19th QUADRENNIAL WORLD CONGRESS OF INTERNATIONAL ASSOCIATION OF PHYSICAL EDUCATION AND SPORT FOR GIRLS AND WOMEN

Promoting Leadership, Empowerment and Sustainability through Physical Education, Sport and Physical Activity

BOOK OF ABSTRACTS

8-10 September 2021
Tianjin, China

Tianjin University of Sport

IAPESGW
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Greetings from the President of Tianjin University of Sport

Dear Participants of the 19th Quadrennial IAPESGW World Congress,

On behalf of the host Tianjin University of Sport, we take great pleasure in welcoming you to the 2021 Quadrennial IAPESGW Congress under the theme Promoting Leadership, Empowerment and Sustainability through Physical Education, Sport and Physical Activity.

It is known to all, as an academic organization founded in 1949, IAPESGW has been promoting academic debates informing the scientific, cultural, economic, historical, and political foundations and challenges of women/gender and sport in national and internationally context. Through publications, global events, collaboration with other global organizations such as UNESCO, IAPESGW is a key contributor to policies and actions around the world that ensure women and girls have access to physical education, sport and dance — as athletes, scholars and researchers. It is believed that the Congress will greatly promote the research, inclusion, cultural understanding, respect and acceptance in topics that embrace gender issues in relation with physical activity, physical education and sport.

Tianjin University of Sport (TUS), founded in August 1958, is a leading multidisciplinary institute with health and human sciences as the predominant discipline. TUS, now, consists of 18 undergraduate programs in such six disciplines as Pedagogy, Management, Literature, Art, Science and Medicine. July 2013 witnessed the approval of our doctor program by the Academic Degrees Committee of the State Council of China, shaping a complete training system. More than 30,000 talents have been cultivated, who are always welcomed by the society. Among them, there are advanced workers, national physical education teachers, provincial and
municipal labor models, national team coaches and gold medal athletes. The school has achieved pioneering work in the fields of mass sports and national fitness, youth physical fitness survey and evaluation, exercise energy metabolism, Chinese bone age development standards, sports information and sports legal system construction. In the fourth national discipline evaluation in 2017, our school’s first-class discipline of physical education won A-grade, ranking among the top 5% of the national discipline of physical education. In November 2017, the new campus was officially opened, and the current conditions for running the school ranked first among similar colleges and universities in the country. With the achievements made in more than 60 years of history, we strive to build an internationally renowned, first-class, high-level and distinctive modern university of sport.

The 19th IAPESGW World Congress brings together decision-makers, students, researchers, referees, coaches and athletes with the aims to: advance the international dialogue around women and sport; improve the dialogue around women and sport internationally with a special focus on: History, pedagogy, management, sustainable development, media, health and religion. It is the first time we shift the meeting from offline to online in light of the outbreak of COVID-19 pandemic. The program also provides places for exhibitions and exchange of cultures in general. We are living in complex times, so we sincerely appreciate the effort of all those who submitted their abstracts to be considered in the academic program. My thanks also go to Rosa López de D’Amico, María Dolores González Rivera, Maryam Koushkie Jahromi, Beatriz Ferreira, Maria Luisa Guinto, Arisa Yagi, Kathy Ludwig for your endless efforts of this congress.

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

Prof. Ji Chengshu
President of Tianjin University of Sport
On behalf of the International Association of Physical Education and Sport for Girls and Women (IAPESGW), it is my great pleasure to address you all with a few words to present the academic program on the occasion of our 19th IAPESGW Quadrennial Congress. The theme is Promoting Leadership, Empowerment and Sustainability through Physical Education, Sport and Physical Activity. We are fortunate to be hosted by the Tianjin University of Sport, from September 8th – 10th for our first virtual congress in Tianjin, China.

We have come a long way to arrive to this celebration. The world changed in recent years bringing new realities because of the pandemic COVID 19. One outcome was that IAPESGW was forced to change location for its quadrennial congress. This was planned to be in Tokyo Japan 2021 but the postponement of the Olympic Games Tokyo 2020 to 2021 made it impossible. We were fortunate that Tianjin Sport University had the intention to celebrate a Regional IAPESGW congress in 2020 that had to be cancelled because of the pandemic. Then they accepted to host the quadrennial World congress in 2021. At first it was expected to be an on-site event, later it was modified to a hybrid congress, but the decision had to be made to transfer it ‘on-line’ because of ongoing health, travel and safety concerns. And so now I welcome you as we celebrate our virtual 19th quadrennial congress in 2021.

It has been a challenging time with emailing, virtual meetings, and the need for cross-cultural understanding to put this academic program together. We appreciate the effort and support from all who have contributed with the program. The result is a very rich event that presents diversity of topics presented in different formats. We appreciate the patience from all our speakers who had to video record the presentations in advance, the reviewers and the logistics team who had to find virtual platforms that could unite East and West. But we have done it! The final program has the abstracts
of the oral presentations, panels, workshops, posters and keynote presentations. The program of the event also provides dance performances and a chance to learn about other cultures in general.

IAPESGW, as an academic organization started in 1949, has been promoting academic debates informing the scientific, cultural, economic, historical, and political foundations to challenge gender equality issues in physical education and sport in national and international contexts. We practice and promote research, inclusion, cultural understanding, respect and acceptance. The IAPESGW congress opens the floor to participants from all sectors with the aims to advance the international dialogue around women, physical education and sport; with a special focus on: history, pedagogy, management, sustainable development, media, health, dance and religion.

This is the first time that an IAPESGW congress is organized in China, and I believe the first time that any international women’s academic sport organization celebrates an event in China; it was about time to have China in our congress list map! We thank Tianjin University of Sport for hosting us. We are living through complex moments in the history of human kind, so we sincerely appreciate the effort of all those who submitted their abstracts to be considered in the academic program. To all those who follow IAPESGW wherever we celebrate our events, who support and trust us and are in this particular and historic celebration, our ongoing gratitude goes to you.

Our sincere appreciation to the Executive Board who have kept IAPESGW going forward through the last four years, and special thanks to Dr. Maria Dolores Gonzalez-Rivera, Chair of the Scientific Committee, who did extraordinary work with the Scientific Committee who accompanied her in this task. To Prof. Ji Chengshu, president of the university and leader of the organizing committee as well as to the authorities of the university. To Liu Haina, Zhang Xiaoyun, Liu Min and Ding Qingang who were instrumental logistic operators to make this possible. Last but not least, to Dr. Walter Ho and Prof. Wang Jian who introduced Tianjin University of Sport to the IAPESGW Board and promoted the hosting of the event in this venue.

Please, enjoy this program and thank you for being part of it

Prof. (Dr) Rosa López de D’Amico
IAPESGW President
September, 2021
Message of scientific committee

It is our great pleasure to welcome you to join Virtual “19th QUADRENNIAL WORD CONGRESS OF INTERNATIONAL ASSOCIATION OF PHYSICAL EDUCATION AND SPORT FOR GIRLS AND WOMEN which is organized by cooperation of IAPESGW and Tianjin University of Sport and are hold in Tianjin, China, from 8 to 10, September 2021.

Holding an invaluable academic meeting in the field of women in sport, physical activity and physical education provides a good opportunity to share ideas, experiences and new achievements with the most outstanding international scholars to motivate students interested in various related fields. One of the mission of IAPESGW is facilitating growth and development in the areas of physical education, sport, physical activity and dance through global contacts and this congress can be an important opportunity to achieve this goal. The main aims of this congress topics that are presented include, traditional sport, culture and dance in education, sport management, physical education, exercise and sport training, social science and sport, health through physical activity, physical education, sport and dance. For achieving this goal various virtual meetings were hold.

Moreover, with the participation of several scientists and experts as Keynote speakers, presenters of different panels, oral and poster presenters, and advanced workshops, this congress can be the center of attention of many scholars, experts, and students interested in the field of women physical activity and physical education. Thus, IAPESGW with cooperation of Tianjin University of Sport take advantage of valuable experiences and ideas to make this meeting more fruitful.

We hope that the international scientific cooperation of eminent scholars from universities and research centers, make this congress a memorable meeting for all of us and indicate the young researchers the broad path that exist in women sport/physical education studies which is one of the missions of IAPESGW.

Prof. (Dr) María Dolores González Rivera
Chair of the Scientific Committee 19th Quadrennial IAPESGW World Congress
September, 2021
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PANEL

International Women and Sport Organizations

Tansin Benn (Moderator)

Presenters: Carole Oglesby, Diane Huffman, Rachel Froggatt, Rosa López de D’Amico, Tansin Benn

The intention of this panel is to provide a platform at the IAPESGW congress to share with the audience information related with the existent international umbrella women’s organization that have been working on women and physical education and sport. The International Association of Physical Education and Sport for Girls and Women (IAPESGW) created in 1949, Women Sport International (WSI) since 1994 and International Working Group on Women and Sport (IWG) since 1995 have been committed to work at different levels with the inclusion and empowerment of girls and women in physical education and sport and moreover to encourage them to participate in physical activity. There are areas of emphasis and challenges that have been approached through collaborative work of these organizations, as well as other national women and sport organizations, emphasizing women’s empowerment, education, equality and equity through sport. Each one of these organizations has its own strength and have surpassed challenges to keep alive the spirit to promote the practice and respect of girls and women in sport. Their existence represent a milestone in the history of women’s movement in physical education, physical activity and sport.
PANEL

Women in Professional Sport – Professional Sport and Women’s Health

Maryam Koushkie Jahromi (Moderator)

Presenters: Sandra Mahecha, Myriam Guerra-Balic, and Zhang Xin (China)

Women & Health – A Place for Exercise is Medicine
Sandra Mahecha

Physical inactivity is a well-recognized risk factor for morbidity and mortality in countries around the world, particularly in females who are traditional less physically active than their male counterparts. New strategies across all sectors of our society are needed to reach women and girls and engage them in physical activity programs. Exercise is Medicine® (EIM) is a global health initiative started by the American College of Sports Medicine in 2007 to increase physical activity levels on a population level through the involvement of the healthcare sector. The vision of EIM is to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere of all abilities. This vision is applicable to women across the lifespan – from pregnant women to young girls and teenagers, and all the way up to older adults – when visiting healthcare providers for their general and specialty healthcare needs. These visits can be used to identify physical inactivity women, provide brief counselling, and end with a referral to programs, professionals, and places where they can receive tailored support and guidance for becoming more physically active. These physical activity resources may include referrals to exercise professionals, local gyms or community centers, sports programs, or even spending more time in local parks. The ultimate goal of EIM is to start the conversation about physical activity in the clinic setting and end with referred girls and women participating in physical activity programs in their local communities.

The athlete female triad in women with disabilities
Myriam Guerra-Balic

The athlete female triad (AFT) is a syndrome that includes the following disorders: Energy deficiency, Menstrual disturbances and poor Bone Mineral Density (BMD). All of them can go with or without eating disorder, amenorrhea and osteoporosis. The three disorders are related one to each other. Nevertheless, the appearance of only one component of the triad can be enough for its diagnosis. It is important to detect it soon, because it can develop lifelong health consequences (De Souza et al, 2019)
Energy deficiency usually appears in female elite sports athletes, especially those participating in aesthetic, gravitational and weight-class sports are at higher risk, but it also can occur in sedentary or low physically active girls and women (Wells et al, 2020).

Menstrual disturbances could affect cognitive function and emotion processing. It has been suggested that the menstrual cycle can modulate the performance of prefrontal cortex function (verbal or spatial working memory) as well as the emotion recognition, consolidation of emotional memories, and fear extinction (Poromaa & Gingnell, 2014).

Bone health can also be implicated by reduced energy availability. Papageorgiou et al (2018) have shown that a low level of energy has a negative influence on bone in both the short- and long-term. Current literature suggests that athletes with Spinal Cord Injury may be at an increased risk for low energy availability (Figel et al, 2018). Moreover, female wheelchair basketball players with the AFT showed a similar total BMD compared to age-matched controls. Concerning persons with Cerebral Palsy, they are at more risk of presenting low levels of BMD associated to osteoporosis (Houlihan & Stevensoon, 2009). This could get worse when the AFT is developed.

Little is known about the AFT in female athletes with disabilities, even sports for women with disabilities have become very competitive with very high training levels, even recreational ones. So, this presentation will review previous literature about the AFT in women with physical, sensorial and intellectual disability.

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Figel K et al; Nutrients 2018, 10, 1078; https://doi:10.3390/nu10081078
Poromaa IS & Gingnell M. Frontiers in Neuroscience 2014; Vol 8: 1-16

The Social Values and Cultural Inheritance of the Spirit of Chinese Women’s Volleyball Team in the New Era
Zhang Xin

Text research and logical analysis are employed in elaboration on the social values and cultural inheritance of Chinese Women’s volleyball team’s spirit in the New Era to facilitate the sport power construction and the spirit promotion. Nowadays, Chinese women’s volleyball team players and sportswomen fully plays their roles. The spirit has gone beyond the genders boundary and become the time spirit. It plays the most
vibrant tune in fighting for China’s rise with “patriotism, cooperation, tenacity, and unyieldingness”. It is found that it
1. Facilitates the Sport Power construction as embodiment of the craftsmanship featured by striving for excellence
The 10 world champions rely on the players strive for excellence in skills but also the hard work with solidarity or Craftsmanship – professionalism, perfectionism, cooperation and creativity for excellence. Since competitiveness plays the landmarking role in competitive sports and the sport power construction, Chinese women volleyball team’s better performance and results in Olympics are needed to reflect Chinese women’s status rise and their contributions to sport.
2. Interprets Chinese National Spirit by energizing the Chinese spirit in the New Era
Chinese women’s volleyball team spirit fully embodies the national spirit in the New Era with its utmost influence and vitality. Its flexibility and tenderness not only reflect the Chinese tenacity but also the soul of Chinese sport culture. It is fueling China’s modern power construction with affluent spiritual energy.
3. Exhibits the firm confidence in Chinese culture
Chinese women’s volleyball team shows China’s achievements in sport development and confidence in its native and sport cultures with their championships and glories. The spirit encourages the Chinese and become the tattoo of cultural identity. Therefore, the patriotism, consciousness of responsibility, rules and devotion are strengthened. It is beneficial to promote the civilization, strengthen the national confidence and facilitate the great rejuvenation of China.

References:
Throughout history, women have been struggling for equal access to similar opportunities provided to men at the political, economic, sociological, health-care, and educational fields. The struggle involves getting the respect and recognition of needs, behaviors, and achievements, regardless of gender. The pursuit of gender parity extends to the arena of sports, with persistent discriminatory social norms that prescribe social roles and power relations between men and women. In particular, women in Asia are facing continued constraints in obtaining gender equality and empowerment, although indications of progress have been evident in recent years. In this panel, presentations from Asian countries such as India, Indonesia, Singapore, China and the Philippines discuss the challenges and successes of girls and women in physical education and sport participation in school, community (sport for all) and high-performance sport at the local and international arenas. Their presentations form part of the chapters in the recently-launched book, Women and Sport in Asia.

Keywords: women, Physical Education, sport, Asia, gender equality

Reference:
PANEL

Urbanization and Physical Activity Projects to Benefit Women

Beatriz Ferreira (Moderator)

IAPESGW - International Association of Physical Education and Sport for Girls and Women
Researcher at NGIME – UFJF, Brazil

Presenters: Yang Zhen (China), Darlene Kluka, Lamartine da Costa and Ana Maria Miragaya

The historical process of urbanization brought a mass population to the city. The verticalization model (tall buildings) of cities, without spaces for people to walk, cycle, and play sports, discouraged a more active life. The development of sports programs required an expensive infrastructure that few countries could afford for the entire population. And only in the late 20th century did city architectures begin to be designed with integrated models for more active living and to include specific programs for populational groups. The pandemic of COVID-19 brought many difficulties for women and motivated debates that led to the search for new ways forward. Cities have accelerated changes, which have positively influenced lifestyles, especially in terms of transportation and the use of different open spaces. Shared services of bicycles, e-bikes, scooters, and mopeds proliferate in the urban landscape. There is a trend to reopen and have planned urban and transportation infrastructure to adapt to a post-pandemic world. Programs to promote physical activity and sport are strengthening but are still challenging to benefit women in all specific groups: the elderly, people with disabilities, racial-ethnic groups, workers, housewives, low social economic class and other groups. Experiences from different countries on this topic can contribute to the debate.
WORKSHOP

Chinese Traditional Dance

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The dance culture of the Chinese nation has a long history of about 5000 years. The cultural relics, images and words recording the development of the Chinese dance are continuous, which is also rare in the history of world culture. Based on the origin and development of Chinese traditional dance, this workshop aims to introduce Chinese folk dance and Chinese classical dance. From the perspective of aesthetics, it first illustrates the aesthetic value of Chinese Traditional Dance in order to show its classical beauty. Second, from the perspective of axiology, it analyzes the distinctive values of the Chinese traditional dance so that people can feel its charm. During years of inheriting Chinese traditional dance, we try to absorb its connotation and essence in order to give its charms into full play in modern society. In conclusion, the existence of traditional dance can not only enrich our cultural life, but is also of great importance for the inheritance of traditional culture.
Physical activity (PA) and exercise have similar benefits for older and younger persons. Aside from improving body composition and functional capacity, regular PA has been found to delay physiologic aging, helps prevent and manage non-communicable diseases (NCDs), and positively affects one’s overall wellness. However, the percentage of active older adults engaging in regular physical activity is low (22% of ≥ 65-year-olds and 11% of > 85-year-olds). The prerequisite exercise test may be skipped for older adults looking into starting an exercise program. Instead, a thorough medical history and physical exam may be made to clear them for exercise. According to set guidelines, those with diagnosed cardiac conditions and other NCDs can be risk classified and given exercise prescriptions specific to their health conditions. Older adults with no cardiovascular disease (CVD) symptoms or disease may start with light intensity exercise (<3 METs) without risk. An assessment of functional status is recommended to identify functional limitations targeted for exercise intervention. An example of fitness testing that can be easily administered without special training is the Senior Fitness Test. The test takes 30 minutes with the following tests to be done: 30 s chair stand, 30 s arm curls, 8 ft up and go, 6-min walk, 2-min step test, sit and reach and back scratch with normative scales on each test. The fundamental difference in prescribing exercise for younger and older adults is exercise intensity. Aerobic exercises and resistance and flexibility exercises are staples, while some may benefit from exercises to improve balance, agility, and proprioceptive training. Age and lack of mobility that may come with aging and disease should not hinder physical activity in this group because improvements will happen at any age. In this workshop, Frequency, Intensity, Time, and Type (FITT) recommendations for older women will be demonstrated to include: (1) Aerobic exercise (2) Resistance exercise and (3) Flexibility exercise. Additionally, neuromotor (balance) exercises for frequent fallers or individuals with mobility limitations will be demonstrated.

References
Exercise for women in special situation: post-partum exercise

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The postpartum period is the period after delivery, which can be divided into four phases, i.e., acute phase - the first 24 hours after delivery of the placenta, early – up to 7 days, late – up to 6 weeks to 6 months, and after 6 months up to 1 year. Each phase has its unique considerations and symptoms which can be reduced through exercise activities. Physiological changes are related to reproductive, lactation, endocrine, renal, fluids, hemorrhage, cardiovascular, gastrointestinal, back pain due to anatomical changes and obesity. Exercise can be a remedy for relieving pain and inflammation at the initial stage and a treatment for back pain due to structural change and obesity in the later stage. Many women concern about the negative effect of exercise on lactation. Several cross-sectional or longitudinal studies have indicated the effect of postpartum exercise on weight loss and/or energy balance as well as reducing backache in lactating women. Overall, published articles have shown the importance of regular exercise during the postpartum period. The main aim of initial six weeks postpartum is for women to obtain personal time and develop a feeling of control over her life. Special exercises for improving abdominal and pelvic disorder by considering special situation of mother such as bleeding are recommended. The aim of the exercise program after six weeks until the first year is to improve different aspects of the individual physical status. Modifying lifestyle and incorporating strength and flexibility as well as endurance exercises are recommended. However, describing proper exercise regarding mode, intensity and duration as well as its monitoring is varied which will be explained and presented in the workshop.
WORKSHOP


Satsuki Tada
Lecturer at Teikyo University

Anri Tanaka
Lecturer (part-time) at Senshu University

Iida Roka
Teikyo Univ. Senshu Univ. Jumonji Univ

Since the beginning of the coronavirus pandemic, all over the world, it has become difficult to get together and dance with people. That’s why we wanted to try a dance that could connect people and that could be done without face-to-face interaction using Japanese sign language. We created this dance with Zoom in mind, so that people can enjoy it while watching each other in the gallery view. We also used copyright-free music so that many people can practice it by themselves or enjoy it with their friends. For the content, we arranged movements such as "social distance" and "coughing manners" movements and used the music to create something that everyone can feel connected to. We are looking forward to dancing these dances with people from all over the world. Moreover “Dance movement," dance to the music, has the power to excite and energize at the same time people who dance and those who watch. For the workshop, we are preparing other dance movements we want to show you and that you will be able to enjoy.
WORKSHOP

Wheelchair Dance Sport

Eliana Lucia Ferreira
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This workshop will give the principles and fundamentals of wheelchair dance. It is an artistic and sportive movement, originated from three areas - modern dance, ballroom dance, and therapeutic dance. It requires extremely elegant, graceful and stylish movements which can be performed as demonstration or sport. Since 2017, as sport is called Para Dance Sport, which involves athletes with a physical impairment that affects the lower limbs. Dancers may participate in “combi” style dancing with an able-bodied (standing) partner and “duo” style dancing for two wheelchair users together. And recently as Group Formation Dance for four, six or eight couples. The styles are the ballroom dances including the Waltz, Tango, Viennese Waltz, Foxtrot and Quickstep. Latin-American dances include the Samba, Cha-cha-cha, Rumba, Paso Doble and Jive. New events now include Freestyle and Singles. In competition wheelchair dancers are classified based on the physical ability, movement and function into 2 classes – Class 1 and Class 2. Class 1 are those with a higher disability or those using power chairs and Class 2 with more use of their upper body.
WORKSHOP

Promoting Mental Health of Girls and Women during COVID-19

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Although the COVID-19 fatality rate has been twice higher for men than for women, the pandemic has affected women more than men, both at the workplace and home, with increased workload due to lockdown and quarantine measures. Although most countries worldwide have halted several social and economic operations to curb the spread of COVID-19, not much has been done to address the pandemic threats to mental health. Panic, helplessness, and fear resulting from increasing cases of infection, deaths from the virus, and stagnation of many socioeconomic activities have exposed the population to significant mental distress. Moreover, many countries have reported an increase in gender-based domestic violence cases after the viral outbreak, turning the home into an unsafe place for many girls and women. A lack of adequate psychosocial support can severely affect women’s mental health. The risk of anxiety, depression, and post-traumatic stress disorder is also much higher among women. In this workshop, an overview of mental health issues, particularly among women, will be given. Various methods of psychosocial care will also be explored to address mental health concerns, particularly during the pandemic. The basic principles of effective psychosocial care will then be demonstrated, highlighting examples of how this might be applied in various contexts involving girls and women.

Keywords: mental health, psychosocial care, girls, women, COVID-19

References:


ORAL PRESENTATIONS
A Qualitative Study on Stress and Coping in Female Student-Athletes of a National University in a Developing Country

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This study is on the lived experiences of student-athletes under a Varsity Sports Program in a National University in a developing country. The context is that the university has the highest academic standards in the country but student-athletes enter through an athletic scholarship and not through the usual academic evaluation. The aim of the study was to understand the perceived stress of the participants and how they cope with their dual roles as students and athletes. In order to answer the research question, narrative interviews of six (6) female student-athletes were conducted. These were transcribed and were content-analyzed for recurring themes. Results showed that student-athletes perceived that they have a multitude of stress. Their dual roles are equally demanding but their stress also comes from their social interactions. Findings also show that the meaning they attribute to sport involvement enables them to endure difficult situations however, they are at risk for psychological problems with their use of a short-term and reactive coping style. Social support appeared to be essential in their ability to cope. Female student-athletes were also found to describe both problem-focused and emotion-focused kind of coping. Furthermore, results show that central to their identity is being an athlete. Factors that challenge this identity are present in their environment and are part of the stress that they continuously face. It is recommended that future studies look into the actual effects of stress on their physical and mental well-being. Further Studies on coping with academic and athletic loading are also recommended.
Sitting Time and Body Composition of Female University Student-Athletes

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Collegiate athletes are highly active individuals considering the exercise training requirements of their respective sports. Their daily routine would automatically make them meet the weekly recommendations for physical activity participation to maintain overall health and fitness. However, some studies reveal that athletes might also tend to spend a considerable amount of their waking time being inactive. Physical inactivity or sedentary behavior may cause adverse effects on body composition and health-related factors among non-athletes; however, it is unclear if the same scenario happens to athletes. Therefore, the main goal of this study is to determine how much time athletes spend sitting daily and its relationship to their body composition. Data from 44 female student-athletes (age=20.02 ± 1.3 years old) from weight and non-weight sport categories were gathered. Physical activity level and daily sitting time were assessed using a self-report physical activity questionnaire. Body composition measures, such as fat mass, fat-free mass, and body mass index, were determined through a bioelectric impedance analysis device. Results showed that athletes spend an average of 6.3 ± 2.5 hours sitting daily within their waking hours. Comparing the two sports categories, athletes in weight category sports reported more hours spent sitting than those from non-weight category sports (7.29 ± 2.86 hours and 5.58 ± 2.14 hours respectively). Additionally, a moderate negative relationship was found between the sport category and sitting time (r= - .322, p=0.028). No significant relationship between sitting time (hours/day) and body composition was found for body composition. Thus, even if the participants spend a substantial amount of time sitting, its detrimental effects have minimal impact on their body composition. Despite these findings, sedentary behavior is evident among these young individuals. Education promoting physical activity is equally important for both athletes and non-athletes to avoid sedentary living be carried out in their lifetime.
An Analysis of Psychological Factors Affecting Female College Students' Participation in Sports

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Introduction: In 1994, the World Conference on Women and Sport issued the "Brighton Declaration on Women and Sport", which is an epoch-making declaration of international significance. It marked the development of women's sport to a new stage. In contemporary China, the proportion of female college students is large, so it is of great significance to explore the psychology of female college students' participation in sports. Methods: Literature analysis. Results: (1) Self-efficacy. When female college students participated in the high-intensity confrontation project, no male college students performed well, showing fear and worry. The better the self-efficacy, the better the physical performance. (2) Motivation. Female college students take part in sports for the exercise of physical quality, weight loss and physical fitness, academic requirements, entertainment, increase social communication, psychological adjustment and so on. (3) Interest. Female college students who are interested in sports want to outnumber male college students 1:2. Interest which belongs to psychological factors. As a human being's preference or concern for things, interest is manifested as the individual's psychological tendency to strive to know and grasp a certain thing, and often participate in this activity. (4) Attribution. Female college students are more likely to attribute their successful results to external unstable factors and their failure results to internal stable factors. (5) Mental toughness. Refers to the individual has unremitting to overcome difficulties, will decide to carry out always will quality, is a classification of the will process in psychological activities, is a psychological factor. The research shows that the better the female college students' exercise behavior, the better the psychological toughness. (6) Social support. Peer participation refers to the ability to find a partner to exercise with. All have significant influence on female students' individual participation in exercise.

Keywords: Female college; students; Sports; psychological

References
Research on Older Women's Sports and Fitness Participation in Tianjin from the Perspective of Gender Culture - Based on the Survey Results of National Fitness Activity Status in Tianjin in 2020

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To understand the current situation of elderly women's sports participation in Tianjin, and to provide reference for the development of it. This study relies on the results of the "National Fitness Activity Status in 2020" survey in Tianjin, and the statistical analysis of 940 samples (460 males, 480 females) aged 60 and above through the perspective of gender culture, using mathematical statistics and logical analysis, found that: 1. 80.4% of females exercise once a week or more, but the overall sports participation is lower than men. 2. Some women's motivation to participate is not as active and clear as men. Women's value identity orientation towards fitness activities is positive and negative. Only 38.8% of women actively learn the knowledge and skills of exercise, fitness awareness is weaker than men; 37.6% of women have excellent fitness knowledge, overall less than men. 3. Events to participate in small events, unorganized sports participation is the ordinary state, access to professional channels of guidance is rare, all three conditions are less than men. 4. Annual sports consumption per capita 742 yuan, consumption level is lower than men, consumption structure is not reasonable enough, consumption variety is not as extensive as men. 5. Factors affecting sports participation: Housework seriously hindered women from participating in physical exercise, women than men will not participate in exercise for fear of injury; insufficient physical fitness organizations and venues affect their participation, women are more eager to exercise in organization. Suggestions: Promote women's sports culture and correct the wrong sports value identity; popularize the knowledge of injury prevention and sports injury; cultivate sports organizations and develop events that include more popular programs for women; expand the fitness instruction team and teach correct sports skills and norms; moderately adjust the division of housework to give women more opportunities to participate in sports.
Epidemiology of sport injuries in participants of Iran students sport Olympiad in summer of 2018

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Background: Assessing the rate of musculoskeletal injuries in young athletes and finding the causes of that is of crucial importance. The aim of this study was assessing the epidemiology of musculoskeletal injuries during the competitions of student sport Olympiad. Method: Related information was recorded through a injuries recording form. In order that any physical sense of uncomfortable, pain or complaint reported by participants during and after competitions was recorded as a musculoskeletal injury. Injury rate was calculated through 1000 athletes per day. Findings: Results showed that female handball players had the highest rate of injury which followed by male basketball and female volleyball players, with the rate of 41.69, 14.8 and 13.41 per 1000 athletes per day respectively. The lowest rate was belonged to female table tennis, karate and swimming with the rate of 1.2, 3.3 and 3.6 respectively. The greatest amount of injuries was in lower extremities in type of sprain that ankle joint showed the most involvements. Non-contact mechanism was the dominant injury mechanism and lack of adequate fitness was reported as the most important cause of injuries by participants’ point of view. Conclusion: According to the results, the student sports Olympiad competitions includes a significant rate of musculoskeletal injuries, especially in the women's section, and this issue necessitates more preventive measures by coaches, athletes and organizers of the competition.

Keywords: Musculoskeletal injury, Sport injuries epidemiology, Sport Olympiad
Study on the Influence Factors and Value of Urban Women's "Exercise and Body Building" Phenomenon

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In recent years, influenced by western traditional thinking, "thin is beautiful" has almost become the global unified aesthetic standard. Women, of course, are the main adherents of this phenomenon. Therefore exercise body shaping has also become a trend and fashion among women. From the theoretical perspective of sociology, this study analyzes the phenomenon of urban women exercising and slimming, and makes an in-depth study of many factors affecting this phenomenon, so as to put forward relevant rationalization suggestions for the phenomenon of women blindly slimming and losing weight, and correct women's application values, aesthetic standards and body views. Research methods: Using the literature material method, questionnaire survey method, interview method and mathematical statistics, the female member of fitness club and the club in Shanghai as the research object, through the investigation depth analysis of their sports fitness behavior, from the Angle of sociology, analysis of factors affecting women's sports fitness and the existing problems and reasons. Research conclusion: Through the analysis of the above factors, it is found that women tend to take men's appreciation standards as the basis for positioning their body views. Therefore, with the development of society, the traditional concepts of "men are superior to women" and "men are strong and women are weak" still affect women to some extent. To sum up, the following suggestions are proposed :(1) urban women should fully understand their actual situation and reasonably arrange "exercise body building";(2) Urban women should correct their own sports values and cultivate their emotions for sports exercise;(3) Urban women should correct their roles and status in society and life and not be influenced by traditional concepts.

References:
Establishing a Virtual Community of Women in the Pandemic:
An Autoethnographic Narrative of a Physical Educator

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Autoethnography is a relatively novel research methodology that represents a highly personalized form of qualitative research utilizing stories based on lived experiences and interactions within social contexts, linking the personal to the cultural in the process and product. In this study, I disclose how the COVID-19 pandemic influenced my well-being and led me to connect to other women through exercise. My experience of physical and emotional stress during the pandemic led me to seek solutions within my reach. As a physical educator, I intuitively built a fitness routine to combat my stress. I invited three of my friends, who were in similar predicament, to exercise with me via Zoom. As we shared experiences in our social media, more women joined and in fifteen weeks, our group of four multiplied nine times over. Our group chat had become a verbal space for imparting best practices. Regular interactions provided vital support as we shared life concerns. The group dynamics shifted from being members of a fitness class to a company of women bound by close relations in the virtual world. Utilizing entries from my personal journal and exchanges in the chat group, I have discovered key motivations in growth of this virtual community of women: companionship, blooming friendship, togetherness in exercise, and sharing knowledge. Anchoring on the definition of “Sense of Community” by McMillan and Chavis (1986) of belongingness to a group with collective faith and commitment to be together, it appears that these women established a community with a shared spirit of mutual trust and support. Since the fitness classes are ongoing and national lockdown is still imposed, monitoring of how this community evolves and develops throughout and beyond the context of the pandemic is recommended.

Keywords: pandemic, sense of community, women, autoethnography

References
Examination Policy and Physical Activity (PA) Participation in Boys and Girls – An Investigation of School’s Online Physical Education Programs and Impact in PA Development

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Introduction: Regular physical activity (PA) has many proven health benefits, both physical and psychological (Carsin et al., 2020). Nevertheless, the levels of PA among adolescents have recorded the decline in recent years (Aubert et al., 2018). During the COVID-19 pandemic, the policy of “stay at home” made the situation of physical inactivity worse (Vitor & Caroline, 2020). Some schools start to develop PA through online physical education (OLPE) programs as alternative and become the trend in assisting students to get active (Johnson, Daum, & Norris, 2021). Although there is such initiation, the lack of study in its’ implication and arrangement in learning features our worry to develop it as an effective tool in helping students to stay active in home. This study takes the Senior High School Entrance Examination (SHSEE) of mainland China as the variable and investigates the connection of physical education (PE) test and its’ positive effect on students’ PA participation. The purpose is to discuss the environmental effect and motivation to students in PA development. Method: This study adopts the questionnaire survey to explore the impact of the SHSEE PE test on students’ PA participation in the context of OLPE program. There is the invitation of 2896 students who are at Grade 9 (Male: 1520, Female: 1376) from a middle school in Guangdong Province to participate. Results: Regarding the choice of PA type, on both school days and non-school days, the number of girls who chose the PA type directly related to the SHSEE PE test was significantly higher than that of boys (p<0.01). However, in terms of PA participation time, boys’ PA time “during course”, “after course”, “on school day” and “on non-school day” was significantly higher than that of girls (p<0.01). SHSEE PE test is significantly correlated with PA time, and the correlation coefficient of boys is higher than that of girls. Conclusion: During the OLPE course, girls are more willing to choose the PA type directly related to the SHSEE PE test. But in terms of PA participation time, boys are more active and are more affected by the policy of SHSEE PE test. This study reveals the fact that if there is the careful arrangement of the learning environment, there will have a higher chance to motivate students to get active, even-though they are in off-school study. OLPE can be an effective learning strategy in helping students to develop the required health through PA.

References
A Practical Exploration of the Cold Encounter of Female Physical Education Majors in Soccer from the Perspective of Gender

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The participation of female physical education majors in soccer not only helps to enhance the motivation of female students to participate in soccer, but also has a positive exemplary effect on the development of female physical education culture. The researcher interviewed a sample of 30 female physical education majors as a way to understand the factors influencing the coldness of female physical education majors' soccer programs at this stage and to provide a factual theoretical basis for the construction of female physical education culture. Based on the exploratory study of rooted theory and combined with gender theory, the factors influencing the choice of soccer specialties for female physical education majors were analyzed from three aspects, namely, gender differences in socio-cultural constructs, gender role shaping under cultural concepts, and gender institutional arrangements under social establishment. Through multidisciplinary cross-collaboration, comprehensive measures are implemented in terms of regulating students' psychological processes and strengthening the cultivation of students' self-efficacy; popularizing soccer and creating a soccer cultural atmosphere; updating educational concepts and innovating teaching contents. By exploring the specific cultural factors of "enthusiasm but not action" of female physical education majors' participation in soccer, it helps to create forms of soccer activities and participation environment that are interesting to female students, and gives development countermeasures and specific feasible methods for building a suitable culture of female physical education majors' sports participation.

References
Discussion on the Influence of Campus Sports Culture Propaganda on the Enthusiasm of Girls' Sports Activities

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Introduction: From the recent 20 years of China’s physique survey results found the decline of female students’ physical fitness is particularly obvious, and a number of surveys show that the enthusiasm of female students for sports decreases with the increase of grades. Campus sports culture can comprehensively reflect the construction and development of schools in sports, but whether it can affect the enthusiasm of girls to participate in sports activities and improve their physical health is worth discussing. Research methods: uses the documentary method, interview method and field trip method to visit 21 schools, to study the role of campus sports culture propaganda and the influence on the enthusiasm of girls to participate in sports activities. This paper aims to explore the propaganda methods of campus sports culture, and strive to promote the enthusiasm of female students' physical exercise through the propaganda of campus sports culture, so as to improve the physical condition of Chinese students. Research results: 1. The propaganda of campus sports culture can enhance the enthusiasm of girls to participate in sports, especially in the primary school stage; 2. Paying attention to the propaganda of campus sports culture can shape the school’s strong sports culture background, which can guide students and parents to change their attitude towards sports. Research conclusion: 1. Schools should pay attention to the propaganda of campus sports culture, in order to ensure that students actively participate in sports activities for a long time; 2. We can propagate campus sports culture by setting up sports club activities, setting up sports publicity column, holding sports fun activities and art festival, organizing classes and making class sports publicity posters, so as to improve the interest of girls in sports and increase their enthusiasm.

References
"She made quite a transformation": Intersectional construction of female embodiment in PE

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Introduction Physical Education is a significant site for negotiating and critically engaging with meanings about the body for young girls, with PE teachers as powerful stakeholders (Azzarito, 2009). Recent research has increasingly addressed the investigation of intersectional perspectives to understand embodied gendered identities in the context of sports and PE in a more comprehensive manner. However, PE teachers' perspectives have received little attention, whereas the body as a distinct category in terms of ability, shape and health has not been considered as an individual dimension of differentiation thus far. This research project investigates how PE teachers in Austria discursively construct students' gendered bodies along an intersectional perspective in order to collect new insights on the powerful, entangled intricacies of social differences and their relation to students' embodiment. Method This project is founded on a phenomenological perspective on the body, a Foucauldian understanding of discourse and an approach to intersectionality along the four dimensions of gender, race, class and body (Winker & Degele, 2009). Digital collage-making (Grant, 2019) and structured guided interviews with PE teachers from the Vienna region (N = 25) are conducted to elicit the overt, subtle and alternative forms of knowing and speaking of the body as an inherently intersectional entity. Applying a multimodal approach to Foucauldian Discourse Analysis (Willig, 2013), data material is currently investigated through a four-dimensional framework of gender, race, class and body in order to trace how discursive threads intertwine to produce object constructions, subject positions and subjectivities in relation to students' gendered embodiments. Results Results will contribute to understanding in how far particularly for girls PE can be a space for the reproduction, critical negotiation or resistance of dominant body discourses and gender stereotypes. Insights will further conceptualizations of inclusive PE in intersectionally diverse societies.

References
The Present Situation of Women's Participation in Sports from the Perspective of Media Comment on "beyond Gender Body-- Women's Sports in Modern East China (1895-1937)"

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In 2012, Peking University Press published the book beyond gender body-Women's Sports in Modern East China (1895-1937) written by teacher you Jianming. From the perspective of gender, the book examines the relationship between women's sports and the state and social culture. After the introduction of western sports into China, women's new concepts and behaviors, public opinion, school education, sports competitions, audience reflection, mass media and visual culture have been presented in different periods. Gender issue has always been an important topic in the study of western sports sociology, and the study of women's sports has made an important contribution to the promotion of gender equality. This article will be based on this book, and combined with the relevant gender literature at home and abroad, the methods of content analysis, literature and cross-cultural research are used to analyze the existing gender differences in the field of sports and the media's differential reports on female sports. Through the analysis of the current situation of women's participation in sports and the analysis of social factors, it is considered that the weakness of women in social sports participation has been widespread for a long time, in which the media has played a very important role. Women's extensive and equal participation in social sports is not only the development of sports itself, but also an important part of a harmonious society. And draw the following conclusions: 1. Sports is a complex field, and in modern East China, the confrontation of national discourse and gender discourse and the intervention of the media make the women in the sports show a more multifaceted image. 2. Factors such as the reform of social sports management system, the level of education, the socio-economic status of participation and the traditional gender culture affect women's participation in the field of sports. 3. The media plays an important role in the construction of female images in the field of sports. Excessive emphasis and attention on women in the media will actually accelerate the trend of women's representation and marginalization.

References
University sports in the women’s academic trajectory

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Introduction In Brazil, around 65% of the population over 18 years old do not practice physical and sports activities, being women 40% less than men (PNUD, 2017). One of the possible spaces for adult women to practice sports is in university sports. For this reason, this research aims at studying university sports and understanding how it goes through the academic-professional trajectory of women who came out from a Brazilian public university. Method This research studied the engagement with university sports of 16 women graduating from engineering and medicine courses between 2003 and 2013. Two forms of engagement were covered: 1) Athlete: A sports practitioner; 2) Management: Who acts in Athletics positions. Semi-structured interviews of a biographical character were performed (JUNQUEIRA, 2019) in 2020, and the trajectory here is understood as a non-linear path (BOURDIEU, 1996). Results Engagement format: Most female interviewees (ten) were both athletes and managers. Engagement period: Most female interviewees devoted over four years of graduation to university sports and at least three hours a week to practice. Skills and learnings: All of them reported having developed skills through sport that helped them in their professional careers. Gender bias: There were different reports showing spectators’ verbal aggressions and difficulties in positions in Athletics. Conclusion Most of the women interviewed devoted more time to university sports than to many mandatory subjects, showing the sport’s educational potential in their education, including reports on the skills they developed through this practice and how much they can relate these skills to their professional experiences. Also, sport provided the creation of belonging networks that collaborated to complete the undergraduate courses.

References
Influence of Relaxation Activities on Female Wushu Athletes

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Martial arts is a kind of aerobic and anaerobic sports. Its technical movements are flexible and complex, and the changes of moves run through the whole routine. Martial arts athletes need to devote themselves to the training process of martial arts, make full use of and mobilize the energy of body and brain, great exercise training intensity, high body energy consumption, etc. It is a test for the physical and psychological quality of female athletes. In order to achieve the training goal, female athletes must first overcome their own physiological weakness. For female athletes who can usually achieve excellent results, their own innate conditions are part of the factors, and the acquired scientific training methods also have a great influence on the practice effect of Wushu. Relaxation activity is an important part of Wushu routine training course. After training, scientific relaxation activity is of great significance to the health of female athletes and the improvement of the quality of Wushu routine. However, in the actual training process, this part always accounts for a very small part and has not been formally attached importance to. By using the methods of literature review and logical analysis, the conclusion is drawn that relaxation activities are not highly cited in the actual training of martial arts. The research suggests that we should pay attention to the relaxation activities after martial arts training. Through relaxation training, we can weaken the muscle tension of female martial arts athletes, release lactic acid, and relieve the mental pressure of female martial arts athletes. Reduce the psychological pressure of female athletes, improve training performance, at the same time, help female athletes have a better social life.

Keywords: Martial Arts relaxation training female athletes’ health

References
The Influence of the South American Football Confederation on National Women's Football Regulations

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Introduction: In 2016, the South American Football Confederation (Conmebol) announced in its Club Licensing Regulation that the clubs participating in continental competitions organized by the entity must have a team of women in the adult category and at least one team in the juvenile category. Taking this into account, our objective was to identify how the countries of South America accepted and appropriated the sports policies presented by Conmebol on the equalization of genders in relation to women's football. Methodology: A documentary research was carried out using documents of Conmebol Club Licensing Regulations, as well as documents from the entities responsible for football in Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay and Venezuela. Results: it was found out that the regulations of the national confederations incorporated the text of the Club Licensing Regulation into their own regulations. Despite the limitation of being a mere reproduction, the incorporation of the text allowed not only the clubs participating in Conmebol competitions but also all other national clubs in each country to abide by the rules. Consequently, several clubs in South America invested in the creation of women's teams, in the professionalization of athletes and in the incentive of female soccer. Conclusion: Conmebol's policy allowed a cascade effect of opportunities for women's football in South America, including making financial investments in the sport possible.

References
Research on the Construction of Intelligent Physical Education Platform under the Background of Global COVID-19 Prevention and Control

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Introduction. COVID-19, which broke out in 2019, has seriously affected people's life and study, and has greatly affected the students' sports. How to better finish physical education in future life has become one of the focuses of our current industry researchers. 

2. Research methods. This study uses the theories and methods of education, psychology, management and software engineering, and the main research methods include literature analysis, Delphi method and in-depth interview.

3. Research results. 3.1 COVID-19's impact on School Physical Education. The epidemic has a great impact on schools, especially on physical education, which has changed students' fitness habits and ways to a great extent. 3.2 Research on online education. With the development and application of computer and network technology, online education can enable every student to receive high-quality education resources anytime and anywhere, and meet the needs of personalized learning as well as the balance of education resources. 3.3 Research on smart Physical Education. Smart physical education is to make physical education information, rational use of artificial intelligence mobile terminal, convenient for students to actively participate in exercise, so as to achieve the purpose of fitness. 3.4 Construction of 5g + Intelligent Physical Education Platform. Under the background of education informatization 2.0, 5g and intelligent technologies such as cloud computing, big data and artificial intelligence further promote the development of e-learning to be more humanized and intelligent. The platform can adopt many technologies, such as IoT、AR、VR、MR and AI.

4. Research conclusion. This study combines the actual situation and needs of the current society, build 5g + intelligent physical education platform to solve the problems of Physical Education under the current epidemic situation, and achieve the purpose of fitness.

5. References
Women, sport and physical education in Venezuela

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Generally, there is often a gender bias in sport, active recreation and physical activity participation rates. Females tend to participate less than their male counterparts. However, women and girls are motivated by the fun, enjoyment, passion and social aspects of physical activities and sports. That is why, the purpose of this paper is to look at the history of women and sport in Venezuela, it will focus on women who have made a difference in Physical Education and Sport in the country. Based on a documentary and historical research, this is a research in progress.

*Key words:* sport, physical education, women, recreation, Venezuela.
The Evaluation on the Effect of Developing and Implementing School Physical Education Policy

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According to the situation of the nation's basic education, starting from the development of school physical education policy, especially the objective needs of school physical education policy construction, combining with the research results of school physical education policies, the aim of this study was to build implementation and evaluation system of school physical education policy. When evaluating the executive force of school physical education policy, we should fully consider the content, meaning and core value of the policy itself, pay attention to the embodiment of the core content of the policy, evaluate the school physical education work, and take the improvement of students' physical fitness brought by the school physical education policy as the important content of the evaluation. Taking the successful completion of school physical education work and the enhancement of students' physique as the main value standard, this paper explores the countermeasures to promote the development of school physical education.
International organization and sport: promoting women’s and girls’ interests in global sport governance

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According to the Commission on Global Governance (CGG, 1995:1), “…At the global level, governance has been viewed primarily as intergovernmental relationships, but it must now be understood as also involving non-governmental organizations (NGOs), citizens’ movements, multinational corporations, and the global capital market. Interacting with these are global mass media of dramatically enlarged influence”. Modern global sport governance and the emergence of new sport governing factors require the representation of diverse sport interests at various bodies and levels of sport –related policy-making and implementation in the field of international organization. A plethora of organized interests exist in the framework of international organizations with the aim of influencing policy-making on their behalf. Interests have to be represented in order to be acknowledged and this is also the case of women’s and girls’ interests in global sport governance. The aim of this paper is to examine the emergence, activity and influence of women and sport related interest groups in the framework of international governmental and non-governmental organizations such as the United Nations, the European Union, the International Olympic Committee (IOC) and Federation Internationale de Football (FIFA). To do so, it will first introduce some fundamental concepts and principles that are associated with modern global sport governance and sport lobbying and, then demonstrate the impact of global sport governance on sport lobbying in relation to women and girls’ representation in sport related policy making in the framework of international organization. Aspects of lobbying activity will be presented in the light of current developments and international initiatives in the area of promoting female leadership and gender equality in global sport governance. 

Keywords: global sport governance, sport lobbying, women’s sport interest groups, international sport organization
Making an Alpha Female: Breaking the Glass Ceiling in Philippine Sports

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Introduction The glass ceiling phenomenon is defined as an invisible barrier that limits the opportunities and advancement of women and minorities within the workplace because of gender disparity (Galloway, 2012). It is particularly prevalent in upper management wherein experience or qualifications are undermined by gender stereotypes. Method A conceptual framework is presented to illustrate the interrelated pathways of how a female leader broke the glass ceiling in Philippine sports through effective leadership behaviors and group dynamics. Results The Integrated Model of Leadership was adapted to explain how leadership behaviors that cultivate the glass ceiling phenomenon and culture of discrimination can be challenged. The model posits that leader personal characteristics and environmental and contextual factors predict leader behavior, affecting team dynamics and performance. The adapted framework starts with the basic concepts of self-efficacy, self-determination, and self-regulation through the lenses of the Social Cognitive Theory, Achievement Goal Theory, and Self-Determination Theory. They are concurrent to the basic needs of social influence and support within environmental and contextual factors, including group dynamics and leadership styles. Lastly, transformational and motivational leadership models are apposite to the glass ceiling phenomenon to address competency-related biases and gender stereotypes. Conclusion This parsimonious framework illustrates the importance of personal leader attributes and external forces in making an impact and contributing to shattering the glass ceiling for women in sports and nurturing more inclusive and objective workplace culture. The framework can be exported to other domains, culture, and even applicable to males and other genders, for competency-based biases.

References
Governance in African Sport: State and status of women in National Olympic Committees

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Over the past 12 months at the international level, sport governance has continued to be placed under the media spotlight. A phenomenal amount of scandals has been reported and, as a result, an erosion of confidence in sport leadership has begun. Transparency and accountability continue to be echoed. Numerous national governing bodies of sport (National Olympic Committees - NOCs), particularly those that are members of the International Olympic Committee (IOC), have begun to rethink the status quo of their organizations. The term, ‘good governance’, has been an elusive one in the management of sport at national levels. Only since the 1970s has the concept been evident in business. It was not until the 1990s that sport governance began to be discussed in sporting communities. Unlike business, sport organizations are not neatly aligned with governance models of for-profit only. Some of the most difficult elements (e.g., increased fraud, corruption and divergent organizational and leadership interests in the private sector; expanded group of stakeholders involving preferential treatment) are highly visible in international sport governance. This paper will trace the basic universal principles of good governance in sport (as used by the IOC) through those that are used by the African Union (AU), in its blueprint for sport governance and policy, with investigation of women and their leadership participation, and the NOCs of AU nations that are members of the Association of National Olympic Committees of Africa (ANOCA). They will include one each from the following zones: North, West, Central, East, and Southern. Governance documents of the AU and selected ANOCA members will be examined with IOC principles of good governance. Characteristics of transparency, accountability, responsibility, social responsibility, independence, fairness, and discipline will be analyzed throughout. The state of governance in African sport as a continuance of AU and IOC principles will be determined as well as the role of women in leadership.
Analysis of Tianjin Women's Role in Traditional Sports

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Tianjin traditional sports can be divided into flower show, folk martial arts and sports games, and many activities were designed for men at the beginning. Men play a leading role and show masculinity in the folk performance "Zhong ge"; the swords in Hui’s heavy swordsmanship can be 80kg, men play it and show the beauty of power. By contrast, women’s participation is less and focus in simple sports games. But, it is female’s involvement in sports that clearly reflects the characteristics and change of times. This paper studies the reasons and role changes of Tianjin Women's participation in traditional sports by means of literature, oral history and expert interviews. There are two reasons for women's participation, one is self-demand, simple traditional sports can meet the needs of women's physical exercise, Yangko team, shuttlecock and other traditional sports activities are important social places in the village and the channel to integrate individuals into society; more leisure time, strong sports atmosphere and the adaptive transformation of traditional sports provide opportunities for female to participate, so that more women appear in that. Tianjin Women's traditional sports participation behavior and role have changed in those days. In the early time, women's involvement was mainly performance-based, to show women's style and national costumes. In the sacrificial dance "eight marshals" in tangguantun town of Jinghai, women in colorful clothes and embroidered shoes play eight kinds of aquatic organisms, such as catfish, shrimp and red carp, dance with the melody. Gorgeous dress increase the viewing of the dance. At present, women's participation reflects the cultural consciousness. Zeng Ning, the fifth generation inheritor of Hui’s heavy swordsmanship, is the only female inheritor. She challenges the physical limitations and secular concepts, breaks through the male dominated sports culture, creates an atmosphere for women to participate in, and expands the traditional sports communication space. Huo Yuanjia's descendants Huo Jinghong, the inheritor of Huo's hand boxing, who learn Huo's boxing and apply for intangible cultural heritage projects. She inherits the national traditional culture initiatives and shows women's confidence and consciousness of sports culture. The phenomenon of Tianjin Women's sports participation reflects the changes of national consciousness and cultural psychology.

References
Yoga for collegiate girls: Teaching PE during the pandemic

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Yoga is offered as a required Physical Education (P.E.) course choice for enrolled undergraduate students at a premier state university in the Philippines. Due to the global pandemic, most schools switched to online distance learning and teaching. With this shift, P.E. is emphasized as integral in the holistic development of college students. Yoga is a mind-body practice that involves the integration of breath with movement through the execution of physical postures. Studies have listed the physical and mental health benefits of yoga on the well-being and development of students with regular practice. An experiential approach to teaching yoga in an all-girls P.E. class was the basis for compiling findings on the impact of yoga in this study. Using thematic analysis, responses were culled from weekly journal reflections submitted after each session. Three major themes emerged: physical activity, psychological benefits, and adaptive behaviors. After 10 two-hour once-a-week sessions, results showed the girls’ increased motivation to attend P.E. classes. Calmness, relaxation, clarity of thought, strength, and flexibility were vital areas of reported progress. A positive self-concept, a break from prolonged sitting, and the feeling of being energized were likewise cited as personal gains. Breathing exercises were found helpful at the height of pandemic stressors and online academic requirements. After the practice, they admitted to being more reflective of their personal experiences. The impact of yoga appeared in adaptive behaviors such as increased awareness of their thoughts, addressing their feelings, and coping with their challenges. They appreciated their attendance in yoga because it is a mandatory P.E. class that inspires them to either begin or maintain a regular physical activity regimen that proved to have psychological benefits. The modifications implemented in the online yoga P.E. class provided a safe space and opportunity for self-discovery, self-care, and introspection.

Keywords: Physical Education, yoga, collegiate girls, pandemic, online distance learning
Takaya Eguchi and Avant-garde Dance: From a Postmodern Dance Perspective

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This study aimed to clarify the thinking of Takaya Eguchi—the architect of modern dance theory in Japan—regarding the avant-garde artistic dance, especially postmodern dance, that emerged from the 1950s to the 1970s. As for the research method, I examined Takaya Eguchi's books, writing materials, criticisms of Eguchi's works, and previous research, and interviewed his disciples, postmodern dancers, and dance critics. The results of the study identified the following three points: (1) Against dance forms featuring postmodern dance characteristics, Eguchi took a critical view because of dance forms ignoring the fundamental axioms of dance works, regarding them as lacking composition, expression, and movement along dance themes, and physical training, as well as being “dance without dancing”; (2) Rather than meta-level projects that questioned the very nature of dance works, overturning his modern dance theory as postmodern dance did, the dance that Eguchi aspired to from the 1950s to the 1970s was dance at an objective level, creating and pursuing new movement and expression strictly within the category of “dance works”; and (3) It is possible to surmise that the emergence of postmodern dance made Eguchi even more firmly aware of the dance view to which he himself aspired—that is to say, modern dance—while innovative is a dance form that refines unique movement and composition based on dance’s aesthetic principles in order to express a theme through dancing performed by well-trained bodies.

References
Changes in ICT use by the elderly during the coronavirus pandemic--for elderly women dance instructors in the region

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Introduction In Japan, elderly women are generally not good at using new technologies. However, the situation changed as the covid-19 pandemic appeared last year. Elderly women who used to exercise every week became unable to use public facilities and found themselves confined to their homes. From interviews and case studies, we will study the current situation and how the changes, using new technologies, have occurred. The average age of the target group is about 70. It is also an age when people tend to be reluctant to take on new challenges.

Method To clarify the changes in ICT use over a one-year period, they were recorded. We also conducted a questionnaire survey (38 women) and a semi-structured interview survey (5 women) through direct interviews on the change in consciousness of people who participated in the dance study group. The method of analysis used was the qualitative data method "SCAT".

Results Regarding a remote participation such as Zoom, some participants said “I can’t do it alone yet”, “I feel uncomfortable with it”, but on the other hand, some of them felt “a sense of accomplishment” in being able to receive Zoom and Line messages.

Conclusion For the elderly women, using a smartphone or being connected to Internet can be a barrier. However, because “interaction” is very important for women, in particularly in a restricted environment, the desire to “connect with people” and "to move the body" pushed them to act. In addition, we were able to reaffirm the unique benefits of using Internet for the elderly women, because they can avoid the risk of using public transportation and they can stay at home when someone in the family needs care and it is difficult to leave the house.

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Research on the Leadership Development of Chinese Female Olympic Champions

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The level of women’s development is a major indicator of social development and national development, as well as an important measure of social progress. In 2019, Lang Ping, Olympic champion of volleyball, led the Chinese women's volleyball team to win 2019 FIVB Women's World Cup. In 2020, Zhou Jihong, Olympic champion of diving has been serving as the chairman of the Chinese Diving Association... More and more Chinese female Olympic champions have made outstanding achievements, and the leadership of them is on the rise. Through the content analysis and mathematical statistics of the previous Chinese female Olympic champions, this paper holds that they are a group that cannot be ignored in China's sports achievements. Their leadership advantages are: being meticulous, skilled in developing strengths and avoiding weaknesses; resisting pressure and adapting to environmental changes; Being good at communication and cohering members of team; finishing group goals with a high level of concentration, which has an incomparable advantage to men. From the perspective of professional leadership, the transformation of Chinese female Olympic champions are mostly professional coaches, sports officials, and businessmen. They lead sports teams such as volleyball, diving, and table tennis to win world championships and help sports sustainably develop. Furthermore, some people innovate sports systems and policies to create a better development environment; others played sportsmanship and occupy the leading position in the industry... The transformation into benchmarks in all walks of life is the evidence of alleviating society’s prejudice and gender stereotypes towards women. From the perspective of social leadership, the total number of Chinese female Olympic champion MicroBlog fans exceeded 100 million. They, as influential public figures, actively participate in social public topics and social governance, give full play to the guiding role of social public opinion, speak for women, promote women’s status, and devote to social development.

References
Women Are Not the Weaker Sex—women, sports and leadership

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It is obvious to us that women of China have made brilliant historical achievements and displayed the spirit of self-confidence, self-reliance and tenacious struggle on the sports field, which has greatly encouraged the development of our party and nation. This paper by using the methods of literature review, logical analysis and summary, through the analysis of women, sports, female leadership and other related factors find that compared with men, now the proportion of female leaders and participants in sports management is still unbalanced. The main reasons for this phenomenon are underestimating ability, lack of confidence, the dual pressure of family and work, the traditional division of labor between men and women, training and selection of leadership mechanism interference and other objective reasons have far-reaching influence. Women participating in sports have refuted the stereotype of women with practical actions, but it is a long and arduous process to increase the number of administrators. Therefore, it is necessary to break the traditional shackles, and continue to broaden their horizons, increase their overall outlook and insight ability, and tap into the potential of leadership and management, creating an atmosphere of fairness and justice, as well as adopting democratic methods for selection. It is particularly important to show their namely, more tenacity and endurance, stronger affinity and compassion. The essence of leadership is influence, a competent leader can not only be meticulous in small matters, but also have the courage to take responsibility in big matters. Actively participating in sports is an important way for women to attract attention show their ability and promote their status in society. To promote women's voice in the field of sports, and push forward the sustainable development of women's sports still need the joint efforts of all departments, so that gender equality to a new level.

References
Pursuit of leisure, adventure, and well-being among women bikers during the pandemic

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Leisure connects people, nature, and different cultures of the world. It also promotes meaning and purpose in life through activities that satisfy one’s dreams and aspirations. In the global effort to contain the spread of COVID-19, lockdowns and quarantines were imposed by governments in their respective countries. As such, the consequent restrictions to public and social activities have impaired the enjoyment of leisure and have posed a significant threat to people’s health and well-being. Nonetheless, people continued to search for worthwhile leisure activities that were allowed during the pandemic. One such activity was biking, provided social distance was observed and the wearing of face masks was followed. This qualitative study was conducted to determine why women turned to recreational biking as a leisure activity during the pandemic, identify the challenges of this chosen sport, and explore the impact of this activity on their well-being. Twenty selected women bikers from Tacloban City, Philippines, answered a survey questionnaire on their biking experiences during the pandemic. Responses to the survey were then coded and analyzed. An in-depth interview with the respondents was likewise conducted to gather more insights into their biking experience during the pandemic. Thematic analysis of the interview data generated themes that were assimilated to Sutherland’s fundamental concepts of leisure (1957). Results showed that biking as a leisure activity played an important role among the women bikers in attaining good health and well-being during the pandemic. Moreover, these women pursued biking which served as a vehicle for transport and adventure, fun and opened opportunities for discovering beautiful places in the region. Findings also showed concerns for destination and road safety. It is recommended that the local communities adopt measures to improve the tourism industry, preserve the natural environment, and safeguard the local people’s rights through proper management and sustainable development.

Keywords: leisure, well-being, pandemic, adventure, tourism
The effect of Pilates training on depression, sleep quality and functional limitations due to back and pelvic pain in pregnant women (during the Corona pandemic)

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Background: The aim of this study was the effect of Pilates training on depression, sleep quality and performance limitation due to back and pelvic pain in pregnant women. Method: 40 pregnant women from Shiraz city (age: 25-35 years, body mass index: 26.60 ± 5.84 kg / m², month of pregnancy: second trimester of pregnancy) were selected by purposive sampling. Then the subjects were randomly divided into experimental (n = 20) and control (n = 20) groups by pretest-posttest study method. First, the Edinburgh, Pittsburgh and Oswestry questionnaires were completed by both experimental and control groups for the pre-test. The experimental group then performed 60 minutes of low-intensity Pilates training 3 times per week for 8 weeks and the control group had no exercise. At the end of the eighth week, for the post-test, both groups completed the Edinburgh, Pittsburgh and Oswestry questionnaires. Findings: Findings were reviewed before and after the intervention. Statistical analysis was performed using SPSS software version 26. There was a significant difference between the two groups in the scores of Edinburgh questionnaire, Pittsburgh questionnaire. In this study, the results of independent t-test showed that Pilates exercises during pregnancy had a significant effect on improving depression (p <0.001), improving sleep quality (p <0.001) and reducing performance limitation (p <0.001), in the experimental group compared to the control group. Also, the results of paired sample t-test showed that the pilates exercises during pregnancy had a significant effect on improving depression (p <0.001), improving sleep quality (p <0.001) and reducing performance limitation (p <0.001) in the experimental group. But, in the control group that did not participate in Pilates exercises, the results of paired sample t-test showed a significant increase in the rate of depression (p = 0.002). Also, a decrease in sleep quality (p = 0.30) and an increase in performance limitation (p = 0.46) were observed in the control group, but these changes were not significant. Conclusion: Generally, the results of the present study showed that Pilates training has a significant effect on improving depression, sleep quality and performance limitations caused by back and pelvic pain in pregnant women.

Keywords: Pilates, Pregnancy, Depression, Sleep quality, performance limitations, Lumbar-pelvic pain.
Study on the Influence of Physical Exercise on Female Physiological Characteristics

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The field for women to exert their physical and mental abilities in sports is expanding day by day. Studies have shown that women are becoming more and more involved in sports and winning more and more titles. Events such as marathon, football and weightlifting, which were previously listed as “forbidden areas” for women’s sports, have already been broken through, and the number of participants and the rapid improvement in sports performance is remarkable. With the increasing popularity of women participating in mass sports and participating in intense physical competition, correspondingly, the changes or abnormalities of female physiological characteristics directly caused by sports or related factors are also increasing day by day. Looking at studies of women’s participation in sports, most said it had little effect on their sexuality. In recent decades, however, many researchers have found an increased incidence of abnormalities such as delayed menorrhea, amenorrhea and irregular menstrual cycles among women who participate in strenuous exercise, and have suggested that may be related to the dramatic increase in the content and intensity of women’s training in recent years. The influence of women’s participation in sports on their sexual characteristics is reviewed retrospectively.

Keywords: Woman; Sport; Physiological feature

References
Research on the Characteristics and Development Countermeasures of College Female Teachers' sports activities from the perspective of sports power

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The goal and task of the reform and development of China's sports work in the new era is to strengthen the country through sports. It is not only the leader of competitive sports, but also an important symbol of sports power, which needs the efforts of the whole people. Women's sports, as a major part, plays an important role in mass sports and sports consumption, which can't be ignored. As a special group, female college teachers have their own characteristics of sports activities. Based on the background of sports power, this paper uses the methods of literature review and logical analysis to analyze the characteristics of female teachers' participation in sports activities in Colleges, and puts forward the development countermeasures. The results show that: (1)There are general differences in the cognition and behavior of college female teachers on sports activities; (2)Female teachers of different ages have different motivations to participate in physical exercise, such as releasing pressure and socializing; (3)There is less leisure time and more conflict between working time and sports time; (4)There are also significant differences in exercise duration and sports items among female teachers of different ages and professional titles; (5)Most of the activity locations tend to be free. In this regard, the development countermeasures are as follows: (1)The state should increase investment in public sports facilities and services, and build high selective public sports venues for women according to women's preferences; (2)According to the training characteristics of female teachers, colleges and universities should organize sports activities regularly and mobilize their enthusiasm; (3)Strengthen the media's publicity of national fitness, improve the fitness awareness of female teachers; (4)Female teachers can take the initiative to learn sports related knowledge, often participate in community and school public sports activities, maintain a good attitude.

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Analysis on the Obstacles of Women Participating in Mass Sports from the Perspective of Gender Differences

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Whether in ancient Greece, the birthplace of western civilization, or in a highly civilized modern society, congenital gender differences have a direct impact on the process of acquired socialization. Gender differences are gradually expanded by prejudice into gender discrimination, and fair competition in the field of sports has not brought women more rights to participate in mass sports. From the perspective of gender differences, this article analyzes the barriers to women's participation in mass sports using literature and other research methods. The research believes that the main reasons hindering women's participation in mass sports are the physical differences between men and women, the gender needs of social development, the different division of labor, and the essential attributes of sports. In addition, it also contains other factors such as politics and economy. As a result, it is proposed to change attitudes towards women from the social level and improve women's social status; from the political level to expand women’s political participation and decision-making power; to carry out female sports education publicity lectures from the education aspect; to develop more suitable women from the mass sports level participate in sports; strengthen the understanding and recognition of their own roles from the female level, improve the personal value and social value of women's participation in mass sports, and enable women to gain the freedom and liberation of participating in mass sports.

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Exploring Communicative Functions of Chinese Women's Guang Chang Wu

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Guang Chang Wu, roughly translated as Public Square Dancing, is highly popular among middle-aged and older Chinese women (called dancing aunties/grannies) living in the communities and has recently received tremendous attention across the world. Square dancers meet regularly in the early morning and/or evening after dinner and perform group-based dancing to exercise in public squares, plazas, and parks. While previous studies have focused on the individual-level health benefits, more research is needed to explore multifaceted determinants to explain the impacts of public square dancing in promoting health equity and community engagement. This study will follow a communication perspective and apply mixed methods (i.e., quantitative and qualitative) to examine the role of public square dancing at the individual, interpersonal, community, and public levels. Collecting data from different communities in Beijing, Tianjin, Shanghai, and Guangzhou. We propose that public square dancing has positive impacts on the following dimensions: 1) Exercise dimension. Low cost and easy participation make exercise affordable and accessible. 2) Entertainment dimension. Dancing with music increases happiness among participants. 3) Social dimension. Performing group-based dancing helps participants build interpersonal relationships and become actively engaged in the communities. 4) Public dimension. It’s the increasingly upward mapping of the national mental state. Public square dancing creates a healthy lifestyle and promotes Chinese culture. It is worth promoting the sports and fitness lifestyle all over the world.

References
Experiences of transgender and intersex individuals in sport and Physical Education

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Introduction  Sport participation has been acknowledged as a significant socializing agent for young people. Nevertheless, as for young people the dialogue across individual identities and the ways of being, particularly for lesbian, gay, bi-sexual, trans-, inter- or queer persons (LBGTIQ*) people, may encounter sexual stigma within sport culture. Despite the potential implications of sexual stigma in their everyday lives, there is a lack of information regarding the experiences of LGBTIQ in sport and physical education (PE) (Anderson & Bullingham 2015; McCormack 2014; Osborne & Wagner 2007; Petty & Trussel 2017). So the purpose of this paper was to examine how the coming-out process for people who identified as trans- or intersex persons shaped the meanings and experiences of their sport engagement in physical education and sport.

Methods  Aligned with a constructivist grounded theory approach, intense interviews and biographical stories as a form of knowledge were conducted to examine the perspectives of ten trans- and intersex men on these issues. In the content analysis categories were developed and emphasis was placed on the experiences these persons made in society, in sport, and in PE.

Results  Despite the evidence that homophobia seems to be declining in different countries and social fields, sexual stigma is omnipresent in the stories of this study. Based on the experiences, the interviewees focused on changes that could be made at various levels to make the future of sport and PE more inclusive to all individuals regardless their gender.

Discussion  Particularly their suggestions for PE which is taught in Austria in a gender-segregated way from the age of 10 years onwards, led to discussions on how to organize PE in a more inclusive and non-discriminatory way (including locker rooms, toilets, …) and how to enable self-determination in school settings for all students.

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Reported sexual harassment and maltreatment in sports by female athletes in India

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Over the past one and half decades, a prominent initiation which registered its influence for augmenting women voices against sexual harassment and maltreatment is affiliated to the famous #MeToo Movement”. Their efforts meticulously and successfully bring numerous sexual harassment incidences and experiences of victims to the forefront of the society, particularly in the workplace. Unfortunately, athletic realm is not excluded from such maltreatments, as several cases have been reported over the last couple of years. Women around the world have been experiencing maltreatment for decades. However, recently the issues of sexual harassment have been amplified in the United States of America. Unfortunately, in other countries around the world the issue of sexual harassment among women has not been yet fully understood/discussed/analyze/reported because of various political and social reasons. To shed light on this situation, this present study invited female athletes from Indian to assess their perceptions on the issues of sexual harassment by their coaches and the occurrence of such behaviour. N = 180 (Intercollegiate=86, Interveriversity Pakistan=94) female student-athletes (M age = 22.21 + 2.38; M years of athletic experience = 2.73+1.49) represented a large variety of sports (>23) with male coaches were invited to participate in this study. Participants represented various team sports (n = 105, 58.3%) and individual sports (n = 75, 41.7%). Their responses were garnered on a 5-point Likert scale through the Sport-Specific Touch and Behaviour Versus Unwanted Intimacy from Coaches questionnaire (41 items) devised by Vanden Auweele et al. (2008). The participants were asked to indicate the acceptability of specific coaching behaviour as well as the occurrence of the behaviour represented in each item. The acceptability of the behaviour was determined by means and standard deviations, while the occurrence was determined by frequencies. Factor analysis was performed to determine the structure of the coaches’ behaviour and athletes’ acceptability thereof, which yielded four factors such as “inappropriate verbal and physical behaviour”, “Unwanted sexual behaviour”, “Context dependent suspicious behaviour”, and “Acceptable behaviour”. Cronbach’s alpha was used to determine the internal consistency of the extracted items on each factor as follows, .916, .916, .916, and .627. In conclusion, female athletes reported two factors, namely, unwanted sexual behaviour and inappropriate verbal, and physical sexual behaviour, were regarded as very serious and unacceptable coach behaviour, while a third factor represented context-dependent suspicious behaviour (a grey area in which athletes differ in their opinion) and was perceived to be serious and unacceptable. A fourth factor represented acceptable behaviour. The occurrence of very serious and unacceptable behaviour was reported by 31% of the female athletes (Ahmed et al., 2016).

References
Research on the Status Quo and Countermeasures of Women's Participation in Competitive Sports from the Gender Perspective

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For a long time, the concept of inequality between men and women has existed in the cultural cognition of the East and the West. Women are seen as a subsidiary of men, and women have been marginalized in their participation in competitive sports. With the awakening of western feminist consciousness, women's right to participate in competitive sports has gradually gained attention. Based on this, this article analyzes the status quo of women's participation in competitive sports from the perspective of social gender, using literature and logical analysis methods, and the research concludes: (1) The physical differences between men and women are neglected in competitive sports fields, and women's participation in competitive sports is biased. Masculinization; (2) Some countries have doubts about women's participation in competitive sports, and the number of athletes is also restricted due to gender differences; (3) The ratio of men and women in decision-making levels of various organizations is imbalanced, and women's management of competitive sports is still criticized. To this end, suggestions for improving women’s participation rights in competitive sports are put forward from different levels: (1) Reasonably optimize the layout of participating events, develop some nationally characteristic female competitive sports, and show the charm of women’s sports; (2) Promote feminist ideas, from At the social and personal levels, increase women’s attention to participating in competitive sports, strengthen government awareness, and promote the development of women’s competitive sports; (3) Strengthen the management of sports clubs and other organizations, attach importance to women’s right to participate in the management of clubs, and guide the public to change women’s traditional cognition recognizes women’s equal right to participate in competitive sports.

References
A Study on Negative Human Rights-Related Experiences of Female College Students Athletes in South Korea

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The purpose of this study is to examine negative experiences related to human rights among female college student athletes. For this purpose, in-depth interviews were conducted, in which a total of 8 female college student athletes participated. The main research results are as follows. First of all, female college student athletes experienced pressure with respect to their freedom and self-determination. It was found that life as an athlete is controlled by way of limiting the athletes’ right to self-determination, while basic freedom has been a suppressed experience. Second, not only as college students but also as athletes, participants were found to experience a certain confusion of identity. As college students, female students in particular experienced isolation within the university culture by being excluded from various activities. And as an athlete, athletic training in college is seen as a means of ensuring that one continues, and the studies are considered as nothing more than the minimum requirement for participation in competitions. Third, female college student athletes have endured negative experiences with respect to human rights in various forms (verbal and physical) since becoming college athletes, and have reported that they experienced indirect experience among fellow athletes. Therefore, in order to create a human rights-friendly culture for female college student athletes, more proactive policies and efforts on the part of both university and society are needed to promote human rights among college student athletes based on those athletes’ freedom and self-determination rather than more regulatory methods and procedures.
**Introduction** The study of Instagram among athletes is not new (Geurin-Eagleman & Burch, 2016). However, in Spain there are no studies that address the uses that athletes make of this social network. In addition, this country has not analyzed yet from a gender perspective, as it has been done in other contexts (Li et al., 2021; Toffoletti & Thorpe, 2018), the situations of women athletes in the virtual world. **Method** As in previous studies (Reichart & Sanderson, 2015), using content analysis we analyze the activity of three well-known Spanish women athletes on Instagram: Carmen Jordà (motorsport), Lidia Valentín (weightlifting) and Mireia Belmonte (swimming). These women have been selected for their high number of followers, for their uneven evolution in followers in recent years, and for practicing sports traditionally not linked to femininity. Types of post, number of comments/views, types of images were analyzed at a descriptive level. **Results** Findings point out a different activity for each of the athletes analyzed. On the one hand, data highlight a use of Instagram to advertise products. On the other hand, there is a sportive use of this social network. Finally, findings suggest a family or personal use through the analyzed publications. **Conclusion** Findings allow us to explain partially, the uneven evolutions of these three sportswomen’s followers. New studies must be carried out to be able to give a more in depth explanation of this reality. The future of our society, and of sport, will be increasingly linked to social networks such as Instagram, so Sports Sciences academia should encourage their study.

**References**
What women want: Opportunities in a male-dominated culture of sport

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There is an increase in female sport participation in the past decade (www.olympic.org/women-in-sport/background/statistics). More women take on sports that were formerly male-only (Burtka, 2020). In a study about exposure to women sports, participants reported decreased prejudice towards women athletes after watching highlight films of women’s sports but continued to show disinterest in them (Sheadler & Wagstaff, 2018). In the US, even with the Title IX legislation, media continues to promote women athletes for their femininity and sexuality over their athletic achievements (Hanson, 2012). In the Philippines, women athletes are required to wear full make-up when on TV making them look noticeably different from when they are in the playing court—a form of objectifying women (Velasco, 2016). To further understand about women athletes’ experiences, qualitative interviews were made on 10 women athletes asking them about the challenges they encountered in a highly male-dominated culture of sport, how they overcame them, and what opportunities they hoped to have. In volleyball, women enjoyed a sufficient amount of public spectatorship and media coverage more than the men but that is primarily because volleyball has been perceived as a woman’s game. For sports perceived to be masculine like basketball and soccer, women continue to experience lesser support from sport institutions and the public. In a dragon boat team of mixed paddlers, the women reported having to work doubly hard to level with their men counterparts and to stay in the game. Nevertheless, when they were given equal opportunities with men in training, they either leveled up with the men or even better in their paddling performance. Analysis showed that the opportunities women are given are shaped from the inaccurate cultural idea that they can never be at par with men in athleticism. In many cases, the women fulfill that prophecy. If women athletes are given the same training and competition opportunities with men, women are believed to become better athletes than expected.
This presentation offers an insight into the position of women and girls in the field of sport, recreation and education in Turkey. In recent years, Turkey have been steadily turned into a conservative and traditionalist country and this has led to an increase in gender inequalities in many areas of society. The representation of Turkish women in different positions of sports, such as athlete, coach and manager are still insufficient. There is also a gender gap in favour of males in the number of students and teaching staffs in both physical education teacher education and coaching education departments in Turkish universities. In recent years, although the physical activity levels of girls and women are lower than boys and men in Turkey, there has been a significant increase in women's participation in recreational activities such as fitness and running. Additionally, Turkey is currently home to world’s largest refugee with mostly Syrians and Syrian refugee women are physically inactive risk group in the country, therefore projects aiming to increase the participation of Syrian women and girls in physical activity have been delivered for the last 5 years. Finally, despite of gender inequalities in sport and several challenges, there is a promising presence of women and sport NGOs, women academics and women athletes who have a role in promoting women in sport in Turkey.
Physical Education and Sport in Mexico: Factors associated with Women

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In Mexico, Physical Education is conceived as a form of pedagogical intervention that contributes to the integral training of children and adolescents by developing their motor skills and integrating their corporeity. Likewise, special care for equity and inclusion for all children, adolescents and young people in the Mexican education system is clearly denoted as a priority in the normability of the practice of Physical Education. It is also established by law in Mexico that everyone has the right to physical culture and the practice of sport; Therefore, this documentary descriptive research aims to provide an overview of physical education and sport in Mexico from the perspective of factors associated with women to promote reflection on laws stipulated in this subject and reality that is lived, so that, work in areas of opportunity detected. Conclusions: In the field of Physical Education and Sport in Mexico, the most vulnerable sectors are now more protected, but much work remains to be done, so it is necessary to create, develop and implement state policies that encourage women's participation in physical, recreational and sporting activities that strengthen their social and human development; that drives the integration of a strong physical culture and promote equal opportunities to achieve participation and excellence in sport.

References


Experiences of Female University Students in an Aerobic Striptease Physical Education Class

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Introduction. Physical education (PE) classes in higher education settings provide numerous health benefits, including psychological and positive well-being. One of the emerging PE classes that female university students choose to engage in is Aerobic Striptease. Known also as Cardio Striptease, this activity is a low to moderate intensity cardio workout that encourages participants to move their bodies in a manner similar to actual striptease movements. This activity has the potential to enhance self-esteem, body image satisfaction, and physical fitness. To date, studies about Aerobic striptease as a form of exercise are at a parse. This study aimed to describe the experiences of female university students’ participation in an Aerobic Striptease PE class. Method. Thirty female university students with ages ranging from 17-22 years old enrolled in an Aerobic Striptease PE class were interviewed. Data were analyzed using thematic analysis. Results. Three major themes were identified: benefits of dance and exercise, the influence of beauty standards, and safe space. The participants recognized the benefits of Aerobic Striptease in terms of physical fitness. Moreover, the students observed positive effects on their psychological well-being, such as increased self-confidence, acceptance and acknowledgment of their body shape and size, and improved perception of self and body image. Participating in the class helped them find a safe space where they are not judged based on appearance. Conclusion. The findings revealed that Aerobic Striptease was beneficial for female university students, especially for those with physical and psychological issues such as low self-esteem and body image. Including dance-based physical education activities, such as Aerobic Striptease, in university-level PE programs would help promote physiological and psychological well-being among female university students.

References
Research on Classroom Value Orientation of Female Physical Education Teachers under the Theory of Social Gender

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The gender theory was first proposed by Western feminists, and it was intended to distinguish between the group characteristics of men and women in society and the division of social roles. Later, under the wave of China's reform and opening up, gender theory gradually spread into China and aroused controversy in the academic circles. The classroom value orientation of physical education teachers means that there is a certain tendency in the teaching methods of male and female physical education teachers in the classroom. This tendency leads the development of students to a certain extent. Therefore, starting from the theory of gender, this article uses literature method and other methods to study the classroom value orientation of male and female physical education teachers. The research believes that (1) Female physical education teachers, due to their "maternal" aura, pay attention to the emotional expression of students in physical education classroom teaching, cultivate students' unity and cooperation in the classroom and other volitional qualities, and pay attention to students' interest needs, while male physical education teachers pay attention to students' sports skills. Learning tends to cultivate skill-led talents; (2) Due to the solidification of stereotypes, teachers of both sexes have different requirements for student skill development. For example, female teachers tend to teach students' sports skills, while male teachers tend to do exercises. Ball learning; (3) Female physical education teachers have an active classroom atmosphere, but there are also some naughty students, so they emphasize classroom discipline too much. Male physical education teachers have strong classroom teaching styles, and classroom discipline accounts for less.

References
Analysis on the Images of Chinese’s Women’s Volleyball Team in Leap from the Perspective of Feminism

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Feminism, originated from the feminist movement in France in the early 19th century, is a social theory founded and initiated by advocating the equality of gender. After continuous development, inheritance and innovation, it has become an important branch of modern sociology and political theory, enlightening countless seekers who break the gender bias and achieve the ultimate equality of all mankind. The film Leap reviews the story of the Chinese Women's Volleyball Team (hereafter referred as CWVT) from 1980 to 2016, and they finally won the champion again in Rio Olympic Games, during which the nation’s rise are also shown through the spirit of the CWVT. This study uses the literature research method to obtain the relevant materials and the experience summary method to actively absorb the research results of domestic and foreign experts and scholars. The qualitative analysis method, interdisciplinary research method and other research methods have also been applied to summarize the obtained materials and draw conclusions. The film creates the images of CWVT in different periods through the comprehensive use of various means from the four perspectives of clothing, language, actions and environments. There are not only the persistence and continuity of the traditional spirit of CWVT, but also the innovation and breakthrough of dynamic changes with the times and the growth of the characters. The film not only surpasses the traditional method of single female protagonist, but also enriches the theory and practice of feminism. Female images are successfully reproduced in the film works, and the experience of CWVT from troughs to peaks in three different periods is also connected with the changes of China, which is of great significance in Chinese women's film literature.

References
Research on Multiple Functions and Social Support Mechanism of Women of Childbearing Age in Sports Participation from the Perspective of Body Theory

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There are plenty of researches on sports participation of different groups, but a special group, namely women of childbearing age, is often neglected. A study in Mexico shows that women of childbearing age who are married, over 30 and give birth more often participate in physical exercise less often[1]. The women tend to stay away from sports because of the traditional ideas or family responsibilities. The WHO emphasizes that countries should especially ensure the sports participation of vulnerable groups such as teenage women and women[2]. Sports is a good way to promote women's physical and mental health [3]. Most experimental studies ignore the ontological perception of this group. From the perspective of body theory, this study explains the multiple functions and calls on the society to provide more support.

Research methods: literature, logical analysis, core theoretical connotation as the key basis. Results: Women of childbearing age participate in sports can: 1. Realize the body function and achieve a higher level of development. 2. Expression and release of the body. They may weakened self-worth in their families. Sports space provides a short window for them to vent their emotions. 3. Disciplining the body. Sports can not only shaping, but also help to adjust bad emotions. 4. Self-identity from "physical independence" to "individual independence". The special role of the group makes them habitually ignore themselves, and sports can awaken their self-awareness and enhance their identity. Conclusion: Sports have multiple functions for the group in the process from realizing body noumenon to individual independence, but the current social environment has limited. 1. Give more institutional care to them to improve their social status in the legal sense; 2. Incorporate the group into the social focus and create care organizations or clubs; 3. Strengthen scientific research and put forward targeted exercise mechanisms and programs.

References
Research on the Cultivation of Sports literacy of Contemporary College Students

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Introduction The concept of lifelong physical education that focus on cultivating college students' sports literacy has become an important value orientation of higher education in our country. At the present stage, college students' sports literacy are unsatisfactory both in terms of cognition and practice. Methods Through literature review, investigation and logical analysis, this article studies and analyzes the current situation and development of college student physique in order to provide some thoughts on the promotion of the formation of students’ core literacy of sports. Result There are a lot of factors affecting the cultivation of college students' sports quality including sports information, initiative to participate in sports, the degree of social and family attention to sports, etc. The fundamental factors which influencing the cultivation of college students’ sports literacy lie in the overall situation of the development of sports and the state's policy orientation to the development of sports. Conclusion The cultivation of contemporary college students' sports literacy is a systematic project. It is possible to increase publicity, increase opportunities for participation in sports, and improve college students' awareness of sports. To construct a training index system that guides college students to consciously improve their sports literacy to make college students have a clear direction for their efforts. At the same time, government, social organization and family can effectively ensure that college students' sports literacy training goals can be achieved by constructing a training system that includes six sub-systems, management target, leadership decision, information service, organizational operation, mechanism guarantee and performance evaluation.
Comparing the effect of reflexive neuromuscular stabilization exercises with and without kinesiotaping on pain, proprioception and performance in woman athletes with shoulder impingement syndrome

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Background: Sport injuries are one of the problems that athletes face during their activities and shoulder joint injury is the most common problem seen in various athletes. The aim of this study was to compare the effect of reflexive neuromuscular stabilization exercises with and without kinesiotaping on pain, proprioception and performance in woman athletes with shoulder impingement syndrome.

Method: Before starting any measurement process, the subjects completed the consent form and their personal information. Each person was given a general comment about the test. The subjects of this study were Athletes with shoulder impingement between the ages of 20-30 years. According to the criteria of this research with using random sampling method, 30 patients were selected. Pain, proprioception and upper extremity performance were measured using VAS, repositioning error test and shoulder function tests respectively. Then subjects of both RNS and RNS groups performed six weeks of training under the direct supervision of a therapist. In the tapping group, space and lymphatic correction techniques were used. After six weeks of training, the measurements were repeated. Descriptive statistics was used to determine the mean and standard deviation. The Shapiro Wilk test was used to determine the normality of data distribution. The one-way ANOVA test and paired t-test were used to compare the intergroup and intra-group variables of the research.

Findings: The results of this study showed that, RNS exercises with and without kinesiotaping causes decrease in pain, improvement in proprioception and upper extremity performance in athletes with shoulder impingement syndrome. Also, results showed that, there was significant difference between experimental groups and control group and between two experimental groups.

Conclusion: Due to the significant effect of RNS exercises with and without kinesiotaping on pain, proprioception and upper extremity performance, use of these exercises were recommended for subjects with impingement syndrome with impairment in mentioned variables.

Keywords: Reflexive Neuromuscular Stabilization Exercises, Kinesiotaping, Pain, Proprioception, Shoulder impingement syndrome, Athlete
Analysis on the Correlation between Calcaneal Bone Mineral Density and Body Mass Index and Gender Difference among College Students of Physical Education

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Recently, more and more studies have been conducted on the bone mineral density (BMD) of college students. What’s the current situation of BMD of the PE students, and what’s the gender difference? How to improve peak BMD? and how to prolong the plateauing period by sports training are all worth further exploring. **Objective** By exploring the relationship between bone mineral density (BMD) of the right calcaneus and body mass index (BMI) as well as it’s gender differences among college students of physical education, to provide data and theoretical support for the prevention of osteoporotic fracture in the elderly, and to provide data reference and literature support for sports training to promote the health management of college students. **Methods** A total of 323 students from Tianjin University of Sport were randomly selected. The BMD of right calcaneal bone was measured by using SONOST 3000 Results, and their height and weight were measured. The correlation between BMD and BMI was explored by descriptive statistics, correlation analysis and regression analysis, and the differences in BMD test results between different genders were discussed. **Results** Gender and age are the main factors affecting the BMD of college students. The results showed that the BQI of female college students decreased with the increase of BMI, and the BQI of male college students also changed with the increase of BMI. However, the correlation between BQI and BMI remained to be further confirmed. Exercise is an effective way to intervene the health level and improve BMD. The results of this analysis can be used as the basic data to explore the influence of sports training on BMD of college students, and provide support for the study of the influence of sports on the peak height of BMD of college students in different genders.

**Keywords:** College students; BMD; BMI; Gender differences
Relationship between Physical Activity and Postcesarean Section Pain in Iranian Women

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Introduction The risk of chronic pain in women with severe postoperative pain is 2.5 times more than those with mild pain (1). Postoperative pain is related to some problems such as breastfeeding problems, low sleep quality, and delayed recovery (2, 3, 4). This study aimed to evaluate the relationship between physical activity during pregnancy with acute postcesarean section pain. Method The 340 qualified women completed three questionnaires consist of a socio-demographic questionnaire, a visual analog pain scale, and a global physical activity questionnaire (GPAQ). The participants were categorized into low, moderate, and high groups according to the GPAQ guideline. Results There were no significant differences among groups concerning their socio-demographic characteristics and number of antenatal visits. 45.4%, 46.8%, and 14.6% of mothers in low, moderate, and high groups, respectively, experienced severe pain. There was a significant difference in the high group compared to the moderate and low groups (p<0.0005, p<0.0005, respectively) and between the moderate and low groups (p=0.042) in pain intensity. The mean number of paracetamol doses was higher in the low group compared to the high group (p=0.02). There was a significant but low negative correlation in total physical activity (MET-minutes/day) and pain intensity (r=-0.25, p=0.0005). There were negative significant correlation in work (MET/day; r= -.491, p=0.0005), recreational activity (MET/day; r= -.262, p=0.0005), and transport activity (MET/day; r= -.150, p=0.006) with pain intensity. Also, there was a significant but low positive correlation between sedentary activity and pain intensity (r=0.23, p=0.0005). Conclusion Our findings indicated that daily physical activity during pregnancy for at least 10 minutes with increased heart rates leads to less postoperative pain and painkillers consumption.

References
A Study of Physical Activity and Energy Expenditure Levels in Adolescents with Different BMI Females

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Introduction: The aim of this study was to analyze the differences in physical activity and energy expenditure levels among female adolescents with different BMI.

Methods: 15 obese, 22 overweight and 61 normal weight female adolescents were selected as study subjects in Tianjin Experimental Middle School, respectively. An ActiGraph-GT3X accelerometer was used to measure 7-d physical activity and energy expenditure of the subjects. Pearson correlation analysis was used to analyze the correlation between energy consumption and physical activity level. Results: The basal metabolic rate and resting energy consumption in the obese and overweight groups were higher than those in the normal weight group, but the resting metabolic rate and total energy consumption per unit body weight were lower than those in the normal weight group (F=86.95, 86.95, 77.41, 41.46, P<0.01); the energy consumption per unit body weight for physical activity, light physical activity time, medium physical activity time, and heavy physical activity time in the obese group were lower than those of the overweight and normal weight groups, but sedentary time was higher than that of the overweight and normal weight groups (F=12.63, 8.55, 10.80, 3.89, 23.01, P<0.01); sedentary time was negatively correlated with physical activity energy consumption and positively correlated with resting energy consumption (P<0.05); light, medium, and heavy physical activity time were negatively correlated with resting energy consumption and The time spent in light, medium and heavy physical activity was negatively correlated with resting energy consumption and positively correlated with physical activity energy consumption (P<0.05). It was concluded that physical activity levels and energy expenditure levels of overweight and obese female adolescents were lower than those of normal weight female adolescents.

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Women are different from men in fundamental ways. Physically, mentally, emotionally and socially they differ from men, and they go through a very different life cycle. These differences need to be considered in fitness field. Female body responds to increased physical activity with improved performance fitness just as the male body does, however data defining the role of physical activity in improving health related fitness is inadequate, particularly relative to physiological changes specific to menopause, pregnancy, eating disorders and osteoporosis. The beneficial effects of regular physical activity are supported for positive health in each of the health issues addressed in this review. For cardiopulmonary fitness and bone density this relationship has been strongly supported. Exercise programs should be started early in life and maintained through adulthood, and women of all ages should be encouraged to increase their relative levels of participation in physical activity. These general research recommendations clearly illustrate the need for policy makers and programmers to support not only more opportunities for women to participate in physical activity, but to seriously consider the quality of these opportunities.
Research on Sports Lifestyle of Professional Women

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Introduction: In recent years, the fierce competition in the market economy makes professional women face great pressure in life and work, which makes the physical quality of professional women decline greatly. Because the physical quality of professional women is closely related to the happiness of family life and social security and stability, strengthening the research on women's healthy lifestyle has a positive social impact and helps to promote the construction of a harmonious society.

Research methods: literature, expert interviews, logical analysis. Research results and conclusion: From the results of data review and expert interviews, the current professional women are relatively young, with higher education, and most of them have several jobs, which makes them have different degrees of health problems. Most people take part in physical exercise for the purpose of losing weight, and a small number of people take health as the purpose. On the training site, more people choose the nearest area. In the project selection, professional women have more ways of physical exercise, including running, ball games, square dance and so on. At present, professional women's sports lifestyle presents a diversified development trend. First, with the advancement of status and career development, modern professional women pay more attention to their own health, making the life concept of health first take root in professional women's consciousness. Second, with the improvement of living standards, professional women's pursuit of health tends to be more diversified, simple and single sports lifestyle cannot meet their pursuit of life. The demand for sports life is diversified. Third, with the enhancement of China's economic strength, the overall consumption level of urban professional women has improved significantly, which makes professional women begin to pursue high-quality life. Enhancing the health of professional women is of great significance to improve the national living standard.

References
Closeness of Female Coaches: How Gender Affects Relationship Quality

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Sport coach, as a profession, is dominated by male. Therefore, the emergence of female coaches becomes an interesting topic to be studied. The purpose of this study was to find out the differences between the closeness of female coaches to male athletes and the closeness of female coaches to female athletes and to examine the effect of closeness on increasing achievements of an athlete. Female coaches participated in this study were female coaches, of all sports, of Regional Sport Week Training and National Sport Week Training. Data were obtained from the adapted and validated Coach-Athlete Relationship Questionnaire (CART-Q) instrument. The scores of the closeness of female coaches to male athletes were higher than the scores of the closeness of female coaches to female athletes. The effect of closeness on achievement did not differ significantly between male and female athletes who were trained by female coaches. It is hoped that the results of this study could increase the trust in female coach in terms of their competencies, so that there will be more competent female coaches in Indonesia.

Keywords: closeness, female coach, personal identity, relationship quality, athlete achievements
An Analysis of Women's Appeals for Participating in the Olympic Games under the Background of "Her Time"

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Introduction: This article will study the appeal of female athletes to participate in the Olympic Games through the method of literature and in-depth interviews. The research found that whether it is the ancient or modern Olympic Games, women's participation in the Olympic Games has always existed. Women’s participation in the Olympics is expressed in the desire to achieve the peak of performance, to realize their self-worth, and to get the same respect as male athletes. The advent of "Her Time" fully reflects this demand. Methods: 1. Documentary data method, Learn from the predecessors in analyzing the research ideas and methods of female athletes and the Olympic Games, and lay a solid foundation for the research of this article. 2. In-depth interview method, Conduct in-depth interviews with female athletes who have participated in the Olympics to understand their true demands. Result: Through interviews, we found that female athletes want to achieve better results in the Olympics in order to realize their self-worth. Participating in the Olympics can bring great psychological satisfaction, including the desire to obtain the same status as male athletes. Conclusion: Through interviews with female athletes participating in the Olympics, it is found that the main demands of women participating in the Olympics are: demands for sports performance, demands for realization of self-worth, and demands for equality between men and women. In the Olympic arena under the background of "Her Time", the "deformed" concept caused women to ignore their true inner needs. Women's desire to participate in the Olympics only achieved the superficial "equality." If you want to truly achieve equality between men and women, you still need a longer process of struggle.

References
The effect of sport competitions on menstrual function in female athletes

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The positive effect of exercise or physical activity on the menstrual characteristics has been found in some previous studies (1). Exercise can be competitive and non-competitive and competitive sports/exercises can be accompanied by physical and psychological stress. However, the effect of athletic competitions which is combination of psychological and physical stress (2) on menstrual function is not clear yet. So the purpose of the present study was evaluating the effect of sport competition on menstrual functions including bleeding, physical and psychological status in female athletes. Methods: Participants of the study included 90 female (aged: 22.91±3.341 year, weight: 57.19±5.570 kg, height: 166.62±7.614 cm, history of athletic competitions: 8.04±3.926 year) who participated in collegiate Olympiads at 2017. They completed a questionnaire related to menstrual functions. Results: Findings of the study indicated that the exercise volume in competition season was higher than pre competition season (p= 0.001, t= 6.40), bleeding during competition season was lower than pre competition season (p= 0.004, t = -2.94). There was no significant difference in physical and psychological symptoms of menopause among competition and pre competition seasons (p > 0.005). Conclusion: Competition stress induce no adverse effect on psychological and physical symptoms of PMS and probably bleeding has been reduced because of compensation mechanisms.

References
Equality under Gender Differences: the Change of Women's Identity in the Process of Participating in the Olympic Games

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Throughout the history of the modern Olympic movement, women have always been the object of discussion. The change of their identity symbolizes female athletes' pursuit of their fair participation in the Olympic Games. Based on the research of women's participation in the modern Olympic Games, this paper discusses the changes of women's identity in the process of participating in the Olympic Games, and provides some reference for the follow-up research of women's sports. In this paper, methods of literature reviews, mathematical statistics and contrastive analysis for research. From the statistics of women's participation in the modern Olympic Games, the standard of "equality between men and women" has been basically realized. By the 2012 London Olympic Games, female athletes accounted for 44% of the total number of participants; In terms of the setting of events, the number of women's events increased to 132, with the large events accounting for 100% and the small events accounting for 44%. This shows that the number of "women entering the Olympic Games" has been basically equal to that of men. In addition, the proportion of women in the management of international sports organizations is also increasing. With the development of the modern Olympic Games, the status of women in the Olympic Games has changed from "spectator" to "participant" and then to "rule maker". However, the "subjectification" of women's participation in Olympic Games does not mean real gender equality, in many sports events still exists the problem of discrimination against women. Therefore, the future development of women's sports should pursue equality on the basis of recognizing gender differences, pay attention to the return of women's body, design projects, rules and standards for themselves, improve women's status in international sports organizations, and truly realize the transformation from quantitative equality to qualitative equality.

References
Inclusion for Girls in Sports across a Triad of Schools, Community Organizations and Local Government: A Social Network Approach

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Introduction: This research explores how stakeholder organizations (in this case a triad of schools, community/sports organizations, and a local Council) in a low socio economic area of Australia, network together to provide girls with opportunities to participate in organised sport. The development of social capital (Putnam 2000) involving social bonds, trust and reciprocity was foundational to the study. In particular the interrelationships or linking social capital (Szreter & Woolcock 2004) between people who were interacting across formal or institutionalized power gradients as these connections provided opportunities and resources for girls sports participation. Through hosting free sport/health events (with a ‘have a go philosophy’) during and after school, the “Women’s sport roadshow program” provided a safe, aspirational context for girls to try new sports and engage with positive female sporting role models. This goal was relevant to the targeted community which had low levels of physical activity particularly among adolescent girls. Method: Interviews were conducted with stakeholders/organisational employees operating at the meso level such as teachers from Roadshow Schools, Council employees and national, state, and local sport organizations. Results: The research showed how sport opportunities can be developed through social networks that bring organizations together through reciprocity and trust building between stakeholders to achieve a common goal of greater sports participation for girls. The results demonstrate how at the meso level the skills and knowledge fostered through sport can help girls to build resilience, overcome adversity and contribute to their empowerment both within and outside the sport context. Conclusion: As well as networks facilitating inclusion there was also a disturbing lack of physical activity and social connections within local environments for girls to try, learn and maintain their longer-term involvement in sport/physical activity. More development work is needed at the meso level to enable possibilities for this cohort of girls.

References
Inheritance of the Times, Scientific Inheritance and Value of the Spirit of Chinese Women's Volleyball Team under the Background of Integration of Sports and Education

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The integration of sports and education is an important driving force for the powerful country of sports and education, and it is also the focus of the work of the sports and education departments in the new era. It is rich in content and profound in connotation, and it is the guiding program document for the integrated development of education and sports. The spirit of women's volleyball team is the general summary of the tenacious fighting and brave fighting spirit of Chinese women's volleyball team. Taking history as the axis and the integration of sports and education as the background, this paper explores the accumulation of the spirit of women's volleyball team into the development of The Times, and injects new vitality into the integration of sports and education. Using historical research method, literature method and logical analysis method, this paper makes a historical analysis on the spiritual inheritance of women's volleyball team under the background of the integration of sports and education, in order to get more attention on women's sports. Through the collision between the spirit of women's volleyball team and the integration of sports and education, the theme of different times, the inheritance and development of culture, the spiritual wealth of national construction, the integration and promotion of the spirit of women's volleyball team in The Times, the transmission of the spirit of women's volleyball team through practical education, and the integration of sports and education to show the spirit of women's volleyball team. Under the background of integrating sports and education, the spirit of women's volleyball team is the sustentation of the national spirit of The Times, which promotes the coordinated development of youth cultural learning and physical exercise. The integration of sports and education coexist with the spirit of women's volleyball. The healthy development of teenagers needs the inheritance of the spirit of women's volleyball.

References

POSTERS
Differences in the distribution of foot plantar pressure during walking according to the type of arm swing in women

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Purpose The use of arms when walking is necessary for walking stability and dynamic balance. The purpose of this study is to investigate the difference in the distribution of foot pressure during walking according to the type of arm swing.

Method The subject is a female college student with normal feet (RCSP >+2). A foot pressure distribution analyzer (Novel, EMED-LE) was used. The feet were analyzed by masking into 12 (hindfoot, midfoot, metatarsal 1-5, toe 1-5). The arm swing was divided into two types: a bare hand swing and a water bottle swing filled with 200ml water in a 350ml water bottle. The walking speed was 100bit/min, and when walking the walking trail (8m), the pressure on the sole of the foot was measured three times each at the fifth step. The difference in pressure of each plantar area according to the arm swing type was analyzed by a non-parametric analysis (Wilcoxon Signed Rank Test).

Result Both right foot and left foot when using a water bottle with weight, 2nd metatarsal (R: Z-2.85, p<.00), (L: Z-2.97, p<.00) and 3rd metatarsal (R: Z-2.07, p<.04), (L: Z-2.32, p<.02), the maximum pressure decreased, but in 3rd toe, the maximum pressure was (R: Z-2.61, p<.01), (L: Z-2.18, p<.03) increased. The left foot also increased the maximum pressure in the hind foot (Z-2.16, p<.03).

Conclusion & Discussion The arm swing with added weight during walking uses the centrifugal force of the arm compared to the bare swing to reduce the braking force in the heel strike phase, and in the heel off phase, the metatarsal area is pressed less and more with the toes, increasing the propulsion using the toes. Therefore, the use of the arm plus weight while walking affects the plantar pressure, reducing the braking force and increasing the propulsion force.

References
Research on the Realization of Health through Sports Activities from the Perspective of Gender

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With the development of the times and the progress of society, people have more stringent requirements on their quality of life and physical health. So in order to improve the quality of life and health level of the public, it is particularly important for different genders to adopt different sports methods and exercise time to achieve their own health. Male is better than female in muscle strength, speed and endurance, so we should pay attention to individual differences in physical exercise. This paper uses the methods of literature review, comparative analysis and expert interview to collect data, and searches and selects "sports and health", "men's physical exercise" and "women's physical exercise" on CNKI and VIP. The results show that most of women's exercise time is less than men's exercise time, and women's exercise intensity is less than men's exercise intensity. Conclusion: different genders adopt different ways of physical activity to achieve good health.

Keywords: quality of life, health, gender

References
Association of Physical Activity, Static Activity and Equation-predicted Metabolic Levels in 12-15-year-old Secondary School Girls

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Objective To investigate the correlation between the predicted metabolic level and physical and static activities in secondary school girls' equations, and to provide a reference basis for reducing or avoiding metabolic problems. Methods Ninety female subjects were recruited in the first and second grades of a non-boarding middle school in Tianjin, and experimental data were obtained by means of a self-administered questionnaire and the ActiGraph GT3X+ seven-day test, and the Harris-Benedict equation was used to classify and predict the key variable (metabolic level) in this paper. The logistic stepwise regression method was applied to analyze and describe the test data of the subjects. Results The duration of high-intensity physical activity (MVPA) among the subjects was 45.46±11.61 min/d, with no significant difference between different age groups, among which only 16.7% of the total number of subjects met the physical activity criteria set by the World Health Organization (MVPA>60); while the duration of static activity and screen time reached 591.94±89.53 min/d, 165.47±56.79 min/d, which far exceeded the screen time standard set by the AAP; there was a significant difference between groups in subjects' metabolic levels, influenced by age (p<0.01). There was a highly significant negative correlation between subjects' metabolic levels and static behavior (p<0.01) and a significant negative correlation with screen time (p<0.05). After correction tests, the negative correlation remained significant, but no statistically significant correlation was found between time spent in daily physical activity and metabolic levels. Conclusion There is a significant negative correlation between metabolic level and static activity in secondary school girls, and static activity should be appropriately reduced to enhance physical activity measures, which in turn will improve health benefits and reduce the probability of metabolic diseases.

Keywords: Secondary school girls; physical activity; static activity; Harris-Benedict equation

References
The Characteristics of Parent-child Movement and Mental Health of Female Junior High School Students in Grade, Only Child, Parents' Education Level, Family Conditions and School Area

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Introduction: The mental health level of girls in the youth period is greatly affected by external factors. Family and school are the main living environment, under which the mental health of girls will vary in different degrees. As a kind of family entertainment, parent-child exercise plays an important role in promoting mental health. At present, the distribution differences of mental health and parent-child movement of junior high school girls in different grades, only children, parents' education level, family conditions and school areas are not clear. Therefore, this study aimed at this problem for a preliminary discussion. Methods: Data from the China Education Tracking Survey (CEPS) with a nationally representative and large sample size were used in this study. SPSS 23.0 statistical software was used to organize and analyze the data. Results and conclusions: (1) The level of parent-child exercise and mental health of the seventh grade females was higher than that of the ninth grade females (t=9.68, 10.09, P<0.01); The parent-child exercise level and mental health level of the only daughters were higher than those of the non-only daughters (t=18.73, 5.51, P<0.01). There were significant differences in parental education level, family condition and school district type (F=147.50, 156.46, 116.74, P<0.01), and increased with the increase of parents' educational level, family and school area economic conditions; There were significant differences in parents' educational level and family conditions in mental health (F=13.38, 40.90, P<0.01), and increased with the increase of parents' education level and family conditions. It can be seen that the distribution of parent-child sports and mental health of junior high school female in grade, only child, parents' education level, family conditions and school area has significant differences. Keywords: Parent-child movement; Mental health; CEPS survey
Research on Women's Sports Development from the Perspective of National Fitness - Taking Tianjin "38" Health Cups as an Example

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In 2014, China elevated national fitness as a national strategy, calling on people all over the country to actively carry out physical fitness. As an important part of national fitness, women’s fitness plays a vital role in promoting national fitness. This paper takes the Tianjin "38" Health Cup as an example, uses the methods of literature, historical research and interviews to sort out its development in the past 40 years, and explore its development value and influence. The study found that "38" Jiankangbei held since 1982 until now, has experienced formation and rapid development and encouraging the development of the continuous and stable development to the innovation and development situation, generally can be divided into three stages: initial stage, different stages reflect the different characteristics of the times and development characteristics. In the process of development, its mass base continuously to expand, the quality of the event is improved, the management mode is gradually becoming socialized, and the project setting is fully characteristic, striving to conform to women’s working characteristics, physiological characteristics and interests. Above all, tianjin "38" jiankangbei activities actively responded to an appeal by the state national fitness and in general women groups advocating healthy concept, advocating the spirit of sports, to improve the national quality, promote the sports fitness and the depth fusion plays an important role in daily life, its development experience for women in other parts of the national fitness activities provided the precious experience, To contribute to the realization of a healthy China.

References
Analysis on the Differences of College Students' Health Promoting Lifestyle, Social Support and Exercise from the Perspective of Gender

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In recent years, the physical health problems of college students are increasingly prominent, the obesity and overweight rate is rising obviously, and sudden death occurs frequently. The physical health of children and adolescents has attracted widespread attention from all walks of life. Sports and as a green economic intervention method are widely used in the field of health promotion and have been effective. Therefore, it is very important to explore the differences of students' health promotion lifestyle, social support and exercise from the perspective of gender, which is particularly important for promoting college students to participate in physical exercises and improving the physical health of college students. Methods: This paper mainly investigated 741 college students (347 boys and 394 girls) by questionnaire, mathematical statistics and logical analysis, using revised health promotion lifestyle scale, social support scale and physical activity rating scale. Results: the results showed that there were significant differences in gender in the dimensions of stress management, health responsibility, nutrition and sports in health promotion lifestyle (P < 0.05), and gender was significantly negatively correlated with health responsibility, physical education and nutrition (P < 0.05). That is, female students were more deviant in health responsibility, physical education and nutrition dimensions than boys, interpersonal relationship and spiritual development There was no significant gender difference in the long dimension; in the social support dimensions, the difference of gender was significant (P < 0.05), and the gender was negatively correlated with other support (P < 0.01), that is, the other social support that girls felt was weaker than that of boys; the gender difference in low physical activity level, medium exercise and high level of exercise was lower than that of boys; the gender difference in low physical activity level, medium exercise and high level of exercise was significant (P < 0.05) The results showed that the level of physical activity was lower in girls than in boys.

References
Experimental Study on the Effect of Square Dancing on Sleep Quality of Menopausal Women

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**Introduction:** Menopause is a transformation period of female physiological function from maturity to senility, and it is a physiological process that every woman will experience. During this period, sharp changes in female physiological indicators will seriously affect sleep. With the theme of improving the sleep quality of menopausal women, this study selected 100 menopausal women aged 45-55 in Tianjin as the research objects, and randomly divided them into square dancing group (45 persons) and non-square dancing group (55 persons). The square dancing group was given 20 weeks of intervention, with the activity frequency at least 4 times a week and 60 minutes for each activity. The non-square dancing group did not participate in any form of physical exercise. To explore the positive influence of square dancing on menopausal women's sleep quality, effectively improve sleep, and then improve the level of physical and mental health. **Research methods:** literature method, investigation method, mathematical statistics method. **Results:** Using the Pittsburgh Sleep Quality Index (PSQI) as the norm, there was no significant difference in the total PSQI scores between the two groups before the intervention (P >0.05), and there was still no significant difference in the total PSQI scores between the two groups after 4 weeks of intervention (P >0.05). After 8 weeks of intervention, there were significant differences in the total PSQI scores between the two groups (P<0.05), and there were significant differences in the total PSQI scores between the two groups after 12 weeks, 16 weeks and 20 weeks of intervention (P< 0.01). The sleep of the square dance group was significantly better than that of the non-square dance group. **Research conclusion:** Square dance exercise can effectively improve the sleep quality of menopausal women, and then improve the symptoms of menopausal women, help women through this special period smoothly.

**References**


Reliability of the plantar pressure according to the foot type when walking using a smart insole in female student

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Introduction: With the recent development of smart devices, wearable devices are widely used in everyday life. Among them, Salted's Smart Insole, developed in Korea, is a wearable device that measures foot pressure while walking. It is also useful for predicting and diagnosing diseases and foot deformity by distinguishing abnormal gait. The purpose of this study is to test the reliability of the intra-subject/inter-subject plantar pressure according to the foot type during walking using a smart insole.

Method: Subjects are 36 female college students (Height=163.39cm, Weight=57.17kg, foot size=240.97cm). Smart Insole has 4 thin piezoresistive pressure sensors (1st metatarsal, 5th metatarsal, between 2nd toe, calcaneal) inside. When the smart insole was attached to the sole of the foot and the walking track (8m) was walking at a speed of 100 bpm, the pressure on the sole of the foot was measured at the fifth step. The foot type was subdivided into 3 of pes rectus, pes planus, and pes cavus. Nonparametric analysis (Friedman, kruskal wallis test) was performed to verify the reliability of each foot type within and between subjects.

Result: There was no significant difference in the remeasurement pressure in all 4 parts of the foot-by-foot type in the subject. There was a significant difference in the total pressure of the foot according to the type of foot(p<.05).

Conclusion: There was no significant difference in the pressure of the remeasurement of the four parts of the foot for each foot type in the subject of the smart insole, so the intra-subject measurement was reliable. The total pressure of each foot type was significantly different between pes rectus and pes planus, pes rectus and pes cavus and was partially reliable in distinguishing foot type.

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References
The Historical Significance and Time Value of Chinese Women's Foot Impact on Olympic Games under the Background of Building a Sports Power in the New Era

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Introduction Sports power is the necessary condition to realize the great rejuvenation of the Chinese nation and build a socialist modern power with Chinese characteristics. The return of women's football to the Olympic Games after eight years is a great promotion for the whole Chinese football. This paper makes a detailed study on the historical significance and time value of Chinese women's football impact Olympic Games by means of literature, interview and mathematical statistics. With the promotion of football reform, the number of Chinese women's football youth training centers and the number of trainees have increased rapidly. But such numbers are far from enough for the women's soccer team, which wants to revive its glory. Only by letting more girls fall in love with football, laying the foundation of women's football talents, making more high-level international football go overseas, and having more opportunities to compete with the world's first-class level, can Chinese women's football better hone its growth.

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A Survey on Achievement Motivation and Life Satisfaction of Chinese Female Retired Athletes

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Introduction: The main purpose of this study is to understand the level of achievement motivation and life satisfaction of female retired athletes, and explore whether there is a correlation between them, so as to provide feasible suggestions for the improvement of them. Methods: In this study, 106 female retired athletes from Tianjin were randomly selected. The age range ranges from 20 to 40. The Achievement Motivation Scale and Life Satisfaction Scale were used to measure the subjects, and the obtained data were analyzed by SPSS24.0 statistical software. Results and Conclusion: (1) Among the 106 female retired athletes in Tianjin, the average score of the dimension of pursuit of success was 38.42, and the standard deviation was 4.54; The failure avoidance dimension had a score of 27.25 and a standard deviation of 6.99. The overall score of achievement motivation was 11.18 and the standard deviation was 9.99.(2) The average score of life satisfaction scale is 19.75. Compared with other age groups, the life satisfaction of retired athletes aged 36-40 is lower. The author thinks that at this time, like other ordinary people, they are in the middle-aged crisis stage, their children need to invest energy and money to cultivate, and their elderly parents need to support, so the social pressure is greater.(3) Achievement motivation was positively correlated with life satisfaction (r=0.016, p < 0.05). The author believes that this relationship may be caused by the fact that athletes with higher achievement motivation have higher achievements in service, which will lead to a higher social status when they retire, a better entry into the society and a smoother transition. On the other hand, with high achievement motivation, they will struggle more in life and work harder after transformation, which will also bring self-fulfilling satisfaction or higher income, which will also lead to higher life satisfaction. References

Gender Neutral Sports and Games: The Value and Function of Sports Video Games from the Perspective of Sports Diversity

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To define the scope of Sports Electronic Games, and explore its applications in sports field and its development tendency, in this paper, by using Literature Review Method, Logical Analysis Method, Interviewing Method to research and analysis the value and the function of Sports Electronic Games. Researches show that the development value of Sports Electronic Games mainly reflects in three aspects, enriching the connotation of sports culture, expanding sports media and Supplementing physical education channels. And its function mainly embodies in these three aspects; first is to promote the development and reform of traditional physical education teaching mode, second is to further promote the public to re-understand the sports electronic games and its derivative industry and third is to provide a feasible path for the diversified development of modern sports are the hand slaps of sports diversification, and focus on developing its value and function. It can provide new ideas for innovating physical education teaching mode and expanding sports training approaches.

Keywords: sports diversification; sports electronic games; value; function

References
Strategic Research on the Development of Chinese Wushu from the Perspective of "Synergy Theory"

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Introduction: The purpose of this paper is to mobilize the fundamental utility of traditional Wushu and the leading role of competitive Wushu, and to push the development of Chinese Wushu to a higher and healthier level with the development direction of competitive Wushu as the leading factor and the participation of folk Wushu as the auxiliary factor. 2. Research methods: In this paper, the literature and logical analysis methods are used to study the development of Chinese Wushu in the perspective of synergy theory. 3. Research results: (1) Significance. The synergetic development of traditional Wushu and competitive Wushu is conducive to consolidating the efficient development of the latter and promote the cultural inheritance of the former. But it is worth noting that the richness of the latter's cultural content depends on drawing nourishment from the former. (2) Logic. What traditional martial arts and competitive martial arts have in common lies in the internal requirements of the coordinated development of the two, including technical element level, cultural level, and artistic level. The ultimate goal shared by the two is the objective prerequisite for coordinated development, and the former provides a strong backing for the latter, and the latter collides and communicates in the world of sports. (3) Strategy. In terms of driving synergy, a martial arts cultural dissemination mechanism should be established; in terms of resource synergy, a resource sharing platform between the two should be built; in terms of governance coordination, the modernization of the governance system should be promoted; and in terms of strategic coordination, the scientific nature of development strategies should be strengthened. 4. Research conclusions: The cooperative development of traditional Wushu and competitive Wushu points out the direction of scientific development, the former conveys energy for the latter to consolidate its foundation, while the latter opens up territory for the former. The common cultural dissemination mechanism is decided by the intrinsic request; the resources sharing platform contributes the resultant force; the scientific operation of cultural industry represents the inevitable request of the New Era; and the strengthening of the coordinated development is the inevitable trend of advancing the modernization of the martial arts governance system.

References
Intervention Strategies of School Sports for "Feminization of Male Youth"

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Introduction: In January 2021, the "Proposal on Preventing the Feminization of Male Youth" drew widespread attention from all walks of life, and the Ministry of Education wrote back that it intended to start by strengthening the top-level design of the school sports system and the provision of physical education teachers to cultivate the "masculinity" of male youth. It is true that "masculinity" does not distinguish between men or women, and the lack of "masculinity" should not be described as feminine. After all, the lack of "masculinity" among male adolescents is a comprehensive problem, the causes of which include value orientation, cultural pluralism, aesthetic alienation, and lack of sports. Therefore, the solution to this problem should focus on the "systemic cure" and a "combination punch" to strengthen "masculinity", of which sports is the entry point to cultivate "masculinity" in male youth. Among them, sport is an entry way to cultivate the "masculinity" of male youth.

Methods: This paper collects information about "male feminization" through academic websites such as CNKI and Web of Science, and uses literature, comparative analysis and rational induction to sort out various manifestations of male adolescent feminization, exploring its causes, and strategies for its eradication.

Results: The lack of masculinity in male adolescents is mainly manifested in the following forms: fearful, timid, lack of strength and determination; psychological vulnerability, poor stress tolerance; slender, thin body, lack of strength, introverted, slow move and behaviors, and "neutral" demeanor. Conclusions: 1) Increasing the proportion of male physical education teachers in early childhood schools. Improving the system to strengthen the provision of male physical education teachers in early childhood schools. Increasing the number of male physical education teachers. 2) Changing the philosophy of physical education in schools. To strengthen the strategic position of school sports, increase the intensity of sports and exercise, improving the amount of exercise and load intensity, "savage" physical fitness, and cultivate a sense of competition. 3) Improving the school education guidance mechanism. Establishing a school sports mental health curriculum to improve students' psychological tolerance and ability to resist stress and carry frustration. 4) Improving the school education guidance mechanism. Attending to the gender differences of students and establishing a system of separate classes, teaching and testing for boys and girls throughout the school year. 5) Perfecting the examination items for boys and girls in the sports examination. Upgrading the scoring standards of physical education midterm programs based on gender differences.
Investigation and Analysis of the Participation of Girls Aged 3-6 years in Tianjin-Based on the Survey Results of the Tianjin Area based on the State of National Fitness Activities

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This paper analyzes the participation of girls aged 3-6 years and various influencing factors in Tianjin, and puts forward some suggestions that can improve and improve the status quo of girls' sports participation and the problems, and provide theoretical basis for developing correct sports participation attitude and good development of sports ability level in early childhood. Methods: Using literature and mathematical statistics, the data on the participation of girls aged 3-6 years in Tianjin were analyzed statistically. A stratified sample was used to sample 177 girls aged 3-6 years, 146 girls aged 3-6 years in urban areas and 31 girls in rural areas, for a total of 177 people, and statistical analysis, non-parametric testing and analysis of girls' sports participation and influencing factors were carried out using Excel and SPSS.26 statistical software. Results and Conclusions: Girls aged 1.3-6 years had the highest duration of participation in school day sports in the morning at 31-60 minutes, accounting for 33.6%. Noon and evening were the highest in 16-30 minutes, accounting for 30.5 per cent and 32.8 per cent respectively. On the morning of the rest day, the duration of exercise participation exceeded 60 minutes, accounting for 33.9% and 32.8%, respectively. Data show that the duration of 3 to 6 girls on rest days out of exercise increased significantly. There are significant differences between urban and rural areas. 2. 3-6 years old girls overall sports ability level, master new movements, new skill level and physical fitness are mostly in the upper middle level, and there are differences between urban and rural areas, rural girls better than urban girls.3. Girls' participation in sports is closely related to their parents' attitude towards sports, as well as their family income and sports consumption. Although most parents recognize the importance of early childhood sports and are actively providing conditions and time for their children, the practical effect is far from enough.

References
Fitness Practice from the Perspective of Body and Social Theory

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Relying on the birth of a consumer society and the increasing in leisure time, fitness activities are gradually rising and increasing, as the influence and assistance of mass media and the guidance and support by the National Fitness and Healthy China Strategy. The research mainly used the interview method in qualitative research, based on the theory of body society, to conduct research on fitness activities. The research results is that: shaping the biological body for fitness activities become a method for people to manage their body; practicing the body of consumption, fitness has become a way of human life and consumption activities, and the body has become not only the subject of consumption but also the object and consumer goods of consumption; constructing self-identity, human body consciousness awakes, the ideal body image makes a great influence on their self-identity and self-management. Self-identification motivates people to be self-discipline. Fitness, which allows people to shape their bodies and maintain fitness while dispelling their worries and stress and maintaining self-pleasure, acts on people positively through internal and external disciplines.

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Discussion on Respect for Female Sports in Our Country's Competitive Sports

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Introduction  Sport has traditionally been a male domain whose purpose is to ensure that patriarchy plays its part. Therefore, sport plays an important role in the issue of gender equality. Under the protection of China's basic national policy of "equality between men and women", women have entered the competition stage and obtained the equal right to participate in the competition with men. They not only participate in the time ahead of women in other countries in the world, but also take part in the world competitions in a proportion far higher than the average level of all countries in the world. Through the study of competitive women in China's competitive sports, we can understand the situation of respect for female sports in China's competitive sports, find out the problems of respect for female sports in China's competitive sports, and strive to improve and further improve the respect for female sports through discussion.

Research methods:  literature method, questionnaire method, interview method.

Research results and conclusions: 1. Under the protection of China's basic national policy of "gender equality", the respect level of female sports in competitive sports is far higher than the average level of other countries; 2. The "gender theory" still exists in some competitive sports events, such as weightlifting, judo, boxing and so on, which seriously violates the sports respect for female athletes; 3. Through the establishment of competitive female self dominant position, giving women the right to political discourse, respecting gender differences and female choices, and giving full play to female gender advantages, the sports respect for women can be further improved.

References
Study on the Influence of the Spirit of Women's Volleyball Team on Girls' Sports Consciousness and Behavior under the Background of National Fitness

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In 2014, China promoted universal health as a national strategy. At the National Conference on Health and Health, General Secretary Xi stressed "expanding the coverage of universal health campaign, promoting key groups to carry out sports, and realizing the deep integration of universal health and universal health". In "Healthy China 2030 Planning Essential Points", it refers to letting the whole people participate in fitness exercise, so that the people can improve their exercise level in the scientific fitness exercise. Based on the national strategy of "Healthy China" and "National Fitness", along with the accelerating trend of population aging, the Fourteenth Five-Year Plan and the Outline of the Vision Goals for 2035 in 2020 put forward "implementing the national strategy of actively responding to the aging of the population" and "promoting the long-term balanced development of the population". Not long ago, China's national women's volleyball team won ten consecutive championships on the eve of National Day, which stimulated the national morale and set a strong example for the development of competitive sports and the national strategy of national fitness. As female athletes, it also encouraged Chinese women to participate in sports. In this paper, the literature method and content analysis method are used to analyze the relevant literature, and the research points out that: 1. The spirit of women's volleyball team promotes the change of the public's view of traditional girls' sports. 2. The spirit of the women's volleyball team promotes the importance of the national policy on girls' sports. 3. The spirit of women's volleyball team promotes the cultivation of girls' awareness of unity, cooperation and common progress. 4. The spirit of women's volleyball team promotes the cultivation of girls' awareness of patriotism and selfless dedication.

References
Gender Differences in Equestrian Sports

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Gender segregation is the core organizational principle of most modern sports, and is a key element in the marginalization and subordination of girls and women in sports and other fields. Equestrian sport is the only Olympic level sport not organized around gender segregation. It is particularly important to explore the influence of gender integration on female participants. Although gender integration does not exclude female participants from high-level competitions in equestrian sports, men and women can compete at all levels, but men often perform better in the competition. This shows that there may be a subtle discrimination and hidden obstacle to women in many aspects, which makes female athletes in the equestrian athletes in a disadvantage due to gender inequality. This paper analyzes the participation rate of female riders in high-level events through literature, and studies the disadvantageous position of women in equestrian sports. The results show that as time goes on, the number of female riders is increasing. Despite the practice of gender integration, there are still a series of subtle obstacles that hinder women from achieving and participating in high-level equestrian sports. These include: lack of participatory equality, differences in masculinity and femininity, women's self-confidence and self-promotion, and challenges related to balancing sports and family.

References
Investigation and Research on Equestrian Participation from the Perspective of Women in China

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Modern equestrian sports, which was included in the official Olympic Games in 1900, originated in the United Kingdom. Equestrianism is the only sport in the Olympic Games where men and women compete in the same field regardless of gender and age. With the development of our country's economy and social progress, an increasing number of people are participating in equestrian sports. Equestrian sports has become a popular leisure sport. This article takes the gender of the participants in our country's equestrian sports as the research object, using literature, logical analysis and other methods. Analyzing the gender ratio of the people participating in equestrian sports in our country and the characteristics of participating events can provide a theoretical basis for the optimized development of equestrian sports in our country. The research results show that: 1. Women have become the main group of equestrian sport, accounting for more than 60% among the participants of equestrian sports in our country. 2. The competitive performance of female riders has steadily improved. 3. Women's significance in equestrian sports is gradually increasing, and men and women competing in the same field is the biggest difference between equestrian sports and other sports. With the improvement of women’s social status and increase of sports consumption demand, female group has become the significant part of equestrian sports in China.

References
The Concept and Influence of Women in Indian Classical Dance

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Introduction: India, as a country with a strict caste system, it is influenced by traditional ideas and women there are still in a subsidiary position. Classical dance is one of the most characteristic artistic expressions of Indian religious culture. It expresses thoughts and feelings such as respecting God, respecting land, and respecting mentors by comprehensively using the spirit. And it also conveys its unique temperament through charming and elegant body movements and gestures. The frequent participation of women in dances effectively promotes women from marginal people to subjects with independent personality and self-awareness. Women's participation in dance can promote the display of feminine beauty, increase women's social participation, and thus improve social progress. Research methods: literature review method, field survey method, logical analysis method, questionnaire survey method, etc. Research results: In Indian classical dance, no matter it is the origin or inheritance, or the current development, there always exists the image of women. In different historical periods, changes in social gender concepts have led to dynamic development of women's status in classical dance. Research conclusion: Due to the influence of traditional ideas and myths, women were in a subordinate position in early Indian dances. The traditional patriarchy of Brahmanism is fully demonstrated in Indian dances. Leading choreographer in contemporary Indian dance Chaki-Sircar wrote: “The history of dance in India is the continuous exploitation of young women and a public entertainment specifically aimed at male audiences.” Enlightened by Indian social reforms and traditional feminist ideas in the 19th century, Indian women stood up to resist their oppression. Dance, as a silent socialized media, has either slight or fundamental changes in its movements, costumes, setting, and lighting compared to the previous ones. These changes convey meaningful messages. The image and status of Indian women are retold through dancing.

References
Impact of Dance sport on Social Skills of Female Adolescents

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Sport is a field of study that influences the formation of the worldview of children, adolescents, develops a conscious and creative personality that can successfully integrate into the modern society. Sport has been found to help increase self-esteem and self-confidence in children. Dance sport, as a new type of sports, has great role during the process. The impact of dance sport on the self-esteem and communication among female adolescents and study of communication and self-esteem peculiarities is a relevant issue that should be researched as the number of studies on this topic is not sufficient. Objective of the present study was to determine the impact of dance sport on the communication abilities self of 13-19-years-old adolescents. The methods we used in this research are qualitative methods, we use interview and research of oral history method to interview 20subjets and do a relevant content analysis. The results show that female adolescents, who attend dance sport, have better communication and organizational abilities, also with better Social Skills. Social skills that are learned or enhanced through sport while assisting subjects in growing into successful adults include but not limited to following tracts: Teamwork, Fair play, Communication, Respect for others, Ability to follow rules, Independence, Leadership. Sport can not only help encourage subjects to be more physically active but also helps teach them valuable skills and life lessons that they can carry with them through to adulthood. Most dancers have an above average and high level of these abilities. To sum it up, we can state that dance sport has an undoubted impact on the social skills of 13-19-years-old adolescents.

References
Study on the Influence of Square Dance on the Healthy Life of Rural Women in Zhumadian City

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With the continuous improvement of the quality of life, people also have a deeper understanding of health, to exercise the body, happy mood for the purpose of the rapid rise of mass sports. As a new sport for the masses, the research on square dancing is still in its infancy. Research shows that square dancing has a positive impact on rural women's fitness, mental fitness and social adaptability. In recent years, square dancing has become popular among rural women with its special way of exercise and its passionate and cheerful content. Based on this, the research USES the literature material law, questionnaire survey method, mathematical statistics and logic analysis and other research methods, for rural women of Zhumadian of Henan province, Zhumadian of Henan province of rural women in the investigation and analysis, explore the square dance activities of the rural women of Zhumadian of Henan province, and analysis of problems existing in rural women of Zhumadian, and put forward the corresponding suggestions. The research conclusions are as follows: (1) After rural women in Zhumadian participate in square dancing activities, their mental health, social adaptability and life attitude have been improved, which has a good role in promoting the overall development of rural women's body and mind. (2) They have high evaluation and strong willingness in national identity and prosocial behavior; it has a high happiness index in the aspect of happiness; In terms of fairness, the overall sense of fairness was higher. (3) Rural women in Zhumadian City take physical fitness, disease prevention and treatment as the main purpose; Most of the participants were middle-aged women, but their age was relatively single. (4) There is no exclusive site, which is mainly in parks, squares and residential spaces, without a fixed place.

References
Based on the Plight and Path of the Popularization of National Dance from the Perspective of Women

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Introduction: Under the background of the rise of national fitness as a national strategic opportunity, the value of national dance is examined. National health is an important sign of the country's comprehensive strength, national fitness is an important way to achieve national health, and national dance is an important part of promoting the smooth development of national fitness. The national dance is an important channel to reflect the cultural and artistic atmosphere, an important carrier to enhance the awareness of mass movement, and an important medium to accelerate the construction of national fitness civilization. The national female dance participation rate has made a breakthrough, which is of great significance to the development of national fitness.

Methods: Literature and expert interview.

Results: The practical dilemma of the popularization of national dance: 1) Have not developed lifelong sports habit, know affection line is difficult to unify; 2) Imbalanced regional development and slow pace of development; 3) The formation of institutional barriers and the serious shortage of talents; 4) Lack of attention and interest in participation; 5) Lack of female sports policies and the influence of participation barriers.

Conclusion: In order to broaden the popularization channels of national dance, promote the rapid development of national fitness and realize the beautiful vision of national health, the following implementation approaches are proposed: 1) Establish the concept of "sports people" and deepen the integration of sports and education; 2) Innovate the "Internet +" mode and realize the sharing of dance among all the people; 3) Break the shackles of swaddling clothes and smooth the training channels; 4) Widely popularize in the community and intensify publicity; 5) Strengthen top-level design and make targeted plans.

Keywords: Female; National fitness; National dance; Universal

References
Opportunities for women and girls in sports can be achieved with conscious and planned measures

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The door to sports has not always been open to girls and women. Competitive sports were mainly aimed at and formed by men, women were not included as not seen fit for such activities. Despite several attempts to address the issue of gender equality in sport, with laws and regulations, women are still in an unequal position. The method and data collection was realized as an action research; first interviews with professionals and the outcomes were used in focus groups. The goal was to:: (1) Collect perceived challenges and obstacles hindering the successful development of girls and women's sports. (2) Develop good practices to improve the conditions of girls and women in sports. The results showed that factors such as being perceived as a burden, unequal conditions and lack of awareness of norms constituted challenges for girls 'and women's sports. These challenges led to girls being physically less active, a lack of female role models, harassment in the sport culture and unequal power on a structural level. However, based on the results, conscious and planned measures are a way to tackle several of these challenges. The combination of actors and levels acting in synergies were able to achieve greater and more sustainable results. Based on this research, a guide including suggestions of initiatives addressed to sports community actors was proposed in order to improve the conditions of girls' and women's sports. From a future perspective, to better promote opportunities in girls' and women's sports, an increase in the topic’s education and awareness, and more research around the positive initiatives and existing challenges are needed.
Innovative Technology and Sports: Research on Innovative Application of Sports Training based on "5G+VR"

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With the arrival of the era of "5G commercial", the application range of VR technology is more extensive, and the combination of 5G network and VR technology brings innovative application space in sports training. The research takes the application of "5G+VR" technology in sports training as the research object, and explores its application and future development trend in the field of sports training. This study adopts the methods of literature, interview and logical analysis. Research results: 1) 5G commercially breaks through the bottleneck restricting the application of ultra-high-definition VR technology in mobile scene, and provides a technical foundation for VR technology application scene requiring no delay response, which can realize the construction of different simulation training environments for athletes; 2) VR technology builds a surreal virtual environment for skill training, breaking through the limitations of traditional sports training in safety, equipment, time and space, etc.; 3) "5G+VR" technology can effectively capture the movement track of athletes, establish a digital training management system, all-round and whole-process monitoring of athletes' training status, and ensure the scientific and targeted training process. Conclusion: The value and advantages of "5G+VR" technology determine the important position in sports training, and the promotion of "5G+VR" technology is of great significance to the training of excellent athletes.

Keywords: 5G network; VR technology; Sports training

References
Analysis on the influencing factors of female college students participating in taekwondo

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Introduction: Taekwondo originated in Korea. In recent years, because of its the characteristics of simple and practical movements, pay attention to manners and the hands and feet by the general public. At present, many colleges and universities in China have set up elective courses and clubs in taekwondo in order to enrich the content of physical education courses and students' after-school life, but there is a serious imbalance between male and female ratio, which affects the development of the taekwondo project in these schools to a certain extent. Research methods: By literature data method, interview method, questionnaire survey and mathematical statistics, a random sample of Tianjin polytechnic university level 18, 19 and 20 of female college students, the questionnaire survey and interview, head of the teachers and the community the school taekwondo course, aims to explore main factors influencing the female college students in colleges and universities participate in taekwondo, and then put forward the optimization strategy. Research results: The influencing factors of female college students participating in taekwondo are as follows: 1. School facilities are not comprehensive construction, lack of Taekwondo special site; 2. Lack of understanding of Taekwondo project, many thinks girls are not suitable to practice this project. Research conclusion: 1. The school should strengthen the construction of taekwondo site facilities and the guarantee of equipment and other hardware, to meet the needs of students, so that the existing site and equipment and facilities can be fully used in taekwondo courses, clubs and other extracurricular activities; 2. To strengthen the publicity of taekwondo project and expand the influence of this project in the school, so as to improve the enthusiasm of female college students and their interest in participating in this project.

References
Comparative Analysis of Winning Points in Chinese and Foreign Women's Volleyball Matches

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Introduction: To understand and analyze the similarities and differences between Chinese and foreign women's volleyball teams in winning points, so as to contribute to the further development of China's volleyball cause. Methods: The videos of the quarter-final, semi-final and final of women's volleyball in Rio Olympic Games were repeatedly replayed, slowed down and paused to obtain the relevant data of winning points, and the obtained data were analyzed and discussed by comparative analysis and logical analysis. Results: (1) The total score and winning points of Chinese women's volleyball team were slightly less than that of Brazil team, and better than that of Netherlands team and Serbia team. (2) Before winning the winning point, the four teams mainly hit the ball, drop the ball, serve and smash the ball most. (3) All the four teams scored the most winning points in the second round. (4) All the four teams scored the most winning points when attacking at position 4, followed by position 2 and position 3. Except for position 4, China scored more winning points when attacking at position 2, while Brazil scored at position 3. (5) The four teams scored the most winning points after attacking, among which China scored the most winning points when attacking No.5 position and Brazil scored the most winning points when attacking No.6 position. There was no significant difference between the other two teams. Conclusion: The Chinese team can improve the diversification of attacking points; Analyze the characteristics of opponent's attack and take targeted measures in blocking. Increase the drop rate; Improve your serve.

References
An Experimental Study on the Influence of "7 / 3 Repeat Machine" Training Method on the Gender Difference of the Strength and Endurance Level of the Forearm of Rock Climbers——Take the Athletes of Tianjin Rock Climbing Team as an Example

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Combined with the characteristics of rock climbing, this paper innovates a set of "7 / 3 repeat machine" training method for rock climbers. It is a method to simulate the sequence and time of grasping and relaxing alternately during climbing, and continuously climb several difficulties slightly lower than the limit ability. The training method is design for the strength endurance of lead climbing, it can promote the performance of lead climbing, and find the gender difference of strength endurance. Methods: In this paper, 16 athletes were divided into experimental group (8 females) and control group (8 males). By BTE Primus RS simulation function test evaluation training system, the subjects were tested before the experiment. After 12 weeks of "7 / 3 repeat machine" training method, test after the experiment. The experimental data were collected and analyzed by SPSS20.0 statistical software and EXCEL. The data before and after the experiment were compared by independent sample t-test.

Results and conclusion: 1. Compare the experimental date, the P values of four indicators in the experimental group were less than 0.05, namely, and wrist flexion extension (P = 0.001 < 0.05), wrist internal rotation and external rotation (P = 0.047 < 0.05), grip force (P = 0.000 < 0.05) and pinch force (P = 0.000 < 0.05). Therefore, female athletes after "7 / 3 repeat machine" training method intervention, forearm strength endurance has been significantly improved.2. After the experiment, the P values of wrist flexion and extension (P < 0.05), grip strength (P < 0.05) and pinch strength (P < 0.05) in the experimental group and the control group were less than 0.05. The experimental group was better than the control group. Therefore, after the intervention of "7 / 3 repeat machine" training method, the forearm strength endurance of female climbers is significantly higher than that of male climbers.

References
A Study on the Match Pattern of International Outstanding Women Singles Badminton Players

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Introduction: Nozomi Okuhara has recently been in great form, winning tournament titles one after another. Purpose: To construct the Nozomi Okuhara match model, decipher the winning code of Nozomi Okuhara, quantify the match rhythm, and provide a quantitative method for the study of match rhythm of inter-net confrontation events. Research method: From the perspective of the game rhythm of Nozomi Okuhara 2020-2021 conducted in YONEX All England Open 2020 Quarter Finals, DANISA Denmark Open I 2020 Finals, YONEX All England Open Badminton Championships 2021 three sets of important finals after video analysis of data statistics and analysis and discussion using cluster analysis method, discriminant analysis method, regression analysis method, logical analysis method. Research Findings: (1) After clustering analysis of the amount of techniques used between rounds (11 badminton techniques), it was found that: the commonly used techniques were pick, high ball, hanging ball, kill ball, defense, pumping ball, fluttering ball, rubbing and releasing ball, and the above techniques could have a significant impact on the game against the game (p<0.01). (2) After further determination analysis of the above techniques, it was found that the results of having an impact on match rhythm were consistent with the results of cluster analysis (P<0.01). This laterally reflects that during the match, Nozomi Okuhara wanted to intentionally adopt different rhythmic variations of the techniques to obtain favorable situations. (3) Among the above seven techniques, the results of the pumping technique were not significant (P>0.05), so the pumping technique was excluded from the final model results. After making corrections for the influencing factors, the valid model was constructed and the resulting regression equation model was: Y=2.859-0.35x1+0.315x2-0.242x3-0.282x4-0.193x5-1.92x6 (P<0.01).

References
**Effects of Different Strengths of Exercise Participation on College Students' Subjective Well-being**

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Subjective well-being is an important index to judge the quality of personal life[1]. It has always been a hot topic in academic circles, but less attention has been paid to different sports participation and different intensity. By using the general happiness scale and the physical activity scale-3, PAR-3, randomly selected 224 students of Tianjin Institute of physical Education before and after different intensity of exercise, and summed up the characteristics of different intensity of exercise on the well-being of college students. Conclusion: there are significant differences in the influence of different sports participation intensity on college students' subjective well-being (P<0.05). The influence of high intensity sports participation on male college students' subjective well-being is the most significant, and that of female college students is the most significant. Results: High-intensity exercise participation can significantly improve the subjective well-being of college students.

**References**
Research on the Application of VAR in Football Match

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Introduction: In March 2018, FIFA announced the official debut of VAR (Video Assistant Referee) technology in the World Cup in Russia, which attracted wide attention from people. Through analyzing the problems in the application of VAR, the advantages and disadvantages of VAR technology were found to promote the maturity of the technology\(^1\). Research methods: literature analysis, video analysis, logic analysis. Research results: The positive influence of VAR technology application: 1. Guarantee the fairness and justice of the competition\(^2\); 2. Standardize the sportsmanship of players; 3. Supervise the discretion of referees; 4. Improve the visual experience of football matches. Negative effects: 1. Reduce the flow and enjoyment of the game; 2. Weakening the authority of the chief referee; 3. The punishment is delayed; 4. The technology is complex and the cost is high. Conclusion: The application of VAR is destined to become one of the most important reforms in the history of football. VAR has brought a lot of help to referees in the application, but it has also generated many contradictions. In general, VAR has more advantages than disadvantages in application and has a bright future. Suggestions: 1. Control the time when VAR intervenes the competition; 2. Reduce extreme penalties; 3. Reduce intermediate links and improve law enforcement efficiency.

References

Women United – Immigration and Integration through Sports

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One of the most significant building blocks for successful immigration is successful integration. The purpose of this paper is to offer the stories of three women/ former athletes who immigrated to USA and also successfully integrated into its host culture. The presentation will first offer a background and in-depth analysis of the athletic identities of these women. Next, specific sport activities they pursued within their host culture will be explored. Special emphasis will be placed upon the activities pursued with other women natives of the US culture and the role of these for facilitating comfort within the culture. Importantly, topics such as governance and leadership within sport settings, structures of sports programs and organizations as mechanisms for surviving and thriving in face of obstacles during the immigration and integration process will be discussed. Finally, recommendations for smart use of sports and exercise for successful integration to host cultures will be outlined.
ALIISA – All in – International Inclusive Society in Arts Continuing inclusive art education in dance/music/art pedagogy for general education

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Introduction
ALIISA – an Erasmus+ funded project (Sept 2020 – August 2023) is an innovative and developmental project for inclusive art pedagogy. The project is coordinated by Savonia University of Applied Sciences, Finland, in partnership with universities from Lithuania (Vilnius University Šiauliai Academy) and Austria (Universität für Musik und darstellende Kunst Wien), as well as the Austrian cultural association ”Ich bin OK Kultur” and the Finnish music and dance school (Kuopio Conservatory). During the project, training and research in inclusive art pedagogy will be carried out in international cooperation as well as nationally in cooperation with working life partners. The trainings are targeted at art pedagogy professionals working in the field of general (dance/music) education and students of the educational institutions involved in the project.

Objectives
The objectives of this international cooperation are the following:
(1) To improve social significance of art and its role in promoting social inclusion and well-being
(2) To develop pedagogical attitudes and skills
(3) To enhance the quality of art pedagogical teaching and ensure the availability of qualified professionals on the field of general and dance/music/art education.

Methods
Continuing education in art pedagogy for general education will be piloted in all partner countries in the academic year 2021–2022. The project organizers are the universities of the project and all participants (trainers and associated partners) are involved in the planning and implementation of the new curriculum.

Expected results
The intended link between education and professional life (associated partners) will foster authentic learning environments during continuing education training periods and will enhance skills and competences of pupils, students and teachers involved in the project activities. New operational and creative educational methods, techniques and tools for the educational institutions at their work with students will support inclusive environments.
Imagery and physical activity: Can imagery help physical activity adherence in women?

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There are ample benefits associated with physical activity. However, rates of sedentary behavior remain high in women (Chomistek et al., 2013). Imagery use can help increase exercise-motivation in women (Duncan et al., 2012). This study investigated select psychophysiological effects of motivational imagery use during exercise. Forty-five participants (22 males, 23 females) were randomly assigned to either control, motivational imagery-1, or motivational imagery-2 groups. Participants performed a progressive cycling task. Perceived effort (PE), attention allocation, time on task, lactate accumulation (LA), and heart rate (HR) were monitored and assessed during exercise. Results indicated that participants using imagery spent the longest time on task (M = 420.40 seconds, SD = 344.87) as opposed to the ones who were using no imagery (M =377.20, SD = 290.52). Participants using imagery also reported the highest PE (M =3.60, SD= 0.312) as opposed to the ones using no imagery (M =3.05, SD= 0.312). Participants using imagery also reported the highest attention focus (M = 5.42 SD =.368) as opposed to the ones using no imagery (M = 4.02 SD =.368). No significant condition effect was observed for LA: F (2, 40) = .11, p = .899, and HR, F (2, 36) = .12, p = .886. In conclusion, in this mix sample, the use of imagery seemed to increase exercise-related effort, optimize attention focus, and prolong time on task. Additional studies should further investigate the effects of this cost-effective strategy to help exercise adherence and advance the problem of sedentariness in a sample of women.

References
“Ta Kung Pao” Shows the Development of Female Sports in Modern Tianjin

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The beginning of the 20th century was a critical moment for modern China. Also, it was a stage in which Tianjin female sports experienced profound changes. The "Ta Kung Pao", founded in 1902, serves as an essential reference for histories of Modern Tianjin sports. It contains a large number of news records about Tianjin female sports. Meanwhile, it is of great significance for analyzing the development momentum of Modern Tianjin female sports that we can draw historical experience. This article takes Nancy Hashok’s Marxist Feminism as a theoretical reference. Through organizing the historical period, social environment, sports system and other related materials of "Ta Kung Pao", the research found that the development momentum of Modern Tianjin’s female sports is manifested in the reconstruction of women's value from "ideological restraint" to "seeking liberation"; "passive acceptance" to "active participation", the change of female sports requirements; the historical mission of "strengthening nation and ethnicity" and "physical salvation"; the participation of sports organizations that improves the social sport atmosphere. From endogenous demands to social environment, under the impetus of various factors, Modern Tianjin’s female sports had taken its own unique path. The research found that the development of Modern Tianjin’s female sport reflects the process of social changes and provides historical experience for the development of sports undertakings in China. It is necessary to correctly understand the importance of women to sports; to meet the diverse sports requirements of women and gather the strength of women; to abandon gender discrimination and break the gender rules; to empower women and stimulate endogenous motivation.

References
The Hidden Injustice Faced by Female Athletes in Olympic Games —Based on the Perspective of Gender Differences

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The modern Olympic movement is the product of the Revival on the basis of the ancient Olympic movement. Looking back on the Olympic movement, influenced by the ancient religious non feminization culture, it is not difficult to find that most of the women's and men's events are exactly the same. The occurrence and development of women's sports are always under the shadow of "men's sports culture". In some sports, such as weightlifting, shot put and so on, blindly pursuing no difference with men, not only is not conducive to show women's physical characteristics, but also causes damage to women's physical and mental health. Based on such problems, this paper uses logical analysis, interviews and other methods, from the perspective of gender differences, discusses the harm of female athletes copying men in competition, daily training methods and tactical skills, analyzes the hidden unfair factors faced by female athletes in the Olympic Games, and finds that the substantive equality between men and women in sports is not in all forms. On the basis of recognizing the natural physiological differences between men and women, we need to create more projects that meet women's needs and give women more opportunities to pursue personality equality. Quantity equality is not equal to quality equality, opportunity equality is not equal to gender equality, and power equality is not equal to fact equality. And in view of the difficulties faced by women, this paper also puts forward feasible suggestions to provide reference for the pursuit of women's substantive equality in the Olympic movement.

References
Study on the Status and Countermeasures of Women's Physical Exercise in Urban Areas of Tianjin -- Based on the Analysis of the Survey Results of National Fitness Activities in Tianjin

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Introduction Women play an important role in the family, facing from all aspects of different responsibilities and pressure, it is inevitable that there will be physical discomfort, and physical exercise can prevent diseases, delay aging, enhance physical fitness. This paper focuses on the analysis of the situation of female physical exercise in urban areas of Tianjin and the factors hindering their physical exercise, and puts forward the corresponding countermeasures to the problems. Research methods Document data method, mathematical statistics method, logical analysis method. The results of the study: The number of women participating in physical exercise 3 times or more per week in urban areas of Tianjin is large, and the proportion of women participating in physical exercise for more than 30 minutes is 65.2%, among which, the age group of 50-59 years old is the most. The number of people who participated in the moderate intensity of physical exercise was the largest; Participating in physical exercise projects focused on walking, running, cycling, three ball, aerobics, dance; The choice of sports venues is concentrated in residential communities, parks and open stadiums; The amount of sports consumption is less than 500 yuan; The factors that hinder physical exercise concentrate on busy work and busy housework, among which the proportion of busy housework increases with the growth of age after 30. Research conclusion The frequency time and intensity of women's participation in sports activities in Tianjin city can be seen that they have a strong awareness of physical exercise, but the choice of physical exercise content is relatively simple, and the amount of sports consumption is small, which is not in line with the overall economic development level of Tianjin. It is suggested that more sports activities be developed to enrich residents' sports and cultural life.

References
Study on the Development of Ladies' Chin Woo Athletic Association and the Contribution of Outstanding Women

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Feudal society has been restricting women's educational and political rights, and they are physically weak. In 1910, the Shanghai Chin Woo Athletic Federation became famous of Huo Yuanjia. It disdains the dregs of "male not female" and insists on respecting women and treating them equally. The key man Chen Shichao promoted the establishment of the Women's Department and the Women's Chin Woo Athletic Federation. Over the past hundred years, the Federation and its female members have made many contributions to the federation. Research Methodology: The literature material law, Logical analysis method.

Findings:

1. Development

1.1 Headquarters: In 1918, Chen advocated women's sports and initiated the establishment of Chin Woo Women's Model League. In 1920, Shanghai Women's Chin Woo Athletic Federation (later called Chin Woo Women's Association) was formally established.

1.2 Association’s spread to southward: In 1921, Chen set up a women's department in Guangzhou Branch of Chin Woo to recruit women members and sent teachers to teach martial arts in more than ten girls' schools such as Zhide Girls' School. In November 1923, Foshan Women's Chin Woo Association was established.

1.3 Association’s spread to Nanyang: In July 1920, Shanghai Chin Woo Association sent five members, including Chen, to Malaysia and other countries to publicize Chin Woo Athletic Federation and assist in the establishment of it, which was called "Five Envoys to Nanyang". The Penang Chinese Ladies' Chin Woo Athletic Association was founded in 1924.

2. Outstanding women: Chen Shichao, founder of Chin Woo Women's Association; Chen Xiuying, founder of the Penang Chinese Ladies' Chin Woo Athletic Association; Cao Xianzhu, Long love of Chin Woo people, Chin Woo model, Selangor Chin Woo Women's Association; Meritorious coach, Qu Yuen, Penang Chinese Ladies' Chin Woo Athletic Association.

3. Achievements and contributions: outstanding performance in the competition; Active dedication; Dedication of love. Chin Woo Women's Association is a historical process of women's awakening, independence and liberation.

References
Study on the Vocational Difficulties of Female Physical Education Teachers in Primary and Secondary Schools in China

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In China, "equality between men and women" is written into the constitution as a basic national policy, which clearly states that men and women in China enjoy equal rights in politics, economy, culture, society and family life. But in fact, the attention of gender equality has not been recognized and acted in China's practice field. School physical education is attached to China's education system, which inevitably contains such characteristics. In recent years, with the increase of sports scores in senior high school entrance examination year by year, parents, schools and all walks of life put forward higher requirements for students' sports performance. As the backbone of teaching students professional sports skills and improving sports performance, physical education teachers are particularly important. Therefore, the recruitment of qualified and excellent physical education teachers has become an urgent problem. Each city in China recruits a large number of PE teachers every year, but from the recruitment information, it can be seen that each unit has a "preference" for male PE teachers. Individual units will note in the requirements that this job is more suitable for men, or give priority to men in the final admission. Based on this, this paper analyzes the plight of female career development from the perspective of gender, using literature and logical analysis methods. The research holds that: 1. the recruitment of physical education teachers is "men first", the number of female sports teachers in middle school is insufficient, and the proportion of male and female sports teachers is out of proportion. 2. Female physical education teachers face the risk of unemployment due to production and other problems. 3. The voice of female PE teachers in school sports management and decision-making is "weak". Therefore, in the future, we can increase the number of female P.E. teachers to make the number of men and women more balanced. 2. Improve the welfare policy of female PE teachers. 3. Listen to women's opinions when making school decisions.

References
The female body is in the state of collective aphasia, mainly manifested in the absence of the female body and the other body of the female body. The level supports the difference between men and women and believes that women should not be measured by male standards, but should be rebuilt to measure women by their own standards, which has been fully reflected in radical feminists. For example, radical feminism promotes the separation of female sports. The third level supports the view that respect for equality above differences between men and women; that is, recognition of gender differences and one of the important forces in deconstructing patriarchal constraints. In short, sports is not only a place to strengthen gender logic, but also a test field for women to strive for their own power. The history of female sports development can be regarded as the course of female body's resistance and struggle to power. In this process, with the development of feminism, different sports feminists have made positive efforts for the development of female sports and the liberation of female body, and promoted the awakening and development of female sports. The extensive practice and rapid promotion of female sports further promote the emancipation of female body and the promotion of female subject status, promote the construction of harmonious society and accelerate the process of civilized society.

Keywords: women sports; women body; body empowerment; sports feminism

References
Gender Stereotypes in Education and Physical Education based on Text Analysis

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Introduction The issue of gender discrimination in women's employment has drawn much attention, and there are also calls for male teachers in the education sector. What's more, due to the differences in strength caused by different physiological structures between men and women, women often have to bear more pressure when they are engaged in physical education teaching which is different from other disciplines and mainly focuses on physical exercises, which is inevitably mixed with discipline, gender discrimination and other factors. Methods The subject words of "boys feminization", "teachers' gender" or "PE Teachers' gender", "PE Teaching" and "gender" were searched in CNKI, and the co word processing of the selected literatures in line with the subject in recent five years was carried out by using the text analysis method and the Rost content mining software to analyze the co word phenomenon; Using UCINET software to construct co word matrix, to understand the cross status and relevance of the three types of text. Results There is co word phenomenon in the three types of texts, and there is a high degree of correlation between them. 1 Male teachers have a positive impact on students' physical and mental development; Adjusting the gender structure of teachers can effectively solve the problem of "boy feminization"; 2 The situation of female preschool teachers' physical education activities is bad; Society, family and school education all affect students' gender. Conclusion 1 Due to the particularity of the subject, social psychology and cultural phenomenon, there is gender stereotype in the field of physical education; 2 Referring to the theory of personality determination, people's growth is inseparable from the influence of family, school and society. The influence of teachers' gender on students' physical and mental development needs further research. Worrying about "boy feminization" and calling on male teachers, they ignore family education and stereotype female teachers.

References:
The Dilemma and Countermeasures of Preschool physical Education

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Children between 3 and 6 years old are in the critical period of the growth and development of basic sports skills and perceptual abilities, physical education at this stage is an indispensable condition to ensure the health level of children. This article uses the literature method and the induction method to improve the situation of traditional preschool physical education in the past, let preschool physical education change from simple education, physique to a healthy and positive lifestyle, and provide theoretical reference for the sustainable development of body and child integration in our country. At present, the main dilemmas faced by preschool physical education in my country such as the lack of professional preschool teachers, unbalanced gender ratio, and the single education model; the field and apparatus limit the frequency of participation in physical activities; lack of feedback system and mechanism for educational evaluation; infant sports events are organized less. Based on this, it is possible to increase the professional training of preschool physical education teachers by forming a “four-in-one” collaborative model of family, school, society, and community, focusing on curriculum innovation and enrichment; rational use of existing venues and facilities, and development of special equipment types; carry out the basic skills assessment of children's physical education, form effective feedback and timely intervene in the slow development of children's motor skills; integrate existing advantageous resources, organize online and offline sports events and other measures to improve. Preschool physical education is the embodiment of preschool physical education. The level of preschool physical education will directly affect the quality of preschool physical education. Although there are still some problems by adopting active means to intervene, giving children a lively future, shaping a sound personality, promoting the development of children's physical education in a diversified direction, and realizing the normalization of children's sports.

References
The Study on the Application of Quality Evaluation of the Physical Education Teaching in Universities

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This paper mainly studies the construction of the index system of teaching evaluation (student evaluation) in physical education lessons. The Principal Component Analysis Method in Statistical Methods is used to establish the evaluation index for students’ use in physical education teaching, which can be divided into five first-level indexes: ability for teaching preparation and classroom organization, teaching attitude and teaching basic skills, teaching method, teaching effect, teacher-student interaction and teacher's adaptability. On the screening of index system, the determination of primary index must be supported theoretically by logical analysis; the primary index should be screened by experts; and the data results of primary index should be screened in the second round. According to this idea, screening is done layer by layer, and finally the three procedures of primary selection, expert screening and statistical optimization are applied. Then, cluster analysis can be used to classify teachers at different levels. Through Single Factor Variance Analysis, it can be seen that there are significant differences between the teaching qualities of teachers of the same type.

Keywords: Physical education lessons; Teaching quality; Evaluation index system; Statistical methods

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Research on the Development Path of Female Kindergarten Teachers' Sports in Yutian County, Hotan District, Xinjiang under the Background of Sports Power

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On September 2, 2019, the general office of the State Council issued the outline of building a sports power. The goal of sports power is to strengthen the physical fitness of the whole people and improve the physical quality of the whole nation. Yutian County, Hotan District, Xinjiang is located in the southwest of Xinjiang Uygur Autonomous Region. This paper takes the female kindergarten teachers in Yutian County as an example, and the field investigation lasts for one month. By means of questionnaire and interview, this paper studies the participation of female kindergarten teachers in sports activities, the basic problems of sports development, and the policy support of local government. Research methods: literature, questionnaire, interview, field investigation, mathematical statistics. Research results: through the study of the above problems, draw a conclusion; 1. In the second kindergarten, female kindergarten teachers and students participate in sports aerobics activities together; 2. Sports knowledge is weak, I don't know how to carry out sports activities; 3. In terms of local policies, the government and the education bureau did not pay attention to women's health. 4. Most female teachers often work overtime, have no time for sports activities, and have no sports activities.

Keywords: sports power, female kindergarten teachers, sports development;

References
A Review of Improving Path in PE teachers' Classroom teaching ability --- From the Gender theory

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Introduction: Social changes have brought new demands to education in the age of Internet and knowledge economy era. Schools, teachers and students have been redefined. The PE teachers need to improve the classroom teaching ability under the need of the New PE course reform’s promotion. PE teachers' classroom teaching ability exist differences due to the different gender role. Under the macro-background in course-reform and the micro-background in teacher’s professional development. This study aims to solve the problem that how to improve PE teachers’ Classroom teaching ability in the different gender and PE curriculum teaching quality by gender advantage. Methods: Questionnaire survey, In-depth interview and Classroom observation was used in this study. This paper puts forward targeted suggestions on the improvement and development of classroom teaching ability of PE teachers of different genders. Results and Conclusions: (1) This study explores the factors that influence PE teachers' classroom teaching ability from the of gender theory: ideological factors, institutional factors and subjectivity factors. (2) PE teachers' classroom teaching ability improve is important: in the new curriculum reform, PE teachers do not have enough awareness of role transformation as "creators"; As an important part of teacher professional development, it is necessary to enhance the curriculum leadership of PE teachers in China. (3) The practice of PE teachers' classroom teaching ability promotion path is be explored based on "Gender role": Workplace learning, reflective practice, teaching is learning the academic community of interaction between teachers and students communicate with the pulse domain can be the paths. In the course of PE teachers in design, development, implementation and evaluation, etc was improved, so as to promote sports teachers' curriculum leadership.

References
To Achieve Postpartum Health for Women through Pilates

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In this society, women are responsible for bearing children. Pregnancy and childbirth are a long, slow process in which a woman's hormone levels, body shape, and psychology undergo complex changes. Women are born to love beauty, and every woman is eager to quickly return to the state before giving birth and return to society as soon as possible. With the development of society, caring for women's health has attracted more and more attention. Women may suffer from a series of problems after childbirth -- pelvic floor dysfunction, rectus separation [1], postpartum weight retention [2], and postpartum depression [3]. Pilates exercise is a scientific, safe and effective regimen, which emphasizes the natural state of movement and is a combination of Chinese and western medical concepts and sports concepts. It adheres to the principles of breathing, concentration and control, and with the guidance of professionals to exercise on the mat or with instruments, it can achieve the purpose of correcting posture, strengthening muscle strength and improving body flexibility [4].

Research Objectives: To solve a series of postpartum problems through Pilates practice. Research methods: literature, expert interview, questionnaire survey, data analysis, etc. Twelve women who were using Pilates for postpartum recovery were followed for three months. Research results: the forecast results, combined with the existing literature for pregnant women, pilates exercises can strengthen abdominal strength, help pregnant women recover damage due to the production of the pelvic floor muscles, physical beauty is to restore the pregnant woman, the effective method to improve the body composition, and progressive exercise principle, can constantly develop body inner potential, effective for practitioners develop self-confidence; The practice requires the practitioner to consciously control the body and keep the breathing and movement in a rhythmic way, which can make the practitioner smooth his mood and eliminate the inner anxiety [5].

References
A Case Study of Short-distance Street Dance Training on Improving Female Doctor’s Depressive Tendency and Allergic Signs

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Doctoral students are at high risk for depression, and female doctoral students are generally worse off[1][2]. In addition, suffering from psychological distress, depression can also damage the immune system, making it more susceptible to allergies[3]. To investigate whether Street Dance can reduce levels of depression, anxiety and the allergic symptoms associated with depression, in this study, a female doctoral student W with moderate anxiety, severe depression and allergic symptoms in a college in Tianjin was enrolled in a hip-hop dance program for 60 minutes every four sessions per week for 2 weeks, understand the state of mind and body before and after the intervention. The self-rating depression scale (SDS) and self-rating anxiety scale (SAS) were used to assess depression and anxiety before and after the intervention. The parameters of heart rate variability (HRV) in frequency domain, such as LF, HF, LF/HF, were collected by SPCS before and after exercise intervention[4], a percentage of PEM (percentage of data points exceeding the baseline median) was used to evaluate the effectiveness of the intervention intuitively[5]. The results were as follows: (1) after intervention, LF from 1169.41 to 626.77, which decreased by 46.4% , PEM = 100% , and HF from 77.11 to 85.61 after intervention, increased by 11.9% , PEM = 75% ; LF/HF decreased by 59.0% from an average of 19.14 to 7.90 before intervention; PEM = 100% . Indicates increased autonomic coordination. (2) the score of SDS was changed from 74 to 66, and SAS was changed from 68 to 54, indicating the decrease of depression and anxiety level. (3)By observing, talking and recording the behavior indexes, the frequency of stomachache, early awakening, tiredness and allergy was decreased, which indicated that the somatic symptoms and allergy caused by depression were obviously alleviated.

References
Experimental study on the effect of rope skipping exercise with different load on bone mineral density and body composition of young men

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Introduction: Body composition and bone density are important indicators for assessing human health risks. By studying the effects of rope skipping exercises with different loads on bone density and body composition of young men, it will provide a certain theoretical basis for future rope skipping exercises in improving physical health. Method: This study used experimental methods to divide the selected 30 young men into three groups, and used three different types of rope skipping exercises with sand vests, weighted ropes, and increased rope skipping frequency to intervene. Results: The body bone density and muscle content of the sand vest were significantly increased compared with the other two groups (P<0.05), and the bone density and muscle content of the upper limbs of the heavier rope group were significantly increased compared with the other two groups (P<0.05), the total body fat content of the skipping frequency group was significantly lower than that of the other two groups (P<0.05). Conclusion: The effect of weight-bearing on bone density and muscle content in skipping exercise is better than simply increasing the frequency of skipping rope; and increasing the frequency of skipping has better effect on fat content than weight-bearing.

References
A Pilot Study of the Effects of Aerobic Exercise on Physical Fitness in Methamphetamine-dependent Adult Males

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Objective: To investigate the effect of aerobic exercise on physical fitness in methamphetamine-dependent adult males. Methods: Thirty adult methamphetamine-dependent males were recruited from Tianjin Banqiao Compulsory Isolation and Drug Control Center. A 12-week moderate-intensity aerobic exercise intervention was used three times a week. Physical fitness tests were performed before and after the trial. Paired t-tests were used to test for within-group differences. Results: (1) The subjects showed a significant increase in spirometry and step test index compared to the pre-intervention period. On one hand, when the organism performed aerobic exercise, the speed and intensity of respiratory muscle activity subsequently increased, and the demand for gas exchange by the organism further increased, with a consequent increase in respiratory rate and tidal volume, and a resulting increase in pulmonary ventilation. On the other hand, the small increase in heart rate during exercise and the rapid recovery of heart rate after exercise are signs of increased cardiac function. 12-week regular aerobic exercise enhanced their cardiac function. Under the same load, the heart showed low energy consumption and energy efficiency. (2) The PBF was optimized in the subjects. The main source of energy for aerobic exercise is body fat, and prolonged aerobic exercise increases the consumption of body fat and promotes the mobilization and decomposition of fat. (3) There was no significant change in the test results of the subject's sitting-and-reach after the intervention. (4) The subjects' strength and strength endurance did not change significantly. Conclusions: Aerobic exercise was effective in improving cardiorespiratory endurance and body composition in methamphetamine-dependent adult men, but had no significant effect on flexibility, muscle strength and strength endurance. This change in physical fitness was similar to that of the general population.

References
The Effects of Yoga Exercise on Mental Health in Chinese Women: A Meta-analysis

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Objectives: The main of this meta-analysis was to overview the effects of yoga exercise on mental health in Chinese different women, and to systematically investigate the impact of the yoga exercise type, subjects type, measurement tool and journal type on these outcomes. Methods: From a literature search and screen of three Chinese electronic databases, we collected randomized controlled trials of yoga intervention on anxiety and depression in Chinese women, and analyzed the included literatures using CMA3.0 software. 20 original studies were included, reporting 1673 participants in the intervention group and 1561 participants in the control group. A meta-analysis was conducted on the results of anxiety and depression in women after yoga exercise compared with those in the control group, using weighted pooled mean effect sizes and random effect model. Results: Yoga exercise had positive effects on anxiety and depression in Chinese different women [SMD=1.75, 95%CI (1.20, 2.30), p<0.001]. The combined effect of integrated yoga programs [SMD=2.08, 95%CI (1.30, 2.87), p<0.001] was greater than that of specific yoga programs [SMD=1.25, 95%CI (0.63, 1.87), p<0.001]. The combined effect size of professional women [SMD=15.07, 95%CI (12.33, 17.82), p<0.001] was larger than that of postpartum women [SMD=2.77, 95%CI (1.66, 3.88, p<0.001] and menopausal women [SMD=2.32, 95%CI (0.008, 4.64, p<0.05), etc. Conclusion: Yoga exercise can effectively improve the mental health of Chinese women. The intervention effect of integrated yoga program is better than that of specific yoga program. Yoga exercise has a better mental health of professional women, followed by postpartum women and menopausal women.

References
A Study on the Influence of Chinese Female Consciousness Awakening and Sports Development

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In the proletarian family, the dedication and dedication of women are obvious to all. Every wise and excellent woman is an irreplaceable and essential part of the family, society and the country. Sports can strengthen the body and promote interpersonal communication, so the development of female sports is very important. Women's group consciousness is more concerned with women's rights and obligations, so that women can develop freely and comprehensively. At present, the research on sports development from the perspective of female consciousness awakening in China is not perfect, and the related theoretical construction is still insufficient. This article through the literature method, the logic analysis method and so on research method carries on the comb to our country related data, in order to provide the certain opinion to the better development female sports. China's women's liberation movement began at the end of the 19th century and the beginning of the 20th century. In the late Qing Dynasty, women fought for women's rights for intellectual women and promoted equality between men and women and women's right to education. Social pressure has led to the awakening of women's group consciousness, enabling women to actively participate in society and develop themselves to develop women's conscious actions. In recent years, the decline of fertility has been caused by the dual effects of income effect and substitution effect. Modern women are not only confined to the family, but pay more attention to self-fulfilling satisfaction; Women's sports dress mainly shows that urban women tend to choose clothing that shows physical beauty and convenient sports, and also better understand the benefits of sports, while some rural women lack understanding of sports because of the influence of small-scale peasant economy. There is no correct distinction between labor and sports.

Keywords: awakening of female consciousness, sports development

References
The black Woman in Classical Ballet in Brazil: acting in a professional character

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The first contact that Brazil had with European classical dance was in 1808, with the arrival of the royal Family, passing first through Bahia and setting in Rio de Janeiro. Since then, theaters have been built, which made the performances frequent. In 1909, the Municipal Theater of Rio de Janeiro was opened, eighteen Years later (1927) the first dance school in Brazil was set up, based at the Municipal Theater. In 1936, the first ballet was formed, in which the black ballerina Consuelos Rios tried to enroll in 1946, being informed that the enrollment was closed, which later proved not to be true. In 1948, a black dancer was selected, however, despite the achievement, Mercedes Baptista, did not have Much prominence in the presentations, being positioned at the back of the stage or with props to cover her face. Leaving Brazil and acting in American companies, which value the diversity of the cast, has been the strategy of contemporary Brazilian dancers, such as Ingrid Silva and Isabela Coracy. Thus, this research aims to understand the insertion of black women in classical ballet in Brazil. Through bibliographic, audiovisual research, specific websites and interviews, the trajectories of black dancers will be recorded, understanding their achievements and challenges they faced for their performance on the stage. It’s important to note that the research is ongoing, but we have as a partial conclusion that there’s structural racism in Classical Ballet with respect to a specific group - black women, so that we will continue to investigate how this behavior manifests itself in the Brazilian context.

Keywords: history; black Woman; ballet; racism
Research on Gender Division and Dispelling in Chinese Women's Sports Participation

Chang Xinyu
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The inequality between the sexes in our country has continued from primitive society to the present. For a long time, women have been oppressed by traditional social concepts such as feudal women's morals. Under the influence of many factors such as the pressure caused by the division of labor by gender, unequal social status, and the neglect of women's sports communication by the mass media, women's participation in social sports is low, and gender separation is obvious. Sports without women's participation must be deformed. Women's comprehensive and in-depth participation in sports is not only a direct reflection of the improvement of women's status and dignity, but also provides a broader development space for my country's sports industry. This article uses the literature method and logical analysis method to discuss the development of women's sports participation of China. The study found that the gender division phenomenon in the development of sports of China is mainly manifested as: the solidification of women's social roles and low participation in sports; the deviation of women's sports cognition and the incomplete grasp of sports value; the uneven distribution of social resources weakens women’s right to speak in sports. However, with the changes of social environment, the protection of women in society has become more and more perfect, and the gender division in women's sports participation has gradually disappeared. The main reasons are: the transformation of social roles expands the modern women's lifestyle; the feminist trend of thought reshapes women's self-worth perception; the emergence of outstanding female athletes and the increase of female sports discourse; the sustained and healthy development of female sports and the strong atmosphere of gender equality.

References
A Review of Course Development of Sports Game for 3-6 Years Old Children

Xu Jie¹, Wang Jian²

¹Lecturer, College of Exercise and Health Sciences, Tianjin University of Sport, Tianjin, China
²Professor, College of Exercise and Health Sciences, Tianjin University of Sport, Tianjin, China

Introduction: Education is a fundamental right that girls enjoy equally. Promoting gender equality in the field of early childhood education is also the basis of implementing the basic national policy of gender equality in China. As an important carrier for girls to participate in the development of physical education curriculum, sports games have become a key link to promote the development of girls' physical education. Therefore, this study takes sports games as the entry point and develops sports game courses with local characteristics according to the development of movement skills of girls aged 3-6, aiming at cultivating girls who know sports, are good at sports and have feelings.

Methods: Literature method, Investigation method, Mathematical statistics method and other research methods were used in this study. This party according to the development of motor skills of children aged 3-6 years old. A movement play course for children with local characteristics was developed with movement play as the entry point.

Research results and conclusions: 1. The development status of girls' physical education curriculum in China: the curriculum lacks policy support, the curriculum objective is not clear, the curriculum content is single and not systematic; 2. Analysis of the experience of international high-quality preschool physical education courses: the course classification is clear, the content is reasonable, and the teachers are fully equipped; 3. Design sports game courses according to the physical development characteristics of girls aged 3-6: The top-level design of curriculum development (cognitive development, motor skills, game activities), the curriculum objective system (sports skills, health behavior, sports morality), the key content of curriculum development (getting ready for the game, entering the game theme, focusing on the integration of disciplines, learning evaluation, teaching reflection, health tips).

References
A Comparative Study on the Status Quo of Women's Participation in the Development of National Fitness in China and South Korea

Wang Yan
China, Korea Kookmin University

After the state promulgated the "Healthy China 2030" Plan in 2016, the public began to gradually realize the importance of health. Especially in the general environment of the new crown pneumonia epidemic in 2020, the public's health needs have made sports health the first concern of the public, and the population participating in sports training has also increased significantly. Although the population of women participating in physical exercise is increasing year by year, data shows that it is still significantly lower than that of men. Since 2019, the participation rate of female nationals in social sports in South Korea has surpassed that of South Korean men. In 2020, the participation rate of men in China is still about 18% higher than that of women. In order to promote the further development of China's national fitness, the article uses comparative studies, expert surveys, and literature materials to analyze the status and development of social sports participation in China and South Korea. The analysis shows that compared with the promotion of the idea of national health in China, due to the uneven development of various aspects, various problems have been caused. The promotion of national health awareness in South Korea is earlier, and Korean women pay more attention to physical exercise and their own health. And the realization of self-worth. And there are many sports programs in South Korea. These sports programs have different content for different groups of people, which can better guide different groups of people to exercise. In response to these problems, it is necessary to increase the propaganda of universal health thoughts, improve women's awareness of their own values, and promote the promotion and popularization of social sports, so as to increase the participation of Chinese women in social sports.

References
1. Dr. Ding Xiang, 2020 National Health Insight Report [R], 2019
2. Doctor Lilac and Decathlon, 2020 Public Sports Health Report [R], 2020
Research on the Status of Female Sports Consumption in China  
---- Based on CNKI Database

Song Mengke¹, Zhang Xiaodan²

¹Graduate Student, School of Sports Training Science, Tianjin University of Sport, China  
²Associate professor, School of Physical Education and Educational Science, Tianjin University of Sport, China

Introduction: The issue of Brighton Declaration on Women and Sport and the signing of the International Women and Sport Strategy Document in 1994 show that women's participation in physical exercise is the inevitable trend of the world sports development. The gold index to measure the development of sports is the degree of sports consumption. In recent years, the proportion of female sports consumption in the sports consumption market in China has been increasing year by year. Research Methods: Retrieved from CNKI database with female sports consumption from 1994 to 2021 as the subject, and imported the retrieved literatures into CiteSpace V software for visual analysis. Results: There were 148 research literatures on female sports consumption, including 102 academic journals and 34 academic theses The earliest literatures were published in 2004, and the number of published literatures showed a wavy trend. The number of published literatures reached the peak in 2009 and 2012, and the total number of published literatures showed an overall upward trend. High frequency keywords and high school words are the influential factors of professional women's consumption motivation, such as mass sports and sports economy. The research on female sports consumption mainly takes universities as the base, and the main force of the research is the sports scholars of various universities. Women sports consumption research mainly concentrated in the consumption of sports consumption motivation factors affecting the nature of age, class, occupation, etc. conclusion: the quantity is less, the women's sports consumption field of research articles in China domestic insufficient emphasis in this field, women sports consumption is low, for the understanding of the sports consumption is low, the social competition pressure. In order to better promote the development of sports economy, we should increase the publicity of female sports consumption, optimize the structure of sports consumption and build a more reasonable system of female sports consumption.

References
[3] 郭宏焘.社会分层视角下延安城市女性
Research on the Differences of Host in Sports Events from the Perspective of Gender

Xu Pengfei
Tianjin University of Sport, Tianjin, China

With the development of network information technology and the continuous emergence of new media platforms, China's sports industry has developed rapidly, which has created a higher demand for sports event broadcasts. However, there is an obvious gender gap in the current sports event hosting industry, which also hinders the healthy development of sports event programs and even sports. From the perspective of historical tracing and empirical study, and based on the perspective of gender, this article uses literature analysis, content analysis, comparative analysis, and questionnaire surveys to reveal the gender differences between male and female sports event hosts behind the screen, and analyze the reasons for this difference, try to put forward some measures to improve the predicament faced by women. Through the analysis of the development of sports event hosts in China, the empirical evidence of gender differences in the host of sports events, and the gender ideology of the hosts’ language, research shows that there is gender inequality in sports event hosts. Phenomenon such as imbalance, strong men and weak women, subordination of female to male, and gender stereotyping toward women. Then, it analyzes the underlying reasons behind the differences from three perspectives: the center of male power, the consumption of women’s body, and the weakened voice of women. Based on this, measures and strategies to improve the disadvantaged status of female hosts are proposed. In terms of female hosts themselves, it is necessary to shape the consciousness of women’s subjects and strengthen professional training to reconstruct the voice of female hosts; in terms of sports media, gender awareness should be included in, and establish a media environment for gender equality; at the social cognition level, it is necessary to focus on improving the aesthetic cognition level of the audience, establish a fair employment mechanism for men and women and implement the gender concept of gender equality, and create a good space for female hosts to reconstruct the discourse space.

Keywords: sports event; social gender; host; gender inequality
Women in Senior Management Positions in the Official Sports Organizations in Spain

Noelia Álvarez-Llergo, María Dolores González-Rivera

Department of Biomedical Sciences. Faculty of Medicine and Health Science. Alcalá University, Madrid, Spain.

Introduction  Different researches show the scarce presence and the difficult access of women in sports management (Campos-Izquierdo, González-Rivera y Taks, 2016). Furthermore, many studies reveal that when sports management positions are highest for women, it is more difficult to access for them (Comité Olímpico Español, 2006).

Method  The purpose of this study is to know the current situation of women in managerial positions in important sports organizations within the organizational structure in Spain: Spanish Olympic Committee [Comité Olímpico Español, COE], Spanish Paralympic Committee [Comité Paralímpico Español, CPE] and the different Spanish Sports Federations (a total of 66 Spanish Federations have been analyzed). To achieve this aim, the current data of sports management positions haven been analyzed by means of the web pages of the Spanish Olympic Committee (Comité Olímpico Español, 2021), Spanish Paralympic Committee (Comité Paralímpico Español, 2021) and the Supreme Council for Sports (Consejo Superior de Deportes, 2021).

Results  The presence of women in the main sports management positions of the COE is extremely low, since it only represents 19.04% compared to 80.96% of men. Furthermore, no woman holds the position of president (Comité Olímpico Español, 2021). Likewise, a low representation (26.66% of women in contrast to men (73.34%)) has been found in CPE and either there are no female president within this organism (Comité Paralímpico Español, 2021). Regarding Spanish Sports Federations, only there are two women presidents (3.03%), the rest of those federations are occupied by men in a 96.97% (Consejo Superior de Deportes, 2021).

Conclusions  Due to the low representation of women in the highest sports management positions, it is necessary to make effective the proposals of gender equality in actions that involve access and real inclusion in the leadership positions of sports organizations.

References
Sports education for girls and women in Brazil: a case study from the project Futebol Feminino Campinas (FFC)

Nathalia Cristina Servadio¹, Helena Altmann²
¹Master’s student of the Graduate Program in Education. Campinas State University.
Campinas, São Paulo, Brazil
²Advisor: Prof. Dr. Graduate Program in Education. Campinas State University.
Campinas, São Paulo, Brazil

Exercise and Sport Training – gender differences?
This dissertation aims to understand how a soccer project for women and girls offers sports education in the city of Campinas. Investigating the Projeto Futebol Feminino Campinas (FFC), which covers a metropolitan area of the city and operates in an interrupted way in the offer of football, futsal and football from 7 to girls and women aged 26. To this end, it is based on the literature of gender studies with a great post-structural dimension, as well as on the participation of women in sport, more specifically in São Paulo football. The methodology used has a qualitative bias with theoretical and methodological basis in the case study. 5 were considered related to professionals who participated in the Project; 11 card collections with players and former players and coaches of the Project; writing in the field diary; collection of online testimonials from the Project community. In this dialogue of sources, two analysis chapters emerged: The FFC Project: First half and Dribbling counterattacks: Second half. The first analytical chapter addresses the constitution and trajectory of the Project and its tensions, educational strategies and structure to offer sports education from the basic category to adults for girls from nine to 50 years of age. The second chapter of analysis concerns the trajectories and resistance carried out by the participants of the FFC Project. In game add-ons, I investigate the evasion of girls and women from the FFC Project. From the initial analyzes, it was possible to realize that in order to create effective opportunities to offer sports education to more than 100 girls and women, the specific educational project crossed by power relations. Gender, race, class and sexuality disparities determined and were reaffirmed in the access and permanence of participants in the Project.
On the Idea and Development of Olympicism from the Perspective of Women

Meng Xinyue
School of Physical Education and Educational Science, Tianjin University of Sport, China

Olympism is a philosophy of life for the harmonious development of humans proposed by Pierre DeCoubertIn, the founder of the modern Olympics. It aims to promote the overall development of human physiology, psychology and social morality, and strengthen international exchanges and cooperation in the form of competitions. Promote world peace. There were no women in the first modern Olympics in 1896, and women were not eligible and entitled to participate in the Olympics. Starting from the Paris Olympics in 1900, women were allowed to participate in the Olympics for the first time and were only allowed to participate in individual events. Nowadays, women have become the main force, especially in the three major fields of basketball and volleyball, women have performed more powerfully. Chinese women's football, Chinese women's basketball, and Chinese women's volleyball team have undoubtedly become synonymous with China. In this sense, these changes have undoubtedly promoted the status of women in the Olympic Games. We can see that women's participation in the Olympic movement in the past 100 years is the epitome of the development process that the Olympic movement began to flourish. It is precisely because of women's participation that the Olympic movement is more complete and the Olympic spirit is stronger. With the change in attitudes towards women in the Olympic Movement and women's expertise in competitive sports, the women's event will surely leave a stronger mark in the future history of the Olympic Movement.

References
PROGRAM

Tuesday – September 7, 2021
19.00 (Beijing, China Local Time) General Assembly

Wednesday – September 8, 2021
BEIJING, CHINA LOCAL TIME

8.30 – Check-in and Check Settings Sessions

8.45 Opening Ceremony: Opening words by the authorities of Tianjin University of Sport and IAPESGW President.
– Dance Performances from China and Japan
10:00 Mistress and master of ceremony: Beatriz Ferreira and Yang Yue

Keynote Speaker #1: Professor Ji Chengshu.
Square dancing, fitness trail, short video, sports that have never been widely participated by women and girls.
Moderators: Beatriz Ferreira and Yang Yue - Introduction of Prof. Ji Chengshu by Prof. Rosa López de D’Amico

11:00 Panel #1: International Women and Sport Organizations
– by Carole Oglesby, Diane Huffman, Rachel Froggatt, Rosa López de D’Amico, Tansin Benn
12.00 Moderator: Tansin Benn - Assistant: Wang Wei

12.00 – Break

13:30

Oral Presentations

ROOM 1
Moderator: Lissa Moti & Yang Yue
TOPIC: Health through Physical Activity, Physical Education, Sport and Dance

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<td>Mona Liza Adviento</td>
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<td>Revin Aaron, Santos and Marla Frances</td>
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<td>Liu Ye</td>
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ROOM 2
Moderator: Maryam Koushkie & Liang Qiong
TOPIC: Physical Education

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ROOM 2
Moderator: Emily Ortega, Marianne Meier & Yang Yue
TOPIC: Social Science and Sport

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<td>Jia Yumeng</td>
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15:30 – Break

16.00
16.00  **Keynote Speaker #2:** Dr. Fiona Bull  
*Let’s Be Active: More Active Women for a Healthier World*  
**Moderator:** Maria Luisa Guinto - **Assistant:** Liang Qiong

17.00  **Workshop #1:** Chinese Traditional Dance  
-  
**Coordinator:** Wu Yin  
18.00  **Moderator:** Arisa Yagi - **Assistant:** Yang Yue

17.00  **Workshop #2:** Exercise Prescription for Women in Special Conditions  
- by Marla Frances T. Mallari, Farzaneh Safarpour, Alireza Niknam.  
18.00  **Coordinator:** Maryam Koushkie Jahromi - **Assistant:** Liang Qiong

18.00  **Oral Presentations**  
**ROOM 1**  
Moderator: Beatriz Ferreira & Liang Qiong  
**TOPIC:** Social Sciences and Sport  
1. Juliana Fagundes and Helena Altmann  
2. Niu Ruxian  
3. Giovanna Xavier de Moura, Felipe Canan, Fernando Augusto, João Paulo Melleiro and Layane Castiglioni

**ROOM 2**  
Usha Nair & Wang Wei  
**TOPIC:** Physical Education  
1. Zhao Congying  
2. Jhoanna Ruiz  
3. Liu Zelin

**ROOM 3**  
Claudia Espinosa & Yang Yue  
**TOPIC:** Sport management  
1. Efthalia Chatzigianni  
2. Pearl Anne D. Managuelod  
3. Darlene A Kluka and Anneliese Goslin

19.00  **Panel #2:** Women in Professional Sport – Professional Sport and Women’s Health  
- by Myriam Guerra-Balic, Sandra Marcela Mahecha Matsudo and Zhang Xin  
20.00  **Moderator:** Maryam Koushkie Jahromi - **Assistant:** Wang Wei

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**Thursday – September 9, 2021**  
**BEIJING, CHINA LOCAL TIME**

7:45  **Zoom Room Opens**

8.00 – 9.00  **Keynote Speaker #3:** Professor Dong Jinxia  
*The Sports Participation of Teenage Girls in China*  
**Moderator:** Wang Jian & Liu Haina

9.00 – 10.00  **Panel #3:** Women and Sport in Asia  
- by Usha Sujit Nair, Mustika Fitri, Emily Ortega, Liu Min, and Maria Luisa Guinto  
**Moderator:** Maria Luisa Guinto - **Assistant:** Yang Yue
## Poster Presentations

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<td>Beatriz Ferreira &amp; Wang Wei</td>
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### Workshop #3: Japanese Dance

Dance movement that energizes the world.

by Satuki Tada, Anri Tanaka, Roka Iida.

Coordinator: Arisa Yagi - Assistant - Liang Qiong

### Break

12.00 – 13:30

### Oral Presentations

**Moderators: Room 1 Arisa Yagi & Liang Qiong**

- Traditional Sport, Culture and Dance in Education
- Sport management/Traditional Sport, Culture and Dance

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<td>Lissa Aireen L. Moti</td>
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<td>Miwako Takano</td>
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**Room 2: Rosa Diketmuller & Wang Wei**

- Sport management/Traditional Sport, Culture and Dance

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Moderators: Room 1: Emily Ortega, M. Meier & Yang Yue  Room 2: Fatima El Faquir & Liang Qiong
Health through Physical Activity, Physical Education, Sport and Dance  Social Science and Sport

14:30-15:30
1  Zenia C. Dulce, Jackyline A. Pobre, Joyce Kaye Lopez, Joel A. Alfarero, Aquilino N. Laguilles, Reynaldo R. Florex, Jr. and Michael C. Lora
2  Fereshteh Eftekhari, Saeedeh Rezazadeh, Mohammad Hemmatinafar, Maryam Koushkie
3  Zeng Hui

1  Meng Tao
2  Sun Wei
3  Zhang Xiaodian

15:30 – Break

Oral Presentations
ROOM 1
Moderators: Emily Ortega, Marianne Meier & Wang Wei
TOPIC: Social Science and Sport

16:00 – 17:00
1  Rosa Diketmüller and Andreas Fluch
2  Dilsad Ahmed and Walter King Yan Ho
3  Guo Nannan

1  Hyunmi Heu and Bona Lee
2  Joaquín Piedra
3  Canan Koca

18:00 – 19:00
Panel #4: Body Positivity and Valued Bodies of Girls and Women
by Helena Altmann, Qu Luping, Brigitta Hoeger and Andrea Kraus. Coordinator: Rosa Diketmüller
Assistant: Yang Yue

19.00 – 20.00
Keynote Speaker #4: Professor Laura Azzarito
- Re-Focusing of “Other” Girls in Globalized Physical Culture and Education: Visual Storytelling for Social Change
Moderators: Rosa Diketmuller & Liang Qiong

Friday – September 10, 2021
BEIJING, CHINA LOCAL TIME

7:45  Zoom Room Opens

8.00 – 9.00  Keynote Speaker #5: Professor Walter King Ho
Feminist Movement and the Profession in Physical Education
Moderator: Rosa López de D’Amico

Panel #5: Gender Discrimination and Sexual Harassment
by Rosa Diketmüller, Lisa Hunter, Li Simin. Coordinator: Marianne Meier
Assistant: Wang Wei

Workshop #5: Promoting Mental Health of Girls and Women During COVID-19
by Maria Luisa M. Guinto -
Assistants: Liang Qiong - Alessandro D’Amico

Oral Presentations
ROOM 1:
Moderator: Giovanna de Moura & Wang Wei
TOPIC: Physical Education

11:00-12:00
1. Oswaldo Ceballos, Claudia Magaly Espinosa Méndez, Andrea Flores, Mariana Suárez, Rosa Medina
2. Zyra Ruth T. Brebante
3. Qu Luping

ROOM 2:
Lissa Moti & Yang Yue
Social Science and Sport

1. Yang Yue
2. Wang Xuan
3. Wu Wenfeng

12.00 – 13.30 Break

Oral Presentations
ROOM 1:
Moderators: Rosa Diketmüller & Liang Qiong
TOPIC: Health through Physical Activity, Physical Education, Sport and Dance

13:30-14:30
1. Malihe Hadadnezhad, Fereshteh Eftekhari and Bita Karimi
2. Liu Dongren
3. Sarah Hojjati, Salman Vojdani and Mohammad Amin Hoseini

ROOM 2:
Lissa Moti & Wang Wei
Social Science and Sport

1. Yang Zhenhao
2. Usha S Nair
3. Liu Yaru

13.30 – 15.30
Moderators: Tandy Haughey & Yang Yue
TOPIC: Exercise and Sport Training

14:30-15:30
1. Mustika Fitri, Tian Kurniawan, Amtsal Firdaus, Fauzi Setiadi Firdaus and Wulandari Putri
2. Shen Xiaoyu
3. Atiyeh Separdarnasab, Elaheh Farahbakht and Maryam Koushkie Jahromi

Janice Crosswhite & Liang Qiong
TOPIC: Social Science and Sport

1. Du Chenchen
2. Michelle O’Shea, Hazel Maxwell and Nicole Peel
3. He Qizhi

15:30 – 16.00 Break

Keynote Speaker #6: Zeliha Ünalğ
A Practical Tool to Guide Sports Organizations for a More Equal and Inclusive Sports Ecosystem: Guidelines for Gender-Responsive Sports Organizations
### Poster Presentations

#### ROOM 1
Moderators: Lissa Aireen, L. Moti & Yang Yue

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#### ROOM 2
Moderators: Kathy Ludwig & Liang Qiong

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#### ROOM 3
Moderators: Usha Nair & Wang Wei

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#### ROOM 4
Moderators: Darlene Kluka & Liu Min

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### Closing Ceremony and Awards

Mistresses of ceremony: Rosa Diketmuller - Yang Zhen

**Awards Presentations**

**Video performance**

Speech by: Prof. Wang Huan – Secretary of the CPC TUS Committee  
Prof. Rosa López de D’Amico - IAPESGW President.