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Women in sports

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Abstract

Traces of Participation of Women in Physical Activities can be seen from the 18th century in different parts of the world in different ways but the participation of women in competitive sports especially the Olympics was showcased for the first time in the 1900 Paris Olympics. A total of six countries, the United States of America, the United Kingdom, Canada, Australia, Norway and India are selected for this paper. The age of the subjects are above 16 years and below 65 years. All the data presented in this paper are collected from secondary sources, such as Books, Research papers, Sports magazines, and Internet sources. After analysing the data it was found that America started to form professional sports leagues for women, and Canada Actively engaged a policy made for women in sports to replace the 1986 Sports Canada policy, In U.K some of the reasons for this lack of popularity for women in sports have come to be known are lack of media coverage and interest for men's sports over women's. The government of Australia encouraged women's development in sports by forming women's associations in the field of sports and also funded them. The Norwegian women also get the equal amount of media coverage compared with men. From the survey conducted by BBC over the citizens of India, we found that the greatest number of people can't name any female athlete. Although women have faced many barriers in sports, some of them are social, religious and economic. These barriers are the prime reason for women not participating in sports in the country.

Keywords: Women's sports, social, religious and economic, physical education

Introduction

Women's sports, both amateur and professional, have existed throughout the world for centuries in all varieties of sports. Female participation and popularity in sports increased dramatically in the 20th century, especially in the last quarter century, reflecting changes in modern societies that emphasize gender parity. The number of women who currently play sports or who closely follow sports events is steadily increasing. Although the level of participation and performance still varies greatly by country and by sport, women's sports are generally accepted throughout the world today.

However, despite a rise in women's participation in sports, a large disparity in participation rates between women and men remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equity in sports. Women who play sports face many obstacles today, such as lower pay, less media coverage, and different injuries compared to their male counterparts. Many female athletes have engaged in peaceful protests, such as playing strikes, social media campaigns, and even federal lawsuits to address these inequalities.

Ancient History of Women in Sports

Before each ancient Olympic Games, there was a separate women's athletic event held at the same stadium in Olympia, the Heraean Games, dedicated to the goddess Hera. Myth held that the Heraea was founded by Hippodameia, the wife of the king who founded the Olympics. According to E. Norman Gardiner: At the festival, there were races for maidens of various ages. Their course was 500 feet, or one-sixth less than the men's stadium. The maidens ran with their hair down their backs, a short tunic reaching just below the knee, and their right shoulder bare to the breast. The victors received crowns of olive and a share of the heifer sacrificed to Hera. They had, too, the right of setting up their statues in the Heraeum.

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19th and early 20th centuries

The educational committees of the French Revolution (1789) included intellectual, moral, and physical education for both girls and boys. With the victory of Napoleon less than twenty years later, physical education was reduced to military preparedness for boys and men. In Germany, the physical education of GutsMuths (1793) included girls' education. This included the measurement of the performances of girls. This led to women's sports being more actively pursued in Germany than in most other countries. When the Fédération Sportive Féminine Internationale was formed as an all-women's international organization it had a German male vice-president in addition to German international success in elite sports.

Women's sports in the late 1800s focused on correct posture, facial and bodily beauty, muscles, and health. Prior to 1870, activities for women were recreational rather than sport-specific in nature. They were non-competitive, informal, and rule-less; they emphasized physical activity rather than competition. Sports for women before the 20th century placed more emphasis on fitness rather than the competitive aspects we now associate with all sports.

In 1916 the Amateur Athletic Union (AAU) held its first national championship for women (in swimming), in 1923 the AAU also sponsored the First American Track & Field championships for women. Earlier that year the Women's Amateur Athletic Association (WAAA) held the first WAAA Championships. Few women competed in sports in Europe and North America before the late nineteenth and early twentieth centuries, as social changes favoured increased female participation in society as equals with men. Although women were technically permitted to participate in many sports, relatively few did. There was often disapproval of those who did.

"Bicycling has done more to emancipate women than anything else in the world." Susan B. Anthony said "I stand and rejoice every time I see a woman ride on a wheel. It gives women a feeling of freedom and self-reliance." The modern Olympics had female competitors from 1900 onward, though women at first participated in considerably fewer events than men. Women first made their appearance in the Olympic Games in Paris in 1900. That year, 22 women competed in tennis, sailing, croquet, equestrian, and golf. The International Olympic Committee founder Pierre de Coubertin described women's sports as "Impractical, uninteresting, aesthetic, and we are not afraid to add: Incorrect". However, the 6th IOC Congress in Paris 1914 decided that a woman's medal had formally the same weight as a man's in the official medal table. This left the decisions about women's participation to the individual international sports federations. Concern over the physical strength and stamina of women led to the discouragement of female participation in more physically intensive sports, and in some cases led to less physically demanding female versions of male sports. Thus, netball was developed out of basketball and softball out of baseball. In response to the lack of support for women's international sport the Fédération Sportive Féminine Internationale was founded in France by Alice Milliat. This organization initiated the Women's Olympiad (Held 1921, 1922 and 1923) and the Women's World Games, which attracted participation from nearly 20 countries and was held four times (1922, 1926, 1930 and 1934). In 1924 the 1924 Women's Olympiad was held at Stamford Bridge in London.

The International Olympic Committee began to incorporate greater participation of women at the Olympics in response.

The number of Olympic women athletes increased over five-fold in the period, going from 65 at the 1920 Summer Olympics to 331 at the 1936 Summer Olympics.

Most early women's professional sports leagues foundered. This is often attributed to a lack of spectator support. Amateur competitions became the primary venue for women's sports. Throughout the mid-twentieth century, Communist countries dominated many Olympic sports, including women's sports, due to state-sponsored athletic programs that were technically regarded as amateur. The legacy of these programs endured, as former Communist countries continue to produce many of the top female athletes. Germany and Scandinavia also developed strong women's athletic programs in this period.

Materials and Methods

In this chapter, the selection of subjects, selection of variables, criterion measure, collection of data and statistical technique are to be used and discussed.

Due to the current pandemic and lockdown situation, all the data collected and presented have been taken from secondary sources.

Selection of subject

A total of six countries, the United States of America, the United Kingdom, Canada, Australia, Norway and India are selected for this paper. The age of the subjects are above 16 years and below 65 years.

Selection of variables

The scholar reviewed the available scientific literature pertaining to the area of his study, comprising both, critical and allied literature from various sources available in Books, articles and the internet. The scholar also had consultation and discussion with the guide regarding the selection of the variable. Keeping the feasibility criteria, the following variable was selected.

Countries

1. United States of America
2. Canada
3. United Kingdom
4. Australia
5. Norway
6. India

Collection of data

All the data presented in this paper are collected from secondary sources, such as

- Books
- Research papers
- Sports magazines
- Internet sources

Analysis of Data

Chapter IV: Analysis of the Data.

1: Women in sports in the United States of America

In 1979, there was a policy interpretation that offered three ways in which schools could be compliant with Title IX; it became known as the "three-part test".

- Providing athletic participation opportunities that are substantially proportionate to the student enrolment. This prong of the test is satisfied when participation opportunities for men and women are "substantially proportionate" to their respective undergraduate

enrolment.

- Demonstrating a continual expansion of athletic opportunities for the underrepresented sex. This prong of the test is satisfied when an institution has a history and continuing practice of program expansion that is responsive to the developing interests and abilities of the underrepresented sex (typically female).
- Accommodating the interest and ability of the underrepresented sex. This prong of the test is satisfied when an institution is meeting the interests and abilities of its female students even where there are disproportionately fewer females than males participating in sports.

Although schools only have to be compliant with one of the three prongs, a 1999 study by Sigelman and Wahlbeck found that many schools are "Nowhere near compliance". Many schools attempt to achieve compliance through the first prong; however, in order to achieve that compliance schools cut men's programs, which is not the way the OCR wanted compliance achieved. Equity is not the only way to be compliant with Title IX; athletic departments need to show that they are making efforts to achieve parity in participation, treatment, and athletic financial assistance. According to research done by the National Women's Law Center in 2011, 4500 public high schools across the nation have extremely high gender inequality and are violating Title IX laws. According to further research done by the Women's Law Centre, schools with a high number of minority students and a greater number of people of colour mainly in southern states had a much higher rate of gender disparity. There is also a huge disparity regarding sports-related scholarships for men and women, with men getting 190 million more in funding than women. This pattern has persisted over a long period of time as most colleges focus on their male athletics team and plough more money into them. This disparity shows the link between race and gender, and how it plays a significant role in the hierarchy of sports.

Effect of Title IX on Women's Sports

Title IX did have an effect on women's sports. This bill gave women athletes the grounds to help support the stance that women deserved the respect and consideration of having their sports be serious, just as men's sports are taken seriously. This mandate did not go into action right away but had been talked about enough that people knew what was to come. There was great anticipation for it, however, which helped gain coverage by the media just in time for when the bill was mandated to be followed. The involvement in women's sports spiked after Title IX was put into place; this was most shown in high school level sports as well as collegiate. Title IX's effect on women was not just for those who were participating in a professional or intermediate way. Women were now able to view themselves as having the ability to compete. Not only could high school students, college students, or professional athletes feel secure in being a woman and playing, but women who did not see themselves in a more "serious athlete" light could now feel empowered to compete. This includes those young and old women who wanted to compete and play but never were able to or felt that they could. This bill only allowed for instituting that there be equal treatment and opportunity in sports no matter the sex of a person, but of course, there would still need to be an attitude change from society, fans of sports, and those participating in sports. This

bill allowed for those women to feel they were equal and then go and show just how great they were.

Participation in sports

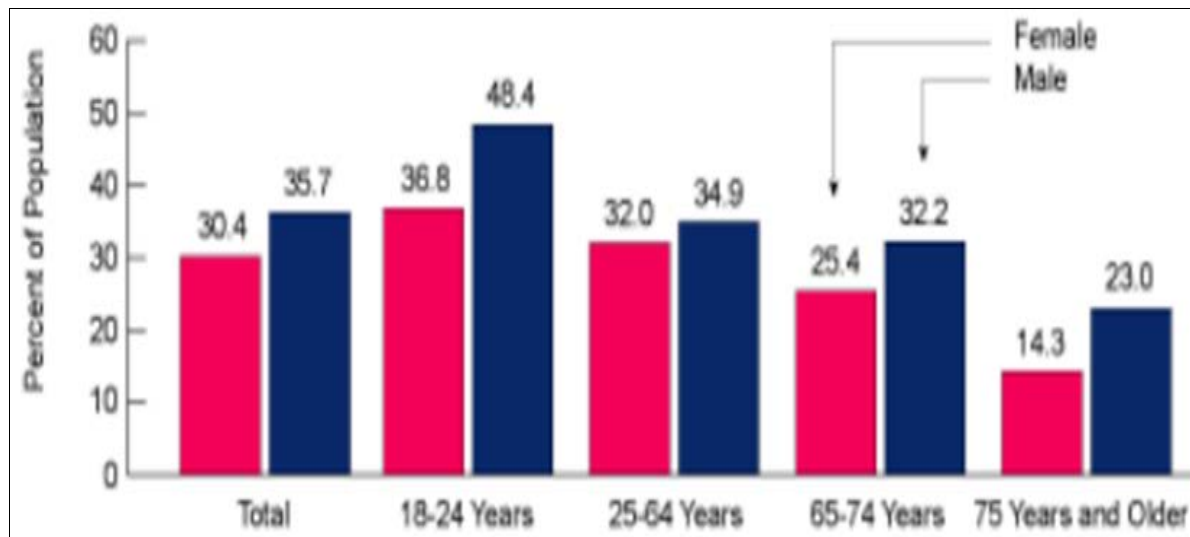
The main objective of Title IX is to make sure there is equal treatment in sports and school, regardless of sex, in a federally funded program. It was also used to provide protection to those who are being discriminated against due to their gender. However, Title IX is most commonly associated with its impact on athletics and more specifically the impact it has had on women's participation in athletics at every age. Title IX has allowed women and girls in educational institutions to increase their opportunities in different sports they are able to play now. Today there are more females participating in athletics than ever before. As of the 2007-2008 school year, females made up 41% of the participants in college athletics. To see the growth of women's sports, consider the difference in participation before the passing of Title IX and today. In 1971-1972 there were 294,015 females participating in high school athletics and in 2007-2008 there were over three million females participating, meaning there has been a 940% increase in female participation in high school athletics.

In 1971-1972 there were 29,972 females participating in college athletics and in 2007-2008 there were 166,728 females participating, a 456% increase in female participation in college athletics. In 1971, less than 300,000 females played high school sports. After the law was passed many females started to get involved in sports. By 1990, eighteen years later, 1.9 million female high school students were playing sports. Increased participation in sports has had a direct impact on other areas of women's lives; these effects can be seen in women's education and employment later on in life; a 2010 study found that the changes set in motion by Title IX explained about 20 percent of the increase in women's education and about 40 percent of the rise in employment for 25-to-34-year-old women. This is not to say that all women who are successful later on in life played sports, but it is saying that women who did participate in athletics received benefits in their education and employment later on in life.

In 1971, fewer than 295,000 girls participated in high school varsity athletics, accounting for just 7 percent of all varsity athletes; in 2001, that number leapt to 2.8 million, or 41.5 percent of all varsity athletes, according to the National Coalition for Women and Girls in Education. In 1966, 16,000 females competed in intercollegiate athletics. By 2001, that number jumped to more than 150,000, accounting for 43 percent of all college athletes. In addition, a 2008 study of intercollegiate athletics showed that women's collegiate sports had grown to 9,101 teams or 8.65 per school. The five most frequently offered college sports for women are, in order: (1) basketball, 98.8% of schools have a team, (2) volleyball, 95.7%, (3) soccer, 92.0%, (4) cross country, 90.8%, and (5) softball, 89.2%. Since 1972, women have also competed in the traditional male sports of wrestling, weightlifting, rugby, and boxing.

An article in the New York Times found that there are lasting benefits for women from Title IX: participation in sports increased education as well as employment opportunities for girls.

Furthermore, the athletic participation by girls and women spurred by Title IX was associated with lower obesity rates. No other public health program can claim similar success. Figure 1.



Source: (11.2): Centres for disease control and prevention national centre for health statistics, national health interview survey

Fig 1: Adults aged 18 and older engaged in recommended amounts of physical activity by age and sex, 2003

The preceding figure shows that the percentage of male participants in sports is higher than the percentage of female participants in sports comparing over age groups between 18 to 75 years and older in the year 2003.

Overview of professional leagues

Several women's sports leagues in North America are professional-i.e., the athletes are paid to play the sport.

Table 1: Shows the league of sports between began play teams and its Average Attendance

League	Sport	Began play	Teams	Average Attendance
Women's football alliance	Football	2009	8 (1st Division)	
National Pro fastpitch	Softball	2004	5	
National Women's Hockey League	Ice Hockey	2015	6	954
Women's National Basketball Association	Basketball	1997	12	6535
National Women's soccer league	Soccer	2013	10	7337

Attendance

Record attendances by women's sports leagues have been dominated by the NWSL, WNBA and WPS.

- National Women's Soccer League (NWSL) game on August 11, 2019, between Portland Thorns FC and the North Carolina Courage at Providence Park in Portland, Oregon: 25,218 (a sellout).
- Portland Thorns FC has averaged more than 13,000 attendance at Providence Park in each of the NWSL's first seven seasons, with an all-time high of 20,098 in the 2019 season.
- 2000 WNBA All-Star, in Phoenix on July 17, 2000. A crowd of 17,717 supporters. The West All-Stars defeated the East All-Stars 73-61.
- WNBA 2011 Finals in Target Center at Minneapolis, on October 2, 2011: 15,258 supporters, Minnesota Lynx 88 - 74 Atlanta Dream.
- The 2017 WNBA All-Star Game, on July 22, 2017, at KeyArena in Seattle, had a crowd of 15,221 fans. The West All-Stars defeated the East All-Stars 130-121.
- WNBA 2011 Finals in Target Center, Minneapolis, on October 5, 2011: 15,124 supporters. Minnesota Lynx 101- 95 Atlanta Dream.
- 2009 WPS Inaugural match at the Home Depot Center (now Dignity Health Sports Park), Carson, California, on March 29, 2009: 14,832 supporters. Los Angeles Sol 2 - 2011 WPS Championship game at Sahlen's Stadium (now Marina Auto Stadium) in Rochester, on August 27, 2011:10,461 supporters. Western New York Flash a 1-1 (5-4, PK's) victory over the Philadelphia Independence.

Women in sports in Canada

When the Canadian women's hockey team took home the gold medal, defeating the United States in a hotly contested final at the 2002 Winter Olympics in Salt Lake City, Canadians from coast-to-coast celebrated their victory. The amount of attention given to a women's team in a traditionally male sport seemed unprecedented in Canadian history. Canada's women hockey players quickly joined the ranks of the most recognized and celebrated female athletes in Canadian sports history.

Because many of us know very little about the history of women in Canadian sports, it might come as a surprise to learn that almost one hundred years ago, an age in which many assume that stereotypical attitudes towards women dominated mainstream society, women were active and frequent participants in Canadian sporting life, often in sports which even today are primarily played by men. The first women's hockey game in Canada was played in Ottawa, in February 1891. Ladies hockey clubs existed across Quebec at the turn of the century. And while most of us know about the gold medal triumph of Canada's women's team at Salt Lake City, far fewer know about the Edmonton Grads, Canada's women's world basketball champions, whose success made basketball a hugely popular women's sport in Canada in the 1920s. In 1930, the Sunnyside Ladies Softball League drew bigger crowds, larger box office receipts, and more extensive media coverage than any other baseball or softball league in Canada.

It is during this period that Russian émigré Fanny "Bobbie" Rosenfeld established herself as perhaps the most

accomplished Canadian female athlete of all time. Known as Bobbie because of her bobbed hair, by 1921 Rosenfeld was the top-ranked female sprinter in Canada.

In 1925 she was ranked number one in 220 yards, long jump, shot-put and discus and so perhaps it's not surprising that Rosenfeld won Canada's first Olympic track and field medal—a silver—in 1928. She also won the Toronto Grass Court Tennis Championship and played competitive basketball, softball, and hockey, her favourite sport. As a star centre for the North Toronto AAA hockey club, and then as captain of the Patterson Pats, Rosenfeld dominated Ontario women's hockey in the late 1920s. Perhaps surprisingly, women's hockey of the era was full contact, and very rough. Players regularly suffered cuts and serious injuries, just like the men of their time.

As women's participation in a broad range of sports in the 1920s exploded, objections to the kind of no-holds-barred athleticism displayed by Rosenfeld and her contemporaries emerged. In an editorial at the time, the Toronto Daily Star wrote: "If ladies hockey is to be a success, body-checking must be eliminated. The fans like to see the ladies perform, but they do not want to see any roughness creep into the contests." These fears that rough and athletic behaviour were "unladylike" and "inappropriate" became more pronounced in the 1930s. A Saturday Night magazine article argued that women who "develop masculine attributes" are likely to produce "weak sons". Physical educators also produced "evidence" that women were unfit for athletics. At the 1936 Olympics in Berlin Montreal Star sports editor Elmer Ferguson wrote that he was disgusted by the "violent, face-straining, dirtying, body bouncing, sweaty, graceless, struggling." of women athletes. Ferguson argued that women should only participate in what he considered graceful, feminine events, "free from grime." Figure skating, diving, swimming, and tennis were the sort of sports generally considered more appropriate for women of the time.

This sort of criticism of female athletes would intensify in the post-war era. During the Second World War, women were needed to replace men in the labour force, producing goods for the war effort and filling the jobs left by men who were fighting overseas. After the war, millions of men returned home and with this, an increased emphasis on women's "Femininity" and domestic responsibilities was used as a means of encouraging women to leave the labour force. This focus on traditional gender roles was reflected in the remarkable post-war emphasis placed on the femininity of female athletics during the late 1940s. The sports in which women were encouraged to excel tended to be the so-called "beauty-producing" sports. These were the grime-free endeavours Elmer Ferguson identified, which reflected more traditionally feminine values, like prettiness, daintiness, grace, and not too much visible sweat. Media coverage of athletes practising those sports also tended to emphasize the athletes' "femininity," as opposed to their physical accomplishments.

Canadian figure skating icon Barbara Ann Scott is a good example of this tendency. Like Rosenfeld, Scott was among the most famous athletes of her generation. Twice world figure skating champion and twice the European champion, she won the gold medal at the 1948 Winter Games in St. Moritz and was Canada's first Winter Olympic individual gold medallist.

Media coverage of both Scott and her sport, however, reinforced a very specific image of femininity. A 1948 Time magazine description is typical. "Barbara Ann, with a peaches-and-cream complexion, saucer-size blue eyes and a

rosebud mouth, is certainly pretty enough. Her light brown hair (golden now that she bleaches it) falls page-boy style on her shoulders. She weighs a trim, girlish 107 lbs. She looks, in fact, like a doll which is to be looked at but not touched." The emphasis on Scott's feminine looks (And out-and-out comparison of her to a "Doll") reinforces the dominant social expectations of women at the time. The prodigious achievements of champion golfer Marlene Stewart-Streit and marathon swimmer Marilyn Bell in the 1950s were also in sports considered feminine at the time. The 1960s and 1970s saw the emergence of the "women's liberation" movement in North America, in which large groups of women began to challenge the limited roles and images offered to them by traditional society. At the same time, the women's movement began documenting and speaking publicly about formerly taboo subjects—female sexuality, images of women's bodies in media and popular culture, and sexual abuse. As society became more open, women's sexuality also became more openly used as a marketing tool. And so for the first time in North America, women's appearances increasingly were described in explicit, sexual terms. In short, women were treated openly as sexual objects, rather than as serious athletes. The experience of Canadian teen sensation tennis star Carling Bassett provides an interesting glimpse into the different social forces operating during this period. Ranked as high as eight on the Women's Tennis Association tour, Bassett was one of the most successful female tennis players in Canada's history. Media coverage of her achievements, however, tended to focus on everything but her tennis successes. Consider the title of a 6000-word Sports Illustrated profile of Bassett written in 1983, when Bassett was 15 years old: "Here's Carling, her daddy's darling." Drawing on the age-old archetype of "Daddy's little girl" Bassett's responsibility for her own success is continually undermined by a description of her as her father's "favourite project." Reflecting much of the media attention paid to the pretty, blonde Bassett in the prime of her career, more of the article is devoted to how she feels about boys ("Carling says she likes her men 'young.' She says, 'They look, fresher'"). Than the nuts and bolts of her tennis ability. In this way, portrayals of Bassett laid the groundwork for someone like Anna Kournikova today. Kournikova's sex-symbol status has trumped her relative underachievement as a professional and made her the most recognized figure in contemporary women's tennis.

In 1989, after several disappointing years on the tour, Bassett revealed some of the consequences of attempting to live up to a social image of femininity that has more to do with surface than substance. In response to the immense pressure on her to be pretty and perfect, Bassett became bulimic. "At 15, I wasn't heavy by any means," Bassett told a magazine, "(but). At 14, 15, and 16, your body starts to mature. You start feeling the pressure." An older player on the tour taught Bassett how to put her fingers down her throat and instantly get rid of calories.

Living up to the image demanded by a social context in which a woman's attractiveness to men is often considered more important than her achievements had a negative effect on Bassett's athletic success.

Rowing, which demands bulk and immense physical strength, is not the sort of "beauty producing" endeavour described by Elmer Ferguson in the 1930s. Rower Marnie McBean, with partner Kathleen Heddle and teammate Silken Laumann, dominated the sport in the 1990s, becoming the most decorated Canadian Olympians of all time. She argues that

over the last 20 years much has changed for women athletes, "When I first started rowing, muscles were so uncool," McBean says. "Even when we were covered by the press, I would be described as blue-eyed, and maybe I might have a big smile. Silken was described as a Nordic Valkyrie with a 150-watt smile. Now we're 'aggressive' and 'dynamic' and 'Powerful', and we're 'Muscular'. 10 years ago they thought we were dykes because we have muscles. Muscles were a sexuality issue for other people. Now it's a fitness issue".

Expectations of, and opportunities for, women athletes in Canada have transformed considerably in the last 20 years. When Kathleen Heddle began rowing in the mid-1980s, her rowing club had only begun accepting female members a few years earlier. Participation rates for younger female athletes in sports previously considered inappropriate for women have skyrocketed since then. Still, gender and sexuality play a role in women's sports. For instance, the International Volleyball Federation (FIVB) requires female Beach Volleyball players to wear skimpy, skin-tight bikinis at all competitions. While men wear loose-fitting shorts and t-shirts, should female athletes wish to cover up with a t-shirt or tights in windy conditions, they must appeal to an all-male Control Committee (Robinson; c2002, p. 50-53). Instituted over the objections of many of the sport's elite players, well-known Canadian sports journalist and former Olympic athlete Laura Robinson argue that this decision was an obvious ploy to increase the highly athletic sport's marketability to 18-35-year-old men. In 2000, the Canadian Nordic Ski Team, needing money for training programs, produced a nude calendar that raised \$80,000. While the calendar is in no way pornographic (and, some team members argue, shows women with healthy body images), it does provoke the question of why Canadian women athletes who compete in the Olympics are in a financial position in which they feel they must fundraise with a nude calendar.

The Post Warera

After the Second World War, opportunities for women across Canada to participate in organized competitive sports declined, much like their opportunities to participate in the paid labour force. As a class, research different aspects of life during the post-war period, particularly those affecting women of the time.

National Ringette League

Ringette is a Canadian sport that was first introduced in 1963 at North Bay, Ontario. Developed originally for girls, ringette is a fast-paced team sport on ice in which players use a straight stick to pass, carry, and shoot a rubber ring to score goals. For ten years, play centred in Ontario and Quebec, however, the sport quickly spread across Canada and is now played by 50,000 girls across Canada.

The creation of the National Ringette League (NRL) is following the success of the 2002 Ringette world championships in Edmonton where Canada gained the golden medal. The first NRL season started in November 2004 with 17 teams. In the 2011-12 season, the NRL entered its eighth season with 19 teams playing in two conferences across Canada – a Western Conference with 6 teams and an Eastern Conference with 13 teams. In 2008, the budget of each NRL team oscillated between \$15,000 and \$20,000. The teams and the league contribute to cover all the transport spending, accommodation and rent of arenas. The players however have to find their own financiers to pay their equipment and their personal spending and aren't paid for play. The audience in

the matches for several NRL teams is limited to some supporters' hundreds. The LNR benefits from a cover broadcast thanks to a partnership with Web channel SSN-Canada and the championship final game is broadcast on Rogers TV. In the 2010-11 season, a NRL Championship Tournament replaced the Championship qualifying rounds, this tournament took place in just one city. This allows them to create a media event and to hold attention. From March 27 till April 2, 2011, the NRL Championship Tournament took place in Cambridge, Ontario. In the Final game, the Edmonton WAM! Triumph over the Cambridge Turbos.

The NRL maintains a collaboration with the lower Ringette leagues as regards the development of the young girls players: So several teams of the NRL have affiliated development teams Under 19 years and Under 16 years. The Canadian Championship U16 and U19 (usually in April) take place in the same place as the NRL playoff tournament.

Policies for Women in Sports in Canada

a. Policy Statement

Canadian Heritage is committed to a sport system that provides quality sports experiences, where women and girls are actively engaged and equitably supported in a full range of roles.

In doing so, women and girls should have meaningful opportunities to become involved in and develop in sports according to their interests, abilities, talents and choices, throughout a lifetime's involvement. Coming into Force: This policy is effective as of January 1, 2009, and replaces the 1986 Sport Canada Policy on Women in Sport.

b. Context

Actively Engaged: A Policy on Sport for Women and Girls, provides renewed direction for the leadership and programs of Canadian Heritage in promoting and developing a strengthened sport system where women and girls are full, active and valued participants and leaders, experiencing quality sport and equitable support.

The Physical Activity and Sport Act (2003), together with the Canadian Sport Policy (2002) endorsed by all Federal-Provincial/Territorial governments, confirms the Government of Canada's role in increasing sports participation and supporting the pursuit of excellence in sports for all Canadians, including women. This policy recognizes that the contributions of actively engaged women and girls are critical to realizing the objectives of the Canadian Sport Policy and for achieving results for Canadians.

Within this context, Canadian Heritage is charged with advancing sport. Most of Canadian Heritage's sports involvement is led by the Sport Canada Branch, which supports national sports organizations, high-performance sports, and national and international sports events, and coordinates Federal-Provincial/Territorial sports collaboration. These efforts are supported by the International Affairs Branch, which is responsible for international sports relations.

This policy will therefore guide domestic priority setting, the design and delivery of grants and contribution programs for sport, and other activities in support of the Canadian sport system. The direction provided by this policy shall be together with other Sport Canada instruments – such as the Sports Funding and Accountability Framework, the Federal Policy on Hosting International Sports Events, the Policy on Aboriginal Peoples Participation in Sport and the Sport Canada Policy on Sport for Persons with a Disability.

This policy will furthermore strengthen Canada's

international leadership in sport, including with respect to Canada's international commitments and activities. Canada is a strong supporter of the active engagement of women in sports within the Commonwealth, the Americas and the Francophonie. Additionally, Canada has been involved in the development of and is a signatory to a number of conventions and declarations in support of sports for women and girls.

Since 1986, the Canadian sports landscape has changed considerably, including for women and girls. Human rights cases have clearly established the entitlement of girls and women to participate in sports, prompting improved access to sports programs. There are more competitive opportunities for women in more sports, including at the highest levels, and Canadian female athletes are both increasingly participating in sport, and regularly achieving podium success at World Championships and Olympic and Paralympic Games.

In addition, sports organizations are no longer segregated on the basis of gender. Women are also increasingly leading national sports organizations, as senior administrative staff. However, it is also evident that such improvements for women and girls have not been achieved to date in all aspects of sport involvement. The number of women trained as coaches and actively coaching particularly in high-performance contexts remains persistently low. The limited information available regarding women in other roles, notably within the governance of sports organizations or as technical leaders and officials, indicates that the experiences and skills of women are not being optimized in these domains either. Also, the rate of participation of girls as athlete participants continues to be significantly lower than that of boys.

These gaps in the engagement of women in the sport system cannot be fully accounted for via traditional explanations of overt barriers or lack of opportunity. Notably, the same types of challenges – such as societal attitudes or assumptions about women's interests and skills – were cited in discussions of women's involvement in multiple sports roles and in a range of contexts from local to international. For some women namely those who are part of another socio-economically disadvantaged group such as Aboriginal Peoples or persons with a disability these challenges are compounded.

In general, there are persistent concerns that women's contributions to Canadian sports continue to be undervalued by women themselves as well as by their male counterparts. Also, sport community consultations highlighted that the availability of women to contribute to the sport system tends to be constrained because of societal expectations on women to fulfil traditional domestic roles including responsibility for domestic tasks to facilitate the contribution to sport by their male partners. As such, the leadership, skills and perspectives of women are lost to the sport system at a time when, because of the ongoing identified need to build human resource capacity, the system can least afford to do without their involvement. Other sectors of society have noted that increasing the engagement of women can lead to positive results. A recent study of Fortune 500 companies found that those with the highest percentages of women on their boards outperformed those with the lowest percentages of women. Companies with at least three female directors outperformed the others. A similar European study reinforces these findings, noting that 30% appears to be the critical point at which the

presence of women makes a positive difference. Interviews with companies with significant gender diversity showed that these organizations have measures in place to facilitate career flexibility and work-life balance, as well as leadership support such as access to mentors, networks, coaching and training.

Sport community consultations have highlighted the potential to realize similar benefits for the Canadian sport system through increased engagement of women. Stakeholders consistently highlighted the need to “do things differently” to recruit, develop, and retain women in sports, including the potential to re-recruit women into similar or other sports roles after a hiatus, e.g. to raise a family. In contrast to the traditional “build it and they will come” approach in Canadian sport of creating opportunities and expecting uptake, this policy will promote innovative quality sports experiences for women and girls, to not only remove barriers but also to encourage ongoing involvement.

In advancing the directions of this policy, Sport Canada will ensure that federal efforts to improve sports experiences for women and girls in all roles are consistent with the sports development framework described in Canadian Sport for Life and the principles of long-term athlete development.

This policy is founded on the belief that efforts to improve conditions for women and girls in sports will not only extend the benefits of sports to women and girls and facilitate their personal development, but they will also improve sports experiences for all participants. It is therefore in the interests of all sport system stakeholders, including men, women and organizations, to work towards a strengthened sport system for women and girls.

c. Policy Objective and Results

The objective of the policy is to foster sports environments from playground to podium where women and girls, particularly as athlete participants, coaches, technical leaders and officials, and as governance leaders are provided with.

- Quality sports experiences; and Equitable support by sports organizations.
- The implementation of the policy will therefore result in a continuously improving sport system where: Women and girls are actively engaged within Canadian sports as athlete participants, from playground to podium;
- Women are actively engaged within Canadian sports as coaches, technical leaders and officials and are also supported to progress within international organizations as technical leaders and officials;
- Women are actively engaged as governance leaders (both as key volunteers and senior administrative staff) of Canadian sports organizations and are also supported to progress within international sports organizations.

d. Application and Implementation

This policy shall apply to the sport-related activities and programs of Canadian Heritage, including those undertaken in collaboration with other governments, departments or organizations. Given that the majority of these activities are focused on developing Canadian sports, references to a sport system' primarily refer to the Canadian sport system, with support for strength sports internationally.

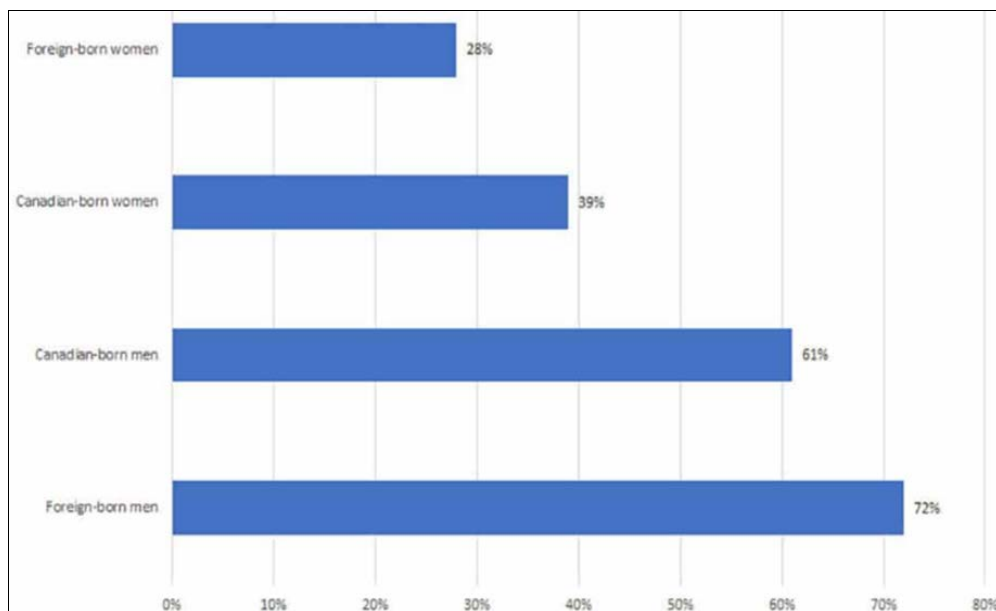


Fig 2: Canada Sports Participation 2016.

The preceding figure is a comparison between (Canadian and foreign-born) male participants and (Canadian and foreign-born) female participants in sports. The graph simply shows that the percentage of male participants is higher than the percentage of female participants in the field of sports in Canada.

Women of Canada in sports now

While Canadians in general are living less active lifestyles, Sandmeyer-Graves said, the numbers are particularly alarming for females. Currently, as many as 62 per cent of Canadian girls aren't participating in sports.

In 1992, just over half of women aged 15 or older were participating in sports. That dropped to 35 per cent by 2010. Only 18 percent of women aged 16-63 are currently involved in sport. Among the barriers that affected girls' continuation in sport, one in three listed low confidence, negative body image, perceived lack of skill, or poor perceptions of belonging and feeling unwelcome.

"Many of the barriers to participation (boys and girls) face would be quite similar," Sandmeyer-Graves said. "But the fact that there is such a gender difference (in dropout rates) really underscores the fact that we need to pay particular attention to how we're designing and delivering sports for girls and for young women," MacLennan said she was fortunate to grow up in an active family. She was encouraged to try a variety of sports. "So from a young age, building out those fundamental skills, but also exposing me to sports that I wouldn't necessarily have the chance to do in school, and so kind of giving me the chance to explore and find something that I really connected with and became passionate about," MacLennan said. "Put me on a field with a soccer ball, and I'm not particularly strong. But put me in the air and I'm a lot more comfortable."

Girls who aren't introduced to sports at a young age are far less likely to be physically active as adults. "If you are exposing kids at a younger age to those fundamental skills, I think that they become more comfortable and confident with a lot of different movement patterns," MacLennan said. "And

then try to introduce them to as many activities as possible, whether it's through watching the Olympic Games and the variety of sports there, or local programming that can be really important too".

The study found differences in participation based on different ethnicities and religions, physical abilities, and socioeconomic statuses as well. Caucasian, South Asian, Asian and Black girls are more likely to participate in sports than Indigenous girls. And girls from households with an annual income of over \$100,000 are more likely to participate than households under \$50,000. Women are still under-represented in coaching ranks. Just 24 per cent of head coaches of women's teams in Canadian universities and colleges are women. Just 18 per cent of head coaches of mixed teams are women. Some of Canada's biggest sports stars Brooke Henderson, Bianca Andreescu and Kia Nurse to name just three are women. Women captured 16 of Canada's 22 medals at the 2016 Rio Olympics. Sandmeyer-Graves said there is reason for optimism. "Anecdotally there's more attention being paid to women's sports," she said. "Government commitments obviously have been quite strong over the last while. There are lots of initiatives happening in sports all across the country. People are reviewing their policies, we are seeing improvements at least at the national level of more women on the boards. So there are things happening. They might just not be translating yet into these large statistical analyses," she said. She hopes the Rally Report's takeaway for people already working on achieving gender equity is to keep going. And for those who haven't started paying attention, "there's no time like the present." "We need to start if we're going to see the kind of change we want to see frankly -- I don't know at this point -- within a few generations if we're lucky," she said. "There's stuff happening, and we don't want the big numbers to obscure that fact. It's just not happening at scale, and it's not enough to turn this ship yet".

The Rally Report: Encouraging Action to Improve Sport for Women and Girls was conducted with IMI International, and collected data from over 10,000 Canadians aged 13 to 63.

This report by The Canadian Press was first published on June 11, 2020.

3. Women in sports in the United Kingdom.

Female participation in sports and physical activity across England, Scotland, Northern Ireland and Wales exhibits considerable variability both by the country and by the sport. Many aspects of sport and sport participation within the United Kingdom (UK) have a long history of social exclusion. Despite substantial efforts by the governing bodies within many sports, numerous social barriers that prevent female participation continue to exist.

Women first made their appearance in the Olympic Games in Paris in 1900, within which 22 women competed in tennis, sailing, croquet, riding, and golf. Pervading concerns over the physiology of women led to the discouragement of female participation in many physically challenging sports. In some cases, this led to less physically demanding female versions of 'Male' sports. Netball and softball are examples of some of these variants, which developed out of basketball and baseball respectively. Even today women who participate in sports face many obstacles, including lower pay, less media coverage, and different injuries compared to their male counterparts. Many female athletes have engaged in peaceful protests, such as playing strikes, social media campaigns, and even lawsuits to address these inequalities. Although such movements have led to a recent rise in female participation in sports, a large disparity between male and female participation still exists. These disparities are prevalent globally and continue to limit gender equality in sports.

Participation

Active Lives Adult Survey: The Active Lives survey measures participation levels in a wider range of sports and physical activities including, but not limited to walking, cycling for travel/leisure, and creative dance. Active Lives excludes participants under the age of 16 years, who are part of the Active Lives Children and Young People Survey. The latest statistics are taken from the Active Lives Report (May 19 to May 20), which was published in October 2020. The statistics should be viewed within the context of the broader range of physical activities include. The levels of men and women who were active was growing before the Covid-19 pandemic hit England. Between mid-March and mid-May 2020, both men's and women's activity levels declined. From May 2019 to May 2020: • 26% of women are inactive (less than 30 minutes of physical activity each week) compared to 25% of men. • 13% of women are fairly active (30-149 minutes of physical activity each week). • 61% of women are active (Doing 150+ minutes of physical activity each week) compared to 65% of men. While the participation gap between men and women has shrunk, this is not because the number of active women has increased. This change is entirely driven by fewer men being active than in the previous survey. Both men's and women's inactivity levels have increased since the last survey. There are 516,600 more inactive women than men in England.

Statistics from Women in Sport and Youth Sport Trust's Girls Active Survey: Girls aged 12-14 years: • Only 41% feel happy they are doing enough exercise • 36% are unhappy with their body • 42% avoid exercise when they have their period • Only 42% say exercise is important to their lives • 28% do no other exercise except PE at school • Only 23% really enjoy PE. Girls aged 14-16 years: • 35% don't take part because they are not confident • 34% don't take part because they don't like being watched.

Reframing Sport for Teenage Girls: latest insight puts the spotlight on the wider world of teenage girls. They have put them at the heart of this research, through online ethnographic work, co-creation sessions and discussions, letting them lead our understanding. They also reviewed over 30 reports, shared knowledge and developed thinking together with 25 other organisations both from inside and outside the sports sector. This has helped to start the journey of reframing how sport and physical activity can have both relevance and appeal during this time. The number of women playing sports regularly in England has reached an all-time high of 7.21 million, research published by Sport England shows.

The Active People Survey found the number of participants has increased by 250,000 since the organisation launched its This Girl Can campaign in 2014. The difference between the number of men and women playing sports has narrowed to 1.55 million. Overall, there were 229,400 more people playing regular sports than last year.

That increased the total number of over-16s playing sports in the 12 months up to 30 September 2016 to 15.97 million. The figure is 1.88 million higher than that of 2005 when London won the right to host the 2012 Olympic and Paralympic Games.

Sport England chief executive Jennie Price said: "These figures are really encouraging, especially the substantial increase in the number of women playing sports and being active every week. "Our This Girl Can campaign set out to tackle the gender gap, so to reduce it significantly in just two years shows we are making a difference." Sport England said going to the gym remains "hugely popular" with 7.10 million going on a weekly basis, an increase of 286,400. It added: "Exercise classes, like spinning, Pilates and boxercise continue to attract large numbers of people, especially women." Other sports to have seen a rise in participation include netball, up 25,400 to 180,200, hockey up 4,500 to 92,700 and gymnastics, up 13,400 to 65,100.

Swimming saw an increase of 11,000 following several years of decline to reach a total of 2.52m people swimming at least once a week, while participation in football rose by 29,900 to 1.84 million. However, Sport England said there had been a decline in two sports which had grown strongly in the past: athletics and cycling. Athletics is down 5% to 108,400 while cycling participation fell 4% to 85,200.

It said both sports "remain popular with people in midlife", but were struggling to attract people under the age of 25.

UK's attitude towards women in sports

Table 2: Shows the city does regular sport and considered a carrier in sport

City	Do regular sport	Considered a career in sport
Belfast	37%	11%
Bristol	37%	14%
London	35%	16%
Plymouth	35%	4%
Liverpool	32%	10%
Norwich	32%	11%
Leeds	31%	14%
Brighton	30%	14%
Manchester	29%	16%
Newcastle	29%	14%
Birmingham	27%	13%
Edinburgh	27%	9%
Nottingham	26%	14%
Southampton	25%	12%
Glasgow	24%	9%
Sheffield	19%	6%
Cardiff	16%	7%

The above table is a city-wise comparison (in percentage) of Women doing regular sports and considering sports as a career in the UK. This table shows that women are engaged in

sports regularly but only a few of them consider sports as a career.

Table 3: Shows Avg. prize money for men and women and its prize gap

	Avg. prize money for men	Avg. prize money for women	Prize Gap
Football	£22,075,000	£561,230	£21,513,770
Cricket	£3,100,000	£470,500	£2,629,500
Golf	£1,021,033	£492,875	£528,158
Cycling	£35,518	£5,942	£29,576
Tennis	£1,452,022	£1,452,022	£0
Volleyball	£83,011	£83,011	£0
Athletics	£31,008	£31,008	£0
Swimming	£25,097	£25,097	£0

The above table is a comparison of an average prize money distribution and the prize gap between men and women athletes in the UK. In some sports there is a very huge gap between the prize money among men and women, men are getting higher prize money as compared with women. However, in some sports like Tennis, Volleyball, Athletics and Swimming the amount is equal.

Women in Sports in Australia

Women's sports in Australia started in the colonial era. Sport made its way into the school curriculum for girls by the 1890. World War II had little impact on women's sports in the Country. After the war, women's sports diversified as a result of new immigrants to the country. In the 1990, the percentage of media coverage for women's sports on radio, television and in newspapers was not at parity with male sports. Basketball is nominally professional in Australia but players do not earn enough from the sport to compete full-time.

Some Australians have gone overseas to play professional sports. Many television spectators for Australian sports are women. In-person, netball has a large percentage of female spectators. The Australian Federal and State governments have encouraged women to participate in all areas of sport.

History

In the colonial era, popular women's sports that were encouraged were often ones that did not challenge traditional gender definitions and allowed for men and women to compete fairly against one another. By the 1880s, a number of sports had been integrated into physical education courses for girls at schools in Victoria. The sports chosen and the methods of teaching them to girls borrowed from a British sporting and educational tradition. At the same time, a number of women's sporting contests were taking place in Australia including the first bicycling race in the world for women held in Ashfield, New South Wales, and the first Australian championship in golf, open to both genders, was the Australian Ladies' Championship played at Geelong in Victoria in 1894. There were changes in the social acceptability of women's sports in Australia taking place by the 1900s and some sports like fencing began to become more open to female participation. During the 1900s, there also began the creation of women's only sports clubs, including the Victorian Ladies' Bowling Association, which was established in 1907 as the first women's bowls association in the country. Women's only sports organisations continued to be formed for the next thirty years. The bowls association was followed up by the creation of the Australian Women's Hockey

Association in 1910. A decade later, the Australian Women's Rowing Council on 13 May 1920 at the Telegraph Chambers Brisbane, Queensland. In 1931, the Australian Women's Cricket Council (AWCC) was formed in March 1931. In 1932, the Australian Women's Amateur Union was formed to manage women's track and field.

Coming out of the Second World War, women's sport in the country was in a better place than sport in other countries. Many of the sports organisations for women remained intact during the war period and held competitions. Women did not have to deal with issues like food rationing, petrol rationing, population disbursement, and other issues facing women in post-war Europe. Sport had continued on largely undisturbed. At the end of World War II, Australia saw an increase in immigrants coming to the country, with many coming from places that had not previously sent immigrants to the country before. The influx of newcomers helped to introduce and led to participation in sports that had previously not enjoyed

much popularity in Australia. By the 1970, amalgamation between male and female-only sports clubs began to take place. In 1977, Australian Athletic Union was formed. This was a merger of the men's and women's athletics associations. This would continue into the 2000, with Golf Australia forming in 2006 after the Australian Golf Union (AGU) and Women's Golf Australia (WGA) agreed to merge. In 2005, The Australian Women's Sport & Recreation Association Inc (AWRA) was incorporated in July. Timeline

- 1934 – First cricket test match played at Brisbane Cricket Ground between Australia and England.
- 1985 – Dawn Fraser as the first female inductee in the Sport Australia Hall of Fame.
- 2010 – 5th IWG World Conference on Women and Sport was held in Sydney between 20-23 May.

Participation

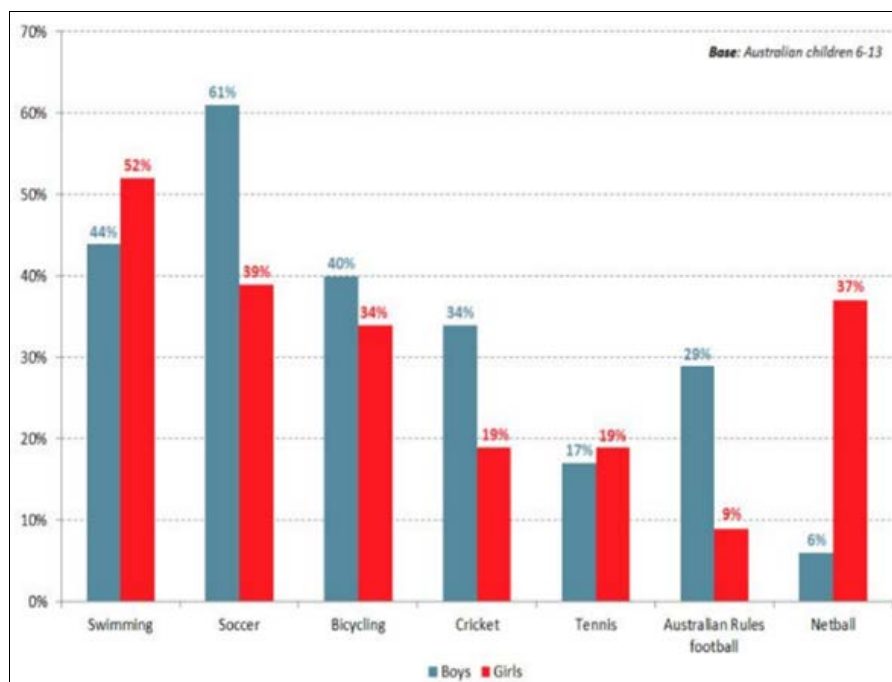


Fig 3: Bar Chart shows the difference between boys and girls

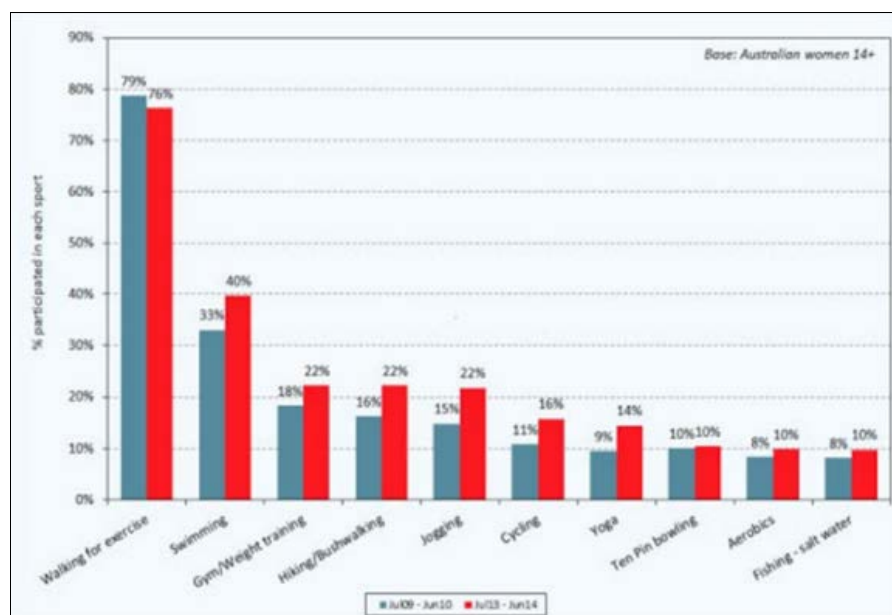


Fig 4: Shows the percentage participated in each sport

Australian Bureau of Statistics 2011-12 survey found that nearly 64% (around 5.8 million) of females aged 15 years and over reported that they had participated in sport and physical recreation at least once during the 12 months before interview. The top ten sport and recreation activities were: Walking for exercise (2,784,700), fitness/gymnasium (1,745,700), swimming/diving (729,200), jogging/running (585,400), cycling/BMX (490,600), netball (410,500), tennis (314,200), yoga (298, 900), dancing/ballet (229, 100) and bushwalking (216,800). These statistics do not cover children. The survey found that an estimated 734,700 females were involved in either a non-playing capacity only or in both a playing and non-playing capacity: 273,000 in coaching, 264,300 in scoring or timekeeping, 256,500 in administration, 115,100 in umpiring or refereeing and 60,000 in medical support.

a. Olympics: In 1912, Fanny Durack and Mina Wylie became the first female athletes to represent Australia at the Summer Olympics. At the 1912 Stockholm Olympics, Durack won the gold medal and Wylie the silver medal in the Women's 100m Freestyle.

In 1952, Nancy Burley and Gweneth Moloney became Australia's first female Winter Olympians. They competed at figure skating at the 1952 Winter Olympics in Oslo, Norway.

In 1991, Helen Brownlee became the first woman elected to the Australian Olympic Committee's Executive Board. In 1988, at the Seoul Olympics, the Australian women's hockey team Hockeyroos became the first Australian women's team sport to win an Olympic gold medal. The Hockeyroos went on to win the gold medal at the 1996 Atlanta and 2000 Sydney Games.

In 2002, Alisa Camplin competed at the 2012 Winter Olympics in Salt Lake City and became Australia's first female Winter Olympics gold medallist.

b. Paralympics: In 1960, Daphne Hilton was the only Australian female on the Australian Team at the 1960 Paralympic Games, the first Summer Games. In 2006, Emily Jansen, a below-knee amputee alpine skier, became Australia's first female Winter Paralympian.

Government

In 1984, the Commonwealth Sex Discrimination Act 1984 was passed. This Act made it unlawful to discriminate against a person for their sex, marital status or if they were pregnant.

All sporting clubs were forced to give the option to women if they wanted to become members in any sport they played or participated in. Australian government has encouraged women's participation in sports. In 1985, the Australian Government's working group on women in sport published a report titled Women, Sport and the Media which recommended the creation of the Women's Sport unit within the Australian Sports Commission (ASC). This Unit was established in 1988. In 1992, an Active Girls campaign was launched by the ASC in an attempt to reduce the dropout of teenage girls from sports. In 2002, the ASC with \$180,000 of funding from the Office of the Status of Women established a grants program to improve the leadership skills of women who deliver sport in rural and remote communities. In the financial year 2013-2014, Sport Leadership Grants and Scholarships for Women Program provided \$400,000 for individuals and organisations to undertake training to improve their leadership potential in the areas of coaching, officiating, governance, management and administration and communications, media and marketing. In 2006, the

Australian Parliament's Senate Environment, Recreation, Communications and the Arts Committee published the report About Time!: Women in Sport and Recreation in Australia. This extensive review made recommendations related to grassroots and elite athlete participation, leadership and governance and the mass media. The Committee recognised the benefits to women and girls of participating in sport and recreation but noted the high dropout rates in female participation. It also found that some areas of the Australian media neglected to report women's sporting achievements. The Australian Government responded to the report in 2012.

Women in sports in Norway

In Denmark and Sweden, handball is primarily a male sport, but it is dominated by women in Norway. How can we explain that most Norwegians can name more female than male national team handball players? "The women's national handball team is a reflection of our culture. Gender equality and equal opportunity are important principles in Norway", says Trygve Beyer Broch at the Norwegian School of Sports Sciences. In his doctoral study, he examined how gender is perceived in sports and how different sports are shaped by the values attached to them. "The words used to describe sports reflect how gender is perceived. The concept of aggression is regarded as something masculine while being personable is feminine", he explains. Male and female sports reign equally among TV commentators. Norwegian handball is an interesting phenomenon in this regard. The positive and negative aspects of the game are considered in the same manner regardless of gender. In his research, Broch studied the handball commentators on the largest commercial television station in Norway, TV2, and their coverage of the game. He found many similarities in how women's and men's handballs were covered. "In both women's and men's handball, the commentators focused on toughness. The male players have large statues and are physically strong. The handball women were coined as happy but tough. They are smiling warriors". The doctoral research fellow explains that expressing happiness and the joy of playing strengthens team spirit and that it carries over to the viewers. Every December, there is either the World or the European Handball Championships.

Lots of Norwegians turn on the TV to follow their team; the female national handball team. "The viewers love them. The handball women seem to warm our hearts in the cold month of December", Broch explains. "Few people view them as weak or lacking toughness".

Norwegian women in other sports. On the whole, fewer resources are available to women in the field of sports. Although a greater number of women in Norway engage in regular physical activity as compared to men, women remain underrepresented in publicly funded sports and athletic organizations. In addition, corporate sponsorship of women's sports is considerably less than sponsorship of men's sports. There remains a level of resistance towards the participation of women in traditionally male-dominated sports. An example is the resistance faced by women in the field of competitive ski jumping, a sport only recently opened up to women. Although a woman was officially scheduled to be the first to jump on the newly renovated Holmenkollen ski jump in 2010, a group of male ski jumpers made it a point of trying out the jump in advance, symbolically stealing the thunder of the female athletes and creating widespread political fallout.

The Birkebeiner Races

In the present study, we focus on a particular MPSE, the

Birkebeiner races (BRs). The BRs are an iconic Norwegian cross-country ski (classic technique) MPSE, which takes place in the region of Oppland (Inland Norway) and registers over 10,000 participants every year. The challenging 54 km trail goes through open and forest terrains, crossing two mountains (820 and 760 m above sea level). In 2018, the main BR celebrated its 80th edition; the race was launched for the first time in 1932, and since then it has been organized annually, except in the war years 1941-1945 and a few other times because of adverse meteorological conditions. Alongside the main race, the event includes different variants: the Friday, the half-distance, and the women-only races. The Friday race takes place on the exact same trail two days before the main BR and is generally characterized by fewer participants attending.

Differently, the half (28 km) and the women-only (15 and 30 km) races are characterized by shorter and less challenging (Relative to the main BR) tracks. For instance, the track of the women-only 15 km race has only one major uphill (about 550 m above sea level). The BRs have received some research attention, especially in relation to its economic impact in the region as well as in relation to perspectives in sport

management (Slåtten *et al.*, 2014) [17], sports medicine (Myrstad *et al.*, 2014) [98], and traumatology (see, e.g., Butcher and Brannen, 1998) [99]. On the other hand, less attention has been given to this particular event in relation to the participants' characteristics and motives, and the existing information on this particular perspective is mainly available through market reports produced by the race organizers or popular-scientific publications. In line with international literature on MPSEs (Murphy and Bauman, 2007) [100], a 2011 survey among about 900 participants in the main BR found that most lived in larger cities, were highly educated, well trained, and of male sex; women made only 19% of total participants. "Health" was the most common participation motive, which is generally in line with research on motives for physical activity in the Norwegian population (Norwegian Directorate of Health, 2015) as well as other Scandinavian populations. Seeing the race as a personal challenge (which indicates intrinsically regulated motivation) was also a commonly reported participation motive. Remarkably, this motive was found to be more prevalent among men compared to women. The following graph shows the number of women registered for the Birkebeiner Races held in Norway

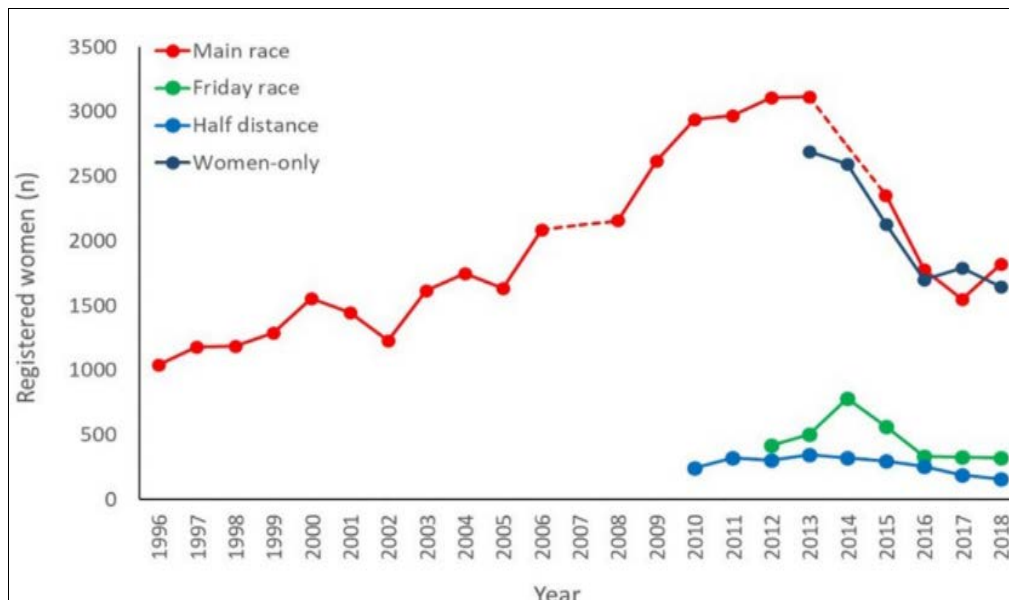


Fig 5: Shows the registered Women and year

The following figure contains two graphs (A & B)

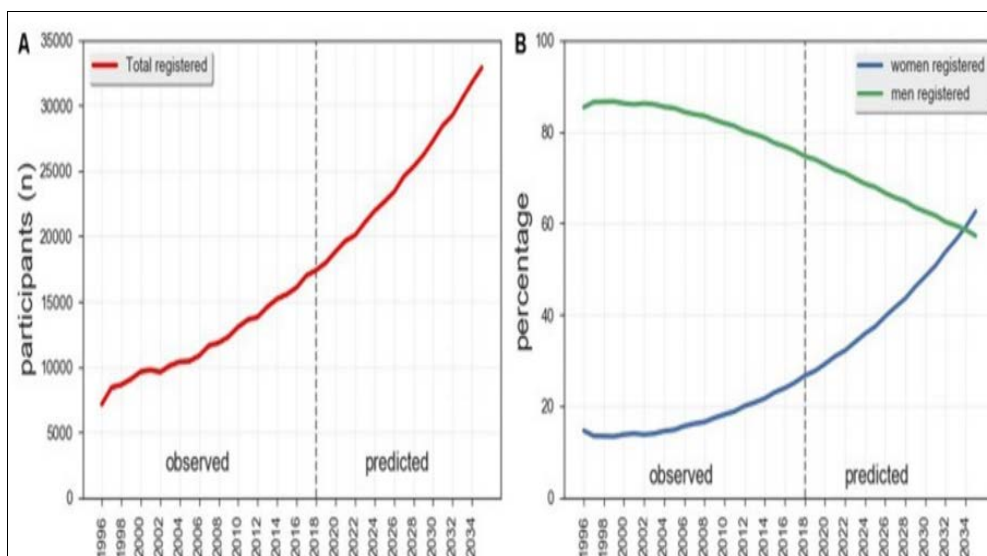


Fig 6: Shows participants (n) and its percentages

Graph A shows participants of both men and women together, and also the difference between observed and predicted data till the year 2014.

Graph B shows the difference between the observed and predict percentage stage of men and women participants in the race till the year 2014.

Women in Sports in India

The research about attitudes towards women in sports also found a majority speaking in favour of equal pay for female athletes. However, 42% of the respondents felt that women's sports were not as "entertaining" as men's. There were also negative perceptions about sportswomen relating to their appearance and childbearing ability.

The BBC research, which was carried out across 14 states with 10,181 respondents, also presented findings on issues such as the importance of sports to both men and women, which Indian states played more sports, and which athletes were best known in the country.

Here are some of the main findings: A country that doesn't play. The research showed that as many as 64% of Indian adults did not participate in any kind of sport or physical activity. This figure was even worse when broken down by gender - nearly one and a half times more men (42%) said they played sports than women (29%).

However, even this participation has an age skew with sports being played more by 15-24-year-old males than any other age and gender grouping.

There is also a big discrepancy among different Indian states. The top two states where participation in sports is the highest are the southern state of Tamil Nadu (54%) and the western state of Maharashtra (53%). In the northern states of Punjab and Haryana, just 15% of the population participates in sports. India's most popular athletes: When people were asked to name an Indian sportsperson off the top of their heads, the most popular was unsurprisingly cricketer Sachin Tendulkar even though he has retired from the game.

What was surprising, however, was that 30% of those surveyed could not name even one sportsman. This number was even worse when it came to women - 50% of those the BBC spoke to could not name even one sportswoman. However, 18% named Sania Mirza - an international tennis star who has won a number of grand slam doubles titles. PT Usha, who dominated Indian track and field in the 1970s and 1980s was still top of mind for some Indians, coming just one percentage point behind current badminton stars PV Sindhu and Saina Nehwal. The results differed slightly when people were asked to pick an athlete off a list of both men and women. Then as many as 83% showed some recognition of athletes, though this was largely skewed in favour of men.

Attitudes towards sportswomen

Geeta Pandey, BBC News, Delhi When Indian boys play cricket, football, volleyball, run and cycle, Indian girls do not have such a wide range of choices when it comes to sports. It seems this is dictated, at least in part, by the wider sexism and gender biases that exist in India.

Otherwise, what could explain the fact that a third of those surveyed picked up one or more sports they believed were unsuitable for women? The list included wrestling, boxing, kabaddi and weightlifting. The research showed that activities regarded as being "least unsuitable" for women included athletics and indoor games. Indian women, however, seem to be made of much sterner stuff - breaking gender stereotypes to rule the global arena when it comes to "unsuitable sports"

like wrestling, boxing, kabaddi and weightlifting. They have done India proud by winning many international titles including in the Olympics, Commonwealth and Asian games. Challenges faced by female Athletes in India.

a. Social Constraints

Social constraints refer to the behaviour in the sports society. During training and competition the relationship with coaches, arena persons, training-mates, co-participants, opponents and officials during competition. If there is any undue relationship or misbehaving during in this period especially love affair results in reduction in sports performance or ultimately termination from sports participation.

- Lack of good nurturing.
- Lack of parental peace i.e., lack of support and encouragement from the family.

b. Religious Constraints

Religious constraints avail in those societies who are fundamentalist and have hard religious beliefs they are very concerned about their religious beliefs. They are afraid as a society may blame and curse them for going beyond the boundaries of their religion. This might be the cause that most of the women are not able to show their talent.

c. Economic Constraints

Economic constraints are considered the most important factor that hinders women's participation in sports. Considering the above said all the constraints either any failure or insufficient economic status or no sponsors resulted in the termination from the sports participation. Secondly constraints represent the triangular or pyramidal factors. It is in which the non-availability of expert trainers, no sufficient infrastructure and non-availability of sports constraints and gadgets. In considering infrastructure facilities it refers to the nonavailability of areas for training halls, indoor stadiums or constructed play environments to undergo training. Lack of non-availability of qualified coaches results not to produce better performance and they only become the cause of sports injuries. The sportsman should wear the sports costumes and certain sports gadgets to prevent injury. Besides that women should be provided the kits in order to boost their morale.

Lesser women's participation in sports Prakash Mishra @beingprakSEP 03, 2019, 22:28 IST Sport is universal in nature. In earlier days only men used to participate in most of the sports and women were not allowed to participate. Earlier women faced many constraints such as physiological, psychological, family, social, cultural, and religious and so on but later they also started active participation in all events.

Women sports participants face many constraints or hurdles during their sports careers. Such constraints prevent them from either staying involved in sports or prevent them from training. Still, in India female handball players are not recognized the way female cricketers, hockey and badminton players are recognized. Recently the girl's handball team participated in the 15th Asian Junior Girl Handball Championship under 19 held in Beirut, Lebanon. Only participation is not important. We should provide the best coaching and facilities to play well and to get medals. We all should encourage girls' handball games in India and open a government-funded coaching centre to support players. Campaigns for women's sports participation should be encouraged in all schools, colleges and universities. Government and private bodies should conduct a regular

awareness programme for women's sports participation and should encourage them. The families should also support their girls to participate in all types of sports without any hesitation/social burden and not even think that what people say. Now the time has changed and the Indian women are proving their capacity and marking their name in the top list of world scholars, scientists, doctors and sports champions. Recently P.V. Sindhu, Sakshi Malik and Dipa Karmakar were conferred with the country's highest sports award-Rajiv

Gandhi Khel Ratna and other awards. Media and sponsors can also play a bigger role in shaping or breaking gender bias in the recognition of sports personalities. Still, female sports players & their support staff get lesser fees than male sports players. Women can get more medals in the National and International arena than men if encouraged and provided the best sports training facilities.

Participation of women in sports (State wise Data)

Table 4: Shows the national games and its states

National Games	States	Punjab	Rajasthan	Sikkim	Tamil nadu	Tripura	Uttaranchal	Utter Pradesh	West Bengal
25th (1979)	women	62	43	-	59	47	-	50	87
	total	228	182	-	167	75	-	185	256
28th (1994)	women	145	30	4	65	-	-	34	103
	total	344	124	18	205	4	-	173	280
30th (1999)	women	148	23	-	101	-	-	108	187
	total	425	115	10	253	14	-	269	370
31th (2001)	women	206	17	1	114	-	6	82	70
	total	477	81	5	289	1	44	275	175
33th (2007)	women	152	23	4	114	-	9	109	127
	total	466	128	23	46	28	78	365	277
34th (2011)	women	177	40	10	124	43	26	176	152
	total	384	152	14	405	63	119	405	152

Table 5: Shows the National Games and Union Territories

National Games	Union territories	Andaman and Nicobar island	Chandigarh	Dadar & N. H	Daman and Diu	Delhi	Lakshadweep	pondicherry
25th (1979)	women	-	-	-	-	48	-	12
	total	-	-	-	-	162	-	36
28th (1994)	women	14	-	-	-	28	-	1
	total	28	-	-	-	52	-	15
30th (1999)	women	12	-	-	-	200	-	-
	total	25	-	-	-	380	-	9
31th (2001)	women	26	-	-	-	149	-	-
	total	70	-	-	1	412	-	-
33th (2007)	women	19	-	1	-	191	-	13
	total	57	-	1	3	529	-	31
34th (2011)	women	17	-	-	1	175	-	16
	total	36	-	-	3	449	-	30

Table 6: Shows the national games and states

National Games	States	Jharkhand	Karnataka	Kerala	Madya Pradesh	Maharashtra	Manipur	Meghalaya	Mizoram	Nagaland	Orissa
		25 th (1979)	women	-	49	57	12	62	27	-	-
	total	-	156	176	24	144	71	-	-	-	84
28 th (1994)	women	-	103	112	95	210	52	-	5	-	25
	total	-	270	253	207	549	117	-	13	8	90
30 th (1999)	women	-	144	133	88	199	266	6	1	3	80
	total	-	297	223	477	477	598	28	24	13	146
31 th (2001)	women	32	109	153	81	372	204	4	14	-	54
	total	61	364	317	267	687	349	13	21	-	154
33 th (2007)	women	51	124	174	84	203	187	12	37	47	92
	total	116	292	304	279	466	400	60	44	123	183
34 th (2011)	women	381	114	149	130	206	183	6	11	25	81
	total	759	293	295	309	424	358	20	53	34	136

Table 7: Shows the national games and its states

National Games	States	Andra Pradesh	Arunachal	Assam	Bihar	Chhattisgarh	Goa	Gujarat	Haryana	Himachal	Jammu and Kashmir
		25 th (1979)	women	48	-	19	24	-	5	25	38
	total	167	-	86	163	-	19	101	162	44	72
28 th (1994)	women	78	0	36	30	-	8	16	43	10	4
	total	233	4	86	133	-	23	43	197	30	69
30 th (1999)	women	94	1	44	49	-	21	11	92	6	11
	total	247	8	132	177	-	46	69	149	47	71
31 th (2001)	women	132	6	68	28	2	18	20	132	53	37
	total	331	54	135	47	18	38	93	318	84	98
33 th (2007)	women	158	12	304	26	46	33	30	117	22	21
	total	366	34	862	69	156	61	92	504	42	111
34 th (2011)	women	130	11	100	51	56	28	33	209	36	8
	total	329	28	226	123	149	67	125	483	61	73

Discussion of the findings

The purpose of the discussion is to interpret and describe the significance of the findings in light of what was already known about the research problem being investigated and to explain any new understanding or insights that emerged as a result of the study of the problem. In this study, we introduced and analysed the history of women in sports through different countries. The data collected shows that there has been some good growth in the female sports industry, but they still lag behind in terms of participation in sports as compared to men. The following data analysis has been conducted over countries which have been taken as variables for this research. In this analysis, we have collected data of women in sports

from different countries mainly focused on their country's history in sports, their participation percentage in comparison of men, the country's perspective upon women in sports, the country's efforts over the development of women in sports, etc.

Women in sports in the United States of America

After analysing the data of American women in sports we have found that America implemented Title IX in 1979. Title IX was mainly based on the development the unrepresented sex (mainly women) in the field of sports. The aim was to encourage more and more females to participate in sports from school level, the bill was against the sexual

discrimination in sports and provided more opportunities for girls in sports at their schools, the bill wanted equality for females in terms of participation, infrastructure, and competitions in sports. However, a 1999 study by Sigelman and Wahlbeck found that the schools were nowhere near the reforms of the titles, most of the schools did encourage girls to participate in sports, but did not provide them enough resources, and discrimination between girls and boys still continue in sports at schools. Although Title IX did have an effect on women's sports. This bill gave women athletes the grounds to help support the stance that women deserved the respect and consideration of having their sports be serious, just as men's sports are taken seriously. This mandate did not go into action right away but had been talked about enough that people knew what was to come. Title IX sooner or later did provide media coverage over women's sports and people started to talk more about women in sports. America started to form professional sports leagues for women such as the national women's hockey league, Women's national basketball association and National Women's soccer league.

Women in sports in Canada

On the basis of the data analysis done over the condition of women in sports in Canada, we have found that Canadian women had a good history in sports, Canadian women have achieved great success in sports like Hockey and Softball. After defeating USA in the final of the 2002 Winter Olympics in Salt Lake City, the Canadian women's Hockey team rapidly gained attention in world sports. The first women's hockey game was played in Ottawa, in February 1891. Ladies' Hockey clubs gain fandom, however not only in Hockey Canadian women also succeed in Basketball and Softball, women's sports in Canada were highly successful, until the post-World War II era, after the Second World War participation of women in sports rapidly declined.

Ringette: Ringette is a Canadian sport which was developed originally for women in 1963.

After the success of the 2002 Ringette world championship, the National Ringette League (NRL) was formed. NRL was a huge success for women in sports for Canada through which smaller leagues of Ringette were formed throughout the year. Actively engaged a policy made for women in sports replaced the 1986 Sports Canada policy. The policy objective is quality sports experience and equitable support by sports organisations.

Women in sports in the United Kingdom

On the basis of the analysis of the data, the United Kingdom has shown frequent growth in participation of women in sports. Many aspects of sport and sport participation within the United Kingdom (UK) has a long history of social exclusion. Despite substantial efforts by the governing bodies within many sports, numerous social barriers that prevent female participation continue to exist. Certain surveys such as the Active lives adult survey and Active People survey was conducted. In these surveys, we have found the amount of female participation in sports in the UK and also, we have found people's perspective towards women's sports in the UK. The survey shows that women's sports is not getting enough popularity among people as much as men's sports, excluding sports like Tennis, Athletics and Swimming these sports run equal to men's sports in terms of viewing. Some of the reasons for this lack of popularity for women in sports have come to be known are lack of media coverage and

interest for men's sports over women.

Women in Sports Australia

From the data analysis done over women in sports in Australia, we have found that sport was introduced to women through the colonial period. Females were engaged in sports from school level, although they still lag behind boys in terms of participation. Sports like Cricket and bicycling were introduced to women, followed by hockey and rowing, all these sports gained very fast popularity among women and they did start competing with men in terms of success. The government did support women's participation in sports and introduced Commonwealth sex discrimination act in 1984, the act was against any kind of sexual discrimination in sports at Australia. The government encouraged women's development in sports by forming women's associations in the field of sports and also funded them.

Women in sports in Norway

By the data analysis done over the history of Norwegian women in sports, we have found that handball was considered as a men's sport in Norway but it was dominated by women.

Although in other sports, women didn't get enough resources, they did have a regular participation level in physical activity such as sports. The Brikebeiner race (BR) is a Norwegian cross-country ski race, in which Norway has shown a remarkable number of participation of both men and women. The Norwegian women also get the equal amount of media coverage compared with men.

Women in Sports in India

On the basis of the data analysis over the condition of women in sports in India we have found that India still lags behind in women's sports, the popularity of men's sports in comparison with women's sports. From the survey conducted by BBC over the citizens of India, we found that the greatest number of people can't name any female athlete. Although women have faced many barriers in sports, some of them are social, religious and economic.

These barriers are the prime reason for women not participating in sports in the country.

Chapter V: Summary, Conclusion and Recommendations

Summary

In this chapter we have reviewed the history of women in sports, their condition and gender discrimination in sports within countries, ending with a discussion of the cultural studies approach and how such approach helps us to analyse the experiences of women in the sports industry. The insights and perspectives from the cultural studies tradition provide the basis for our own analysis in the chapters that follow. Specifically, we examine sports as a site of struggle or contest. The contest encompasses patterns of gender relations both in sports and in wider society.

Some of the most important recent work concerns the ideology of gender and sports, for example, the way in which sports is a setting for the construction of ideas about gender and gender differences. Analysis of media representations have offered fascinating insights into the construction of the ideology of gender in sports. As we shall see, media representations are far from a neutral rendering of the world around us, and the images they represent have important implications for the way we think about sports, gender, and gender relations.

Conclusion

Women in sports in the United States of America

America implemented Title IX against gender discrimination in sports starting from school level. Title IX aimed to provide equal opportunity and resources for both girls and boys in sports at schools and encourage more female participation in sports. Although the title didn't change much in terms of gender discrimination, as the majority of the schools didn't take the title IX seriously. Title IX did help in the development of women's sports in America, by providing women's rights in sports, by fund women some sports organisations and leagues.

Women in sports in Canada

Canadian women did have a successful history in sports in sports like hockey and softball. After defeating the USA in the 2002 Winter Olympics, the Canadian national hockey team gained popularity and rankings. Sports was very popular among women in Canada before World War II, after the Second World War participation of women in sports rapidly declined, and most of them joined paid labour. Ringette is a sport developed by Canada, mainly for women. The National Ringette League (NRL) gave huge popularity for women in sports, it opened the door for women to take part in other sports.

Women in sports in the United Kingdom

Women of the UK did participate in sports from a young age, but they still faced inequality in terms of popularity, money and career opportunities.

In the UK, women's sports were unable to find popularity among the people, and the UK media didn't give enough attention to women's sports. The UK's attitude towards women's sports was ignorant and unfair. From the survey conducted, the reason behind such unpopularity were, that most people prefer to watch men's games instead of women, and also the people had very limited coverage of women's sport.

Women athletes get less prize money in sports compared to men. In cities, women did participate in regular sports, but very few of them take sports as their career.

Women in sports in Australia.

Sports was introduced to women in Australia at the Colonial period, the colonial period had a huge encouragement for women playing sports.

Unlike other countries, Australian women get a very fast development in sports such as Cricket, bicycling, hockey and Athletics.

Women participated in sports at school level, although girls still lag behind in terms of participation percentage over boys in most of the sports.

The government supported women's sports by passing the Commonwealth sex discrimination act in 1984, though the act helped women to gain their rights, but there is still cases of discrimination reported in sports in Australia.

Women in sports in Norway. The Norwegian women dominated Handball which was considered as a sport for men. Although they didn't succeed in other sports because of a lack of resources and funding.

The Brikebeiner race (BR) a Norwegian cross-country ski race showed a good number of participation of both men and women and predicted that the numbers in women participation will challenge the men in upcoming years.

Women in Sports in India

Women still lag behind in number of female participation in sports in India.

The Indian female athletes have achieved remarkable success in several competitions, but still, India is unable to resolve the problem of lack of popularity for women's sports within the country.

Participation of women in sports in India is considered "not enough" by their female athletes, due to social, religious and economic barriers.

Participation in sports helps women in many diverse aspects and keeps them fit and healthy.

Besides, it enhances their cognitive abilities, their endurance which will help them to keep working all day long. Because of the above-discussed constraints as barriers, the women face present-day non-communicable diseases such as stress, obesity, hypertension, and diabetes; hormone dysfunction leads to inactivity, unable to accomplish the day-to-day activities prone to injury such as the osteoporosis condition. Hence, they are the producer, makers and servers to the society, these constraints should be eliminated for the betterment of women's health.

Campaign for all women's sports participation should be encouraged in schools, colleges and in universities. Government should conduct an awareness programme for women's sports participation and for their encouragement. And those states where religion is becoming a constraint should come up with some alternatives so that their women can also participate in sports and live a better and healthy life.

Recommendations

Further research can be done on this study as there are still many problems faced by a greater number of women in the field of sports. Some of these problems are mentioned below: Most of the women get a lesser salary as compared to men. The governments should promote female sports more towards the grassroots level, like schools. More sports associations should be formed for women and they should be funded equally. There should be more rigid laws implemented against Gender Discrimination.

People's perspective has to be changed over women's sports so that they are treated equal to men in terms of popularity, opportunity, promotions, participation and support.

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