

Keywords: Down syndrome, Postural balance, Muscle strength, Proprioception

Poster and Video Presentations
Parallel Session 3, Thursday 18 May 2017

TEACHING COMPARATIVE SPORT GENDER STUDIES THROUGH CHINESE AND AMERICAN CINEMATIC PORTRAYALS OF FEMALE ATHLETES

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Background: In today’s increasing diversified world, the importance of gender construction as a branch of cultural studies in enhancing general education has been widely recognized in China. Sports are a primary zone of masculinity and sports movies are a popular genre. One is hard to find many leading female roles as athletes in male-dominated sports movies. A comparative study of Chinese and American cinematic portrayal of women athletes may represent different social attitudes and values and whether or not the women’s movement has been able to influence representations and social understandings of women and athleticism.
Methods: Sample/content analysis and task-based presentations are used to deepen students’ awareness of sport gender studies in Chinese and American culture from a comparative perspective.

Results: Based on eight representative Chinese and American sport movies portraying female athletes and teachers’ guiding questions, students presented their research results from two aspects: first of all, different historical contexts and sporting nationalism have fostered Chinese and American female athletes’ different ways of fighting against men’s empowerment; secondly, different attitudes toward homosexuality in China and America have created different ways of moving beyond emulating established male and female roles and creating a dynamic that encompasses shared respect and shared power.

Conclusion: With the “visual turn” teaching sport gender studies in sport universities through movies have become central to global culture.

BODY PRACTICES IN THE PUBLIC SYSTEM BRAZILIAN HEALTH: AN OPPORTUNITY FOR WOMEN'S EMPOWERMENT?

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We believe that individual capacities, empower women and promote equal gender relations contribute to the development and stability of social welfare (Brauner, 20015). Thus, the objective of this work is to describe the experience of an intervention with bodily practices, understood here as the content of the body, grown in a basic health unit in Muzambinho, Minas Gerais, Brazil. One of the pillars of our intervention is the wheel method (Campos, 2000), this means that we have a collective planning, in which the students are active subject in the process and contribute to the preparation of lessons. Working with body practices our concern is the relevance and the meaning they have for the students, the move has a meaning that is not limited to physical benefits, the idea is to encourage living together, provide ownership of practices to they are experienced in leisure. We look to our intervention as an opportunity to increase bodily experiences of these women, and thus should contribute to enrich their leisure time. However, we ponder that increasing repertoire of body culture is part, but not enough for empowerment, complementary actions to be developed, because talking about it, means, among other things, to promote democratic participation in decision making and collective responsibility (Brauner, 20015).

THE EFFECT OF CORE STABILITY EXERCISE ON FUNDAMENTAL MOTOR SKILLS IN OBESE AND OVERWEIGHT GIRLS IN SHIRAZ, IRAN

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Background: Evidences indicate increasing obesity rate, especially during childhood. During this period, motor skills as a prerequisite athletic skills are very important which will probably
be dropped due to obesity. Therefore present study aimed to investigate the effect of core stabilization training on performance of these skills.

**Method:** Among all elementary school girls in Shiraz and after the initial screening based on weight and body mass index 30 girls were selected and divided to two groups of obese and overweight. Subjects performed gross motor skill test before and after training program. Training program included eight weeks core stability exercises.

**Results:** Core stability exercise caused significant positive effect on fundamental motor skills.

**Conclusion:** Participating in core stability exercises can be considered as a valuable treatment in order to boost muscle performance and can be effective as a fundamental motor development.

**Key words:** Obesity, Fundamental Motor Skills, Girls.

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**STREET RUNNING AND WOMEN: BODIES GOING THROUGH A MAGAZINE AND STREETS**

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Number of runner women in Brazil has been increasing, therefore, representing growing insertion of women in this sport. This study has the objective of analyzing the existing relations between women and street running. W Run, a female magazine on this theme, was therefore analyzed regarding its contents and related purposes – training, aesthetics, socialization, leisure, weight loss, and others. Amateur runners who have taken part in competitions were interviewed and their goals were observed regarding what motivated them to begin practicing such sport and which expectations they had at the beginning and after some time of practice of this sport. The results show that the imagine and the content transmitted by the magazine do not correspond to the reality of the participants. It emphasizes beauty standards associated not only the sports world, but with women in general instead. Conversely, the interviews demonstrate an intense relation between these women and running, in which experiences of competing positively influences the training regularity, intensification and engagement with it. Whereas street running is prioritized by the magazine as means to reach external goals- such as weight loss - for runners, the act of running, the experience of competing and the pursuit for a better performance gather greater importance.

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**CONCURRENT TRAINING VERSUS STRENGTH TRAINING IN ELDERLY: INFLUENCE ON PEAK TORQUE**

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It is known that by increasing the peak torque in some movements is a very important factor because it is related to causes of mortality and reducing the risk of falls in older women, which
have a high rate of osteoporosis. The sample consisted of 14 elderly women, aged 60 to 70 years, divided in two groups: Group Strength Group (GF), Group Strength + Endurance (GFE). The operations were performed 2 times per week for 3 weeks. To obtain the peak torque was performed on an isokinetic dynamometer (Biodex System 4 Pro). Statistical analysis was used ANOVA with post hoc Tukey (p <0.05). There was a significant increase p <0.05 at peak torque of the knee extension movement between the pre- and post-intervention only for GF 2.5% at 60 °/s and 11.4% at a rate of 120 °/sec. At the rate of 210 °/s, none of the groups underwent statistical changes in this variable. At the end of this study we can observe that strength training was more effective to increase the peak torque on the knee extension movement in older women than the training that used resistance exercises and their sequence endurance.

PHYSICAL EXERCISE, PAIN AND STRESS IN AGING

Camila Leite Nogueira; Tamires Fernanda da Silva; Leticia Aparecida Caldeirão Spósito ; Henrique Franco Ferreira ; Felipe César de Morais Rocha; Leandro Donizete de Araújo; Renato Aparecido de Souza; Wagner Zeferino de Freitas; Daniela Gomes Martins Bueno; Dênis Bueno da Silva; Narayana Deus Nogueira Bregagnoli; Elisângela Silva

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Background: during the aging process, the human body suffers changes of psychic, social and physical origins, which are characterized as stressful situations that can influence on the intensity and amount of pain. Some studies had indicated that regular practice of physical activity can relieve the occurrence of stressors factors and pain in aging. Thus, this study aimed to compare the perceived stress, occurrence and intensity of pain before and after the practice of physical exercises. Methods: 23 female elderly (age: 66.6 ± 4.2 years) were recruited. The perceived stress (pss) and body part discomfort (bpd) scales were used to determine stress level and localization of pain, respectively. The elderly performed an endurance and strength program during 4 weeks, twice a week. Results: the results indicated that physical training reduced (p<0.05) the values of both scales (pss: 26.04 ± 7.84 versus 21.36 ± 6.56; bpd: 37.18 ± 33.14 versus 27.14 ± 23.86). Conclusion: it was verified that systematic practice of physical exercise can reduce stress levels and pain in female elderly, making them more susceptible to healthy aging.

GETTING OLDER AND STAYING ACTIVE – CHALLENGES FOR WOMEN IN LATER PART OF LIFE

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In this poster presentation the relationship between culture and successful aging will be explored for the 21st century. Theories of aging have proposed that there is a dynamic relationship between the physical and social environment and the quality of the aging experience. The average life expectancy in Western societies is currently 76; one hundred years ago it was 49. One of the most serious economic considerations facing the world in the 21st century is how to cover the cost of health care for an increasing older adult population. Aging
is not only a biological phenomenon, it is also socially and culturally constructed, just as gender. Age norms and gender expectations influence the ways in which later life is lived. Social integration and physical activity are two of the most important factors determining health and well-being in later adulthood. Older adults who are able to stay active and maintain their sense of connection with their community have been shown to experience fewer chronic illnesses, experience less unhappiness, dissatisfaction, isolation, anxiety, and depression. Physical activity not only improves and heals the body, but it also influences psychological well-being in later life. Despite the strength of this relationship, only a small percentage of older adults engage in regular exercise.

Clearly there are ethnic, social class, and gender differences in physical activity. As the number of older men and women continues to grow, it becomes increasingly important to address health related behaviors such as physical activity and to focus on life styles factors which affect older adults’ health and happiness. Drawing from extensive cross-cultural studies conducted in Germany and the USA, the ways in which the social and physical environment can enhance well-being and happiness for older people will be discussed, with special emphasis on the hurdles women are facing in the aging process.

Poster and Video Presentations
Parallel Session 5, Friday 19 May 2017

RESULTS OF THE “DANCE INSTRUCTION METHOD CLASS” INCORPORATING SMALL-GROUP MUTUAL LEARNING ACTIVITIES

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Background: Despite the fact that dance became a compulsory subject in Japanese junior high schools in 2012, lacking in teaching ability of junior high school teachers has been reported (Nakamura et. al.: 2015). Thus, improvements must be made both in teaching ability, as well as dancing ability in the teacher training course at physical education universities. The objective of the present study is to analyze the change of the students’ awareness toward dance and dance instruction through the course.

Method: The subjects are the students of Sports Sciences and of Dance Studies. In each class, in the first half of a class, they experience dancing some works aimed to be taught at junior high and high schools; in the latter half, instruction methods are implemented through small-group activities, in which they take the role of a teacher and a student alternatively. Surveys are conducted before and after the subjects take this training course, to find out their awareness toward dance, confidence in dancing ability and teaching ability, and enthusiasm toward giving instruction.

Results and Conclusions: The result shows that after the subjects take the course, inclination toward dance, confidence in dancing ability and teaching ability, and enthusiasm toward giving instruction are enhanced. In particular, a significant change has been found in the students of Sports Sciences, rather than of Dance Studies. Moreover, the small-grope activities are shown to be effective.
WOMEN AND SPORT: THE RIGHT TO PRACTICE AND THE PRACTICE OF THIS RIGHT IN PORTUGAL AND BRAZIL

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The problem of women's participation in sport isn’t immune to socio-cultural, political and economic contexts of Portuguese and Brazilian women. In this sense, the model for civilizational which is governed by values of equal rights and opportunities between men and women is still a pipe dream in various social areas, in particular on employment, economy, health, education and sport.

However, we can't just rely on the above issues to conceal responsibilities, public or private, in the political sphere. Since the right to sport is unquestionable and is shaped in multiple legal and not legal documents at national and international level, the practice of this right translated on the percentage of female practitioners, trainers, referees and managers, is still insignificant and weakened in these countries if we compared to International standards.

Considering the guiding strategic document of the European Union Gender Equality in Sport Proposal for Strategic Actions 2014-2020 (European Union, 2014) and the information produced in 2015 by the Sport Minister concerning National Diagnostic of Sport (Ministério do Esporte, 2015) there is an urgent need to implement strategic plans at national level, in both countries. These plans must contain measures and specific actions aimed to gender balance in the decision-making process, in training and fighting against violence and gender stereotypes, as well as the integration of the gender perspective in sport.

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STRESS IN FEMALE WORKERS: THE IMPACT OF EMPLOYEE FITNESS

Stefani Aparecida Marcolino dos Reis; Henrique Franco Ferreira; Gisele Preteca Leal; Diego Alfeu dos Santos; Leticia Aparecida Calderão Sposito; Renato Aparecido de Souza; Wagner Zeferino de Freitas; Daniela Gomes Martins Bueno; Dênis Bueno da Silva; Wonder Passoni Higino; Elisângela Silva

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Background: The health of female workers has been hampered by illness due monotonous journey, repetitive and stressful work. Thus, the aim of this study was to compare de impact of one, two and three daily exercise sessions from an employee fitness program on salivary cortisol levels (CORT) in female workers of a Brazilian Federal Institution. Methods: 29 female workers with a work journey of 6-8 daily hours were enrolled in this study. The sample was divided in 4 groups: (G1) one daily exercises session; (G2) two daily exercise sessions;
(G3) three daily exercise sessions; (G4) no exercise sessions. The experimental intervention lasted 4 weeks. CORT analysis was performed using a Cobas e 411 immunoanalyzer. For statistical analysis, Shapiro-Wilk, Student's t, ANOVA one way and Sheffe test were used. Results: The results indicated that GC, G1 and G2 did not show any changes in CORT after the intervention. However, it was detected in G3 a significant CORT reduction (p<0.05) (from 0.55 ± 0.31 to 0.31 ± 0.19 nmol/l). Conclusion: Given these results, the implementation of an employee fitness program constituted with a minimum of three daily exercise sessions should be encouraged in order to reduce stress monitored by CORT.

GLOBAL POLITICS AND MUSLIM WOMEN SPORT

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Various factors affect Muslim women's sport/exercise participation which can be divided into two types of barriers and facilitators. Some of them are common between Muslim and non-Muslim women and some restrictions are related to religious beliefs. All available documents indicate that Islam does not oppose Muslim women participation in physical activity, but many misinterpretations, national or international policies or politics influence Muslim women port participation. An unreal fear, beliefs, and hostility toward Islam and Muslims have caused bias, discrimination, and the marginalization and exclusion of Muslims from social, political, and civic life. As a part of personal and social life, Muslim women sport has been affected by such trends, too. Hijab is an obligatory part of religion for Muslim women, but has been misinterpreted as a tool for extending Islam religion or a political tool by some policy makers or even academics and has caused prevention of Muslim women from participation in international sport events in covered style. So, the global trends in politics which have affected Muslims marginalization and its relationship with Muslim women sport need to be discussed and prejudice and discrimination against Muslim women covering in international events must be challenged.

INFUENCE OF PRE AND POST MENARCHE SPORT ON MENSTRUAL DISORDERS IN ADOLESCENT GIRLS

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Background: Maturity process in girls is manifested with menstruation. In addition to genetic factors it is influenced by some environmental factors. This study aimed to compare the menarche age and menstruation disorders in three groups of sport participation before and after menarche and non-athletic girls. Methods: Participants of the study included 140 athletic girls including 102 pre menarche sport participants (sports experiences: 3.52±1.90 years, age 15.61.2 year), 38 post menarche sport participants (sport experience: 26.21.63 years, age: 15.781.78 year) and 134 non athletic girls ( BMI : 20.813.02 , age: 15.231.01 year) who were selected objectively . Subjects completed standard physical activity and Moos menstrual distress questionnaires. SPSS software and statistical method of analysis of variance was used.
for data analysis. Results: there was no significant difference between menarche age, menstruation disorders and physical and mental symptoms of premenstrual symptoms in athletic and non-athletic girls (P<0.05). But oligomenorrhea was significantly higher in pre and post menarche sport participation athletic girls compared to non-athletic girls (P<0.05). Conclusion: taking part in sports activities (before menarche and after menarche respectively by priority) can cause increasing of oligomenorrhea in young adolescent girls.

VISION AND SPORTS PERFORMANCE

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The results of various studies on motor behavior and the role of vision information in controlling the movement, on one hand, and observing different performances of athletes considering a similar training program, on the other hand, made researchers focus on the vision and its impact on performing, monitoring and learning motor skills as well as administering and evaluating programs for the physical, psychological, technical and tactical aspects. In this regard, a scientific sub-discipline has been established with the name of sport vision, which studying vision effect to performance with an emphasis on improving vision damages. According to the measurement of the vision skills of athletes, different sports coaches can also set up training programs in this regard. It is noteworthy that the type of vision exercises will vary according to the type of sports disciplines of the athlete and a specific program should be considered for each athlete. Review of numerous studies and implementation of new studies in the field of vision the use of clinical tools in the field. Although participation in these exercises and assessments provided by the Optometrists leads to the athletes’ vision skills improvement, training needs of athletes in sports environments are beyond these exercises and require more sustainable performance. Therefore, in line with assessments and clinical training, special exercises should be designed in the field of the implementation of sports techniques.

Keywords: Vision, Sports Performance, Visual Skills, Athletes.

COMPARISON OF VISUAL SKILLS OF FEMALE INDIVIDUAL ATHLETES AND TEAMS

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Background: Today in addition to assessing the key indices in athletic performance (physical, medical, psychological and nutritional evaluations), visual skills assessment has also great importance. Methods: In this regard, the present study aimed to answer the question of whether the difference between the visual skills of athletes (team and individual) and non-athletes is significant. For this purpose, 85 subjects (44 non-athletes, 22 athletes in team sports, and 19 athletes in individual sports) participated in this study, who were selected using purposive sampling. The research instrument was "sports vision tests of Wilson and Falkel (2004)", that the psychometric properties of this test were studied and confirmed. Results: female individual
and team sports athletes were better in focusing and tracking than non-athletes, individual
sports athletes were better in Vergence, team sports athletes were better in Sequencing, and
non-athletes were also better in eye-hand coordination, but in Visualization, no significant
difference was observed between the three groups. Conclusions: participation in sports
activities regardless of the type of activity, helps to obtain better abilities in the visual system
and its skills. Additionally, the role of visual skills in individual and team fields is different,
therefore due to the importance of vision the coaches are recommended to consider special
planning along with other motor capabilities.

Keywords: Visual skills, Team sports athletes, Individual sports athletes.

THE INFLUENCE OF CHINESE WOMAN VOLLEYBALL SPRITS ON COLLEGE
STUDENTS

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Background
Chinese women's volleyball team is proud of today's sports in China, and is
the historical heritage of the Chinese women's volleyball team. Experiencing from 1981-1986
consecutive five consecutive years and winning the 2016 Rio Olympic champion, the spirit of
Chinese women volleyball led to all-round development in all areas of China, including the
politics, economy and culture of New China, especially the education of new China.

Methods
Literature analysis, interviewing method, case study method.

Results
Chinese Women's volleyball spirit had an important of college students' sports habits, health
concepts and spiritual qualities have had an important impact.

Conclusion
The spirit of women's volleyball played an important role in the education of contemporary
Chinese college students, which not only inspired more and more college students to participate
in physical exercise, but also inspired the passion and courage of college students.

ANALYSIS OF GENDER STEREOTYPES IN TRACK AND FIELD

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In our current world, the existence of obstacles to acknowledge women’s equal abilities is real.
Legally there are no barriers. The Sports Act of the government of Andalusia (Law 5/2016,
July 19) determines the right to equality between genders. This is what has been called the
glass ceiling.

Gender stereotypes about behavior profile recreate constraints that occur in everyday practices,
power relations and institutional arrangements of the general social order. Thee stereotypes are
rooted in sports. In this sense, the objective of this study was to "interprete different gender
stereotypes that exist regarding men’s and women’s profile of conduct in athletics." The sample
was obtained from students enrolled in the Bachelor of Science in Physical Education and
Sports program in three Andalusian public universities during the 2009-2010 academic year
(N=424). Data collection was performed using a validated online questionnaire. Data analysis was operated by descriptive and inferential statistics. Results show the existence of a stereotyped conceptions in regard to the object of the study, both overt and covert. Gender stereotypes detected on the profile of women in regard to training in track and field are mainly located in behaviors of discipline and involvement in the degree of intensity of effort of women in regard to men.

**Keywords:** Gender Stereotypes, Athletics, behavioral profile.

**MULTIDISCIPLINARY MANAGEMENT OF PULMONARY ARTERIAL HYPERTENSION IN PREGNANCY: A CASE REPORT**

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**Background:**
Pulmonary arterial hypertension (PAH) is rare in pregnancy. Pregnancy exacerbates PAH symptoms and increases the risks for maternal and fetal morbidity and mortality. Management of the woman and fetus is highly complex. Vigilant care using a multidisciplinary team approach can facilitate positive maternal and fetal outcomes. Case: A 23-year-old woman was originally diagnosed with idiopathic PAH at age 20 after a syncopal episode. During her pregnancy, the woman was counseled on the risks of carrying the pregnancy to term. She was informed that the maternal mortality rate was approximately 17% with the highest risk in the postpartum period. She was counseled on termination, but she strongly desired to keep the pregnancy. The woman had frequent appointments throughout the pregnancy with a multidisciplinary team. Cardiac echocardiograms were done every 5 weeks. The woman presented in preterm labor at 34.4 weeks gestation with abdominal and vaginal pain. The team determined that the best option would be for the woman to give birth immediately at the intensive care unit. The infant was transferred to the neonatal care unit for care post-delivery. The woman spent the initial postpartum period in the intensive care unit at the medical facility. Once her condition improved, she was transferred for further care enabling her to be closer to her newborn.

**Conclusion:** Pulmonary arterial hypertension during pregnancy can be life threatening for the woman and newborn. Communication, collaboration, and flexibility among multiple disciplines led to a positive outcome for mother and newborn.

**SPORT MANAGEMENT FOR WOMEN IN IRAN: "BARRIERS AND SOLUTIONS"**

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**Background:** The change women roles in a society and the increase of their contribution in social activities such as sports, is a key element for development [1]. Previous research has shown that Iranian women educated in sport management have not been able to undertake equal administrative positions compared to men in sport federations or complexes [2]. This work focuses on investigating the current barriers on women participation in sport management in Iran and suggesting practical solutions.

**Methodology:** A qualitative method is incorporated in this research by interviewing 25 women
who have administrative positions in sport federations or complexes of Iran.

Results: Based on the results of our qualitative study, the current barriers for Iranian women in sport management can be categorized into 4 different groups namely, cultural, structural, organizational, and gender-biased inequality barrier.

Conclusion: To overcome these barriers, the following solutions are suggested. The social and cultural beliefs can be changed by promoting a positive and equitable environment that applies fair policies and provides unbiased job opportunities. To this end, a specific governmental budget can be allocated and a data base for women sport management can be generated. In addition, the government can attract the private sector to invest in this program or sponsor it.

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DANCE EXPERIENCE AND CHANGE IN THE IMAGE OF DANCING: FROM THE SURVEY ON MALE AND FEMALE UNIVERSITY STUDENTS IN JAPAN

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Background:
In Japan, in physical education in schools, dance has been taught only to girls for more than a hundred years. After revision of the courses of study, in 1989 dance became a subject to be learned by male and female students and became a required subject in 2008. Recently due to the popularity of hip hop, many male students now dance independently. Thus, “Dance of Modern Rhythm” became a new subject in 1999.

This research analyzes the dance experience and the changing image toward dancing among male and female university students in Japan.

Methods:
Surveys targeting male and female freshmen in college on their dance experience and their image of dancing were conducted in 1989, 1991, 1999, 2010 and 2015. The change was analyzed.

Results:
The exposure to dance in physical education for male students has increased every year. The “feminine” image toward dancing has consequently decreased among both genders while a “masculine” image has significantly increased. A favorable impression toward dancing has increased. Especially, male students’ image toward dancing has tremendously improved and the difference in the image toward dancing between male and female students has decreased.

Conclusion:
As the dance exposure increases for both genders, a favorable image toward dancing has increased and the difference in how they view dancing between male and female students has decreased.
PHYSICAL STRENGTH AND DIETARY HABITS OF FEMALE UNIVERSITY STUDENTS IN CENTRAL TOKYO

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Background: In Japan, admiration among young women for thin figures has led to them dieting, having an unbalanced diet, skipping meals, and acquiring other inappropriate dietary habits. According to the National Health and Nutrition Survey conducted in Japan in the year 2014 (Ministry of Health, Labour and Welfare, 2016), 17.4% of women in their twenties are underweight.

Methods: The subjects included 60 female university students in Tokyo. Physical stature (height and weight), physical strength (muscle strength, flexibility, instantaneous power, agility, and endurance), and nutritional intake were measured.

Results: The mean age of the subjects was 19.3 ± 0.4 years, height was 156.7 ± 4.2 cm, weight was 49.1 ± 4.3 kg, and BMI was 20.0 ± 1.6 kg/m². Their mean daily caloric intake was 1845.3 ± 141.5 kcal. Our investigation of physical strength indicated that the muscle strength of the participants was less

Conclusion: We believe that the fact that there were no obese students in this cohort and none of the students regularly exercised and still exhibited only average physiques can be attributed to their dietary habits, which resulted in a decreased physical strength. The decrease in physical strength, in particular, contributes to the issue of whether or not a person regularly exercise. We would also like to see improved dietary habits as part of these efforts.

EDUCATIONAL PROGRAM SUPPORTING PHYSICAL ACTIVITY PARTICIPATION OF WOMEN WITH CARDIAC CONDITIONS

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Women who have experienced acute cardiac incidents or have chronic cardiac conditions may experience limitations in endurance and strength that interfere with their ability to actively engage in life long physical activity such as exercise, leisure, activities of daily living and socialization. Other barriers that limit those with cardiac conditions to be actively engaged in physical activity may include limited social support, an environment with inadequate resources, or a lack of knowledge.

A program to support women with cardiac conditions to actively engage in life long physical activity was developed to counter-act the potential limitations present. The program focuses on health behaviors education and self-care activities that will allow these women to participate in physical activities throughout their life. It also provides educational modules on safe ways to stay physically active, environments that support participation in physically activity, and the importance of developing social support systems that encourage physical activity engagement. This poster presentation will discuss the factors that educators and health professionals need to consider when working with women who have an experience of a cardiac event or have chronic cardiac conditions, the limitations that present themselves with this female population, the impact of restricted resources on life-long physical activity for this population and evidence-based strategies that may be implemented to promote their success.
Collaboration is the key when it comes to disaster management. The stations for support of urban disasters play a significant role in assisting the people hurt by disaster. Organizations must be able to protect their assets and deploy relief supplies. The disaster-management supply chain processes that have been embraced by the most successful organizations can be segmented into three parts: (1) sourcing, (2) warehousing and asset protection, and (3) staging and distribution.

Physical activity is part of rehabilitation, as it assists with recovery of personal balance and supports team building in a situation where joint efforts are needed. Upon the innovation made by Tehran Municipality, such places are used for girls and women’s exclusive sports during the year. When such sule are equipped with sport tools, it will be possible for female citizens to use the urban sports.

More convenient access of the public to the sport places and tools will play a significant role in promotion of health. All the governments shall pay attention to public sports. In addition to using the parks and open sport areas, the roofed sport complexes will also be available to the female citizens.

Country of Iran, holding the high number of youths, has concentrated special attention to public sport and physical activities of this social class. Due to limitation of sport spaces in the past, the maturity age of the girls has decreased and also fatness is increasing in this generation. On the other part, the present generation is becoming aged and attention of such activities to the aged people decreases health and treatment costs in the country.

As a NGO which assists the government and presents the executive strategies, two projects have been performed by a new approach towards the public sport.

1. Utilization of sport spaces at schools, in the un-educational hours, for the girls and women for making the physical activities and by providing for sport possibilities and equipment.
2. Utilization of spaces of urban crisis management, equipment of such sule with sport tools, to be used by the female.

By performance of such plans, the extent of sport activities of the female citizens are increased and such experiences might be transferred to other countries.

**Poster and Video Presentations**
**Parallel Session 7, Friday 19 May 2017**

**CREATIVE DANCE ASSESSMENT AT UNIVERSITIES OF EDUCATION: EMIT LIGHT IN THE DARK**

Miwako Takano, Japan Women’s College of Physical Education
Ritsuko Kasai, Nippon Sport Science University
Otome Miyamoto, Japan Women’s College of Physical Education

**Background** Creative dance covers many themes. The purpose of this study was to clarify the features and differences of a dance performance and to discuss the effectiveness of the theme.
“Emit Light in the Dark.” Subjects were enrolled in a creative dance class for students from three different universities offering junior high and high school PE teacher-training courses. 

**Methods** Both new and experienced students enrolled in the class performed the creative dance with a theme “Emit Light in the Dark.” Immediately after the performance, questionnaires were distributed, collected, and analyzed for the four aspects of image expression, development of movement, relationships with peers, and engagement with music. 

**Results** Whether experienced or not, many students were able to imagine different lights and broadened the range of dance movements. Also, students reported that associating with peers helped them come up with new expressions. The music helped them broaden their images and movements. The feedback revealed that students tended to find many images as they created movements and exercised ingenuity, which reassured us of the breadth and depth of creative dance.

**Conclusions** In this study, we confirmed the effectiveness of “Emit Light in the Dark.” We would now like to determine teaching methods for students who had trouble with this theme.

**HOW TO EVALUATE CREATIVE DANCE: COMPARATIVE STUDY BETWEEN TEACHERS AND DANCERS.**

Eriko Hosokawa, Saitama University, Japan  
Midori Sato, Odawara Junior College, Japan  
Otome Miyamoto, Japan Women’s College of Physical Education

**Background** It is often said creative dancing is difficult teach. The biggest reason is that it is difficult to evaluate dance pieces and give feedback to the learners. The purpose of creative dance education is to develop free ideas and movements; how can we evaluate and teach free physical creation? This study compared skilled teachers and unskilled learners in their evaluation of dance pieces; it proved clear differences. We also examined the validity of the “Ten Evaluation Criteria” (Hosokawa et. al., 2005).

**Methods** 1. Five teachers and 30 learners watched several dance VTR’s. They gave their scores and free comments to the VTR dance pieces. We categorized all the comments into the “Ten Evaluation Criteria” and discussed whether our categorization was proper.

**Results** Teachers pointed out merits and demerits of the dance pieces from a wide perspective. Learners stuck to their own viewpoints and could not give detailed comments. Learners gave high scores to the pieces whose themes were clear and movements simply accompanied the themes. For abstract dance pieces, learners’ scores showed big differences. All the free comments of the two parties fitted into the “Ten Evaluation Criteria”.

**Conclusions** 1. Wide perspective is necessary for teaching creative dance. 2. “Hosokawa’s Ten Criteria” is effective for evaluation; it will promote creative dance education.

**ENCOURAGING YOGA PARTICIPATION IN INDIVIDUALS 50 AND OLDER**

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Research indicates that individuals 50 and older are currently underrepresented in yoga participation in the United States. Studies suggest reasons for lack of yoga participation among all age groups include: not knowing how to get started, not knowing if yoga is right for them,
and feeling out of place. However, little research has been conducted focusing specifically on increasing the participation of older Americans in yoga. With yoga encompassing a variety of styles, most focusing on stress reduction, balance, and flexibility, yoga has the potential to appeal to older individuals. This presentation will suggest possible ways of increasing the participation of individuals 50 and older in yoga. This study will include two stages: the first will involve a survey of individuals 50 and older who do and do not participate in yoga, and their reasons for participation / nonparticipation. The second will involve the implementation of a free program specifically for individuals 50 and older in a community with limited access to yoga. Participants in the six-week program will be asked before and after the program about their perceptions of yoga as well as about their likelihood of continuing with the activity. Results will be analyzed by gender in line with the theme of the conference.

THE EFFECT OF EIGHT WEEKS AEROBIC TRAINING ON GENERAL HEALTH, QUALITY OF LIFE, HAPPINESS AND ANXIETY PREGNANT WOMEN IN THE THIRD TRIMESTER OF PREGNANCY

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Background: The importance of pregnancy, is remarkable in the sense that health and live better mother, a direct impact on the life of another person. The purpose of this study was to the effect of eight weeks aerobic training on general health, quality of life, happiness and anxiety pregnant women in the third trimester of pregnancy.

Methods: The subjects were 32 pregnant women who voluntarily in two groups of 18 subjects high aerobic training with a mean age of 28.32± 3.12 years and 14 control subjects with a mean age of 28.16 ± 2.24 years participated. The training program included an eight-week, three sessions per week, and each session is 30 minutes, walking with 60 to 70 percent of maximum heart rate. The quality of life by the SF-36 quality of life questionnaire, The level of anxiety by STAI anxiety questionnaire, General Health by Goldberg and Hill Questionnaire and happiness by Oxford Happiness Questionnaire was measured both group before and after exercise. T-test was used to compare data.

Results: The results showed that comparison of quality of life in the aerobic training and control groups on factor Quality of life (p<0.001), anxiety(p<0.002), General Health(p<0.001) and Happiness (p<0.001) showed a significant difference.

Conclusions: Aerobic training by the effect on the neurotransmitters involved in anxiety and psychological pressures, the effect on stress hormone levels and reduce muscle tension after sports activities can improve the quality of life quality of life and reduce anxiety and increase happiness in pregnant women.

Keywords: Aerobic exercise, General health, Quality of life, Anxiety, Happiness, Pregnancy.
PHYSICAL EDUCATION AND FITNESS OF CHINESE WOMEN

T.Hui

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No abstract available

WOMEN ATHLETES IN MIXED MARTIAL ARTS: SUBVERSIVE BODIES AND THE CONSTRUCTION OF FEMININITY

Grasiela da Silva – Faculty of Sport, University of Porto, Portugal
Paula Silva - Faculty of Sport, University of Porto, Portugal
Joana Carvalho - Faculty of Sport, University of Porto, Portugal
Angelita Alice Jaeger – Federal University of Santa Maria - Brazil

Currently, sport is one of the most significant phenomena. It is inserted in people’s life and tailors lifestyles, ways of feeling and perceiving bodies and sexualities. In the sports practice bodies have been playing leading roles, where men and women occupy positions and have different access inside the sports context. Women in Mixed Martial Arts (MMA), a sport historically and culturally attributed to men, are a challenge to the norms and they rupture with the tradition of the fighting sport culture. The aim of this study is to analyse the relationship between women athletes in MMA and their body, in and out of the octagon. The methodology is qualitative focusing on the contents analysis in reports within cultural artefacts (The Iron Lady, MMA Space, Combat, Invicta FC) regarding body social construction. The results suggest that women challenge against the fragile and gentle frame of feminine body and, consequently, against male hegemony. Athletes manage their bodies as they perceive and describe them and this can be noticed not only through their speech, but also and above all from the practices to which they subject themselves to and the way they exhibit the body.

Keywords: Women, Sports Combat, Femininity.

THE EFFECT OF 12 WEEKS OF AEROBIC TRAINING ON QUALITY OF LIFE, QUALITY OF SLEEP AND HAPPINESS OF OLDER WOMEN

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Atiehbeigom Sarvarzadeh - Young Researchers and Elite Club, Jahrom Branch, Islamic Azad University, Jahrom, Ir

Background: Physical activity is one of the most effective methods to prevent aging disorders and leads to increased health and vitality and quality of life. The aim of this study was to evaluate 12 weeks aerobic training on quality of life, quality of sleep and happiness of older women.

Methods: The subjects of this study were 58 sedentary women aged 65 -75 years old volunteered in two groups of 33 experimental and 25 control subjects. This study used a quasi-
experimental and applied. aerobic training began with warm up for 15 minutes with easy step and stretching and then was used for 30 minutes of aerobic activity with Low impact music. At the end of each session was 15 minutes of stretching and slow recovery. Quality of life was measured in both groups, Before the intervention after intervention by the quality of life questionnaire SF-36, The quality of sleep by the PSQI Sleep Quality Index and happiness by Oxford Happiness Questionnaire. T-test was used to compare data. 

**Results:** Results significant difference in the comparison between the factors examined in an aerobic exercise group and the control parameters of quality of life (p<0.001), sleep quality (p<0.001) and happiness(p<0.001).

**Conclusions:** aerobic training causes reduced activity limitations, more independence, and increasing the role and successful life and consequently leads to increased quality of life and well-being in older women.

**Keywords:** Aerobic exercise, Quality of life, Quality of sleep, Happiness, Elderly women.

**EXPLORING URBAN HAITAN WOMEN’S KNOWLEDGE AND PERCEPTIONS REGARDING CERVICAL CANCER AND HPV**

**M. Joseph**  
*Barry University, FL, USA*

**Background:** Cervical cancer is the second most common cancer diagnosis and cause of death among women worldwide, but most of the disease burden occurs in areas where access to health care is limited. Despite cervical cancer being highly preventable and treatable, Haiti is disproportionately affected by cervical cancer and has the highest mortality rate in the Latin America and the Caribbean (LAC).

**Purpose:** The purpose of this study was to explore the critical factors that affect, knowledge, perceptions, attitudes, and health beliefs of 18 to 55-year old urban Haitian women regarding cervical cancer and HPV and the impact of their health beliefs on cervical health.

**Philosophical Underpinnings:** The study was guided by symbolic interactionist, pragmatist, and constructivist epistemologies.

**Methodology:** Strauss and Corbin’s (1998) grounded theory approach was used to conduct the study. Semi-structured interviews with 15 Haitian women between the ages of 18-55 years old were conducted individually followed by a focus group interview with three Haitian women with a prior history of cervical cancer. Data collection and analysis were performed simultaneously using constant comparison, and theoretical sampling to identify variants and confirm emerging concepts.

**Results:** Three major categories, lacking of infrastructural factors, dealing with sociocultural factors, and overpowering paternalism emerged from the data. The major categories were coalesced to formulate the theory, balancing obligations versus maintaining cervical health. Interpretive analysis of the findings was consistency with the literature and the participants’ narratives.

**Conclusions:** This study resulted in the construction of a substantive theory, balancing obligations versus maintaining cervical health that explained the critical factors affecting Haitian women’s knowledge, perceptions, and attitudes about cervical cancer and HPV and their impact on cervical health.
A PRACTICAL STUDY OF CREATIVE MOVEMENT FOR CHILDREN AND THEIR MOTHERS

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Background
Many Japanese children have difficulty expressing themselves through motion because few engage in creative movement in kindergarten. Children gain experience expressing themselves during early childhood, producing a greater sense of self-competence. Self-competence is the foundation for an individual’s physical expression over the rest of their life.

Objective
To determine which types of props were effective at making creative movement for children and their mothers.

Methods
A series of monthly seminars on creative movement was conducted for 2-year-olds and their mothers.
The following six types of props were provided:
1) Newspapers
2) Sheets of bubble wrap
3) Movement scarves
4) Lights and videos
5) Stretch cloths
6) Hoops
After each activity, mothers assessed themselves and their children.

Results
Mothers were highly satisfied with the newspapers use. Children favored the sheets of bubble wrap, and use of sheets closely correlated with their assessment by mothers. Mothers enjoyed dancing with scarves the most. Lights and videos produced a large standard deviation in assessments and marked variations in assessments. Assessments of the stretch cloths were divided, as some children enjoyed the cloths and others were scared of them. The hoops were the most satisfying prop for children.

Conclusion
Children and their mothers differed in their assessments of each prop, and different props induced different forms of creative movement. Encouragement of creative movement needs to be devised in accordance with the intended purpose of that movement.

METABOLIC STRESS DURING AQUATIC AND NON-ACQUATIC STEP BENCH EXERCISES

Matheus Pastore; Amanda Souza de Oliveira; Ivair Danziger Araújo; Tamires Fernanda da Silva; Renato Aparecido de Souza; Wagner Zeferino de Freitas; Daniela Gomes Martins Bueno; Denís Bueno da Silva; Fabiano Fernandes da Silva; Elisângela Silva
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Background: Physical exercises using using a step bench may be carried out in an aquatic environment, as well as on the floor. However, there is a lack of studies in the literature comparing the metabolic stress of training sessions in aquatic and non-aquatic environments.
The aim of this study was to compare the metabolic responses (blood lactate concentrations – LA) during aquatic (AQT) and non-aquatic (NAQT) step exercises. Methods: 8 women practitioners of both modalities (age: 29.3 ± 8.1 years; height: 1.63 ± 0.12m; body mass: 67.6 ± 5.6 kg) were recruited. Randomly, a session of each step-modality was performed (AQT or NAQT: Duration: 20 min.; Cadence: 165 bpm). LA data were obtained before, after the session and during passive recovery (3rd, 6th and 9th minutes). The participants were reevaluated after 48 hours in opposite group following the same procedures. For statistical analysis, Shapiro-Wilk, ANOVA for repeated measures and Tukey test were used. Results: The results indicated that NAQT showed a significant (p<0.05) LA increase after the session and during all recovery times when compared with AQT. Conclusion: It was concluded that NAQT provided higher metabolic stress than AQT in women.

**PHYSICAL ACTIVITY AND BODY SELF-PERCEPTIONS IN AN ACTIVE COMMUNITY–DWELLING ELDERLY POPULATION: A QUALITATIVE STUDY**

**J. Carvalho**  
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This study aimed to develop an understanding of the perceptions that community-dwelling older men and women, and previously involved in organized group exercise, have of physical activity and their own body. Considering these perceptions and identifying factors that older adults feel help or hinder them in physical activity, we can highlight areas that may need to be addressed to enable optimal levels of exercise participation.

**Methods**  
Individual interviews and multiple focus group interviews were applied to 30 individuals over 60 years old (11 male and 19 female) that take part in a regular physical activity program for at least 5 years. Interview guides intended to encourage discussion about participants’ views of their body and physical activity. All data will be fully transcribed and then submitted to an inductive analysis following information treatment by the program QSRNvivo.

**Results**  
Major themes emerged: Activity, Biological Body and Social Body. The result suggest that these men and women see themselves as “being active persons” and that physical activity make them feel that they are important for society and their families. Concerning body-perceptions, men perceived them self’s in a more positive way than women, feeling better with their actual body than in their youth. In opposition, women have a more positive body-perception in their youth compared to the aged one.
EFFECTS OF DIFFERENT TYPES OF TRAINING ON BALANCE AND RISK OF FALL IN ELDERLY WOMEN

Gisele Petreca Leal; Lucas Fernandes de Souza; Letícia Aparecida Calderão Spósito; Stêfani Aparecida Marcolino dos Reis; Renato Aparecido de Souza; Wagner Zeferino de Freitas; Daniela Gomes Martins Bueno; Dênis Bueno da Silva; Fabiano Fernandes da Silva Guilherme Avelino da Silva; Elisângela Silva

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Background: Nowadays, it is known that one of main factors that limited the elderly life is the reduction of the ability to balance and can lead them to fall. The aim of this study was to verify the effects of resistance and endurance training, combined or not, on dynamic balance and risk of fall in female and physically active elderly. Methods: 21 female elderly (age: 60-70 years) were recruited and distributed into 3 groups: Endurance (GE), Resistance (GR) and Mix (GM), which combined both modalities of training. The interventions were performed twice a week during three weeks. A Biodex Balance System was used to analyze static (SB) and dynamic balance (DB) analysis, as well as the risk of fall (RF). For statistical analysis, Student's t for paired samples was used. Results: Significant differences (p<0.05) were find only in GM after experimental period. It was showed a reduction of all scores evaluated (SB: 1.03 ± 0.46 versus 0.78 ± 0.32; DB: 1.16 ± 0.43 versus 0.96 ± 0.34; RF: 1.15 ± 0.24 versus 0.80 ± 0.25). Conclusion: It was concluded that in order to improve the balance and, consequently the risk of fall in female elderly is necessary to combine the endurance with resistance training.

CONCURRENT TRAINING: INFLUENCE ON STRENGTH AND CARDIORESPIRATORY FITNESS IN ACTIVE ELDERLY BRAZILIANS

Letícia Aparecida Calderão Sposito; Lucas Fernandes; Leandro Donizete de Araújo; Gisele Petreca Leal; Henrique Franco Ferreira; Tamires Fernanda da Silva; Matheus Pastore; Diego Alfeu dos Santos; Stefani Aparecida Marcolino dos Reis; Amanda Cardozo Prodócímo; Camilla Lie Higa; Wagner Zeferino de Freitas, Priscila Missaki Nakamura; Elisângela Silva

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The aim of this study was to analyze the influence of resistance training and endurance, combined or not, on the strength and cardiorespiratory fitness in active elderly Brazilian. The sample consisted of 24 elderly aged 60 to 70, participants of the Program of Sport and Recreation of the City, by the Department of Physical Education of the Federal Institute of Education, Science and Technology of South of Minas Gerais, Campus Muzambinho, Brazil, divided in groups: strength + endurance and Mix (who held the power and endurance training in the same session, but interleaved way) for 3 weeks. The maximum strenght was assessed by
1MR test and cardiorespiratory fitness by the 6-minute test. Data were analyzed using the Wilcoxon, Kruskal-Wallis and U of Mann-Whitney test (p < 0.05). The Strength + Endurance group and Mix group significantly increased strength (1MR) to the lower limbs after training for p = 0.028 and p = 0.026, respectively. However, for the upper body, only the Mix Group increases strength for p = 0.027. Yet, as we watch the 6 minute test, only the Mix group increased significantly the walked distance, thus improving cardiorespiratory fitness group for p = 0.028. However, there were no intergroup differences. We conclude that the protocol used by Mix group can be more effective to increase the strength of the upper limbs and cardiorespiratory fitness in active elderly women.