

**‘Because I’m Worth it’
A Review of Women’s Experiences of
Participation in Sport and Other
Physical Activity**

Research Report no. 110

*A research study for **sportscotland***

by

Professor Celia Brackenridge

Published by:

© **sportscotland**
Caledonia House, South Gyle
Edinburgh, EH12 9DQ
Tel: 0131 317 7200
www.sportscotland.org.uk

ISBN: 978 1 85060 517 1
August 2007

sportscotland is the trading name of the Scottish Sports
Council

FURTHER INFORMATION

This Research Report was commissioned by **sportscotland** to review research on women's participation in sport and other physical activity and draw out the policy implications.

sportscotland's research reports and summary digests are placed on our website:

www.sportscotland.org.uk

For further information on research, contact the Research Unit:
email: research@sportscotland.org.uk

For further information on women and sport, contact:
Jessica Lindohf, Women, Girls and Sport Officer
email: jessica.lindohf@sportscotland.org.uk

sportscotland
Caledonia House
South Gyle
Edinburgh EH12 9DQ

tel: 0131 317 7200
fax: 0131 317 7202

CONTENTS

Page

4	List of Tables
4	Abbreviations
5	Foreword
6	Acknowledgements
7	Summary
7	Purpose
7	Scope
7	Process
7	Approach
8	Key Findings
9	Recommendations
11	Chapter 1: Background
11	Purpose
13	Scope
13	Process
14	Approach
14	Policy, history and perspectives on women's participation
16	The life cycle and the life course
20	Chapter 2: Policy and Research Critique
20	Politics and Policy
22	Theory and Methods
26	Chapter 3: Women's Engagement in Physical Activity and Sport
26	Participation in Scotland
29	International Comparisons of Participation
31	Life Course Issues: Impact on Women's Sport and Other Physical Activity
	Participation
32	Community
33	Disabilities
33	Family obligations
35	Health
35	Life transitions
35	Pregnancy and motherhood
37	Sexual identities
38	Work/life balance
39	Chapter 4: Key Themes and Gaps
43	Chapter 5: Conclusions and Recommendations for Further Research
43	Conclusions
47	Limitations
47	Recommendations

50	Appendix 1: Search Strategy
51	Appendix 2: Practical Schemes – What Works?
53	Appendix 3: Gender Proofing Research
56	Appendix 4: Selected Bibliography by Theme

TABLES

Page

18	Table 1	Life cycle and life course approaches compared
21	Table 2	Chronology of key national and international conferences, reports and policy documents on women, physical activity and sport
23	Table 3	Women's sport and other physical activity – methods and designs used in published research
39	Table 4	Women's sport and other physical activity – selected research themes
44	Table 5	Women's sport and other physical activity – constraints and facilitators

ABBREVIATIONS

ASA	Amateur Swimming Association
CAAWS	Canadian Association for the Advancement of Women and Sport and Physical Activity
CRFR	Centre for Research on Families and Relationships
EOC	Equal Opportunities Commission
ESRC	Economic and Social Research Council
EWS	European Women and Sport Group
IAPESGW	International Association for PE and Sport for Girls and Women
IOC	International Olympic Committee
IWG	International Working Group on Women and Sport
LGBT	Lesbian, Gay, Bisexual and Transgendered people
NOP	National Opinion Poll
ONS	Office for National Statistics
RIBA	Royal Institute of British Architects
SOTAR	State of the Art Review
SSRC	Social Science Research Council (now ESRC)
WSF	Women's Sports Foundation (UK)
WSF (US)	Women's Sports Foundation (USA)
WSI	WomenSport International
WSPAJ	Women in Sport and Physical Activity Journal

FOREWORD

sportscotland welcomes this thorough and carefully considered review of the issues affecting the participation of mid-life women in sport and other physical activity. There is substantial understanding of barriers and motivations for girls and young women's participation in sport – even if, as Professor Brackenridge notes, this has tended to focus more on the individual than on societal influences – but less on the issues for mid-life women*.

Following earlier policy-related research commissioned by **sportscotland** on girls ([Biddle et al. 2005](#)), complemented by research on young women and sport by Sport England ([Cox et al. 2006](#)), it was appropriate to commission a synthesis of the evidence on participation by mid-life women. This and the earlier work are intended to inform the policies of both **sportscotland** and others who promote and provide for sport and other physical activity among women. The work will also assist public authorities in meeting their equality duties by ensuring that their policies are equity proofed.

In her recommendations, Professor Brackenridge identifies research issues, particularly gaps in our knowledge and understanding, and implications for policy.

The knowledge gaps have implications beyond **sportscotland**. They are largely generic to the UK rather than Scotland-specific – although they have potentially valuable policy implications for Scottish sport – and we will explore these in discussion with the other national sports councils. A number will also be of interest to those who commission research into physical activity more broadly such as the health agencies, and those who fund research into women's life course and lifestyles such as the Economic and Social Research Council.

We note the recommendation for agencies such as ourselves to gender proof our research commissioning procedures and research methodologies and we are addressing this in the context of the recent equity legislation.

The most important issues to arise from this review are the policy implications. As we seek to work using evidence-based policy, we need to know how those who promote or provide for sports opportunities for mid-life women should improve our approach. In its recommendations the review provides some principles on which we can build, summarised as the need to take account of women's life course when planning for sports provision; to have more nuanced approaches to target groups; and to promote a de facto entitlement to women's participation in sport and other physical activity. We will consult on how these

* Also, importantly as they are the lowest-participating group in society, less is known about issues for elderly women. Issues for elderly people – women and men – are explored in a report commissioned by **sportscotland** ([Nicholson 2004](#)).

and other implications from the review can be translated into practical policy developments.

Dr Jessica Lindohf, Women, Girls and Sport Officer
Dr Kristi Long, Research Manager
Jon Best, Senior Research Manager

sportscotland, August 2007

ACKNOWLEDGEMENTS

Chris Lillistone, Women's Sports Foundation
Dr Jessica Lindohf, **sportscotland**
Dr Kristi Long, **sportscotland**
Dr Kay Munro, Glasgow University
Professor Nanette Mutrie, Strathclyde University

SUMMARY

Purpose

The purpose of this study was to review and critique the literature on women's participation in sport and other physical activity to add to our understanding of and inform policy in this area. It also identifies possible areas for further research. The study arose from recognition by **sportscotland** that participation rates by females are comparatively low, especially after they leave school.

Scope

Whilst this report reviews girls' participation and some psycho/biological factors, it focuses particularly on sport (including team sport) and other physical activity among mid-life adult women. In order to make sense of these issues, a life-course approach is taken. Where relevant, comparisons with international data are offered.

Process

The review involved:

- literature searches;
- a desk study of extant material on Scottish women's participation rates; and
- selected telephone/email interviews.

Approach

Given the volume of material now available on girls' and women's engagement in sport and other physical activity, a comprehensive review would have been impracticable within the available resources. A selective approach was taken, therefore, using a framework that traced and critiqued:

policy,
participation and
research

in relation to both Scotland and some key international partners. From this, gaps and priorities for further research were identified.

Key Findings

- 1 Scotland is not alone in its attempts to engage more females in sport and other physical activity. Similar initiatives are in evidence in many other countries.
- 2 Policy provisions for women and sport, including those from the UK home sports councils from the mid-1970s onwards, have tended to focus on liberal feminist notions of fairness, equity and equality of opportunity/resources and to aim at attracting women into sport as a matter of individual choice.
- 3 Commitment to communal leisure today, whether it be to sport, dance or voluntary organisations, is still popular but is much less predictable over the long term because of the uncertainties and social fragmentation of daily life.
- 4 A balance needs to be struck that accounts for the influences and limitations of structural forces but also recognises diversity in the ways that individual women make and shape their own activity choices.
- 5 Social science and science research studies on sport and leisure participation have frequently failed to account for women or girls by excluding female participants or by presenting results without differentiating between males and females ('gender blindness').
- 6 There has been an understandable emphasis on participation surveys to establish activity patterns and preferences. As health issues have assumed importance in sport and other physical activity policy, so health research models have also begun to appear in the sport and physical activity literature. This has sometimes resulted in the use of inappropriate paradigms in social research.
- 7 The better designed studies have been triangulated (multi-method), adopting focus groups, in-depth interviews or activity diaries, mixing quantitative and qualitative methods. Narrative accounts, that situate sport and other physical activity within the undulating landscape of a woman's personal biography, are lacking.
- 8 The dominant 'constraints' or 'barriers' approach to women's participation has sometimes led to the view that women's leisure is inevitably a negative concept.
- 9 Other than some acknowledgements of diversity as an issue in social theory and policy more generally, and in leisure in particular, little appears to have changed in the past 30 or so years. Participation data are still clearly gendered and females still face the same kinds of sport and other physical activity issues.

- 10 Aspects of the life course that are either absent from or underrepresented in the research include:
- sport and other physical activity within women's overall work-life balance;
 - impacts on sport and other physical activity of women's major life events and transitions (leaving or moving home, starting work/unemployment/ redundancy, child rearing, marriage and divorce, elder care);
 - disability and ill-health in relation to women's sport and other physical activity;
 - race, language and ethnicity issues, especially the situation of immigrant and non-British women in relation to sport and other physical activity; and
 - mid-life women's sport and other physical activity, including in relation to team-based activities.

Recommendations

- 1 For **sportscotland** and its partner agencies to succeed where others have failed, then the varied life courses of mid-life women need to be understood. This requires further knowledge to be obtained about:
 - life course transitions (and consequent entry into, exit from and re-entry into sport and other physical activities);
 - the lifestyles of women in different geographic and cultural settings;
 - the variety of consumption-based identities of women with different employment situations and purchasing power;
 - motivations and attitudes amongst those women who defy cultural stereotypes by participating in 'extreme' sports, 'lifestyle' sports and team sports, for whom activity is more important than gender; and
 - the potential for turning places where mid-life women already congregate into locations for team sport and other organised physical activity.
- 2 **sportscotland** should re-examine its research commissioning procedures to ensure that all funded research is gender proofed.
- 3 It would be useful either to replicate the Sheffield study ([Green et al. 1990](#)) in the Scottish context or, at least, to map existing participation data onto the findings of a series of qualitative studies.

- 4 Women's life course and lifestyle status must come first and sport and other physical activity second in provision planning.
- 5 Those promoting and providing for women's participation should think more creatively about 'target groups'.
- 6 Those promoting and providing for women's participation should foster the idea that women are **entitled** to engage in sport and other physical activity 'because they are worth it'.

CHAPTER 1: BACKGROUND

Purpose

The research was commissioned to review the literature on key issues in the experience of participation in sport and other physical activity by women, since their rates of engagement are recognised to be comparatively low, especially after leaving school. A plethora of research studies, both recent and older, using quantitative and qualitative research methods, attest to the low participation rates by females and many of these have also attempted to describe, explain and advocate interventions to change this.

The review is intended to:

- identify and evaluate the evidence that purports to explain this state of affairs;
- examine women's perceptions of factors that either hinder or promote their participation in sport;
- consider the evidence of demand by women who wish to engage in sport (particularly recreational sport); and
- present some best practice models from the UK and overseas.

The study provides information on issues relating to participation in sport and, to a lesser extent, other physical activity, by women aged 25-50 and is intended to inform policy in the area of sports development.

The following were the more detailed intentions of the review:

- An overview of the policy context in Scotland for adult women's participation in sport in particular and physical activity more broadly.
- An overview of the Scottish context in terms of trends in participation profiles from participation data.
- A critical review of existing research, drawing out key issues, conclusions and policy-related implications. This focuses on research in Scotland and other countries (such as the rest of the UK, Australia, New Zealand, North America, Europe) where findings may be considered to be directly relevant to the Scottish context. This review draws on:
 - quantitative studies of women's participation in sport, including studies comparing international populations;
 - qualitative studies of participation of women in the target age group; and
 - studies demonstrating health, psychological, social and other benefits of sport for women.

- The research is informed by the life course approach to the study of women's activities (and considers research findings in various domains, including leisure, work and domestic responsibilities), highlighting key issues that should inform the development of policies to promote women's participation in sport and other physical activity. It also includes a critical assessment of the applicability of the life course perspective to women of this age group and offers suggestions about the most useful way to identify potential subpopulations within the 25-50 age group.
- The literature review plays particular attention to motivations, perceptions and barriers in relation to sport for women aged 25-50. Sport, broadly considered, is the main focus of attention. Women's physical activity participation is a key aspect of the overall context of women's participation in sport, and the literature review incorporates key findings from the literature on physical activity as they contribute to the understanding of women's participation in sport. Research questions include the following issues:
 - What are women's experiences of engagement and re-engagement in sport and other physical activity?
 - What motivates women to engage/re-engage in sport and other physical activity?
 - Is there a demand among women for pathways for re-entering sport as adults, or for engaging in new sports in adulthood?
 - What are the opportunities for women in this age group to do sport on a recreational basis?
 - Which sports (excluding physical recreations such as fitness activities, walking and dance) are women engaging in and what barriers have they found to taking part? Are there sports that are easier to engage with and those which are more difficult?
 - What opportunities did women who have re-engaged in sport (or wished to do so) find and how were they received?
 - When women have engaged in team sports on a recreational basis, what have their experiences been? What benefits have derived from this participation? Have they been inclined to continue participating?
 - Where do women go to engage in sport activities? Who provides the opportunities and skills training/instruction (private gyms, community halls, clubs, leisure centres) and what support do women receive to keep coming and develop their skills?
 - Where do women go to engage in other physical activity (private gyms, community halls, clubs, leisure centres)?
 - Are there key points of transition into or out of participation in sport or other physical activity within this age group? (For example, the transition from primary to secondary school is a key point for girls.)

- What impact do lifestyle factors, including marriage, childbearing, career development, caring for ageing parents, etc have on the ability or inclination of women in this age group to participate in sport? Do participants and non-participants experience these lifestyle issues differently?
- Are women aged 25-50 more likely to be motivated by health messages, concerns about weight, challenges/opportunities for achievement or social opportunities when encouraged to participate in sport?
- What key findings from non-sport-specific research on women's participation in other sorts of activities or demands on women's time might inform our understanding of women's participation in sport?

The purpose of the review is to:

- uncover gaps in evidence;
- identify potential questions for further research; and
- inform policy aimed, in particular, at increasing participation by mid-life women.

Scope

Whilst this report reviews girls' participation and some psycho/biological factors, it focuses particularly on sport and other physical activity among mid-life adult women. In order to make sense of these issues, a life-course approach is taken (see [Table 1](#)). A broad but inclusive definition of sport and other physical activity is adopted, in line with both [sportscotland's \(2003\)](#) own definition that includes some physical recreations and those from the Canadian Association for the Advancement of Women and Sport (CAAWS) that incorporates physical activity and from the Australian Sport Commission that incorporates participation (termed 'recreation') and excellence. However, the review does not address leadership except in relation to participation initiatives.

Process

The research comprised the following stages:

- A desk study of extant databases and grey literature (such as reports and short-life documents), focusing mainly on the UK but also addressing appropriate international comparisons, where these were available, focusing especially on aspects of (non-)participation in recreational and team sport and on organised physical activity. The search strategy is outlined in Appendix 1.

- A comparative study of literature on women's engagement in non-sport leisure activities.
- A desk-based review of trends in participation in the Scottish context, drawing on information provided by **sportscotland**.
- An overview of the policy context for adult women's participation in sport in particular and physical activity more broadly.
- Consultations with expert informants, including the Women's Sports Foundation (UK).

Approach

Policy, History and Perspectives on Women's Participation

Rationales for sport and physical activity wax and wane with changes in political, economic and military climates. The late nineteenth century saw sport (for boys) supported for its educational and leadership training potential. At the turn of the century (male) Physical Training was driven by military needs. Between the first and second world wars, first wave feminism led to advances in women's social, educational and political entitlements and women's sport and leisure flourished, but still within fairly restricted stereotypes that were limited by notions of class- and gender-appropriateness ([Gem 1993](#), Hargreaves 1994). By the 1960s, personal leisure choices were less closely determined and more autonomous but, through all these eras, women's access to and involvement in sport and physically active leisure were quantitatively less than men's and qualitatively more circumscribed by social mores ([Deem 1986](#), [Wimbush and Talbot 1988](#)).

Social theories have informed public policy since the early twentieth century. Feminist perspectives have been especially important in drawing attention to a range of gender-related concerns such as the right to vote, equal pay and access to higher education. In particular, 'second wave feminism', that followed the civil rights movement in the USA in the 1960s and early 1970s, awakened expectations of a better deal for women in all walks of life, including sport. The establishment in 1974 of the US Women's Sports Foundation (WSF US) by tennis player Billie Jean King was seen as a radical move by some but, ultimately, it led to a public debate about women's rights to equity in sport. At that time, sport practice for women was theorised somewhat narrowly, with biological explanations ('sex differences') being used to explain and compare women's participation and performance against that of men. Women's sports were thus judged against a male standard rather than in their own terms. There are many examples of sex role determinism in the literature on women's participation in sport (just two examples are [Colker and Widom 1980](#) and [Colley 1986](#)). Even as late as the mid-1990s, researchers were still using concepts such as 'sex role orientation' to explain stereotypical sport behaviours (see, for example, [Andre and Holland 1995](#)).

Many proponents of women's sport in the 1970s seized upon Susan Bem's (1974) concept of psychological androgyny as it appeared to resolve the so-called role conflict whereby someone who is a 'real' athlete, ie male, cannot simultaneously be a 'real' woman, ie female. [Bem's \(1974\)](#) notion that femininity and masculinity could be combined in the androgynous person provided female athletes with an 'excuse' for their athleticism. Relief was short lived, however, as androgyny soon became appropriated by homophobes who linked it with lesbianism in sport. Critics of men's control of sport began to map the relative positions of women and men by recording, for example, how many women occupied different positions in sport and how much media coverage, prize money or attention they received (see, for example, the work of Acosta and Carpenter 2006). This **distributive** approach to women in sport provided useful evidence of structural inequalities and did, at least, broaden the theoretical debate away from individual attributes towards social and political forces. It also underpinned liberal gender politics and helped to move forward the 'equal opportunities' agenda in local, if not national, government.

In the late 1970s and early 1980s, as feminist perspectives developed and began to influence sport studies, feminist scholarship and activism in sport and leisure became more radical. The authors of a survey of policy provision for women and recreation in Leicester even suggested that their work had been prompted by "the increasing belligerence of women's groups" ([MackSmith and Stewart 1984](#): 2)! The UK Women's Sports Foundation (WSF) was formed in 1984 as a separatist pressure group for women's sport, some ten years after its sister organisation in the United States. The WSF brought together women academics, leisure managers, journalists and sports administrators who shared concerns about sex discrimination in sport.

At about the same time, liberal notions of 'equal opportunities' were being challenged by academic feminist scholarship (for example, [Spender 1981](#), [Barrett and Phillips 1992](#), [Gilligan 1982](#), [MacKinnon 1982](#)) and there was a fairly rapid diversification of feminist perspectives, with socialist feminist perspectives also being used to theorise women's leisure practices. (The socialist feminist perspective seeks to focus on power relations and social inequalities, shifting emphasis away from individual choice and opportunity to social-structural systems.) A landmark research study on leisure and women's lives was conducted in Sheffield by Woodward, Green and Hebron for the Economic and Social Research Council during 1984-1988 ([Green et al.1990](#)) and, for the first time, applied a socialist feminist analysis to women's leisure. It was to be almost another decade, however, before feminist sport studies in the UK acknowledged this diversification (Scruton 1994, [Hargreaves 1994](#)) and it is arguable even now, yet another decade on, whether perspectives such as post-colonial feminism or post-modernism have been fully embraced by sport scholars.

More recently, researchers such as Hargreaves (2000) and [Hall \(1996\)](#) built **relational** feminist perspectives into their work on leisure and sport, in which gender politics were cast as fluid and negotiated rather than simply handed

down. Discursive frames of meaning ([Mottier 2004](#)) thus became the focus of feminist research, with consequent impacts on both theory and research methods. But I would argue that these more recent theoretical advances have yet to make an impact on practice in most sport and leisure organisations. The question arises, then, whether contemporary feminist theorising in sport and leisure is now so far ahead of practice that it has sacrificed its historical commitment to real world change. If so, then this also reflects a wider disconnect between social (and sport) policy and the academy.

As [Margaret Talbot \(1979\)](#) noted in her now classic state of the art review of women's leisure that preceded the major work on this theme in the 1980s, both researchers and policy makers take value positions about the participation of the population in sport and physical activity. The health imperatives of today have, arguably, sharpened the view that sport and other physical activity should be undertaken as a matter of national economic importance rather than simply as an expression of personal choice ([Scottish Executive 2003a](#), [sportscotland 2003](#)). In many ways, health is now 'the only game in town' and the health (personal) and economic (state) benefits of a more physically active nation are clear for all to see and well evidenced ([Scottish Executive 2003b](#), [Cambridge Econometrics 2004](#), [Royal College of Nursing Scotland 2003](#)). Sporting success is a welcome by-product of physical activity, enhancing civic pride, social capital and national status (Misener and Mason 2006), but the real value of sport today is its contribution to the health of the nation ([Fox 1999](#)). There are echoes of nineteenth century 'rational recreation' ([Clarke and Critcher 1985](#)) in this approach, whereby policy makers exhort citizens to engage in something that is seen to be good for them but that does not immediately appeal to many.

The Life Cycle and the Life Course

Significant changes in life expectancy and longevity have occurred in the past century. For example, the [Office for National Statistics \(2006\)](#) reports that:

The proportion of the population aged 65 and over has increased... over the last thirty years from 13 per cent to 16 per cent. Within this age group even greater increases were seen for those aged 85 and over... The number of people aged 85 and over grew by 64,000 (6 per cent) in the year to 2005... This large increase reflects improving survival and the post World War One baby boomers now reaching this age group... the median age of the UK population rose from 34.1 years in mid-1971 to 38.8 in mid-2005. This ageing is primarily the result of past trends in fertility, although recently declines in mortality rates especially at older ages have been playing a major role. Population ageing will continue during the first half of this century, since the proportion of the population aged 65 and over will increase as the large numbers of people born after the Second World War and during the 1960s baby boom become older. The proportion of population at working ages is set to fall as the baby boomers move into

retirement and are replaced by the smaller numbers of people born in each year since the 1960s.

(<http://www.statistics.gov.uk> Retrieved 27 11 06)

In Scotland, specifically, there are some concerns about depopulation but the General Register Office for Scotland indicates that mid-life males and females (25-44 years), the original target group for this research review, are the most numerous in the population.

... the age structure of the population of Scotland has changed since 1991. Of particular note are the decrease of 16 per cent in the number of persons aged 15-29 and increases of 10 and 12 per cent in the numbers aged 30-44 and 45-59, respectively...

(<http://www.gro-scotland.gov.uk/statistics> Retrieved 27 11 06)

Sport 21, the previous national strategy for sport, reported:

Although Scotland will have an increasingly middle-aged population, the physical capabilities and aspirations of many of the 'middle-aged' (45-55 years) remain strong.

([sportscotland 2003](#):10)

One of the challenges of a changed age structure concerns defining what it means to be a certain age, and whether traditional, age-linked expectations have currency any more. Along with social prescriptions based on class, gender and work, those related to age are breaking down under the forces of late modernity and causing policy analysts to rethink former social categories.

Delays in achieving adult independence, 'settling down' and starting families ([Economic and Social Research Council 2004](#)) have prolonged the dependence on parents/carers by many young people while, at the same time, the 'single lifestyle' is very evident, especially for those with extended education and career development. The Economic and Social Research Council (ESRC) attributes these shifts in family dynamics to the changing roles and aspirations of women.

Age-related 'stages' of life are thus under scrutiny as we come to terms with the notion that individuals have the power to construct their own identities, albeit within familiar structural constraints such as class and ethnicity. As the economy of production shifts to one of consumption, so a culture of choice based on personal taste is replacing strictly-defined mores. Instead of taking a life cycle approach to women's sport and physical activity between the ages of 25 and 45, as was originally specified by **sportscotland**, this report therefore takes a life course perspective (following [Hunt 2005](#)). In other words, rather than assuming that women's participation is determined by age, I have examined their participation in relation to their key life events and social tastes. These women are called here 'mid-life' women but that is meant more as a label of convenience than a set of assumptions.

The main differences between the life cycle and life course approaches are summarised in Table 1. In a 1992 study of adolescents' views of the life course, [Wheatley and Aldava](#) found them locked into an 'age period' approach (infancy, childhood, adulthood and old age) but key transitions were listed as: leaving home, beginning full-time employment, marriage and parenthood, each of which was gendered. Roberts (2003) defines two key life transitions as important for youth research: the transition from schooling to employment, and the transition from living at home to living independently.

Table 1: Life Cycle and Life Course Approaches Compared

Life Cycle Approach	Life Course Approach
Life stages determined mainly by age	Life stages determined mainly by identity
Age-based categories	Consumption-based categories
Stages follow an inevitable sequence	Stages may be re-ordered by choice
Age-related expectations are fixed	Expectations are uncertain and flexible
Life events are relatively predictable	Life events are relatively unpredictable
Underpinned by medical model	Underpinned by social model
Bio-technology subserves fixed social roles (eg, sexual, reproductive, family, work roles)	Bio-technology subserves multiple and malleable social roles (eg, sexualities, moralities, work/non-work)
Social determinism	Social constructionism

For us to understand women's long-term engagement in sport and other physical activity it is necessary to locate their sport and activity 'careers' within their own complex biographies. This review therefore examines both **psychological** (ie, motivational and attitudinal) issues and also **situational** (eg, cultural, identity, family and employment) issues for women as part of the life course.

Even though social context was recognised long ago as a constraint on women's leisure (notably in [Margaret Talbot's 1978](#) paper 'The Housebound Woman') it is arguable whether leisure and sport providers have ever seriously contextualised women's physical activity options. This point was underlined by [Smith in 1987](#) (p51), who pointed to the importance of life stage and gender for leisure activity and suggested that, for adult women, the home exerted an "extraordinary pull" that, together with the care of very young children, helped to explain why women had lower levels of engagement in physical activity and attached greater importance to social and cultural activities. Interestingly, a life course approach to sport and other physical activity provision for women, that attempts to set participation within these personal and social contexts, is somewhat at odds with the target-driven performance management systems that beset contemporary social policy.

Along with the changes of the life course approach are new social agendas. One is predicting social trends, a task made much more difficult under the new social conditions of late modernity. The risks and uncertainties associated with this pose interesting challenges to sports councils and providers of sporting opportunities, for example in anticipating what sporting and physical activity tastes might appeal to different social groups in the future. For this reason, historic research studies of women's sport and physical activity patterns are not necessarily indicators of their future activity choices.

This review moves on to offer a critique of policy and research on women's participation (Chapter 2) before examining participation data in more detail (Chapter 3). Where relevant, comparisons with international research findings are offered. In Canada, the USA and Northern Europe, for example, both research and policy on female participation is relatively advanced. Key themes and gaps in the research are presented in Chapter 4, and Chapter 5 offers conclusions and recommendations. Following an outline of the literature search strategy in Appendix 1, some examples of practical programmes – 'what works' – are presented in Appendix 2. Two models of gender proofing for research are set out in Appendix 3 and, finally, in keeping with the life course approach, the bibliography in Appendix 4 is presented thematically rather than in one alphabetical list.

CHAPTER 2: POLICY AND RESEARCH CRITIQUE

Politics and Policy

[Henderson \(1994\)](#) suggests that scholarship on women's leisure has gone through four stages: invisible, compensatory, dichotomous differences, feminist, and gender research, which equate to [Brackenridge's \(1995\)](#) characterisation of stages of women's sport as: exclusion, inclusion, equity and transformation.

Table 2 lists the main policy documents on women and girls' physical activity and sport since second wave feminism in the 1970s. Policy provisions for women and sport, including those from the UK home country sports councils from the mid-1970s onwards, tended to focus on liberal feminist notions of fairness, equity and equality of opportunity/resources and to aim at attracting women into sport as a matter of individual choice. The concept of 'drop out' in sport was a favourite in 1970s and 80s policy documents and research studies, starkly illustrated in girls and women's participation rates. However, the notion that someone 'drops out' was criticised by Coakley and White (1989) in their study of young people's leisure choices. The concept pathologised non-participants and also implied a linear relationship with sport that was at odds with the multidimensional lives of their young respondents. It is also at odds with the multidimensional lives of women and girls today. Commitment to communal leisure today, whether it be to sport, dance or voluntary organisations, is still popular but is much less predictable over the long term because of the uncertainties and social fragmentation of daily life.

Policy approaches based on individualised leisure have also been critiqued as failing to take adequate account of the material, cultural and structural constraints on women's leisure lives. Ironically, the opposite criticism has been levelled at more recent theoretical analyses. A balance needs to be struck, therefore, that accounts for the influences and limitations of structural forces but also recognises diversity in the ways that individual women make and shape their own activity choices. This is no easy task.

Table 2: Chronology of Key National and International Conferences, Reports and Policy Documents on Women, Physical Activity and Sport*

Date	Conference/Report/Policy Document	Authority
1978	International Conference on <i>Women and Sport</i> , London, UK	Sports Council
1979	<i>Conv'n on the Elimination of All forms of Discrimination Against Women</i>	UN
1991	European Women and Sport Group (EWS) established; 1 st conference.	EWS
1992	1 st Women and Sport <i>National Policy</i>	Sport England
1994	2 nd EWS conference, Paris	EWS
1994	International Working Group (IWG) established: 1 st IWG/World Conference, Brighton UK: <i>Brighton Declaration</i>	IWG
1995	<i>Beijing Platform for Action</i> – statement on women, phys. activity & health	UN
1996	3 rd EWS Conference, Stockholm	EWS
1996	1 st IOC Conference on Women and Sport, Lausanne	IOC
1998	2 nd IWG/World Conference, Namibia: <i>Windhoek Call for Action</i>	IWG
1998	EWS Conference, Athens	EWS
2000	4 th EWS Conference, Helsinki: <i>Helsinki Spirit Recommendations</i>	EWS
2000	<i>World Conference on Women and Sports</i> , OC, Paris	IOC
2000	Beijing + 5 review of <i>Beijing Platform for Action</i>	UN
2001	1 st Asian Conference on <i>Women and Sport</i> , Osaka, Japan	Asian WSG
2001	<i>Athens Declaration</i> of UNESCO on Women and Sport	UNESCO
2002	5 th EWS Conference, Berlin, Germany: <i>Berlin Memorandum</i>	EWS
2002	3 rd IWG/World Conference on <i>Women and Sport</i> , Montreal, Canada	IWG
2003	Conference on <i>Women and Sports: Old and New Stereotypes</i> under the Greek Presidency of the EU: <i>Thessaloniki Declaration</i>	EU
2003	<i>Report on Women and Sport</i> , Women's Cttee of the European Parliament	EU
2003	<i>European Parliament Resolution on Women and Sport</i>	EU
2004	<i>IOC Resolution on Women and Sport 'New Strategies, New Commitments'</i> 3 rd World Conference on Women and Sport, Marrakech	IOC
2004	6 th EWS Sport Conference, Paris: <i>Paris Call for Action</i>	EWS
2004	<i>The Equality Standard for Sport</i>	Sports Councils
2006	sportscotland's <i>Strategy on Women, Girls and Sport</i>	sportscotland
2006	3 rd IWG/World Conference, Kumamoto, Japan	IWG
2006	7 th EWS Sport Conference, Vienna, Austria	EWS

*Excluding conferences held by individual voluntary organisations, such as WSI and IAPESGW, and university or locally specific events.

Theory and Methods

Research studies on sport and leisure have often either omitted women and girls or presented results without differentiating between male and female participants ('gender blindness'). In addition, sport scientists have often applied male norms and theories to women participants, using male as the reference point or standard against which all female performances are measured. Females have been regarded as 'noise' in the system by some sport scientists: in other words, they have been viewed as an irritating variable rather than a substantive population (see [Brackenridge et al. 2005](#)). These limitations applied especially to studies prior to the 1980s.

Following concerted feminist critiques of the research process (such as [Spender 1981](#)) this has now, largely, changed. A body of research on women's sport, physical activity and leisure that emerged in the mid to late 1980s has now grown to vast proportions, with a female-specific journal (the *Women in Sport and Physical Activity Journal*) and regular inputs on women's activities appearing in most mainstream sport and exercise journals. Notwithstanding this, there is still evidence of institutional sexism in the content and editorial process of sport research: examples include the gender imbalance of editorships, first authors and editorial boards of the major sport science journals ([Aitchison 1999](#), [Brackenridge et al. 2005](#)).

Table 3 lists the research methods used in published studies on women, sport and physical activity. There has been an understandable emphasis on participation surveys to establish activity patterns and preferences. [Moir \(1977\)](#) recognised the limitations of survey method for accessing non-participants in her study and the likely preferable cost-benefit of qualitative methods. The Australian Senate report ([Commonwealth of Australia 2006](#)) on sport and physical activity participation points out a number of statistical limitations in the different survey designs that make comparisons across them problematic. This is something that has plagued statistical assessments of participation, which use different frequency definitions (monthly, weekly, yearly), different participation thresholds (percentages of the population taking part) and normative menus (using prescribed lists of recognised sports and activities).

Another popular data collection method in sport and leisure studies has been the time-budget diary ([Talbot 1997](#)). Notwithstanding the limitations of gathering information about only a few lives, or small portions of one life, this method has merits for uncovering the time-linked qualitative dimensions of leisure as well as the distribution of leisure and other activities, such as paid employment.

There has been a doggedly liberal approach to women and sport among most UK sport policy agencies, drawing on statistical patterns of participation and aiming to equalise participation, rewards and resources. Nonetheless, socialist feminism (described [above](#)) still has much to say about the wider context within which women choose towards or away from sport and organised physical activity.

The Sheffield study ([Green et al. 1990](#)), also described above, was written from a socialist feminist perspective. It used mixed methods, starting with a large-scale survey conducted by National Opinion Poll (NOP) and then moving to focus groups of consumers and leisure providers and in-depth interviews with women and their male partners.

Table 3: Women's Sport and Other Physical Activity: Methods and Designs Used in Published Research

Methods

Questionnaire surveys (postal, email, in person)
 Validated scales, eg Beck Depression Inventory
 Inventories, eg Leisure Time Physical Activity Inventory
 Time budget diaries/ time series data
 Self-report/rating using tools such as Likert scales or Semantic Differentials
 Profiling, eg cardiovascular health-promotion profile
 Physical/anthropometric measures, eg BMI, waist-to-hip ratios, grip strength
 Interviews (individual, group) (structured, semi-structured, unstructured)
 Focus groups
 Expert panels/rating groups
 Case studies
 Ethnography
 Auto-ethnography
 Observation/photography/auto-VTR
 Discourse analysis
 Text analysis, eg letters, newspapers (hierarchical, thematic content analysis)
 Constant comparison method

Research Designs

Quantitative (randomised control, purposive control, no control)
 Qualitative
 Mixed methods
 Cross-sectional
 Baseline
 Correlational
 Cohort studies
 Longitudinal
 Case study
 Auto/biographical/narrative
 Review/critique
 Secondary analysis
 Meta-analysis
 Cross-cultural studies
 Intervention impact assessment/monitoring and evaluation

As health issues have begun to become important in sport and other physical activity policy, so health research models have also begun to appear in the literature of sport and other physical activity. Of these, the Transtheoretical Model of Change ([Prochaska and DiClemente 1983](#)) is the best known and most widely used for explaining changes in health-related behaviours such as smoking cessation. This has sometimes resulted in the use of inappropriate paradigms in social research – shining the research spotlight in the wrong place (individual choices) and thus overlooking potentially useful answers (such as social determinants of those choices). Two recent studies on women and sport conducted for **sportscotland** illustrate the way that epistemology and methodology can limit understanding:

1 *Women in sport leadership* ([George Street Research 2004](#)). This project did not set women's leadership in sport within a wider context of women's leadership studies or women's lives more generally or identify a theoretical framework that might help to explain the results. The study was therefore descriptive rather than analytic. Had this study been differently defined, it might have provided better value.

2 *Increasing demand for sport and physical activity by girls* ([Biddle et al. 2005](#)). This was a much more comprehensive study, with extensive underpinning data derived from both qualitative and quantitative methods. However, its epistemological basis was skewed very much towards personal and psychological (categorical) factors in participation, overlooking almost completely the extensive range of empirical and theoretical material from sociology, politics, history and cultural studies that might have helped make more sense of the findings. Of the 83 citations in the reference list, for example, barely any addressed sociological or ideological issues and the vast majority came from the positivistic paradigm of the natural sciences (either medicine or psychology). The research yielded no new insights about girls' participation but simply reinforced those already uncovered in many previous studies.

The authors wrote about limited consultation with girls about their needs: "The main concern of providers with consultation was the reluctance to risk raising hopes that cannot be fulfilled" ([Biddle et al. 2005](#) p96). Why is there such reluctance? Because history has shown that the issue of low/non-participation by 'hard-to-reach' groups such as girls and mid-life women cannot be addressed in a sustainable way simply by working with individuals or within personal settings. The structural influences over participation, such as time and resources, are far too deeply embedded for change to occur in this way.

The better designed studies have been triangulated (multi-method), adopting focus groups, in-depth interviews or activity diaries, mixing quantitative and qualitative methods. There is scope for more creative ethnographic methods such as use of web cams, web logs and disposable cameras to capture more immediate personal and interpersonal dynamics in leisure choices and to track individuals' physical activity trajectories within key segments of the life course

(during the working week, at weekends, during personal or family holidays and national holidays, at times of family illness or turmoil, and so on). Narrative accounts, that situate sport and other physical activity within the undulating landscape of a woman's personal biography, are lacking.

The Equal Opportunities Commission (EOC) has published a Gender Proofing Checklist and guidelines for gender neutral sport science were published by the South West Sports Council (South West Sports Council 1996) (Appendix 3). Such tools might help **sportscotland** to meet its Gender Equality Duty which came into force in April 2007 ([EOC 2006](#)).

CHAPTER 3: WOMEN'S ENGAGEMENT IN PHYSICAL ACTIVITY AND SPORT

Participation in Scotland

In its 2005 participation survey, **sportscotland** reported that the dropout of women from participation in sport and physical recreation is marked, especially as girls make the transition from primary to secondary school and accelerating at around age 18. These figures were reinforced by the findings of the Scottish Health Survey 2003 ([Scottish Executive 2005a](#)) on physical activity. Only 41% of 11-year old girls met their physical activity requirement, dropping to 23% at aged 15 (**sportscotland** 2006a). In the **sportscotland** survey (2005), 43% of women in the 25-45 year old age group reported doing little or no sport. Scottish girls are also less physically active than boys at age 11, 13 and 15 ([Alexander et al. 2003](#)), with concomitant health implications. Recent survey data from [sportscotland \(2006c\)](#) confirm differences in participation rates between adult women and men, which are exacerbated when walking is taken out of the analysis. The greatest differences are in outdoor sport participation, with a gap of 29 percentage points between men (48%) and women (19%), and the smallest difference in indoor sports where women (36%) take part marginally more than men (34%). Women also take part more than men in all forms of swimming (20% vs 15%) and in walking (33% vs 27%), keep fit (9% vs 3%) and dance (8% vs 3%) activities but do less than men in most other sports. (*A Women and Girls Fact Sheet* giving a statistical summary of participation data is forthcoming from **sportscotland** in 2007 but was not available at the time this report was prepared.)

Over a quarter (28%) of the Scottish population is between 25 and 44 years of age ([sportscotland 2006d](#)). Age is the key determinant of adult sports participation with 80% of those aged 16-24 taking part in some form of sport or physical recreation at least once a month, compared with just over a quarter (29%) of those aged 75 years and over. In relation to gender, 68% of males and 59% of females over 16 years old had met this activity threshold. Deprivation is markedly linked with geography in Scotland, with 46% of Glasgow's population living in areas of multiple deprivation compared with 11% of Edinburgh's population. Of those who live in the 15% most deprived areas of Scotland, 51% take part in sport compared with 66% of those who do not live in these areas. Given the importance of education and social class as predictors of lifelong engagement in sport and other physical activity, these figures pose a huge challenge for the Scottish Executive.

The social context of women's participation in Scotland is especially significant because of the diversity of its physical and human geography. Participation rates are unevenly distributed geographically: rates in Glasgow and the surrounding local authority areas are significantly lower than for the rest of the country – even allowing for socio-demographic and facility provision factors – and that is particularly the case for women ([Coalter and Dowers 2006](#)).

The ethnic minority population is not evenly distributed across Scotland: 31% of Scotland's ethnic minority population live in Glasgow compared with 11% of the white population. Statistical factors complicate assessment of ethnic minority participation so female ethnic minority participation remains in need of further research. Additionally, there are no sports participation data by religion in Scotland ([Sportscotland 2006d](#)). In England, the 'Taking Part' survey found that those from the Muslim religion were significantly lower participants in sport than those from other religions or none ([Rowe and Bibby 2007](#)). This is particularly an issue for Muslim women ([Women's Sports Foundation 2006b](#)).

In 1996 the [Joseph Rowntree Foundation](#) published a study on family life and young people's lifestyles in the West of Scotland which found that: family structures could not easily be classified; young women living with both biological parents were more likely to leave school with qualifications and less likely to have been pregnant by the age of 18; drug use and pregnancy amongst young women was predicted more by a parental death than by parental separation; and, conflict with parents was related to health problems and lower self-esteem of the adolescents. Of most interest from a leisure perspective was the fact that those young people who spent more 'family time' appeared to have better life chances against a number of predictors including: likelihood of not smoking; not becoming pregnant; and gaining educational qualifications.

Although participation research studies have often been based on the UK as a whole, or on England data only, there have been some Scotland-specific investigations. One of the earliest, and still perhaps most significant, was Elspeth [Moir's \(1977\)](#) MSc dissertation undertaken at the former Dunfermline College of PE entitled *Female Participation in Physical Activities: A Scottish Study*. This study revealed:

- 35% usage of sport facilities by adult (over 16) males compared with 6% by females
- competitive sport was not a priority for most of the women
- women preferred to take part in Yoga and Keep Fit in single-sex sessions
- many of the women felt that "... it is socially unacceptable for women to be involved in physical activity." (p. 307)
- experiencing vertigo or risk was a motivator for those who opted into a physical education career when compared with those in other subjects
- fear of ridicule by men was a barrier to the non-participants but was not actually experienced by the participants
- a sample of nine year olds saw sport as "a necessity for boys but a luxury for girls in terms of their needs as an adult." (p. 311)
- women's extensive family and household commitments constituted barriers, despite willing attitudes.

She concluded that it is:

not that girls on the whole are not interested in physical activities, but that they have conflicting interests which make it difficult for them to participate ... with ease. ([Moir 1977](#): 311)

Despite the rise of 'girl power' since Moir's study was completed, many of her findings still resonate today. In recognition of this, and following the strategic overview of Sport 21 ([sportscotland 2003](#)), girls were targeted by **sportscotland** in both 2005 and 2006. Several policy documents and manuals of practice ideas have been produced to redress girls' relatively low participation rates, notably:

- *Making Girls and Women More Active: A Good Practice Guide* ([sportscotland 2005](#))
- **sportscotland's Strategy on Women, Girls and Sport** ([sportscotland 2006a](#))
- *Increasing Demand for Sport and Physical Activity for Adolescent Girls in Scotland.* ([sportscotland 2006b](#))
- *Girls on the Move* ([Scottish Sports Association 2006](#))

Interestingly, mid-life and older women have not been targeted by **sportscotland** as systematically as girls. This could be because girls are more of a captive audience, being accessible in and through schools, because lifelong commitment to physical activity is linked to early participation, or because investment in youth has a better economic payoff for government than investment in older people.

The [UK Strategy Framework for Women and Sport \(2003\)](#) has three major objectives: Participation, Performance and Excellence, and Leadership. All of these are expressed in quantitative terms as attempts to improve the distributive data (that is the evenness of representation). The Strategy has also led to local initiatives to change organisational cultures but measurement of such changes remains problematic. Leadership representation has been a constant theme in the research ([White and Brackenridge 1985](#), [White et al. 1988](#), [West and Brackenridge 1990](#)) and policy literature on women and sport since the mid-1980s and many leadership initiatives have followed (for example in Australia, Canada and the UK). Even the International Olympic Committee has adopted leadership targets for women (Henry 2004). But many assumptions underlie the notion of the role model: for some women, role models simply underline the fact that sport is beyond them in terms of performance or body image. Critiques of leadership initiatives have also pointed out that statistical changes in representation do not, in themselves, guarantee cultural changes in gender dynamics. One attempt to make gender and other types of equality more transparent has been through the introduction of *The Equality Standard* ([Equality Partners 2004](#)) that sets out milestones and key indicators for organisations to measure their progress against.

International Comparisons of Participation

It is important to put these Scottish participation trends into a wider historical and geographic context since they are by no means new. Repeated studies since the 1970s have shown a gender gap in participation rates, at all ages, in many developed countries ([Carroll et al. 1978](#)). In England, for example, [Sillitoe \(1969\)](#) reported that only 4% of females' leisure time was spent on physical activities compared with 11% of men's. Even before Moir's study in Scotland, Isobel [Emmett \(1971\)](#) found that over two-thirds of girls did not expect to take part in sport after they left school. Reporting on a study of women's leisure in Milton Keynes in England, [Deem \(1982\)](#) found that women with the fewest leisure activities were married, had children under 16, left school at the minimum age and owned no transport. These factors re-emerged in the much larger study of women's leisure in Sheffield conducted between 1984 and 1988 ([Green et al. 1990](#)).

The most recent data for England, from the Active People Survey in 2005/06, indicate that 28% of all adults aged 16+ (including 30% of women and 34% of men aged 35-54) had "built some exercise into their lives" and a further 21% (including 22% of women and 23% of men aged 35-54) had taken part regularly in sport and active recreation. Those who had "built some exercise into their lives" had taken part in at least 30 minutes of moderate intensity sport and active recreation on one to eleven days in the previous 28 days; 'regular' participants had taken part on twelve or more days in the previous 28 ([Sport England 2006](#)).

Scotland is not alone in its attempts to engage more females in sport and other physical activity. The [Sports Council for Wales \(1998\)](#) developed an initiative to promote physical activity among girls after identifying that 59% took no part in out-of-school extracurricular sport and only 29% of girls compared with 53% of boys were members of clubs outside school. Similar initiatives are in evidence in France ([Ministry of Youth, Sports and Voluntary Sector 2006](#)), where financial prize awards have been given for development programmes, urban-based and adventure sports for women, and for various local schemes. In New South Wales, Australia, a nine-week scheme was to encourage Arabic girls to be more physically active ([Brimfield 2006](#)). However, most of the overseas initiatives appear to be targeted at young females' participation or older females' leadership representation.

Such was the concern of the [President's Council on Physical Fitness and Sports \(1997\)](#) in the USA – where young females were reported to be twice as inactive as young males – that an interdisciplinary research study was commissioned in 1996 to investigate girls' participation. In Australia and Canada, long regarded as sporting nations, similar concerns about girls' and women's participation have been expressed over the years ([Lenskyj 1988](#) and [1994](#), [Phillips 2006](#)). Both countries have also addressed homophobia as a deterrent to formal sport participation, Australia as part of its Harassment Free Sport initiative (www.ausport.gov.au Retrieved 19 Dec 2006) and Canada through various

initiatives including the Canadian Association for the Advancement of Women in Sport and Physical Activity position paper on homophobia in sport ([CAAWS 2006](#)).

In Australia, 54% of girls compared with 69% of boys participate in organised sport outside school ([Australian Bureau of Statistics 2004](#)). [Ball et al. \(2005\)](#) studied a walking scheme that was successful in promoting initial increases in physical activity among mid-life and older Australian adults. The Australian Government commissioned a Senate inquiry into women in sport and recreation ([Commonwealth of Australia 2006](#)) that addressed health, accessibility, media portrayal and leadership issues. Very familiar findings emerged about constraints. Having children, for example, reduced women's chances of participation. However, enviable rates of mid-life women's participation in **non-**organised sports were reported (68% among 25-34 year olds); rates were lowest among women over 65 years of age (at 41%). The report considered data from several different surveys and found overall participation rates in organised sport and physical recreation higher for adult men (45%) than for women (41%).

[Thrane \(2000\)](#) confirmed that Danish, Swedish, and Norwegian women all have less leisure time during weekdays than their male counterparts, and the Spring issue of the *Women in Sport and Physical Activity Journal* (1998, Vol. 7, No. 1) provides participation comparisons from Poland, the Czech Republic, Norway, Hungary and China.

A recent study of 25-35 year-old women's motivations towards swimming, conducted for the Amateur Swimming Association (ASA) and the WSF ([HNI International 2006](#)) found that women of 25-35 years valued swimming for safety reasons, wanted their children to learn to swim but did not want to swim regularly themselves, seeing the activity as 'a necessary evil' (p. 69). Women between the ages of 45 and 55 were especially underrepresented in the female swimmer population. The researchers concluded that: "Providers need to start with the female swimming customer, see the process through their eyes and ... then plan backwards." (p. 70)

Lower levels of participation for women and girls are thus well documented internationally. The research provides some indication of the factors leading women and girls to devote less leisure time to sport and other physical activity but these are by no means exhaustive. Interventions to increase participation provide some examples of good practice (see Appendix 2) but, as noted earlier, such interventions more frequently target girls or young women than mid-life women.

Life Course Issues: Impact on Women's Sport and Other Physical Activity Participation

Applying the concept of life course to the study of women's participation reveals a number of issues that influence their engagement in sport and other physical activity.

Ageing

The physiological and psychological benefits of exercise for adult women are extensively documented: [Lenskyj \(1988\)](#), for example, cites numerous studies and since her report these have grown in volume and certainty. Symptoms of depression, cardiovascular disease, bone deterioration, muscle strength and social isolation are all mitigated by satisfactory leisure and exercise ([Brehm and Iannotta 1998](#), [Brown et al. 2001](#), [Eaton et al. 1995](#), [Gregg et al. 1996](#), [Guthrie 1997](#), [Kull 2002](#) and [2003](#), [Lewis et al. 1998](#), [Rantanen et al. 1999](#), [Sawatzky and Naimark 2002](#)). Similar benefits have been found among women with multiple sclerosis (Juhl 2001), diabetes ([Kieffer et al. 2002](#)), and the very old ([Laukkanen et al. 1998](#)).

Turning to social parameters as opposed to medical benefits, [Hague et al. \(2000\)](#) examined the leisure of elderly women in a midlands city. They found a diverse range of exclusions from leisure sites in the city centre. Problems of identity, accessibility, affordability and fears over personal safety all defined a population that was 'excluded' but that lies outside government definitions of exclusion. From a phenomenological perspective, [Kluge \(2002\)](#) studied elderly women's understanding of the nature and meaning of being physically active and concluded "Active is an attitude and moving is a consequence" (p. 4). Similarly, [Betschild \(1997\)](#) adopted a phenomenological approach in her interviews with mid-life women: she examined their leisure experiences and developed a model of 'leisure and pleasure' among this group. [Mason \(1988\)](#) examined married women, ageing and leisure and suggested that having leisure time was not necessarily an indicator of positive ageing, partly because of the reduced financial resources of many older women.

Taking "policy-relevant variables" as their starting point, [Riddick and Daniel \(1984\)](#) tested a life satisfaction model for older women. They found that life satisfaction was directly and positively affected by the following, in descending order of importance: leisure roles, income, health problems, and employment background. After an eight-week leisure education intervention for home-based older women, [Dunne and Wilhite \(1997\)](#) reported higher leisure participation levels but no effects on psychosocial well-being (ie, boredom, loneliness and depression).

Using qualitative research, the [WSF \(2006a\)](#) studied older women's leisure in rural Cornwall. The women valued socialising through physical activity and,

unselfishly, they would do activity if it helped others to stay healthy. [Freysinger \(1995\)](#) examined the meaning of leisure among women and men in mid life, concluding that the meaning adults ascribe to leisure at this stage of their life course reflects their developmental issues and concerns. Gender distinctions in adult leisure are modified and perhaps even superseded by social class, parental and marital status, and the psychological capacities of the individual. In their study of women, leisure and menopause, [Parry and Shaw \(1999\)](#) challenged the narrow medical model that is so often used to explain the experience of menopause and found that physically active leisure enhanced health and physical and emotional well-being.

Three longitudinal population studies of physical activity in an ageing population in Denmark were reviewed by [Schroll \(2003\)](#). Less than one-third had sedentary leisure time. Schroll concluded (p.63) that "Physical activity definitely influenced health and quality of life over the life course in a positive way." In Slovenia, [Sila \(2003\)](#) showed that both the opinion of an individual's actual state of health and also an awareness of the importance of taking care of one's own health is associated with their physical activity patterns.

Community

Community location is a major influence on leisure uptake and experiences. In rural Scotland, for example, a combination of social and structural factors mitigate against high quality leisure participation by mid-life women. These include the fact that: 65% of heads of households in rural areas had incomes under £200 per week in 1994 compared with 55% in Britain as a whole; take up of benefits was low; housing affordability was perceived as a pervasive problem; employment opportunities were restricted; and services (such as transport, health and leisure) were a matter of serious concern ([Joseph Rowntree Foundation 1994](#)). In a rare study of mid-life women's physical activity and well-being in a small town, [Warner-Smith and Brown \(2002\)](#) investigated the influence of geographic and social isolation, issues which also face many Scottish mid-life women in dispersed communities. The authors suggest that issues arising from geographic isolation constrain the choices women make about their lives, and include:

poor job opportunities, a lack of public transport and other facilities, family transience, community designs that isolate women in their homes, and the politics of being 'different' in a small community. (p. 39)

This work echoes Ken [Dempsey's \(1992\)](#) 14-year long participation observer work in Smalltown Australia where he found rural conservatism and strict sex stereotyping restricted women's leisure and professional options.

English language ability, day care availability and degree of ethnic community support all acted as constraints on the physical and social mobility of immigrant women in a study by [Ruble and Shaw \(1991\)](#), negatively affecting their level of

participation in all aspects of social life. In her work on women in 'wilderness environments' Pederson (1994) found that "Women emphasize friendship, well-being, the social togetherness with their family, and the mutual experiences of nature" (p.139); this contrasted with the toughness that men associated with the outdoors. Given the similarities in physical geography, her findings could well apply in Scotland as well as Norway.

Small-scale studies on friendship in women's leisure, also conducted in the 1980s and 1990s (such as [Green 1998](#)), have shown how important female solidarity is within women's leisure activities. Friendship offers shared humour and an opportunity to subvert sexist stereotypes.

Disabilities

There appears to be very little literature on disabled mid-life women and physical activity but [Santiago and Coyle \(2004\)](#) studied leisure-time physical activity patterns in urban women with mobility impairments and found their activity patterns to be negatively associated with activity limitations and positively associated with physical health and energy level.

Family Obligations

[Deem \(1987\)](#) pointed out that there was no single, typical leisure experience for women, albeit that women's leisure in the 1980s was still based on gender stereotypes. She called for a better theorisation of how gender power relations actually shaped leisure experiences. Following Deem, [Thompson \(1992\)](#) agreed that women are central to the provision of men's leisure. She pointed out that sport actually creates work for women, who are often 'on call', expected to service the sport needs of others in the family by doing laundry, preparing food and transport and providing emotional support. [Henderson and Allen \(1991\)](#) argued that women adopt an 'ethic of care' that serves their obligations to their families but that also constrains their leisure. [Rogers \(1997\)](#) studied the role of leisure in the lives of women caregivers with older husbands, a demographic group that will grow as the population ages. For those 'consumed' by caregiving, leisure played little part in their lives but for others, "leisure was an important tool for integrated caregivers to cope with stress and maintain an identity separate from caregiving" (p. 230).

Conversely, [Lee \(1998\)](#) found that family obligations were less significant in women's non-engagement in exercise than having no one to exercise with. This social element to women's leisure is a recurrent theme in the literature. But [Baldwin et al. \(1999\)](#) found that social support from a male partner was more important in women's pursuit of active leisure than necessarily undertaking such activities jointly. Drawing on 1982 data, [Shaw \(1992\)](#) problematised the notion of 'family leisure', arguing that the social-psychological paradigm and the sociological-feminist paradigm gave rise to different interpretations. For example,

she suggested that, for many women, family leisure equated to 'emotion work', did not meet the standard for fulfilling leisure and was masked by the ideology of familism. Using data collected via personal pagers, [Larson et al. \(1997\)](#) studied the affective experiences of mothers', fathers' and adolescents' family leisure and found that mothers experienced less positive affect from this than either fathers or their children. They attributed this to women's primary role as family caretaker. From her research on women and families, [Carpenter \(2003\)](#) concluded that positive leisure perceptions can be influential in forming new family structures.

Family holidays, whilst engendering close family interactions are contradictory for many women: they provide an extra source of strain for women who are often expected to continue providing domestic services in environments less conducive than their own homes (Davidson 1996, [Deem 1996](#)). In other words, they test the boundaries between work and leisure.

For reasons such as security, family and economy, women have often been shown to prefer home-based leisure (see, for example, [Thompson 1985](#)). As long ago as 1982, Dixey and Talbot found that bingo represented a safe space for women and one that met with the approval of their male partners. However, as [Deem](#) pointed out in 1987, given statistics on domestic violence it is important to recognise that the home is not an unequivocally safe space for women.

The social control of women's leisure was a strong theme emerging from the major 1980s studies on women's leisure ([Deem 1987](#), [Green et al. 1990](#)). Notions of gender-appropriateness guided women's choices but emanated from fairly rigid gender stereotypes that began in early childhood and lasted a lifetime. Whether recent changes in the gender order have altered the dynamics of social control in women's leisure, sport and other physical activity choices is an open question. It seems likely that strains on domestic relations, whether through economic hardship, domestic violence or other internal family dynamics, are still linked to social control but that this may manifest itself in different ways – through identity politics, sexual policing and consumer culture.

In an interesting counterpoint to established wisdom, [Tranter \(1989\)](#) demonstrated that Victorian women were much more active and keen on competitive sports participation than stereotypes of the Victorian woman allow. Along with [Thompson \(1985\)](#), several more recent research reports have also pointed to women's unfulfilled enthusiasm for sport and other physical activity, and [Lindgren et al.'s \(2000\)](#) work bears this out but points to the preference of many young women for participation over competition. Among others, [Wearing \(1991 and 1992\)](#) found that although, in some ways, leisure confirmed gender oppression it also had liberatory potential for women, providing them with opportunities to challenge traditional stereotypes and patriarchal control by creating new femininities. Some women, it seems, **do** have a liking for physical recreation but cannot, for many reasons, turn this into a reality. According to [Thompson's \(1985\)](#) work, "immediate social circles of friends and family appear

to be most influential with regard to [sport, but] enjoyment comes predominantly from more intrinsic aspects..." (p. 321).

Health

In a relatively early call for interdisciplinary research, [Wells \(1982\)](#) set out the physiological and health benefits of lifelong physical activity for women. More recently, [Stuckless \(2005\)](#) demonstrated the importance of exercise for the health of older women but this study also showed that lower incomes, lower education levels and disabilities negatively affected engagement in physical activity. Despite the wealth of studies that show physiological and health benefits for women from exercise, there is also evidence that age, rather than recreational exercise per se, is a better predictor of VO₂ Max ([Bonen and Shaw 1995](#)).

Scotland has high but dropping rates of smoking among girls and women, and rising alcohol intakes ([Scottish Executive 2005b](#)). [Hood \(2003\)](#) showed that involvement in leisure was a crucial element in the recovery process from addiction of alcoholic women.

Life Transitions

There is very little in the literature about life course issues per se. Coping with changes – such as marriage/separation/divorce, bereavement, the empty-nest syndrome, or solo living – appears not to have drawn the attention of sport and leisure researchers. Solo living, for example, "...is often a temporary phase in the lifecourse ... the transition into solo living is more likely to cause unhappiness than living alone itself" ([CRFR 2005](#): 1). One-person or solo living is a rising trend in our society, with serious implications for health and leisure choices. It is more common among older people, with older women twice as likely to live alone as older men. Among 30-74 year olds, 18% of Scots compared with 15% in Britain as a whole live alone ([CRFR 2005](#)). Nearly half (46%) of women aged 30-39 living alone expect to have no children. Those living alone are more likely to make poor health choices and to have low rates of economic activity.

Pregnancy and Motherhood

[O'Connor and Poudevigne \(2006\)](#) found a consistent relationship between physical inactivity and mood disturbances among pregnant women, 60% of whom were inactive. They argue that physical activity contributes positively to physical and psychological health during pregnancy. In her study of mothers, work and leisure, [Watson \(2005\)](#) found that women continued to be marginalised in urban leisure spaces. She used the terms 'motherwork' and 'motherleisure' to examine the different discourses through which women's leisure activities are mediated, being both prescribed and proscribed. She also drew attention to the ways in which race impacted on the lives of South Asian women's experiences of

the paid labour market. Indeed, whilst recognising the impact of structural processes on women's lives, she argued for greater recognition of the diversity of their lives, their multiple positions and interests which are not necessarily determined by gender, race or class.

Three-quarters (74%) of Scottish mothers are not physically active ([sportscotland 2006b](#)), providing poor role models and influencing their decisions about family leisure patterns. In South Australia ([Department of Recreation and Sport 1992](#)), a study of childcare needs and mothers' recreation needs turned into one about both parents as "while mothers participate less, the inhibiting factors relate to both parents" (p.5). Parents had significantly less leisure time but became more physically active as the youngest child grew older. Low family income was a significant influence on participation. Parenthood had little influence on elite male athletes but considerable (inhibiting) influence on elite female athletes.

Reporting on a national survey and interviews about sport in the lives of Norwegian mothers, [Fasting \(1997\)](#) found that a high proportion of the sample were physically active – as is the case with the general population in Norway. However, these mothers did not have their activity patterns disrupted to any great degree by motherhood. Despite having the primary role in childcare, they were able to negotiate shared childcare duties with their male partners. Of course the legal system contributes to this situation but it also demonstrates that a more satisfactory 'cultural norm' has been achieved that facilitates women's continuing participation in physical activity.

The presence of small children in the household reduces leisure time for women more than it does for men ([Thrane 2000](#)). Erica [Wimbush's \(1986, 1988\)](#) study of the leisure of Edinburgh mothers with young children is still one of the best designed and most useful pieces of research to have been conducted. It is perhaps unique in addressing the wider concept of well-being and perceived health among a group of women facing considerable structural constraints and who were also found in the Sheffield study to have had less time for leisure than any other group of women ([Green et al. 1990](#)). Wimbush concluded that many mothers with young children in her study had no energy left at the end of a day for activities outside the home; instead, they got their socialising and support through contacts with other mothers during the day.

[Erickson and Wilson Gillespie \(2000\)](#) designed an exercise and wellness programme to help inner-city childcare providers become healthier role models for the children they serve but found that that family responsibilities, time constraints and lack of support inhibited participation (p. 2). Similarly, Famaey-Lamon (1981) found that the spare time behaviour of young married women with children who were not involved in sport was characterised by passive and consumption activities. In line with the analysis by [Coalter et al. \(1996\)](#), the higher the level of education, the higher the engagement with physical activity.

The UK Women's Sports Foundation ([WSF 2005](#)) conducted research into disadvantaged mothers of young children, focusing on barriers to physical activity. They found that the transition from childlessness to motherhood affected their attitudes, with some losing confidence and others only confident in the company of their children. The women in the study experienced lack of control, social disadvantage and low expectations with day-to-day crises and financial challenges limiting their sense of control. Motherhood decreased their mobility, range of hobbies, chances to plan ahead and enthusiasm for active leisure. Leisure choices became reactive and dictated by the needs of their children. Health and exercise were not associated and many exhibited poor health behaviours (smoking, poor diet and no systematic physical activity). Overall, exercise was seen as something only for privileged, child-free people with financial resources. The [WSF \(2005\)](#) study offers a list of practical ideas for encouraging underprivileged mothers to be more physically active (p. 5-7), most of which revolve around clarity of messaging and providing realistic social support and approval for healthier behaviours. Importantly, this report recognises that "social disadvantage still locks people in to poor health behaviours." (p. 7).

Sexual Identities

Leisure is both a sexualised and a spatialised concept ([Aitchison 1999](#), [Skeggs 1999](#)) and thus leisure preferences are mediated by both these processes. The majority of published studies on sexualities and homophobia in sport, including those from a special issue of *Women in Sport and Physical Activity Journal* on 'Sexualities, Culture and Sport' ([Krane 1997a](#)), address young women rather than mid-life or older women and existing participants rather than potential ones. There are exceptions:

- [Bialeschki and Pearce \(1997\)](#) interviewed lesbian partners with children and found that their childcare burdens were similar to women in heterosexual couples but that they negotiated domestic roles on a basis of assumed equality, positive communication patterns, respect for personal autonomy through leisure and a sense of legitimacy as a 'chosen family'.
- [Shallenberger and Finch \(1988\)](#) argued that traditional conceptions of leisure behaviour across the lifespan were insufficient to characterise the experience of gay people. For those who choose to adopt multiple sexual identities in different social settings, or who make sexual identity transitions in mid life, there may be particular leisure implications. For example, "the need to work as a 'straight' person and play as a gay person makes leisure time more important to the gay person." (p. 4)
- In her study of leisure in the lives of older lesbians, Jacobsen (1997) found that the women's lives and leisure were controlled by prevailing social attitudes and negative social sanctions. Leisure was not always a sanctuary for them since it often underlined how they did not fit in with the

rest of society. Conversely, leisure also provided a context for resistance against negative social sanctions.

Work/Life Balance

Whilst domestic obligations may now be more evenly shared than they once were ([Deem 1987](#), [Rake 2006](#)) they still fall disproportionately on women, many of whom hold down full-time or part-time jobs. To this extent, they have dual careers, as paid workers and as mothers ([Henderson 1991](#)). The place of sport and other physical activity within the overall work-life balance of working women, especially mothers, has yet to be fully explored. [Clark and Haag \(1988\)](#) reported that the most frequently reported reason for non-participation in exercise by women was lack of time, primarily due to commitments imposed by work and home responsibilities. To help overcome this, they offered proposals for workplace activity sessions.

In a study of women teleworkers with young children, [Shaw et al. \(2003\)](#) examined leisure activities within the overall context of a struggle for work-life balance. They found that, whilst the women participated in family leisure activities, most of them reported a lack of personal leisure time. Time issues emerged again in [Cartwright and Warner-Smith's \(2003\)](#) study of young women's employment in a late modern society: despite their apparent economic status, these women talked about time fragmentation, stress and illness and the importance of finding balance in their lives.

[Kay \(1996\)](#) examined women's professional employment advances and concluded that there was increasing divergence in women's lifestyles but that the traditional gender divide would continue because of family demands and influences. Women's gains in the labour market have, arguably, had a major positive impact on their personal, social and financial resources. However, [Kay's \(1996\)](#) work on women, leisure and employment showed that gender divisions in leisure had not been mitigated by women's greater presence in the labour market. What [Bittman \(1998\)](#) calls 'time poverty' is an issue for all those in employment. However, time-poor/cash-rich women and time-rich/cash-poor women both present particular challenges to policy makers: they have starkly different choices when it comes to access to out-of-home leisure, especially that provided by the commercial sector.

Examining research associated with these life course themes helps to illustrate the complexity of women's lives and also to highlight some of the issues that have perhaps been overlooked by previous policy. Key themes and gaps are drawn out in the next chapter.

CHAPTER 4: KEY THEMES AND GAPS

Helen [Lenskyj \(1994\)](#) identified key research themes in Canadian women and sport, as a precursor to further research (Table 4):

Table 4: Women's Sport and Other Physical Activity – Selected Research Themes

Main Themes	Sub-themes
Sport socialisation	Socialisation into and within sport Constraints on female participation Female values and relationships Intercollegiate sport and female values
Women in sport and recreation leadership	Women as coaches and instructors Women in sport and recreation administration Women's leadership styles Educational initiatives for women in sport leadership Feminist pedagogy and physical education
Discrimination and oppression in sport and recreation	Discriminatory practices in sport and recreation research Addressing sex discrimination and racism Sexual exploitation and objectification Violence against women The 'chilly climate' problem

Past research studies on women, sport and other physical activity are dominated by concerns about:

- barriers to participation;
- leadership under-representation;
- health benefits;
- discriminatory practices (including gender exclusion and sexual harassment); and
- girls' participation.

The dominant 'constraints' or 'barriers' approach (for example, [Glyptis et al. 1985](#)) to women's participation has sometimes led to the view that women's leisure is inevitably a negative concept. The discourses of 'target groups' and

'barriers', classically described in [Henderson et al. \(1988\)](#) are, in themselves, limitations on participation. Most policies appear to be designed for predefined 'target' groups based on structural statuses (such as age, race, class or location). Aiming at a target, by definition, excludes social context. Just as social researchers have moved from using social class to using sophisticated socio-demographics in survey research, so leisure researchers need to find better ways of capturing the nuances of gendered leisure tastes and habits. The concept of 'barrier' presupposes that participation will automatically follow if the barrier is removed; but something is only a barrier to participation if intent (contemplation) is there in the first place. In reviewing constraints to women's leisure, [Henderson \(1991\)](#) highlights the lack of a feeling of entitlement to leisure among many women that permeates many of the research papers on this subject. Sense of duty, obligations to family and others and a view of putting oneself second have all held women back in making demands as consumers of leisure, sport and other physical activity.

The problem exists when the ethic of care is required and women have no choice in when it will be offered. The ethic of care is a problem when one's life focuses on self-denial and the needs of others are always put first and the self is put last ... It is a problem when choices are made in relation to what others expect. Further, the ethic of care should not serve to ... dichotomize the difference between male and female leisure ... [it] is not something that males do not possess ... ([Henderson 1991](#): 5)

In [1986 Margaret Talbot](#) set out four types of 'institutional barriers' to women's participation in physical recreation that could be used as a framework to examine and redress recreational disadvantage: the organisation of sport; the male-orientated educational aspects of sport; the technology of sport; and the symbolic images of sport. [HNI International's \(2006](#): 69) study of women's swimming described barriers to women's swimming under the following categories: cultural, internal, logistical, external, convenience and social.

Five themes were extrapolated by Henderson (1990: 236-39) in her integrative review of research on women's leisure. Paraphrasing, these are:

- Women overall share a common world in relation to their inequality in leisure when compared with male privilege.
- Social interactions and the combining of role obligations with leisure opportunities are common foci for women's leisure.
- Women have many 'containers' for leisure but tend to use the home and non-structured activities as the primary place and means for leisure expressions.
- Much of women's leisure is fragmented and therefore women need to be very flexible in their leisure consumption tastes and habits.

- Many women do not feel that they are entitled to leisure due to the role obligations in their lives.

This last issue was, she felt, the most pervasive in the research literature on women's leisure at that time. Further, Deem's summary of [Gilroy's \(1996\)](#) doctoral research on women and physical activity in a midlands town in England is worth reporting in full:

... for many women, earlier negative experiences of sport, their enforced viewing of male sport on TV and video, their ambivalence about their bodies, the difficulties of negotiating access to sport in connection with household divisions of labour and gender power relations, fears about male violence outside the home (and sometimes within it) and anxieties about not wanting to make their pace of life more hectic all contribute to a situation in which sport and physical activity may be perceived by some women to be a burden or an unpleasant pursuit rather than an enjoyable leisure activity. If we add to this evidence that in the UK at least, both women and men have showed themselves to be indifferent to government messages about health related to over-eating, smoking and drinking alcohol, then it becomes clear that it will be a long time before even a majority of adult women see sport or other forms of physical activity as integral to their lives.

Other than acknowledgements of diversity as an issue in leisure theory and policy such as [Birrell \(1988\)](#) on race and [Blinde and McAllister \(1999\)](#) on disability, little appears to have changed in the 29 years since Moir's study or the even the decade since Gilroy's work. Participation data are still clearly gendered and females still face the same kinds of physical activity issues.

This review has unearthed very few studies specifically focused on mid-life women and team sports. Unsurprisingly, Bracewell and Alexander-Hall (1983) reported a decline in women's team game participation with age. Using ethnographic techniques, [Theberge \(1995\)](#) studied the construction of a sense of community in women's ice hockey, in Canada. [Shire et al. \(2000\)](#) examined the sexual politics and authority systems of an English women's field hockey team over a ten-year period as it shifted from being dominated by heterosexual women to lesbians. And in women's soccer – one of the more popular foci for research – [Mennesson and Clement \(2003\)](#) examined homosociability and homosexuality. In all of these studies, however, the women concerned were already engaged in their team sports and were all what might be regarded as young adults rather than in mid-life.

In one of the rare accounts of working women's team sports, [Hargreaves \(1994\)](#) described how women between the wars pursued activities such as netball, football and rounders through agencies such as the National Workers Sports Association. She reported that working class women's participation was probably under-researched and therefore not well documented but that:

... their notion of empowerment through exercise was linked not only to a desire for physical invigoration, but with the instrumental need for physical strength to deal with the harshness of their working lives. (p. 140)

Hargreaves wrote that the Workers Sport Associations were very active in continental Europe, North and South America and Asia and were closely linked to left-leaning political organisations such as the communist movement. They arranged international competitions such as the 1925 Workers' Olympiads. She also pointed out the much better known uptake of mass ladies' football in the early part of the 20th century. Finally, in a section entitled 'Low life sports' (pp. 143), Hargreaves described women's involvement in activities such as wrestling, acrobatics, boxing and weightlifting.

Importantly, Hargreaves reveals the uneven and complex history of women's participation, often erroneously thought to have followed a smooth, progressive and linear path. It seems that the domination of 'respectable', bourgeois sports participation in the history of women's sports research has effectively masked a rich vein of sport and other physical activity undertaken by working women in years gone by.

In her review of [Dinnerstein's \(1992\)](#) book on mid-life women, work and family, [Starrels \(1993\)](#) suggests that 'process' and 'trajectory' are key elements in a life course approach to human development. Both concepts could be of use in studying women's physical activity and sport 'careers' and in shedding light on their entry, exit and re-entry to activity as life events change over time. With some notable exceptions, life course issues that are either absent or underrepresented in the research include:

- sport and other physical activity within women's overall work-life balance;
- impacts on sport and other physical activity of women's major life events and transitions (leaving or moving home; starting work, unemployment or redundancy; child rearing; marriage and divorce; elder care);
- disability and ill health in relation to women's sport and other physical activity;
- race, language and ethnicity issues, especially the situation of immigrant and non-British women in relation to sport and other physical activity; and
- mid-life women's sport and other physical activity, especially in relation to team-based activities.

CHAPTER 5: CONCLUSIONS AND RECOMMENDATIONS FOR FURTHER RESEARCH

Conclusions

The most pressing need ... would seem to be to return to basic questions, to ask **what** [women] do, when, where, with whom, and in

what spirit; to observe their social situations and the dynamic interaction of women with their cultural surroundings. The greatest danger is that, in focusing upon women's leisure, there will be a tendency to separate women artificially from their lifestyle ... What is crucial ... is the extent to which women are conscious of the constraints and of the choices theoretically open to them, and the extent to which their place in the social structure determines choices for them. ([Talbot 1979](#): 30)

It is timely, at the end of this review, to revisit these conclusions to the original state of the art review by Margaret [Talbot \(1979\)](#). In many ways, and despite huge advances in both domestic and labour force equal rights, her diagnosis of women's leisure has not changed in the intervening 27 years. Women are still constrained by social structures even though they may have greater agency than before. Their choices are still ones of relative rather than absolute freedom and, in relation to sport and other physical activity, most of the constraints identified in the research of the 1980s and 1990s are still in evidence.

Shifts towards globalisation and commodification of the leisure industry have not been accompanied by large shifts in Scottish women's participation in active lifestyles, despite a much wider menu of sport and other leisure options being available than previously. Commercialisation has been a two-edged sword, therefore, widening opportunities and consumption options but not deepening women's long-term commitment to sport and other physical activity (especially with regard to outdoor and team sport). Commodification risks further exclusion of women on grounds both of cost and on the shift away from communal towards personal, consumption-based leisure. Whilst commercial leisure providers are sharply attuned to client needs and tastes, they can also be accused of failing to address the life course issues of those women with limited purchasing power.

Women in Scotland face much the same structural and personal constraints as their sisters south of the border but are perhaps more likely to be influenced by a national habit of inactivity and a lack of feeling of entitlement when it comes to active leisure.

In seeking frameworks for future research and policy development, it would be possible to adopt [Gentry et al.'s \(2006\)](#) tripartite system of tackling:

- intrapersonal constraints (by, for example, developing ability, confidence and performance potential);
- interpersonal constraints (by, for example, reducing the significance of 'differentness' and creating more gender neutral environments); and
- structural constraints (by, for example, providing childcare at leisure and sport venues) (see [Theberge and Birrell 1994](#)).

Notwithstanding the limitations of the constraints approach described above, it is clear that documenting such constraints can offer a useful descriptive starting point for policy development, provided policy addresses both personal **and** social structural issues, demand **and** supply side issues (Table 5). If all that sport and other physical activity policy makers do is to repeat the past then a blame-the-female-victim culture will persist.

Table 5: Women's Sport and Other Physical Activity – Constraints and Facilitators

Demand-side Constraints	Demand-side Facilitators
Personal Perceptions/Attitudes	
Low confidence/Negative self-perception	Confidence/Positive self-perception
Poor body image/body image	Quest for health and fitness
Low self esteem/worth/efficacy	High self-esteem/self-efficacy
Low perceived competence/ability	Quest for skills and knowledge
Identity: sexual identity	
attractiveness	
gender stereotyping	
Lack of awareness ("not on radar")	Marketing and education
Understanding	
Negative messages	Positive messaging
Confusing information	Clear messaging
Embarrassment	Privacy and confidence-building
Shame	
Mixed-sex context	
Clothing	
Fear/Threats	Feeling secure/safe
Of harassment/attack:	Safety and equity initiatives
physical	
sexual	
racial	
inter-personal homophobia	
Of 'sporty types'/muscles	Sensitivity to diverse interests
Of ridicule	Confidence-building
Of failure	
Of boys' behaviour	Female-only options
Of boys' judgements	Education of boys
Achievement/extrinsic orientation	Intrinsic motivation

Motivation		
	Lack of:	Achievement motivation
	Competition	Non-competitiveness
	Low importance	Worthiness
	Competing interests	Prioritisation
	'Insurmountable challenge'	Small changes
Normative judgement/ego-orientation		Self-referenced judgement/ task orientation
Discrimination		Zero tolerance climate
	Disability	
	Age	
	Ethnicity and racism	
	Religious	
	Sexual harassment	
Inappropriateness		Education
	Social stereotyping	Community support
	Cultural/religious norms	Cater for cultural needs
	Poor learning/memories	Positive learning experiences
Peer pressure		Self-determination
Role models		More, positive role models
	Unrealistic/'Amazonian'	Realistic role models
	Parent attitudes/no role models	Parent role models
Different needs		Cater for multiple motivations
	Sport 'uncool'	Better imaging
Uninterested/other options more attractive		
Dislike of showering/shaving/hassle/being wet/changing		
Dislike of cold/wet weather		
Isolation		Friendship/collectivity
Shy of male leaders/attendants		Female leaders/attendants
Family Obligations		
Income earning/work		Flexible pricing
Caring responsibilities/ethic of service and care		Legitimation of personal choices
	Child care	Benefits for children/crèches/childcare
	Elder/other care	Carer provision/sharing
Family habits/attitudes		Education
Domestic duties		
	Housework	
	Shopping, cleaning, maintenance	
	Other	
Parental support/activity		
Sibling support/activity		
Partner support/control		
TV/video viewing		

Supply-side Constraints		Supply-side Facilitators	
Structural			
Expense/money/income/costs		Low cost/subsidised	
Being out after dark		Well-lit facilities; buddy travel systems	
Travel			
Access	Distance	Local provision	
	Availability	Flexi-time	
	Range	Broad menu	
	Distance	Local facilities	
	Facilities/Clubs:		
	Lack of facilities	Planning and resourcing	
	Building layouts	Follow RIBA guidelines	
	Dirt/insanitary	Quality/cleanliness	
	Open showers	Private cubicles	
	Poor management	Well-trained	
	Cold/wet/muddy outdoors	Indoor options	
	Rigid programming	Flexible programming	
Time		Short time demands	
	Employment	Flexi-time	
Compulsion		Optionality	
Peer culture/habits		Education	
Performance orientation of PE teachers/leaders		People/process orientation	
Cultural values		Education	
	Masculine hegemony/domination	Equity ethos/balanced gender culture	
	Patriarchy	Balanced gender structure	
	Sexual divisions	Education	
	History		
Institutional homophobia		LGTB-friendly	
Media images/coverage		Female-friendly/fair/respectful	
No voice		User consultation	
Poor schemes/lack of initiatives		Best practice schemes	
	Poor/no monitoring and evaluation	Monitoring and evaluation	
	Poor dissemination	Marketing	

Many of the structural issues in Table 5 were addressed by [Sport England \(1999\)](#) in their Women-Friendly Sports Facilities Factfile that was based on research by the Edinburgh-based building consultants Kit Campbell Associates. An earlier survey by the women's group of the Royal Institute of British Architects (details unknown) also produced practical information about design and build features that would facilitate women's participation.

[Haywood et al. \(1989: 2-12\)](#) identify the three classic definitions of leisure: as time, as activity and as attitude. According to [Wearing and Wearing \(1988\)](#) neither the time nor the activity descriptions fit neatly with the experiences of women. Instead, they call for more emphasis on the attitudinal attributes of the leisure experience. But, whilst leisure 'in the head' may liberate, it also limits.

Having a 'leisure imagination' is a necessary but not sufficient condition for experiencing positive leisure. Whether competitive or not, sport and other physical activity are inescapably 'physical': that is their core. And that is the component that appeals to policy makers and governments for it is only through the embodied leisure that sport-related social objectives for health, cohesion, learning and all the rest will be achieved.

Limitations

Within the scope of this short study it has not been possible to undertake a comprehensive review of all the material now available on women's sport and other physical activity. The literature was confined to selected electronic searches and archive material, some of which is now out-of-print and much of which relates to policy initiatives from the mid-1970s onwards. However, it is to be hoped that sufficient material has been reviewed to elicit the key themes from research and policy and, from this, to make a confident assessment of where priorities for future research lie.

Recommendations

[Henderson \(1998\)](#) outlined a set of proposals for improving provision of women's leisure:

- Women's own conceptions of safety and time must be considered as priorities.
- Diversity in women's life courses means that provision should be flexible and providers should avoid assumptions about homogeneity or all women wanting the same.
- One important aspect of provision for women is the choice of being with other women in same-sex settings, being with family members or being in mixed groups. One size does not fit all.
- Childcare, transportation and parental/carer support help to unlock participation potential for many younger women.
- Women should be given the opportunity to participate in decision-making about the programmes on offer and to take visible roles and responsibilities.
- All marketing and promotional efforts should avoid sexist and discriminatory imagery, harassment and sexual stereotyping.

Most solutions, according to Henderson, will involve "getting women involved in designing ways to address their life situations compared to their physical activity interests and needs" (p. 23). In other words, providers should adopt the social model and not pathologise non-participants. This will require sport and other

physical activity to be fitted into women's lives and not to be temporally, financially or socially out-of-reach. These proposals still have currency. Indeed, they are very similar to those put forward during the 1980s in reports from [Glyptis et al. \(1985\)](#), [Warrington and White \(1986\)](#) and many of the research studies reviewed above.

This review has demonstrated a number of gaps in both research and policy thinking about women's sport and other physical activity in mid-life. For **sportscotland** and its partner agencies to succeed where others have failed, then the varied life courses of mid-life women need to be understood. This requires further knowledge to be obtained about the following:

- **Life course transitions** (and consequent entry into, exit from and re-entry into sport and other physical activities). For example: What physical activity pathways do women follow at points of major life transitions (eg, work->unemployment, single->cohabiting, childless->motherhood, menopause)? What personal strategies do physically active mid-life women use to negotiate and balance their work, family and activity obligations? To what extent do women perceive themselves as agents of change within family-based physical activity habits?
- **The lifestyles of women in different geographic and cultural settings.** For example: What, if any, are the common factors among those who adhere to embodied leisure patterns in remote vs central belt communities? How far do existing women's groups such as church or Women's Rural Institute accept that they have a role in promoting sport and other active leisure among mid-life women?
- **The variety of consumption-based identities of women with different employment situations and purchasing power.** For example: To what extent does active leisure enhance or detract from mid-life women's identity and self-esteem? How are the costs and prices of sport and other physical activity weighed by women of different financial means and in different employment sectors?
- **Motivations and attitudes amongst those women who defy cultural stereotypes** by participating in 'extreme' sports, 'lifestyle' sports and team sports, for whom activity is more important than gender. For example: How do women perceive collective physical activities, such as team sports, within their repertoire of life choices? How do mid-life women rationalise participation/non-participation and prioritise their reasons for taking part (such as: health; rights, duties and self-determination; social expectations)?
- **The potential for turning places where mid-life women already congregate into locations for team sport and other organised physical activity.** For example: What role can factories, offices, schools, churches and clubs play in promoting greater levels of physical activity among mid-life women?

Several qualitative research methods lend themselves to illuminating these kinds of issues, including:

- mini-ethnographies in a variety of cultural settings;
- longitudinal reflective diaries and auto-ethnographic techniques;
- action research-type studies of successful participation schemes whether these be associated with the workplace, community or friendship networks; and
- repeat focus groups over extended time periods.

In addition, **sportscotland** should re-examine its research commissioning procedures to ensure that all funded research is gender proofed (Appendix 3).

Twenty years have elapsed since the large-scale Sheffield study of women and leisure ([Green et al. 1990](#)), and no such study has been undertaken in Scotland. Given this, it would be useful either to replicate the Sheffield study in the Scottish context or, at least, to map existing participation data onto the findings of a series of qualitative studies.

For significant positive changes in mid-life women's participation to be achieved, it is clear that something dramatic has to change in the way that participation policies are strategised and implemented. Despite calls for gender mainstreaming ([Rees 2002](#)), women are still not fully integrated into active lifestyles in Scotland. The habitual provider focus on barriers and constraints has simply not delivered what governments require and what women want. [Henderson \(1998: 13\)](#) reinforces this point:

... change needs to occur within society, among individuals, and by activity providers if opportunities for enjoyable and beneficial physical involvement are to be enhanced for girls and women.

A life course approach to provision of sport and other physical activity for women has important policy implications. Whereas target setting may appeal to government policy makers and performance managers it can also focus attention on the particular rather than the whole and risk overlooking the linkages between different parts of women's lives. Until and unless these linkages are addressed, and until women are able to privilege their own physical activity above their obligations to others, participation rates will not change.

So, women's life course and lifestyle status must come first and sport and other physical activity second in provision planning. In order to promote embodied leisure among mid-life women – whether through team sports, jogging, dance or any of the plethora of possible options available today – **sportscotland** and other providers/promoters of opportunities have to think more creatively about 'target groups'. Above all, they have to foster the idea that women are **entitled** to engage in sport and other physical activity because they have as much right to embodied leisure as anyone else – in short, because they are worth it.

Appendix 1: Search Strategy

All searches were restricted to English language sources only.

Searches were undertaken against the following themes:

- Women and age
- Women and attitudes/motivations/psychology
- Women and body/sexuality
- Women and family
- Women and leisure
- Women and participation in physical activity
- Women and participation in sport
- Women and race/ethnicity
- Women and Scotland
- Women and sport leadership
- Women and work

Search results were further screened for

- Age of reference
- Relevance to the review

Appendix 2: Practical Schemes – What Works?

Arabic Girls Multi-Sport Program: Sydney: NSW Sport and Recreation. Carolyn Brimfield, NSW Sport and Recreation, 6, Figtree Drive, Sydney Olympic Park, NSW 2127 Australia. A 9-week project based on survey data and community partnerships. 75 girls participated. Evaluation data show that many went on to join clubs and be active regularly and that confidence increased. The barriers addressed were: dress codes, women-only-facilities and the provision of female coaches.

Boston Women's Health Collective: Encourages mid-life women to play sport through schemes such as 'Granny basketball' [\[JPB link to website\]](#)

Community Catalyst: Women's Sports Foundation UK. A local, peer support-based scheme based on the principles of outreach. It is just being scoped at this stage. www.wsf.org.uk

Increasing the Participation of Women and Girls: A Guide for Small Organisations:

New South Wales Department of Sport and Recreation Concord West, NSW, 2002, 2 p. http://www.ausport.gov.au/fulltext/2002/nsw/fs_womenpartic.pdf

Mothers in Motion: This CAAWS scheme, sponsored by Whirlpool Appliances® and Centrum Multivitamins, is a website for women who want to lead healthy lifestyles and mentor their children to do the same.

www.caaws.ca/mothersinmotion/home_e.html (accessed 25 8 06)

On the Move: Increasing Participation of Girls and Women in Physical Activity and Sport. A handbook for Recreation Practitioners: Fenton, J. Kopelow, B. and Viviani, C. (1994) Promotion Plus, Vancouver, 106 pp. CONTENTS: [1] Introduction; [2] Dealing with the issues; [3] Success stories; [4] Community involvement; [5] Implementation; [6] Staffing and inservicing; [7] Promotion; [8] Keeping it going; [9] Evaluation; [10] Appendices: Appendix A - it's the law, Appendix B - newspaper clippings, Appendix C - record sheets, Appendix D - getting to know the language, Appendix E - references, Appendix F - contacts.

Physical Activity and Women 55 to 70: CAAWS was funded by the Public Health Agency of Canada to implement a three-year project focusing on increasing physical activity opportunities for women aged 55-70 with the following objectives:

- To identify barriers.
- To identify solutions and best practices.
- To develop resources.
- To increase awareness. See: www.caaws.ca/women55plus/index.cfm

Return to Sport: South Hampshire and Isle of Wight have brought 3,000 adults back into sport through this programme. www.returntosport.co.uk

Towards Gender Equity for Women in Sport: A Handbook for national sport organizations: CAAWS (1995) Canadian Association for the Advancement of Women and Sport and Physical Activity, Gloucester, Ont. CONTENTS: [1] Foreword; [2] Introduction; [3] Part one: Gender equity for women in sport, Why is gender equity important, Benefits of gender equity to sport organizations, A gender equity sport organization: an assessment tool, A case study, From assessment to implementation; [4] Appendices: The root of inequity, But what about...? Concerns and questions, interesting facts and statistics, The legal issues raised by gender equity, Knowing the language, The facts about how girls and women benefit from sport, Dubin inquiry recommendations regarding gender equity, Minister's task force recommendations relating to gender equity, Federal directions in sport. Response to the minister's task force on federal sport policy, The Canadian Sport Council, Foundation themes of an emerging sport plan for Canada, Brighton declaration; [5] Resources; [6] Part two: Part two is a separate document that can be used as both a handbook and a resource. It consists of tools for use in developing plans and policies. Notes: Cover title. Includes bibliographical references (p. 55-61). Reprinted from 1993 edition with revisions.

I'm Not Invisible - Best Practice in Welsh Schools for Girls in Physical Education (PE):

Sports Council for Wales (1998) Cardiff: SCW. Policy Planning Section, Sports Council for Wales, Sophia Gardens, Cardiff CF1 9SW. CONTENTS: A poster-based initiative that details issues about girls' PE and physical activity, good practice examples from around Wales, and checklists for planning and management of girls' activity sessions.

What Works for Women - Best practice website: WSF UK. This site lists many different practical schemes. www.wsf.org.uk

Women's Network: Promoting Women in Sport: The home page for the organisation that represents women's field team sports in Northern Ireland. <http://www.womens-sport.com>

Appendix 3: Gender Proofing Research

A Checklist for Gender Proofing Research[†]

The Equal Opportunities Commission's Research and Resources Unit has developed *A Checklist for Gender Proofing Research*. It is aimed, in particular, at those with limited previous experience of undertaking or commissioning social research and seeks to raise awareness of gender issues amongst both researchers and funders of research. It is our view that research which is 'gender-blind', rather than 'gender-aware', may often be bad science or of limited value, particularly if it is used to inform or formulate policy.

It is recognised that many researchers and commissioners of research will already be aware of, and take account of, the points made. Nevertheless, we believe that such researchers and commissioners may still find the *Checklist* of value, for example as an aide-mémoire or for teaching purposes.

The *Checklist* focuses specifically on gender awareness in research; however, it would be possible to use this as a basis for a similar checklist on ethnicity and/or disability. It should also be noted that the *Checklist* does not set out to assess the appropriateness of different research methodologies. It is recognised that a variety of approaches can be adopted, depending on the nature of the project and available resources.

Checklist

- Gender proofing research means building a gender dimension into all stages of a research project. This means thinking about the gender implications when deciding the aims and objectives of the research project; formulating the research questions; designing the research methodology (eg, drawing up samples); carrying out the research; analysing the results; deciding what to include in the final report; and, where appropriate, making recommendations relating to policy.
- Gender proofing can also be applied to research programmes. This means ensuring that a gender dimension is fully integrated into the projects contained within a research programme.
- As a financial incentive, organisations which fund research could require applicants to demonstrate that they have built a gender dimension into their projects where appropriate. This could take the form of an additional question on a research proposal form (or invitation to tender), which

[†] Source: Excerpted from <http://www.eoc.org.uk> Retrieved 25 Aug 2006

requires the researcher to state how and in what ways the proposed research is gender-aware.

- A gender-aware approach should automatically be adopted within a research project unless there is a good reason not to do so. It should not be assumed that the experiences of men and women will be the same until it has been demonstrated that, on a particular issue, there are no significant gender differences. A finding that no gender differences exist can be interesting in itself, particularly for areas where gender differences are often assumed to exist.
- Research projects often focus explicitly on one gender. This can be an appropriate approach, since it enables a more detailed analysis to be made. However, it is often still advisable to adopt a perspective which compares the sexes. For example, it may be appropriate to carry out a study of women in management, but the analysis should take account of men in management to allow a comparative dimension.
- Where only one gender is studied, the interpretation and presentation of findings should not assume or imply that it is possible to generalise across the sexes from the results or that the issue being studied is not relevant to the other gender.
- It is important not to assume that all women or all men form a homogeneous group. This means considering whether the experiences of some groups of women (or men) are likely to differ from others – for example, white women from black women; women with disabilities from women without disabilities, etc. There will also be differences within these groups; the experiences of black women, for example, will not of course be identical.
- There may frequently be more in common between some groups of women and some groups of men than between all men and all women. For example, there may be greater similarity between low-paid men and low-paid women, than between low-paid and high-paid women.
- A 'gender-disaggregated analysis' should mean that, as far as is possible given available resources, all analyses are carried out by gender and any combinations of variables. For example, the approach should be to examine 'women **and** age', 'men **and** age', rather than 'women', 'men', 'age', etc.
- The inclusion of a gender-disaggregated analysis within the final report is essential. Where research is not gender-aware, its practical applications and utility may often be limited.

Last updated by the Equal Opportunities Commission: 18 July 2005

How can Good Practice in Gender Neutral Research be Ensured?[‡]

- Always account for a sample of males **and** females.
- Do not assume male standards as the norm.
- Try to use non-sexist language at all times.
- Adopt an appropriate research design and methodology.
- Acknowledge that experiences of ethnic minority women may be very different from those experienced by white women researchers.
- Do not use biological and physical differences in performance and capacity between the sexes as confirmation of male domination in sport.
- Try to investigate people in a multi-disciplinary way and avoid seeing humans as isolated physiological or psychological units.
- Challenge perceptions of similarities and differences between women and men that seem to make women's experiences invisible and/or mask power relations.

Defining Good Practice in Addressing Gender in Sports Science Research

Have you accommodated females and males in your sample?	Yes	☐	No	☐
Are your tests or measures suitable and valid for females and males?	Yes	☐	No	☐
Have you presented performance data about women in their own right?	Yes	☐	No	☐
Have you accounted for gender power relations in your analysis of results?	Yes	☐	No	☐
Have you taken account of cultural differences in your study?	Yes	☐	No	☐
	= good practice		= bad practice	

[‡] Source: English Sports Council South West Region (1996)

Appendix 4: Selected Bibliography by Theme

Note: This is not intended to be a comprehensive list of all available sources. It includes the references from the main body of the report segmented by a number of different life-course themes.

General

Acosta, L.J. and Carpenter, R.V. (2006) *Women in Intercollegiate Sport. A Longitudinal, National Study Twenty Nine Year Update: 1977-2006*. <http://webpages.charter.net/womeninsport> Retrieved 5 Sep 2007.

Australian Sports Commission (2006) *Harassment Free Sport: Guidelines to Address Homophobia and Sexuality Discrimination in Sport*. http://www.ausport.gov.au/ethics/docs/homo_sexuality.pdf Retrieved 19 Dec 2006.

Barrett, M. and Phillips, A. (eds) (1992) *Destabilising Theory: Contemporary Feminist Debates*. Cambridge: Polity Press.

Brackenridge, C.H., Mutrie, N., and Choi, P. (2005) 'Is sport science a man's game?', in M. McNamee (ed.) *Philosophy and the Sciences of Exercise, Health and Sport: Critical Perspectives on Research Methods*. London: Routledge, pp. 169-186.

Cambridge Econometrics (2004) *The Value of the Sports Economy in England in 2000*. Cambridge: Cambridge Econometrics.

Canadian Association for the Advancement of Women in Sport and Physical Activity (2006) *Seeing the Invisible, Speaking about the Unspoken: A Position Paper on Homophobia in Sport*. www.caaws.ca/e/ Retrieved 19 Dec 2006.

Clarke, J. and Critcher, C. (1985) *The Devil Makes Work: Leisure in Capitalist Britain*. Basingstoke: Macmillan.

Coalter, F., Dowers, S. and Baxter, M. (1996) 'The Impact of Social Class and Education on Sports Participation: Some Evidence from the General Household Survey', in K. Roberts (ed.) *Leisure and Social Stratification*. Eastbourne: LSA Volume 53.

English Sports Council South West Region (1996) *Fact Sheet: Gender Neutral Sport Science*. Taunton: SW Sports Council.

Gilligan, C. (1982) *In a Different Voice: Psychological Theory and Women's Development*. Boston, MASS: Harvard University Press.

Hargreaves, J. (2000) *Heroines of Sport: The politics of difference and identity*. London: Routledge.

Hunt, S. (2005) *The Life Course: A Sociological Introduction*. Basingstoke: Palgrave Macmillan.

Misener, L. and Mason, D.S. (2006) 'Sporting events and tourism, economic and community development' in P. Bouchet and Piggeassou, C. (eds.) *Management du Sport: Actualites, developpements et orientations de la recherche*. Montpellier, France: Association Francophone de Recherche en Activités Physique et Sportives (AFRAPS), pp. 349-360.

Mottier, V. (2004) *Feminist Political Theory (1)*. European Consortium for Political Research. <http://www.essex.ac.uk/ecpr/publications/eps/onlineissues/spring2004/research/mottier.htm> Retrieved 29 Nov 2006.

Roberts, K. (2003) 'Problems and priorities for the sociology of youth' in A Bennett, A., Cieslik, M. and Miles, S. (eds.) *Researching Youth*. Basingstoke: Palgrave.

- Scruton, S. (1994) 'The changing world of women and leisure: "post-feminism" and "leisure"', *Leisure Studies*, 13(4):249-261.
- Sillitoe, K.K. (1969) *Planning for Leisure*. London: HMSO.
- Spender, D. (1981) *Men's Studies Modified: Impact of Feminism on the Academic Disciplines*. Oxford: Pergamon Press.
- Wheatley, S.M. and Aldava, J.F. (1992) 'Stages on life's way: Adolescents' implicit theories of the life course', *Journal of Adolescent Research*, 7(3): 364-381.

Women and Age

- Betschild, M. (1997) *A qualitative study of mid life women's leisure*. Unpublished doctoral thesis, Sheffield Hallam University, UK.
- Betschild, M and Green E. (1994) 'Having the Time of Our Lives': Is Leisure an Appropriate Concept for Midlife Women?', in I. Henry (ed.) *Leisure: Modernity, Post-modernity and Lifestyles*, Leisure Studies Association
- Bracewell, M. and Alexander-Hall, J. (1983) 'Women in sport: school influences on university participation', *Physical Education Review*, 6(2): 144-149.
- CRFR (2005) *Solo Living Across the Adult Lifecourse*. Centre for Research on Families and Relationships, Research Briefing 20. <http://www.crfr.ac.uk> Retrieved 25 Aug 2006.
- Dinnerstein, M. (1992) *Women Between Two Worlds: Midlife Reflections on Work and Family*. Philadelphia: Temple University Press.
- Dunn, N.J. and Wilhite, B. (1997) 'The effects of a leisure education program on leisure participation and psychosocial well-being of two older women who are home-centered', *Therapeutic Recreation Journal*, 31(1): 53-71.
- Economic and Social Research Council (2004) *Delayed domesticity for men and women: Time for the thirty-somethings to settle down?* www.esrc.ac.uk/ESRCInfoCentre/PO/releases/2004/june/delayed.aspx? Retrieved 24 Aug 2006.
- Freysinger, V.J. (1995) 'The dialectics of leisure and development for women and men in mid-life: an interpretive study', *Journal of Leisure Research* 27(1): 61-84.
- Goldberg, C.A. and Chiarello, C.M. (2001) 'Lumbar sagittal plane mobility and lordosis in the well elderly as related to gender and activity level', *Physical & Occupational Therapy in Geriatrics*, 19(4): 17-34.
- Henderson, K.A. and Ainsworth, B.E. (2000) 'Enablers and constraints to walking for older African American and American Indian women: the Cultural Activity Participation Study', *Research Quarterly for Exercise and Sport*, 71(4): 313-321.
- Henderson K.A. and Bialeschki, M.D. (1994) 'An Integrated Model of Women's Leisure Constraints', in I. Henry (ed) *Leisure: Modernity, Post-modernity and Lifestyles*
- Jacobson, S. (1997) 'Different but equal: Risks and opportunities in the lives of lesbians, gay men, and bisexual men and women', *Journal of Leisurability*, 24(4) <http://www.lin.ca/resource/lin/html/Vol24/v24n4a2.htm> Retrieved 5 Sep 2007.
- Kluge, M.A. (2003) 'Listen to the old women: how to maintain a physically active lifestyle for a lifetime', (Abstract) *Research Quarterly for Exercise and Sport*, 74(1 Suppl) A-70.
- Kluge, M.A. (2002) 'Understanding the essence of a physically active lifestyle: a phenomenological study of women 65 and older', *Journal of Aging and Physical Activity*, 10(1): 4-27.

- Laukkanen, P. Kauppinen, M. and Heikkinen, E. (1998) 'Physical activity as a predictor of health and disability in 75- and 80-year-old men and women: a five-year longitudinal study', *Journal of Aging and Physical Activity*, 6(2): 141-156.
- Lewis, R.D. and Modlesky, C.M. (1998) 'Nutrition, physical activity, and bone health in women', *International Journal of Sport Nutrition*, 8(3): 250-284.
- Mason, J. (1988) 'Married women, ageing and leisure: A sociological contribution', in M. Bernard (Ed). *Positive Approaches to Ageing: Leisure and Life-style in later life*. Stoke-on-Trent, England: Beth Johnson foundation Publications. Proceedings of a seminar organized by the Department of Adult and Continuing Education, University of Keele, The Beth Johnson Foundation and the Leisure Studies Association. (September, 1987). pp. 30-36.
- O'Connor, P. J. and Poudevigne, M. S. (2006) 'A Review of Physical Activity Patterns in Pregnant Women and Their Relationship to Psychological Health', *Sports Medicine* 36(1): 19-38.
- Nicholson, L. (2004) *Older People, Sport and Physical Activity: A Review of key Issues*. Research Report No. 96, sportscotland
- Parry, D.C. and Shaw, S.M. (1999) 'The role of leisure in women's experiences of menopause and mid-life', *Leisure Sciences* 21(3):205-218.
- Rantanen, T., Guralnik, J.M., Sakari-Rantala, R., Leveille, S., Simonsick, E.M., Ling, S., and Fried, L.P. (1999) 'Disability, physical activity, and muscle strength in older women: the Women's Health and Aging Study', *Archives of Physical Medicine and Rehabilitation*, 80(2): 130-135.
- Riddick, C.C., and Daniel, S.N. (1984) 'The relative contribution of leisure activities and other factors to the mental health of older women', *Journal of Leisure Research*, 16(2): 136-148.
- Sawatzky, J.A.V. and Naimark, B.J. (2002) 'Physical activity and cardiovascular health in aging women: a health-promotion perspective', *Journal of Aging and Physical Activity*, 10(4): 396-412.
- Schroll, M. (2003) 'Physical activity in an ageing population', *Scandinavian Journal of Medicine & Science in Sports* 13(1): 63-69.
- Scruton, S., Watson, B., and Bramham, P. (1997) 'Staying in and going out: Elderly women and leisure and the postmodern city', in S. Scruton, M. Collins, and A. Clarke. (eds) *Leisure Time and Space: Meanings and Values in Peoples Lives*. University of Brighton: LSA Publications.
- Smith, J. (1987) 'Men and women at play: gender, life-cycle and leisure', in J. Horne *et al.* (eds) *Sport, Leisure and Social Relations*. London: Routledge & Kegan Paul, pp. 51-85.
- Stanley, S.N., Marshall, R.N., Tilyard, M.W. and Taylor, N.A.S. (1994) 'Skeletal muscle mechanics in osteoporotic and nonosteoporotic postmenopausal women', *European Journal of Applied Physiology and Occupational Physiology* 69(5): 450-455.
- Stuckless, J. G. (2005) *The relationship between attitude and participation in physical activity among older women*. Kinesiology Publications, University of Oregon Eugene, OR, microfiche.
- Watson, B., Scruton, S., and Bramham, P. (1996) 'Leisure lifestyles, elderly women and the inner city', *World Leisure and Recreation*, 38(4): 11-14.
- Wearing, B. (1991) 'Leisure and women's identity: conformity or individuality?', *Society and Leisure* 14(2): 575-586.
- Wearing, B. (1992) 'Leisure and women's identity in late adolescence: constraints and opportunities', *Society and Leisure*, 15(1): 323-342.
- Wearing, S. and Wearing, B. (2000) 'Smoking as a fashion accessory in the 90s: conspicuous consumption, identity and adolescent women's leisure choices', *Leisure Studies*, 19(1): 45-58.
- Women's Sports Foundation (2006a) 'Barriers to Physical Activity for Older Women Living in Rural England and Potential Solutions', presentation to the *World Conference on Women and Sport*, Kumamoto, Japan, May.

Women and Attitudes/Motivations/Identity/Psychology

Andre, T. and Holland, A. (1995) 'Relationship of sport participation to sex role orientation and attitudes toward women among high school males and females', *Journal of Sport Behavior*, 18(4): 241-253.

Bem, S. L. (1974) 'The measurement of psychological androgyny', *Journal of Consulting and Clinical Psychology*, 42:155-162.

Brown, T.J., Sumner, K.E. and Nocera, R. (2002) 'Understanding sexual aggression against women: an examination of the role of men's athletic participation and related variables', *Journal of Interpersonal Violence*, 17(9): 937-952.

Carr-Hill, R.A. and Lintott, J. (1990) Monitoring the Quality of Life: Which Activities Are Worth It?', in J. Long (ed) *Leisure, Health and Wellbeing*. LSA Vol. 44. LSA: Eastbourne.

Carroll, J. Ey, W., Hall, M.A.(1978) 'Motivating women to participate: cross-cultural comparisons', in *Proceedings of the Commonwealth Conference on Sport, Physical Education and Recreation*, 6th, Edmonton, Jul. 31 - Aug. 2, Edmonton, Alberta, University of Alberta, vol. 1, pp. 222-232.

Colker, R. and Widom, C.S. (1980) 'Correlates of female athletic participation: masculinity, femininity, self-esteem, and attitudes toward women', *Sex Roles*, 6(1): 47-58.

Colley, A. (1986) 'Sex Roles in Leisure and Sport', in J. Hargreaves, J. David and A.M. Colley (eds.) *The Psychology of Sex Roles*. London, England: Harper and Row, pp. 233-249.

Erickson, J.A. and Wilson Gillespie, C. (2000) 'Reasons women discontinued participation in an exercise and wellness program', *Physical Educator*, 57(1): 2-7.

Fox, K. (1999) 'The influence of physical activity on mental well-being', *Public Health Nutrition*, 2(3a): 411-418.

Fox, K. (2000) 'The effects of exercise on self-perceptions and self-esteem', in S.J.H. Biddle, K.R. Fox and S.H. Boutcher (eds) *Physical Activity and Psychological Well-being*. London: Routledge, pp. 88-117.

Furlong, A., Campbell, R. and Roberts, K. (1991) 'The Effects of Post16 Experience and Social Class on the Leisure Patterns of Young Adults', in D. Botterill and A. Tomlinson (eds) *Ideology, Leisure Policy and Practice*. LSA Vol. 45. LSA: Eastbourne.

Green, E. (1998) "'Women doing friendship": an analysis of women's leisure as a site of identity construction, empowerment and resistance', *Leisure Studies*, 17(3): 171-185.

Henderson, K.A., Bedini, A. and Hecht, L. (1994) 'Not just a wheelchair, not just a woman': self-identity and leisure', *Therapeutic Recreation Journal*, 28(2): 73-86.

Henderson, K.A., Stalnaker, D. and Taylor, G. (1988) 'The relationship between barriers to recreation and gender-role personality traits for women', *Journal of Leisure Research*, 20(1): 69-80.

Hood, C.D. (2003) 'Women in recovery from alcoholism: the place of leisure', *Leisure Sciences*, 25(1): 51-79.

Ingham, R. (1990) 'Leisure and wellbeing: A perspective from New Social Psychology', in J. Long (ed) *Leisure, Health and Wellbeing*. LSA Vol. 44. LSA: Eastbourne.

Kiewa, J. (2001) 'Control over self and space in rockclimbing', *Journal of Leisure Research*, 33(4): 363-382.

Kull, M. (2003) 'Physical activity and mental health: relationships between depressiveness, psychological disorders and physical activity level in women', *Biology of Sport*, 20(2): 129-138.

Laukkanen, P. Kauppinen, M. and Heikkinen, E. (1998) 'Physical activity as a predictor of health and disability in 75- and 80-year-old men and women: a five-year longitudinal study', *Journal of Aging and Physical Activity*, 6(2): 141-156.

- Lee, C. (1998) 'Australian migrant women and physical activity: attitudes, barriers, preferences and participation', *ACHPER Healthy Lifestyles Journal*, 45(3): 5-10.
- Lirgg, C. (1991) 'Gender differences in self confidence in physical activity: A meta analysis of recent studies', *Journal of Sport and Exercise Psychology* (13):294-310
- McCusker, J. (1990) 'Leisure, body concept and food-related problems among adolescent females', in J. Long (ed) *Leisure, Health and Wellbeing*. LSA Vol. 44. LSA: Eastbourne.
- Pedersen, D.M. and Kono, D.M. (1990) 'Perceived effects on femininity of the participation of women in sport', *Perceptual and Motor Skills*, 71(3 Part 1): 783-792.
- Simpson, C.S. (2001) 'Respectable identities: New Zealand nineteenth-century 'New Women' - on bicycles!', *International Journal of the History of Sport*, 18(2): 54-77.
- Talbot, M. (1990) 'Being herself through sport', in J. Long (ed.) *Leisure, Health and Wellbeing*. LSA Vol. 44. LSA: Eastbourne.
- Valentine, G. (1989) 'The Geography of Women's Fear', *Area*, 21:385-390.
- Woodward, D. and Green, E. (1991) 'In Celebration of Women's Friendships: Collusion, Catharsis or Challenge?', in D. Botterill and A. Tomlinson (eds) *Ideology, Leisure Policy and Practice*. LSA Vol. 45. LSA: Eastbourne.

Women and the Body

- Brackenridge, C. (ed.) (1993) *Body Matters: Leisure Images and Lifestyles*. LSA Volume 47, LSA: Eastbourne.
- Daniels, D.B. and Winter, W.G. (1989) 'The myth of female frailty, the reality of females and physical activity', *Recent Advances in Nursing* (Edinburgh, Scotland), 25: 1-19.
- Gilroy, S. (1996) *The embodiment of power: Women and physical activity*. Unpublished doctoral thesis, the Open University, Milton Keynes.
- Measor, L., Tiffin, C. and Fry, K. (1995) 'Gender and adolescent sexual cultures: The view from some boys', in L. Lawrence, L. Murdoch and S. R. Parker (eds) *Professional and Development Issues in Leisure, Sport and Education*. LSA Volume 56, LSA: Eastbourne.
- Theberge, N. (1997) 'It's part of the game: physicality and the production of gender in women's ice hockey', *Gender & Society*, 11(1): 69-87.
- Toole, T. and Kretchmar, J. (1993) 'Gender differences in motor performance in early childhood and late adulthood', *Women in Sport and Physical Activity Journal*, 2(1): 42-72.

Women and Family/Motherhood

- Baldwin, J.H. Ellis, G.D. Baldwin, B.M. (1999) 'Marital satisfaction: an examination of its relationship to spouse support and congruence of commitment among runners', *Leisure Sciences*, 21(2): 117-131.
- Carpenter, G. (2003) 'Leisure and life perceptions of a mid-life woman experiencing: an epiphany associated with family', *World Leisure Journal*, Special issue: Work, family and leisure, 45(4): 44-54.
- Davidson, P. (1996) 'The holiday and work experiences of women with young children', *Leisure Studies*, 15(2):89-103.
- Department of Recreation and Sport (1992) *Women, Girls and Parents' Recreation and Sport Needs: A Summary of Two Reports*. Adelaide: South Australia Dept of Recreation and Sport.
- Dixey, R. and Talbot, M (1982) *Women, Leisure and Bingo*. Leeds: Trinity and All Saints College,

- Doherty, A.J. and Casey, C. (1996) 'The influence of sport socialization and family responsibilities on the underrepresentation of women interscholastic coaches', *Avante*, 2(2): 70-86.
- Famaey-Lamon, A. (1981) 'Participation in Sport of Married Women with a Young Child', in F. Gras. (ed.) *Physical Culture and Sports in the Way of Life of Social Groups*. VIIth International Symposium Report. Halle/Saale, German Democratic Republic, 25-29 Aug, pp. 241-253.
- Fasting, K. (1997) 'The experiences of sport in the lives of Norwegian mothers', presented to the *Second Scientific Conference 'The Women and Child. A Future Vision from a Sport Perspective'*, Alexandria University, Egypt, 21-24 Oct.
- Hardey, M. (1990) 'Family Form and Leisure Opportunities', in J. Long (ed.) *Leisure, Health and Wellbeing*. LSA Vol. 44. LSA: Eastbourne.
- Harrop, A. and Moss, P. (1994) 'Working Parents: Trends in the 1980s'. *Employment Gazette* (October), pp. 343-51.
- Hill-Collins, P. (1994) 'Shifting the center: Race, class and feminist theorizing about motherhood', in E. Glenn, G. Chang, and L. Forcey (eds) *Mothering: Ideology, Experience and Agency*. Routledge: London, pp. 45-65.
- Ibbetson, A., Watson, B. and Ferguson, M. (eds) *Sport, Leisure and Social Inclusion: Potential, Participation and Possibilities*. LSA Vol. 82. LSA: Eastbourne.
- Kay, T. (2003) 'Leisure, gender and self in the analysis of family', *World Leisure Journal*, Special issue: Work, family and leisure. (Maureen Harrington, Guest editor.) 45(4): 4-14.
- Kieffer, E.C., Willis, S.K., Arellano, N. and Guzman, R. (2002) 'Perspectives of pregnant and postpartum Latino women on diabetes, physical activity, and health', *Health Education & Behavior*, 29(5): 542-556.
- Larson, R.W. and Gillman, S.A. (1997) 'Divergent experiences of family leisure: Fathers, mothers, and young adolescents', *Journal of leisure Research*, 29(1): 78-97.
- Pahl, J. (1991) 'Money, Marriage and Patterns of Spending on Leisure' in D. Botterill and A. Tomlinson (eds) *Ideology, Leisure Policy and Practice*. LSA Vol. 45. LSA: Eastbourne.
- Peters, E. (1995) 'Nothing to Do? A study of young women's health and leisure in a Black Country community', in G. McFee, G. Whannel and W. Murphy (eds) *Leisure Cultures: Values, Genders, Lifestyles*. LSA Vol. 54, LSA: Eastbourne.
- Prosser, N. (1995) 'Another aspect of rural deprivation: Spatial aspects of young women's leisure in a rural area', in G. McFee, G. Whannel and W. Murphy (eds) *Leisure Cultures: Values, Genders, Lifestyles*. LSA Vol. 54, LSA: Eastbourne.
- Rogers, N.B. (1997) 'Centrality of the caregiving role and integration of leisure in everyday life: a naturalistic study of older wife caregivers', *Therapeutic Recreation Journal*, 31(4): 230-243.
- Scruton, S., and Watson, B. (1998) 'Researching the leisure lives of marginalised groups: Challenging the theoretical and political exclusion of South Asian women', paper presented at WLRA 5th International Congress, Sao Paulo, Brazil, 26 - 30 Oct.
- Shamir, B. and Ruskin, H. (1983) 'Sex differences in recreational sport behaviour and attitudes: a study of married couples in Israel', *Leisure Studies*, 2(3): 253-268.
- Shaw, S. (1992) 'Controversies and contradictions in family leisure: An analysis of conflicting paradigms', *Journal of Leisure Research*, 29(1):98-122.
- Shaw, S.M., Andrey, J. and Johnson, L.C. (2003) 'The struggle for life balance: work, family, and leisure in the lives of women teleworkers', *World Leisure Journal*, Special issue: Work, family and leisure, 45(4): 15-29.
- Starrels, M.E. (1993) Review of Dinnerstein, M. (1992) *Women Between Two Worlds: Midlife Reflections on Work and Family*, *Gender and Society*, 7(4): 612-613.
- Thompson, S. (1992) 'Sport for others, work for whom? Work for women. Quality of life for whom? Keynote speech to the *Pre-Olympic Scientific Congress*, Malaga, Spain 14-19 Jly.

Watson, B. (2005) 'Motherwork, motherleisure: Exploring the leisure and work relationships of young mothers in Leeds', *International Journal of Urban Labour and Leisure*, 1(2). <http://www.ijull.org/vol1/2/00005.htm> Retrieved 25 Aug 2006.

Wearing, B. (1990) 'Beyond the ideology of motherhood: leisure as resistance', *Australian and New Zealand Journal of Sociology*, 26(1): 36-58.

Wimbush, E. (1986) *Women, Leisure and Well-being: An Edinburgh based study of the role and meaning of leisure in the lives of mothers with pre-school age children: Final Report*. Edinburgh: Centre for Leisure Studies.

Wimbush, E. (1987) 'Mothers with young children – understanding their leisure', in Henry, I. (ed.) *Women's Leisure: Constraints and Opportunities*. ESRC/Sports Council/LSA Seminar Report/LSA Newsletter Supplement.

Wimbush, E. (1988) 'Mothers meeting', in E. Wimbush and M. Talbot, M. (eds.), *Relative Freedoms: Women and leisure*, Milton Keynes: Open University Press, pp. 60-74.

Wimbush, E. (1990) 'Gender, Leisure and Health: the Benefits and Strains of Leisure Participation for Mothers with Young Children', in J. Long (ed.) *Leisure, Health and Wellbeing*. LSA Vol. 44. LSA: Eastbourne.

Wimbush, E. and Talbot, M. (eds) (1988) *Relative Freedoms: Women and Leisure*. Milton Keynes: Open University Press.

Women's Sports Foundation (2005) *Research into the Barriers that Prevent Young Mothers Participating in Physical Activity: The Final Report*. London: WSF.

Women and Geography

Aitchison, C. (1999) 'New cultural geographies: the spatiality of leisure, gender and sexuality', *Leisure Studies*, 18(1): 19-39.

Borish, L. J. (2005) 'Benevolent America: Rural Women, Physical Recreation, Sport and Health Reform in Ante-Bellum New England', *International Journal of the History of Sport* (Special issue: Sport and American Society: Insularity, exceptionalism and imperialism, 22(6): 946-973.

Coalter, F and Dowers, S (2006) *An analysis of regional variations in sports participation in Scotland*. (sportsotland research report no. 105) Edinburgh: sportsotland.

<http://www.sportscotland.org.uk/pages/download.aspx?id=%7BE3F49021-85FF-4397-9914-6A767BB83CA2%7D> Retrieved 18 July 2007.

Pedersen, K. (1994) 'Wilderness life in women's lives'. In: Kvinner - en utfordring for idretten? : rapport fra en konferanse i anledning OL '94 i Lillehammer, Oslo: sekretariatet for kvinneforskning, Norges forskningsrad, pp. 139-152.

Skeggs, B. (1999) 'Matter out of place: visibility and sexualities in leisure spaces', *Leisure Studies*, Special issue: The Big Ghetto: Gender, sexuality and leisure, 18(3): 213-232.

Women and Health

Alfano, C.M., Klesges, R.C., Murray, D.M., Beech, B.M. and McClanahan, B.S. (2002) 'History of sport participation in relation to obesity and related health behaviors in women', *Preventive Medicine*, 34(1): 82-89.

Brehm, B.A. and Iannotta, J.G. (1998) 'Women and physical activity: active lifestyles enhance health and well-being', *Journal of Health Education*, 29(2): 89-92.

Cartwright, S. and Warner-Smith, P. (2003) 'Melt-down': young women's talk of time and its implications for health, well-being and identity in late modernity', *Annals of Leisure Research*, 6(4): 319-338.

- Eaton, C.B. Lapane, K.L. and Garber, C.A. (1995) 'Sedentary lifestyle and risk of coronary heart disease in women', *Medicine and Science in Sports and Exercise*, 27(11): 1535-1539.
- Gregg, E.W., Kriska, A.M., Fox, K.M. and Cauley, J.A. (1996) 'Self-rated health and the spectrum of physical activity and physical function in older women', *Journal of Aging and Physical Activity*, 4(4): 349-361.
- Guthrie, J.R. (1997) 'Changes in physical activity and health outcomes in a population based cohort of midlife Australian born women', *Australian and New Zealand Journal of Public Health*, 21(7): 682-687.
- Juhl, A.M. (2001) *The relationship between level of physical activity and health related quality of life in women with multiple sclerosis*. Unpublished doctoral thesis. Microform Publications, University of Oregon Eugene, OR.
- Kieffer, E.C., Willis, S.K., Arellano, N. and Guzman, R. (2002) 'Perspectives of pregnant and postpartum Latino women on diabetes, physical activity, and health', *Health Education & Behavior*, 29(5): 542-556.
- Kull, M. (2003) 'Physical activity and mental health: relationships between depressiveness, psychological disorders and physical activity level in women', *Biology of Sport*, 20(2): 129-138.
- Kull, M. (2002) 'The relationships between physical activity, health status and psychological well-being of fertility-aged women', *Scandinavian Journal of Medicine & Science in Sports*, 12(4): 241-247.
- Lewis, R.D. and Modlesky, C.M. (1998) 'Nutrition, physical activity, and bone health in women', *International Journal of Sport Nutrition*, 8(3): 250-284.
- Loneragan, M.E., Milne, J.S. and Williamson, J. (1973) 'Physical activity and energy expenditure of elderly men and women in Edinburgh, Scotland', *Gerontologia Clinica* (Basel) 15:113-123.
- McGulloch, R.G., Bailey, D.A., Houston, C.S. and Dodd, B.L. (1990) 'Effects of physical activity, dietary calcium intake and selected lifestyle factors on bone density in young women', *Canadian Medical Association Journal*, 142(3): 221-227.
- Nordin, N., Husain, R., Karim, A., Suratman, F. and Ali, O. (2004) 'Aerobic fitness and lifestyle profile between young and older women', (Abstract) *Journal of Science and Medicine in Sport*, 7(4 Supplement):14
- O'Connor, P.J. and Poudevigne, M. S. (2006) 'A Review of Physical Activity Patterns in Pregnant Women and Their Relationship to Psychological Health', *Sports Medicine* 36(1): 19-38.
- Prochaska, J. O., and DiClemente, C. C. (1983) 'Stages and processes of self-change of smoking: Toward an integrative model of change', *Journal of Consulting and Clinical Psychology*, 51: 390-395.
- Royal College of Nursing Scotland (2003) *Obesity Amongst the Scottish Population*. RCN Scotland Parliamentary Briefing. <http://www.rcn.org.uk/scotland> Retrieved 25 Aug 2006.
- Santiago, M.C. and Coyle, C. P. (2004) 'Leisure-Time Physical Activity Among women with Mobility Impairments: Implications for Health Promotion and Leisure Education', *Therapeutic Recreation Journal*, Special issue on health and health promotion, 38(2): 188-205.
- Sawatzky, J.A.V. and Naimark, B.J. (2002) 'Physical activity and cardiovascular health in aging women: a health-promotion perspective', *Journal of Aging and Physical Activity*, 10(4): 396-412.
- Scottish Executive (2005b) 'Health expert praises Scottish policy', Scottish Executive News, 29 Sept. <http://www.scotland.gov.uk/News/Releases/2005/11/29095021> Retrieved 24 Aug 2006.
- Sheldon, K. and Caldwell, L. (1994) 'Urinary incontinence in women: implications for therapeutic recreation', *Therapeutic Recreation Journal* 28(4): 203-212.
- Sila, B. (2003) 'People's estimation of their state of health in relation to frequency of their sports activity', *Acta Universitatis Carolinae Kineanthropologica* 39(1): 99-108.

Wells, C. (1982) 'Issues and future directions for lifelong physical activity: The physiological perspective for women', *WSPAJ*, 1(1): 1-17.

Women and Leisure

Aitchison, C. (1999) *Leisure Studies: Gender, Power and Knowledge*. Unpublished doctoral thesis, Bristol University.

Aitchison, C. (1999) 'New cultural geographies: the spatiality of leisure, gender and sexuality', *Leisure Studies*, 18(1): 19-39.

Aitchison, C. and Jordan, F. (eds) (1998) *Gender, Space and Identity*. LSA Vol. 63. LSA: Eastbourne.

Anderson, J. and Lawrence, L. (eds) (2001) *Gender Issues in Work, Leisure and Culture*. LSA Vol. 68. LSA: Eastbourne.

Bialeschki, D. and Henderson, K.A. (1991) 'The social structure of feminism and the issues of leisure research and practice', paper to the *World Leisure and Recreation Association Congress*, Sydney, Australia, 16-19 Jly.

Bittman, M. (1998) 'The land of the lost long weekend? Trends in free time among working age Australians, 1974-1992', *Leisure and Society*, 21(2): 353-378.

Bondi, L. (1998) 'Gender, class and urban space: Public and private space in contemporary urban landscape' in C. Aitchison and F. Jordan (eds) *Gender, Space and Identity: Leisure, Culture and Commerce*. LSA Vol. 63. LSA: Eastbourne, pp. 3-32

Brown, P.R., Brown, W.J. and Powers, J.R. (2001) 'Time pressure, satisfaction with leisure and health among Australian women', *Annals of Leisure Research*, 4: 1-16.

Carpenter, G. (2003) 'Leisure and life perceptions of a mid-life woman experiencing: an epiphany associated with family', *World Leisure Journal*, Special issue: Work, family and leisure (Maureen Harrington, Guest editor) 45(4): 44-54.

Center for Research on Women and Sport (1997) *Physical Activity in the Lives of Girls and Women: Physical and Mental Health Dimensions from an Interdisciplinary Approach*. Minnesota: CRGWS.

Clough, S. and White, J. (eds) (2001) *Women's Leisure Experiences: Ages, Stages and Roles*. LSA Vol. 70. LSA: Eastbourne.

Deem, R. (1982) 'Women, leisure and inequality', *Leisure Studies*, 1: 29-46.

Deem, R. (1986) *All Work and No Play? The Sociology of Women and Leisure*. Milton Keynes: Open University Press.

Deem, R. (1987) 'Putting leisure into women's lives – towards better policy and provision', paper to the *Future of Adult Life Conference*, Leeuwenhorst, the Netherlands, 1-5 Apr.

Deem, R. (1996) 'Sport and physical activity – how important are they to women's leisure?', paper to Women Sport and Health, *European Women and Sport Conference* Stockholm, Sweden 22-25 Aug.

Deem, R. (1996) 'Women, the city and holidays', *Leisure Studies*, 15(2):105-19

Deem, R. (1999) 'How do we get out of the ghetto? Strategies for research on gender and leisure for the 21st century', *Leisure Studies*, 18(3):161-178.

Dempsey, K. (1992) *A Man's Town: Inequality between Women and Men in Rural Australia*. New York: Oxford University Press.

Devine, F. (1996) 'Privatism and the Working Class: Gender and life-cycle effects', in K.Roberts (ed.) *Leisure and Social Stratification*. LSA Vol. 53. LSA: Eastbourne.

- Dixey, R. with Talbot, M. (1982) *Women, Leisure and Bingo*. Leeds, UK: Trinity and All Saints College.
- Emmett, I. (1971) *Youth and Leisure in an Urban Sprawl*. Manchester: Manchester University Press.
- Green, E. (1998) 'Flexible work, disappearing leisure? Feminist perspectives on women's leisure as spaces for resistance to gender stereotypes' in Aitchison, C., Jordan, F. (eds) *Gender, Space and Identity: Leisure, Culture and Commerce*, LSA Publications 63:111-126
- Green, E., Hebron, S. and Woodward, D. (1987) 'Women's leisure in Sheffield: Constraints and opportunities', in Henry, I. (ed.) *Women's Leisure: Constraints and Opportunities*. ESRC/Sports Council/LSA Seminar Report/LSA Newsletter Supplement.
- Green, E., Hebron, S. and Woodward, D. (1990) *Women's Leisure, What Leisure?* London: Macmillan.
- Hague, E., Thomas, C. and Williams, S. (2000) 'Political constructions and social realities of exclusion in urban leisure: the case of elderly women in Stoke-on-Trent, England', *World Leisure Journal*, 42(4): 4-13.
- Haywood, L., Kew, F., Bramham, P., Spink, J., Capernerhurst, J. and Henry, I. (1989) *Understanding Leisure*. Cheltenham: Stanley Thornes.
- Henderson, K. (1990) 'The meaning of leisure for women: An integrative review of the research', *Journal of Leisure Research*, 22(3): 228-243.
- Henderson, K.A. (1991) 'The leisure gap: Constraints to leisure for women', paper to the *World Leisure and Recreation Association Congress*, Sydney, Australia, 16-19 Jly.
- Henderson, K.A. (1994) 'Perspectives on analyzing gender, women, and leisure', *Journal of Leisure Research*, 26(2): 119-137.
- Henderson, K.A. and Allen, K.R. (1991) 'The ethic of care: leisure possibilities and constraints for women', *Loisir et Societe/Society and Leisure*, 14(1): 97-113
- Lenskyj, H.J. (1991) 'The leisure/pleasure connection in women's lives', paper to the *World Leisure and Recreation Association Congress*, Sydney, Australia, 16-19 Jly.
- Massey, D. (1994) *Space, Place and Gender*. Cambridge: Polity Press.
- Mowl, G. and Towner, J. (1995) 'Women, gender, leisure and place: towards a more 'humanistic' geography of women's leisure', *Leisure Studies*, 14(2): 102-116.
- Mowl, G., and Towner, J. (1994) 'Same city, different worlds? Women's leisure in two contrasting areas of Tyneside', in I. Henry (ed.) *Leisure: Modernity, Postmodernity and Lifestyle*. LSA Publications: University of Brighton, pp. 105-24.
- Rublee, C.B. and Shaw, S.M. (1991) 'Constraints on the leisure and community participation of immigrant women: implications for social integration', *Loisir et Societe/Society and Leisure*, 14(1): 133-150.
- Scruton, S. and Watson, B. (1998) 'Gendered cities: Women and public leisure space in the postmodern city', *Leisure Studies*, 17(2):123-137.
- Scruton, S. and Watson, B. (eds.) (1999) *Sport Leisure Identities and Gendered Spaces*. LSA Vol. 67. LSA: Eastbourne.
- Shaw, S. (1985) 'Gender and leisure: inequality in the distribution of leisure time', *Journal of Leisure Research*, 17(4): 266-83.
- Talbot, M. (1978) 'The housebound woman', paper to a conference *Urban Deprivation: The Role of Sport and Recreation*, Yorkshire and Humberside Council for Sport and Recreation, 8 Mar.
- Talbot, M. (1979) *Women and Leisure: A State of the Art Review for the Sports Council/Social Science Research Council Joint Panel on Sport and Leisure Research*. London: ESRC/Sports Council.

- Talbot, M. (1986) 'Women and Sport: A Gender Contradiction in Terms?', in A. Tomlinson (Ed.) *Leisure: Politics, planning and people*. Vol. 4 – *Leisure and Social Relations*. Brighton, England: Sussex University, 4-8 July. Leisure Studies Association Conference Papers, No. 25, pp. 56-72.
- Talbot, M. (1997) 'Time and context in women's sport and leisure' in G. Clarke and B. Humberstone (Eds.) *Researching Women and Sport*. London: Macmillan, pp. 142-163.
- Thrane, C. (2000) 'Men, women, and leisure time: Scandinavian evidence of gender inequality', *Leisure Sciences*, 22(2): 109-122.
- Warner-Smith, P. and Brown, P. (2002) 'The town dictates what I do'. The leisure, health and well-being of women in a small Australian country town', *Leisure Studies*, 21(1): 39-56.
- Warner-Smith, P. and Brown, P. (2002) 'The town dictates what I do'. The leisure, health and well-being of women in a small Australian country town', *Leisure Studies*, 21(1): 39-56.
- Wearing, B. (1998) *Leisure and Feminist Theory*. London: Sage.
- Wearing, B. and Wearing, S. (1988) 'All in a day's leisure: Gender and the concept of leisure', *Leisure Studies*, 7: 111-123.
- Wimbush, E. (1986) *Women, Leisure and Well-being: An Edinburgh-based study of the role and meaning of leisure in the lives of mothers with pre-school age children. Final Report*. Edinburgh: Moray House College of Education.
- Wimbush, E. and Talbot, M. (eds.) (1988) *Relative Freedoms: Women and Leisure*. Milton Keynes: Open University Press.

Women and Participation in Sport and Other Physical Activity

- Alexander, A., Currie, C. and Todd, J. (2003) *Gender Matters: Physical Activity Patterns of Schoolchildren in Scotland*. HBSC Briefing Paper 3, Edinburgh: Edinburgh University.
- Australian Bureau of Statistics (2004) *Children's Participation in Cultural and Leisure Activities, Australia, Apr 2003*. Canberra: ABS. <http://www.abs.gov.au/Ausstats/ABS@.nsw> Retrieved 30 Nov 2006.
- Ball, K., Salmon, J., Leslie, E., Owen, N. and King, A.C. (2005) 'Piloting the feasibility and effectiveness of print and telephone mediated interventions for promoting the adoption of physical activity in Australian adults', *Journal of Science and Medicine in Sport*, 8(2): 134-142.
- Biddle, Stuart, Coalter, Fred, O'Donovan, Toni, MacBeth, Jessica, Nevill, Mary and Whitehead, Sarah (2005) *Increasing demand for sport and physical activity by girls*. (sportscotland Research Report no. 100) Edinburgh, sportscotland. www.sportscotland.org.uk/ChannelNavigation/Resource+Library/Publications/Increasing+demand+for+sport+and+physical+activity+by+girls.htm Retrieved 13 Aug 2007.
- Birrell, S. J. (1988) 'Discourses on the gender/sport relationship: from women in sport to gender relations', *Exercise and Sport Sciences Reviews*, 16: 459-502.
- Blinde, E.M. and McCallister, S.G. (1999) 'Women, disability, and sport and physical fitness activity: the intersection of gender and disability dynamics', *Research Quarterly for Exercise and Sport*, 70(3): 303-312.
- Bonen, A. and Shaw, S.M. (1995) 'Recreational exercise participation and aerobic fitness in men and women: analysis of data from a national survey', *Journal of Sports Sciences*, 13(4): 297-303.
- Brehm, B.A. and Iannotta, J.G. (1998) 'Women and physical activity: active lifestyles enhance health and well-being', *Journal of Health Education*, 29(2): 89-92.
- Brimfield, C. (2006) *Arabic Girls Multi-Sport Program*. Sydney: NSW Sport and Recreation.
- Casey, D.G. (1981) 'Use of sport centres and swimming pools by women', *Scottish Journal of Physical Education*, May 9(2):30-36.
- Choi, P.Y.L. (2000) *Femininity and the Physically Active Woman*. London: Routledge.

- Clark, A. and Haag, K. (1988) 'Exercise participation among working women', *New Zealand Journal of Health, Physical Education & Recreation*, 21(2): 5-8.
- Coakley, J. and White, C.A. (1989) 'Making decisions: Gender and sport participation among British adolescents', *Sociology of Sport Journal*, 6(1): 20-35.
- Coalter, F., Dowers, S. and Baxter, M. (1996) 'The impact of social class and education on sports participation: Some evidence from the General Household Survey', in K. Roberts (ed.) *Leisure and Social Stratification*. LSA Volume 53, LSA: Eastbourne.
- Commonwealth of Australia (2006) *About Time! Women in Sport and Recreation in Australia*. Canberra: Commonwealth of Australia. Australian Senate Inquiry.
http://www.aph.gov.au/senate/committee/ecita_ctte/womeninsport/report/index.htm Retrieved 30 Nov 2006.
- Cox, L., Coleman, L. and Roker, D. (2006) *Understanding participation in sport. What determines sports participation among 15-19 year old women?* London: Sport England.
http://www.sportengland.org/full_report_final_young_women_2006.doc Retrieved 30 July 2007.
- Gem, G.R. (1993) 'Working class women and sport: An untold story', *WSPAJ*, 2(1):17-30.
- Glyptis, S., Kay, T. and Murray, M. (1985) *Working with Women and Girls: The attitudes of staff of the Action Sport West Midlands Team*. West Midlands Sports Council
- Hall, M.A. (1996) *Feminism and Sporting Bodies: Essays on Theory and Practice*. Champaign, IL: Human Kinetics
- Hammermeister, J. and Burton, D. (2004) 'Gender differences in coping with endurance sport stress: are men from Mars and women from Venus?', *Journal of Sport Behavior*, 27(2): 148-164.
- Hargreaves, J. (1994) *Sporting Females: Critical issues in the History and Sociology of Women's Sports*. London: Routledge.
- Hargreaves, J. (2000) *Heroines of Sport*. London: Routledge.
- Harris, D.V. (1981) 'Women in society and their participation in sport (II)', *Olympic Review* 161:163-168.
- Henderson, K.A. (1998) 'Enhancing women's physical activity involvement', *Women in Sport and Physical Activity Journal*, 7(1): 13-26.
- Hendry, L.B. and Douglass, L. (1975) 'University students: attainment and sport', *British Journal of Educational Psychology* Nov, 45(3): 299-306.
- HNI International (2006) 'To swim or not to swim'. *Research into Young Women and Swimming*. WSF/ASA.
- Humberstone, B. (ed.) (2000) *Her Outdoors: Risk, Challenge and Adventure in Gendered Open Spaces*. LSA Vol. 66. LSA: Eastbourne.
- Huttunen, A. (1992) 'Women as team sport athletes: striving for equality, but on whose terms?', *Ethnologia Fennica* (Helsinki) 20: 18-27.
- Juniper, K.C., Oman, R.F., Hamm, R.M. and Kerby, D.S. (2004) 'The relationships among constructs in the health belief model and the transtheoretical model among African-American college women for physical activity', *American Journal of Health Promotion*, 18(5): 354-357.
- Kane, M-J. and Larkin, D.S. (1997) *Physical Activity and Sport in the Lives of Girls. Physical and mental health dimensions from an interdisciplinary perspective*. Minnesota, USA: Center for Research on Girls and Women in Sport/University of Minnesota.
- Kay, T. (1995) *Women and Sport – A Review of Research*. Loughborough: Loughborough Univ.
- Lenskyj, H. J. (1988) *Women, Sport and Physical Activity: Research and Bibliography*. Government of Canada, Fitness and Amateur Sport.
- Lenskyj, H. J. (1994) *Women, Sport and Physical Activity: Selected Research Themes*. Gloucester, ON: Sport Canada.

- Lindgren, E-C., Tebelius, U. and Fridlund, B. (2000) 'The impact of sport on young women's attitude to physical activity in adult life', *WSPAJ*, 9(1): 65-86.
- Little, D.E. (2002) 'Women and adventure recreation: reconstructing leisure constraints and adventure experiences to negotiate continuing participation', *Journal of Leisure Research*, 34(2):157-177.
- Lucas, J.A. and Smith, R.A. (1982) 'Women's sport: a trial of equality', in R. Howell. (Ed) *Her Story in Sport: An historical anthology of women in sports*. West Point, N.Y.: Leisure Press, pp. 239-265.
- Ministry of Youth, Sports and Voluntary Sector (France) (2006) *Initiatives on Women and Sport: 2006 Findings and Perspectives*. Paris: Ministere de la Jeunesse, des Sports et de la Vie Associative.
- Moir, E. (1977) *Female Participation in Physical Activities*. Unpublished MSc dissertation, Dunfermline College of PE, Edinburgh.
- Morgan, W.J., Meier, K.V. and Schneider, A.J. (eds) (2001) 'Women in sport: gender equity and gender identity', Part III in *Ethics in Sport*. Champaign, Ill.: Human Kinetics, pp. 205-209.
- O'Donovan, T. and Kay, T. (2004) *Girls in Sport*. Loughborough: Institute of Youth Sport, Loughborough University.
- Phillips, S. (2006) *History of Women in Sport in Australia*. Canberra: Australian Sports Commission. <http://www.activeaustralia.org/women/history.htm> Retrieved 30 Nov 2006.
- President's Council on Physical Fitness and Sports (1997) *Physical Activity and Sport in the Lives of Girls: Physical and Mental Health Dimensions from an Interdisciplinary Perspective*. Minnesota, USA: Tucker Center for Research on Girls and Women in Sport.
- Rowe, N and Bibby, H (2007) 'Chapter 8: active sport.' In: Aust, R and Vine, L (eds) *Taking part: the national survey of culture, leisure and sport. Annual report 2005/2006*, pp75-83. London: Department for Culture, Media and Sport.
www.culture.gov.uk/Reference_library/Publications/archive_2007/tps_annualreport0506.htm
Retrieved 18 July 2007.
- Scottish Sports Association (2006) *Girls on the Move: Be Active Live Life*. Edinburgh: SSA/Robertson Trust/Healthy Living.
- Scruton, S., and Fintoff, A. (eds) (2002) *Gender and Sport: A Reader*. London: Routledge.
- Sport England (2006) *Active People Survey Headline Results*. from www.sportengland.org/index/get_resources/research/tracking/active_people_survey Retrieved 12 Dec 2006.
- Sports Council for Wales (1998) *I'm Not Invisible: Best Practice in Welsh Schools for Girls in Physical Education (PE)*. Cardiff: SCW.
- Stanley, L. (1977) 'Sex, gender and the sociology of leisure', paper to Leisure Studies Association International Conference, Leisure and the Urban Society, Manchester.
- Tait, J. and Dobash, R. (1986) 'Sporting women: the social network of reasons for participation', in J. Mangan, J. and R. Small (eds.), *Sport, Culture, Society: International, historical and sociological perspectives*. London: Spon, pp. 262-269.
- Talbot, M. (1986) 'Women and sport: an examination of the effect of a leisure institution on female participation', *World Leisure & Recreation*, 28(4): 13-19.
- Talbot, M. (1988) 'Understanding the relationships between women and sport: the contribution of British feminist approaches in leisure and cultural studies', *International Review for the Sociology of Sport*, 23(1): 31-40.
- Theberge, N. (1993) 'The construction of gender in sport: women, coaching, and the naturalization of difference', *Social Problems*, 40(3): 301-313.

Theberge, N. and Birrell, S. (1994) 'Structural constraints facing women in sport', in D.M. Costa, and S.R. Guthrie. (eds.) *Women and Sport: Interdisciplinary perspectives*, Champaign, Ill.: Human Kinetics Publishers, pp. 331-340.

Thompson, S.M. (1985) 'Women in sport: some participation patterns in New Zealand', *Leisure Studies*, 4(3): 321-331.

Tshabangu, E.L. and Coopoo, Y. (2001) 'Physical activity levels and health profiles of adult women living in informal settlements', *South African Journal for Research in Sport, Physical Education and Recreation*, 23(1): 27-36.

Warrington, J. and White, A. (1986) *Sport and Recreation for Women: An action guide for providers including examples of good practice in Greater London and the South East*. London: Greater London and SE Region Sports Council.

West, A. and Brackenridge, C. (1990) *Wot! No Women Sports Coaches? A Report on Issues Relating to Women's Lives as Sports Coaches in the United Kingdom – 1989-90*. Sheffield: PAVIC Publications.

White, A.C. and Brackenridge, C.H. (1985) 'Who Rules Sport? Gender Divisions in the Power Structure of British Sport from 1960', *International Review for Sociology of Sport*, 20 (1/2): 95-107.

White, A.C., Carr, C. and Mayglothling, R. (1988) *The Dedicated Few: The Social World of Women Coaches in Britain in the 1980s*. Chichester: West Sussex Institute of HE.

Wohl, A. (1976) 'The contribution of women and girls in sport in the light of the evolution of the social structure of the Polish countryside', *International Review for Sociology of Sport*, 11(2): 105-116. <http://www.GSSF.co.nr> A website with resources about women and girls' sport, including bibliographies.

Women and Policy

Aitchison, C. (1992) 'The need for a gender analysis of contracting out (CCT) in local government leisure services', J. Sugden (ed.) *Leisure in the 1990s: Rolling Back the Welfare State*, LSA Vol. 46. LSA: Eastbourne.

Aitchison, C. (2000) 'Women in leisure services: managing the social-cultural nexus of gender equity', *Managing Leisure*, 5(4): 181-191.

Brackenridge, C.H. (1995) "'Think Global, Act Global": The Future of International Women's Sport', *Journal of the International Council for Health, Physical Education, Recreation, Sport and Dance*, Summer XXXI(4): 7-11.

Canadian Association for the Advancement of Women and Sport and Physical Activity (1995) *Towards gender equity for women in sport: a handbook for national sport organizations*. CAAWS, Gloucester, Ont.

Department for Victorian Communities (2006) *Ways Women Lead in Sport*. Melbourne, Australia: Sport and Recreation Victoria.

Equal Opportunities Commission (2006) *The Gender Equality Duty*. <http://www.eoc.org.uk> Retrieved 13 Dec 2006.

Equality Partners (2004) *The Equality Standard: A framework for sport*. London: Sport England.

Gentry, James W. McGinnis, and Lee, P. (2006) 'Getting Past the Red Tees: Constraints Women Face in Golf and Strategies to Help Them Stay', *Journal of Sport Management*, 20(2): 218-247.

Henry, I. (2004) *Women, Leadership and the Olympic Movement: Final Report*. Institute of Leisure Policy, Loughborough University/IOC.

Kay, T. (2000) 'The sexist state: Leisure, labour and the ideology of welfare policy', in C. Brackenridge, D. Howe and F. Jordan (eds) *JUST Leisure: Equity, Social Exclusion and Identity*. LSA Vol. 72. LSA: Eastbourne, pp. 3-16.

MacKinnon, C. (1982) 'Feminism, Marxism, method and the State', *Signs: Journal of Women in Culture and in Society* 7(3): 524-527.

MackSmith, A. and Stewart, D.G. (1984) *Women and Recreation: A Survey of Local Authority Policies and Provision*. Planning and Research Section, Recreation and Arts Department, Leicester City Council.

McCormack, F. (2001) 'The Potential of Outreach Sports Initiatives for Young People to Achieve Community Development and Social Inclusion through Leisure', in G. McPherson (Ed) *Leisure and Social Inclusion: New Challenges for Policy and Provision*. LSA Vol. 73. LSA: Eastbourne.

Office for National Statistics (2006) *Population Estimates*. <http://www.statistics.gov.uk> Retrieved 24 Aug 2006.

Rake, K. (2006) 'Wither feminism?' (originally printed in *Renewal* magazine). www.fawcettsociety.org.uk/index.asp Retrieved 12 Dec 2006.

Rees, T. (2002) 'A new strategy: Gender mainstreaming' paper to the 5th *European Women and Sport Conference*, Berlin, 18 -21 Apr.

Sport England (1999) *Women-Friendly Sports Facilities*. Recreation Management Research Factfile No.1. London: Sport England.

UK Sport (2003) *UK Strategy Framework for Women and Sport*. London: UK Sport.

UK Sport (2003) *UK Strategy Framework for Women and Sport. Progress Made Towards Targets and Analysis of the Current Situation*. London: UK Sport.

Women and Race/Ethnicity

Maynard, M. (1994) 'Race', Gender and the Concept of 'Difference' in Feminist Thought in Afshar, H., Maynard, M. (Eds) *The Dynamics of 'Race' and Gender: Some Feminist Interventions*. London: Taylor and Francis.

Mirza, H. (1992) *Young, Female and Black*. London: Routledge.

Tsai, E.H. and Coleman, D.J. (1999) 'Leisure constraints of Chinese immigrants: an exploratory study', *Loisir et Societe/Society and Leisure*, 22(1), Spring 1999, 243-264.

Watson, B. (1997) 'By no Means Just a Mother: Debating methodology in a Study of 'Free' Time with South Asian Respondents', paper presented at *Transformations: Thinking through Feminism*, University of Lancaster 17-19 July

Watson, B. and Scraton, S. (2001) 'Confronting Whiteness? Researching the Leisure Lives of South Asian Women: Critical Reflections on Feminist Methodological Issues', *Gender Studies*, 10(3): 265-277.

Women's Sports Foundation (2006b) *Muslim women in sport: a minority within a minority*. (WSF Factsheet) Sheffield: WSF. www.wsf.org.uk/documents/Muslim_women_in_sport.pdf Retrieved 18 July 2007.

Women and Scotland

Jarvie, G. (1995) Sport, Nationalism and the Search for Scotland', in D. Leslie (ed.) *Tourism and Leisure: Culture, Heritage and Participation*. LSA Volume 51, LSA: Eastbourne.

Joseph Rowntree Foundation (1994) *Disadvantage in rural Scotland*. www.jrf.org.uk/knowledge/findings/socialpolicy/sp62.asp Retrieved 24 Aug 2006.

- Joseph Rowntree Foundation (1996) *Disadvantage in rural Scotland*.
www.jrf.org.uk/knowledge/findings/socialpolicy/sp95.asp Retrieved 24 Aug 2006.
- McKenzie, P. and Thomson, I. (1985) 'Issues of management and control within three golf clubs in Central Scotland', *Momentum*, 10(1): 8-23.
- Scottish Executive (2003a) *Let's Make Scotland More Active: A Strategy for Physical Activity*. Edinburgh: Scottish Executive.
- Scottish Executive (2003b) *Improving Health in Scotland: The Challenge*. Edinburgh: Scottish Executive.
- Scottish Executive (2005a) *Scottish Health Survey – 2003 Results*.
<http://www.scotland.gov.uk/Publications> Retrieved 24 Aug 2006.
- sportscotland (2003) *Sport 21 2003-2007: The National Strategy for Sport*. Edinburgh: sportscotland.
- sportscotland (2005) *Making Girls and Women More Active: A Good Practice Guide*. Edinburgh: sportscotland.
- sportscotland (2006a) *sportscotland's Strategy on Women, Girls and Sport*. Edinburgh: sportscotland.
- sportscotland (2006b) *Increasing Demand for Sport and Physical Activity for Adolescent Girls in Scotland. Exploring issues, suggesting solutions*. Edinburgh: sportscotland.
- sportscotland (2006c) *Participation in Sport in Scotland, 2005 Adults' Overview: Grouped/Individual Sports*. Research Update Aug.
- sportscotland (2006d) *Population and Participation Profiles: Key Equity Figures*. Research Update Nov .
- Tranter, N.L. (1989) 'Organized sport in the middle-class woman in the nineteenth-century Scotland', *International Journal of the History of Sport*, 6(1): 31-48

Women and Sexuality

- Bialeschki, M.D. and Pearce, K.D. (1997) "'I don't want a lifestyle - I want a life": the effect of role negotiations on the leisure of lesbian mothers', *Journal of Leisure Research*, 29(1): 113-131.
- Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) (2006) *'Seeing the invisible, speaking about the unspoken.'* A position paper on homophobia in sport. Ottawa, Canada, CAAWS.
www.caaws.ca/pdfs/CAAWS_Homophobia_Discussion_Paper_E.pdf Retrieved 31 July 2007.
- Cahn, S.K. (1994) "'Play it, don't say it": lesbian identity and community in women's sport', in S.K. Cahn (ed.) *Coming on Strong: Gender and sexuality in twentieth-century women's sport*, New York: Free Press, pp.185-206; 329-334.
- Caldwell, L.L. Kivel, B.D. Smith, E.A. and Hayes, D. (1998) 'The leisure context of adolescents who are lesbian, gay male, bisexual and questioning their sexual identities: an exploratory study', *Journal of Leisure Research*, 30(3): 341-355.
- Caudwell, J. (1999) 'Women's football in the United Kingdom: Theorizing gender and unpacking the butch lesbian image', *Journal of Sport and Social Issues*, 23: 390-402.
- Clarke, G. (1998) 'Queering the pitch and coming out to play: Lesbians in Physical education and sport', *Sport, Education and Society* 3(2): 145-160.
- Clarke, G. (2001) 'Outlaws in sport and education? Exploring the sporting and education experiences of lesbian Physical Education teachers', in S. Scruton and A. Flintoff (eds) *Gender and Sport: A Reader*. London: Routledge, pp. 209-221.

- Clarke, G. (2003) 'There's nothing queer about difference: Challenging heterosexism and homophobia in Physical Education', in S. Hayes and G. Stidder (eds) *Equity and Inclusion in Physical Education and Sport*. London: Routledge.
- Elling, A. De Knop, P. and Knoppers, A. (2003) 'Gay/lesbian sport clubs and events: places of homo-social bonding and cultural resistance?', *International Review for the Sociology of Sport*, 38(4): 441-456.
- Greendorfer, S.L. and Robinson, L. (1997) 'Homophobia and heterosexism in women's sport and physical education: a review', *Women in Sport and Physical Activity Journal*, 6(2): 189-210.
- Griffin, P. (1992) 'Changing the game: homophobia, sexism, and lesbians in sport', *Quest*, 44(2): 251-265.
- Griffin, P. (1993/94) 'Homophobia in sport: addressing the needs of lesbian and gay high school athletes', *High School Journal*, 77(1/2): 80-87.
- Griffin, P. (1998) 'Life in the shadow of the lesbian boogeywoman: the climate for lesbians in sport', in *Strong Women, Deep Closets: Lesbians and homophobia in sport*, Champaign, Ill.: Human Kinetics, pp. 91-107; 228-239.
- Grossman, A.H. (1992) 'Inclusion, not exclusion: recreation service delivery to lesbian, gay, and bisexual youth', *Journal of Physical Education, Recreation and Dance*, 63(4): 45-47.
- Johnson, C.W. (1999/2000) 'Living the game of hide and seek: leisure in the lives of gay and lesbian young adults', *Leisure/Loisir*, 24(3/4): 255-278.
- Kivel, B.D. (1994) 'Lesbian and gay youth and leisure: implications for practitioners and researchers', *Journal of Park and Recreation Administration*, 12(4):15-28.
- Kivel, B.D. and Kleiber, D.A. (2000) 'Leisure in the identity formation of lesbian/gay youth: personal, but not social', *Leisure Sciences*, 22(4): 215-232.
- Krane, V. (ed.) (1997a) 'Sexualities, Culture, and Sport' Special Issue, *Women in Sport and Physical Activity Journal*, 6(2).
- Krane, V. (1997b) 'Homonegativism experienced by lesbian collegiate athletes', *Women in Sport and Physical Activity Journal* 6(2):141-163.
- Krane, V. (2001) 'We can be athletic and feminine, but do we want to? Challenging hegemonic femininity in women's sport,' *Quest* 53(1): 115-133.
- Krane, V. and Barber, H. (2003) 'Lesbian experiences in sport: a social identity perspective', *Quest*, 55(4): 328-346.
- Lenskyj, H. (1986) *Out of Bounds: Women, sport and sexuality*. Toronto: Women's Press.
- Lenskyj, H. (1991) 'Combating homophobia in sport and physical education', *Sociology of Sport Journal*, 8(1): 61-69.
- Mennesson, C. and Clement, J-P. (2003) 'Homosociability and homosexuality: The case of soccer played by women', *International Review for the Sociology of Sport*, 38(3): 311-330.
- Palzkill, B. (1990) 'Between gymshoes and high-heels - the development of a lesbian identity and existence in top class sport', *International Review for the Sociology of Sport*, 25(3): 221-234.
- Pitts, B.G. (1989) 'Beyond the Bars: The Development of Leisure-Activity Management in the Lesbian and Gay Population in America', *Leisure Information Quarterly*, 15(3): 4-7.
- Plymire, D.C. and Forman, P.J. (2000) 'Breaking the silence: lesbian fans, the internet, and the sexual politics of women's sport', *International Journal of Sexuality & Gender Studies*, 5(2): 141-153.
- Riemer, B.A. (1997) 'Lesbian identity formation and the sport environment', *Women in Sport and Physical Activity Journal*, 6(2): 83-108.
- Shallenberger, D. and Finch, H.A. (1988) 'Linking leisure and sexuality: the gay and lesbian experience', *Leisure Information Quarterly*, 14(4): 4-6.

Shire, J., Brackenridge, C.H. and Fuller, M. (2000) 'Changing positions: the sexual politics of a women's field hockey team', *Women in Sport and Physical Activity Journal*, 9(1): 35-64.

Skeggs, B. (1999) 'Matter out of Place: Visibility and Sexualities in Leisure Spaces', *Leisure Studies*, 18(3):213-232.

Squires, S.L. and Sparkes A.C (1996) 'Circles of silence: Sexual identity in Physical Education and sport', *Sport, Education and Society*, 1(1):77-101

Theberge, N. (1995) 'Gender, sport and the construction of community: A case study from women's ice hockey', *Sociology of Sport Journal*, 12(4): 389-402.

Women and Work

Crompton, R. (1997) *Women and Work in Modern Britain*. Oxford: Oxford University Press.

George Street Research (2004) *Women in sport leadership*. (**sportscotland** Research Report no. 91) Edinburgh, **sportscotland**.

www.sportscotland.org.uk/ChannelNavigation/Resource+Library/Publications/Women+in+Sport+Leadership.htm Retrieved 30 July 2007.

Green, E., Woodward, D. and Hebron, S. (1989) 'Leisure, Lifestyles and Women's Work: An Examination of the Implications of Recent Labour Market Changes for Women's Leisure', in J. White (ed.) *The Leisure Industry*. LSA Vol. 41. LSA: Eastbourne

Kay, T. (1996) 'Women's work and women's worth: The leisure implications of women's changing employment patterns', *Leisure Studies*, 15: 49-64.

Schor, J. (2000) 'Beyond work and spend: Time, leisure and consumption', in S. Scraton (ed.) *Leisure, Time and Space: Meanings and Values in People's Lives* LSA Vol. 57. LSA: Eastbourne.

Shaw, S.M., Andrey, J. and Johnson, L. C. (2003) 'The struggle for life balance: work, family, and leisure in the lives of women teleworkers', *World Leisure Journal*, 45(4): 15-29.

Westwood, S. and Bachu, P. (eds) (1988) *Enterprising Women: Ethnicity, economy and gender relations*. London: Routledge.