

Annotated Bibliography



Blom, L. C., Abrell, L., Wilson, M. J., Lape, J., Halbrook, M., & Judge, L. W. (2011). Working with male athletes: The experiences of US female head coaches. *ICHPER-SD Journal of Research*, 6(1), 54-61.

The suggested article provides the results of the study of gender aspect in sports. The focus of the research is the relationship of female head coaches and male athletes. Additionally, the perspective of the analysis is the focus on gender stigmas in sports coaching. The authors suggest that there is a list of factors based on gender aspect of communication that influence the athlete's performance. The provided information is supported with various examples that help to prove the suggested hypothesis. The performed experiment included six female head coaches training men's teams of different age and professional skills. Consequently, the research concludes that the low number of female coaches is caused by the lack of mentoring, support systems, and networking.

Breuer, C., Hallmann, K., & Wicker, P. (2011). Determinants of sport participation in different sports. *Managing Leisure*, 16(4), 269-286.



Breuer, Hallmann, and Wicker's article offers the insight into the previously proposed demographic-economic model. This model explains the influence of the factors such as time, age, gender, and income on sport participation. The mentioned characteristics were used to test the applicability of the model for different sports in Germany. The results of the study show that each kind of sport has various determinants. For instance, a typical German tennis player is a native, well-educated male, whereas other sports significantly differ from this pattern. Therefore, the authors suggest that the demographic-economic model can be applied to predict sport participation in different physical activities.

Demetriou, Y., & Höner, O. (2012). Physical activity interventions in the school setting: A systematic review. *Psychology of Sport and Exercise*, 13(2), 186-196.

Demetriou and Höner present their analysis of the efficacy of the school-based interventions with a physical activity component. In order to research the selected issue, they considered changes in physical activity, psychological determinants, and health outcomes. The study focuses on the investigation of literature that encompasses controlled studies at schools that practiced physical activity involvement targeting their students. Consequently, the authors conclude that intervention effects were influenced by such factors as the age of the learners as well as the type and the frequency of interventions. Moreover, the research has found out that self-efficacy mediated the relationship between the student's



physical activity and the program. Thus, physical activity interventions at schools reached positive results.

Eime, R. M., Young, J. A., Harvey, J. T., Charity, M. J., & Payne, W. R. (2013). A systematic review of the psychological and social benefit of participation in sport for children and adolescents: Informing development of a conceptual model of health through sport. *International Journal of Behavioral Nutrition and Physical Activity*, 10(98), 1.

The article reviews the participation of children and adolescents in sport in terms of psychological and social benefits. The reason for the study was the lack of evidence about the types of physical activity associated with psychological health. The authors have developed a conceptual model that presents the results of the systematic review of fourteen electronic databases and studies published since 1990. As a result, the researchers argue that the list of the revealed benefits includes the decrease of depressive symptoms, increased self-esteem, and social interaction. Moreover, they have concluded that community sports should be introduced as a leisure time activity for schoolchildren and adolescents. The reason for such an inference is the overall improvement of the physical and mental health as a result of sport activities.

Holt, N. L., Kingsley, B. C., Tink, L. N., & Scherer, J. (2011). Benefits and challenges associated with sport participation by children



and parents from low-income families. *Psychology of Sport and Exercise*, 12(5), 490-499.

The study of Holt et al. focuses on the analysis of the benefits associated with youth involvement in sports by members of low-income families. Moreover, the article presents the parents' perceptions of the obstacles associated with the provision of sporting opportunities for their children. Actually, the study has reported that the low-income families understand social and developmental benefits of providing sports for children. However, the parents indicate that there are constraints for the engagement of their offsprings into sports. Additionally, the interviewed parents have suggested a range of solutions addressing the exposed issue. Thus, the society needs to apply increased efforts to overcome the indicated barriers for low-income families.

Huang, H., & Humphreys, B. R. (2012). Sports participation and happiness: Evidence from US microdata. *Journal of Economic Psychology*, 33(4), 776-793.

The article "Sports Participation and Happiness: Evidence from US Microdata" presents the results of the investigation into the relationship between self-reported happiness and participation in physical activity in the US. The basis of the research was the data obtained from the Behavioral Risk Factor Surveillance System and County Business Patterns. The analyzed information has led the authors to a conclusion that people having greater access to sports

facilities are more likely to take part in physical activity. Moreover, such individuals report higher life satisfaction levels than those who are not engaged in any sport activity. Finally, the study has indicated that men benefit more from participation in sports than women.

Jewett, R., Sabiston, C. M., Brunet, J., O'Loughlin, E. K., Scarapicchia, T., & O'Loughlin, J. (2014). School sport participation during adolescence and mental health in early adulthood. *Journal of Adolescent Health, 55*(5), 640-644.

Jewett et al. present the study of school sport participation in early adulthood. The purpose of this article is the examination of the correlation between mental health and taking part in school physical activities. The basis of the research included the interviews of 853 adolescents during their five years study at the secondary school. The participants of the experiment reported their level of stress, the incidence of depressive symptoms and self-rated mental health. Consequently, the study has concluded that the participation of adolescents in school sport activities may protect them against poor mental health. Thus, the society requires policies increasing school sport participation to promote psychological well-being.

Karr, T. M., Davidson, D., Bryant, F. B., Balague, G., & Bohnert, A. M. (2013). Sport type and interpersonal and intrapersonal predictors of body dissatisfaction in high school female sport participants. *Body Image, 10*(2), 210-219.



The article of Karr et al. considers the influence of a wide range of factors on body dissatisfaction of female sport participants at high schools. Among the evaluated characteristics are the body mass index, athletic self-efficacy, family dynamics and others. The subjects of the study reported that they had low body dissatisfaction regardless of their sport type. At the same time, high family cohesion has been denoted to be the predictive factor of body dissatisfaction among the participants. Thus, the authors claim the existence of a complex correlation between body dissatisfaction in adolescent female sport participants and inter- and intrapersonal factors.

Slater, A., & Tiggemann, M. (2011). Gender differences in adolescent sport participation, teasing, self-objectification and body image concerns. *Journal of Adolescence*, 34(3), 455-463.

In the following article, Slater and Tiggemann examine gender differences in adolescents through several aspects such as sport and physical activity, and teasing experiences related to sports. Moreover, the study reflects the relationship between physical activity and body image among young people. The results of the research demonstrate that adolescent girls experience a higher level of teasing than boys despite low engagement in sport activities. Moreover, the scholars conclude that body image issues among girls may be the result of the reduced rate of their participation in school's sport activities.



Sport England. (2011). *Sport England strategy 2008-2011*. London: Sport England. Retrieved from <http://www.sport-kingston.co.uk/Sport-England-Strategy.pdf>

The book *Sport England Strategy 2008-2011* is a comprehensive study of sport activities in England examining all levels of sports in the country. The research unfolds the deep analysis of the major concerns of the society in order to provide a world-leading community sport system. Moreover, it focuses on vision, headline sport-promoting strategies and the outcomes of their implementation. Furthermore, the authors discuss the necessity of funding and governance arrangements required to ensure the success of the proposed policies. As a result, the analyzed program suggests efficient strategies that are capable of providing the most effective community sport system in the world.

Sun, F. (2013). Improving Participation of College Female Students in Physical Activities. *International Conference on Educational Research and Sports Education (ERSE 2013)*. Atlantis Press.

The study of Sun discusses the measures aimed at the improvement of the participation of college female students in physical activities. The author argues that the need for this research is the problem of poor participation of female students in sport. The study suggests that the main factors that may cause this behavior are physiological limitations, psychological negative emotions, teaching content, organization quality and others. Furthermore, the author proposes



various strategies that can be used to engage female students in physical activities such as the improvement of assessment mechanism, cultivation of sports, updating teaching ideas, etc. The researcher assures that such actions would increase the level of females' sport participation.

Van Tuyckom, C., Scheerder, J., & Bracke, P. (2010). Gender and age inequalities in regular sports participation: A cross-national study of 25 European countries. *Journal of Sports Sciences*, 28(10), 1077-1084.

The article provides a comprehensive comparison of the cases of gender inequality in sports in 25 countries in Europe. The main criteria of the study were age and gender interpreted through cross-section evaluation. The authors indicate that the countries under analysis have a regular sporting activity of about 40%. Additionally, the investigation demonstrated that there was considerable gender divergence in sports participation in 12 countries. Moreover, male and female domination in sport activity varied in each country. For instance, in France men were more likely to be active in sports whereas the statistics for Finland demonstrated the opposite. Consequently, the authors conclude that some European countries provide more opportunities for women in sports than the others, which means that some states require the improvement in this field.