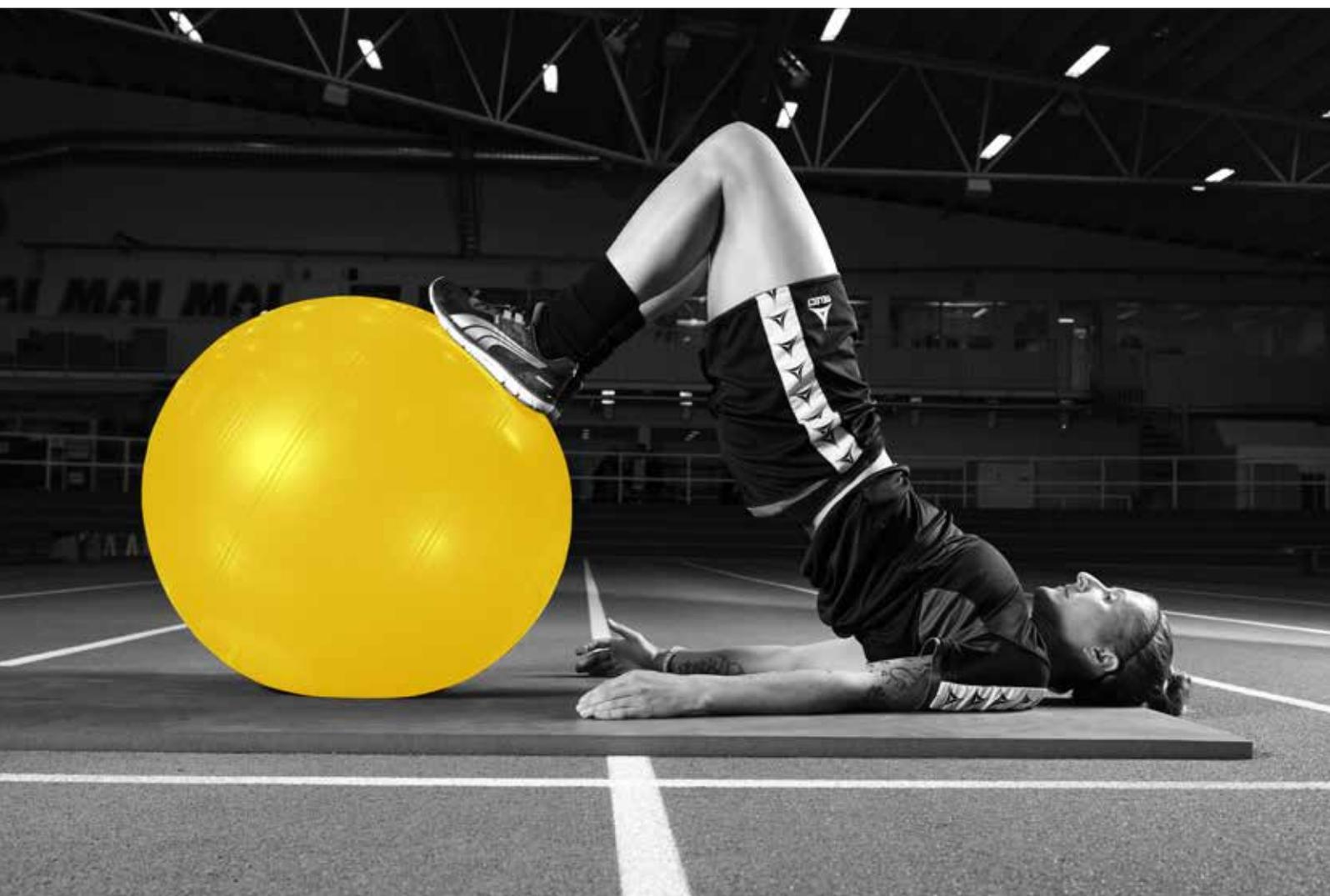


WOMEN AND SPORT

SCIENTIFIC REPORT SERIES

YEAR 2014



INTRODUCTION TO WOMEN AND SPORT –
EXERCISE FOR HEALTH AND PERFORMANCE – NEW
KNOWLEDGE BASED ON SCIENTIFIC RESEARCH

INTRODUCTION TO WOMEN AND SPORT – EXERCISE FOR HEALTH AND PERFORMANCE – NEW KNOWLEDGE BASED ON SCIENTIFIC RESEARCH

It is obvious that there is still a lot waiting to be done in the area of research when it comes to women and sport. The quotation below, from the important thesis *Do women have a sporting chance?* by Eva Olofsson from 1989,

“...male behavior and attitudes are normative in sport”

is unfortunately still relevant more than 25 years later. But the project *Women and Sport* takes one step in the right direction of sheading light over knowledge related to women in sports.

Are you a sport-researcher, an athlete, a coach of athletes or someone interested in the field of women and sport? Then the texts under the project-umbrella *Women and Sport* contains extremely interesting and unique research findings for you.

- This is the first project aiming for comprehensive research-coverage of the area of women and sport; historically, culturally, socially, health-wise and performance-wise.
- Each text is written by experts in their field.
- All texts are based on scientific research.
- The clear, plain language makes the science accessible to all interested groups.
- The project is a unique cooperation between Swedish, Danish and Norwegian researchers made possible by World Village of Women Sports and the Swedish publisher SISU Sport Books.
- The project is an initiative of professor Bengt Saltin, one of the world's most well-renowned researchers in the field of sports.

The expert authors are:

Sine Agergaard, Eva Andersson, Helena Andersson, Eva Blomstrand, Kari Fasting, Kirsten Kaya Roessler, Göran Kenttä, Joanna Kvist, Håkan Larsson, Angelica Lindén Hirschberg, Gerd von der Lippe, Suzanne Lundvall, Grethe Myklebust, Kristin Reimers Kardel, Finn Skårderud, Kathrin Steffen, Rasmus Storm, Charlotte Suetta, Kristin Walseth, Tonje Wåle Florenes.

World Village of Women Sports made the project possible

The purpose of World Village of Women Sports (WVWS) was to significantly advance the position of women's sports through new knowledge generated within an international research and development centre in Malmö. Starting point for the project was that women and men, girls and boys should have the same opportunities, rights and obligations within sport. This is not the case at present. Women and girls do not have the same opportunities to participate in sport, nor have they had such opportunities historically. Neither have they had access to the same resources within sport as men and boys. This also applies to sports research. Humanities, social science and natural science research have all failed to focus on the situation of women and girls within sport to the same high extent enjoyed by men and boys. The vision behind WVWS was to change this and to make a difference.

The ambition of World Village of Women Sports was to create a sports scientific center for research and development focusing on women's sport and health in Malmö. Uniting sport, academia and the business sector would have created better conditions for new

collaborations and innovations. With its unique concept and exciting architecture, the neighborhood of World Village would also have become a landmark – regionally, nationally and internationally. The purpose was to radically advance the position of women's sport and health with new knowledge.

The project, which was initiated in 2008, has developed continuously. Bringing attention to issues of women's sport and health is both necessary and sought after. This is not least indicated by the assemblage of knowledge that WWWS has put together with SISU sport books in cooperation with some twenty Scandinavian authors. The initiative came from Professor Bengt Saltin, former of the WWWS Scientific Board, who has also led the work with great dedication and patience until his death in September 2014.

A decisive factor for the research and development center was that the Department of Sport Studies at Malmö University would move its activities to WWWS, and constitute the basis of WWWS together with the universities of Lund and Copenhagen. Unfortunately, Malmö University chose a different location in the public procurement process in December 2013, and therefore the demise of WWWS was announced.

The first part of the story of WWWS has been written in Malmö and Sweden. Perhaps the project will receive a new boost. There is international interest in assuming a world leadership role as a meeting place and research milieu devoted to women's sport and health.

SISU Sport Books finds new ways of publishing research findings for broader audiences

SISU Sport Books is a publishing house owned by the Swedish sports movement. The publisher's main aim is to provide evidence-based knowledge of high quality for coaches, athletes and other interested target groups in the field of sport. The publication of the texts in the project Women and sport are made accessible for free downloading as pdf-files from www.sisuidrottsbocker.se/womenandsport to enhance target groups possibilities of using the texts in order to develop women sport within the sporting society.

Initiative and contents of the project Women and sport

This project was initiated by professor Bengt Saltin in his role as chair of the World Village of Women Sports (WWWS) Scientific Board. Bengt Saltin was one of today's foremost physiologists, evidenced by the twelve honorary doctorates he has been awarded by universities around the world. He has been awarded the 2002 International Olympic Committee (IOC) Medical Commission Olympic Prize on Sport Sciences for his pioneering work on the effects of exercise on health, illness and aging. He has authored a number of significant publications throughout his distinguished career.

CONTENTS

Part one – Women athletes on different arenas

- Text 1.1** Who decides how sportswomen should look and behave? Towards a gender-sensitive critical approach
Håkan Larsson and Suzanne Lundvall
- Text 1.2** Integration and sports participation: cultural negotiations and feelings of belonging
Suzanne Lundvall and Kristin Walseth
- Text 1.3** Talent development in times of commercialization and globalization: The pros and cons of international stars in Danish women's handball
Sine Agergaard and Rasmus K. Storm
- Text 1.4** Sexual harassment and abuse in sport: Prevalence and prevention
Kari Fasting
- Text 1.5** A gendered lens on sport from a historical and sociological perspective
Gerd von der Lippe

The texts in part one are all published in June 2014.

Part two – Women and physical development

- Text 2.1** From girl to woman: Becoming an adult; puberty, the menstrual cycle and the effects on physical performance
Angelica Lindén Hirschberg
- Text 2.2** From girl to woman: Becoming an adult; socio-cultural factors and sports participation during adolescence
Suzanne Lundvall
- Text 2.3** Utilisation of different energy sources during exercise and nutritional strategies for effective recovery
Eva Blomstrand
- Text 2.4** Physical fitness – muscle strength – aerobic fitness
Eva Andersson
- Text 2.5** Fertility
Angelica Lindén Hirschberg
- Text 2.6** Pregnancy
Kristin Reimers Kardel

The texts in part two are all published in June 2014.

Part three – Women and performance

Text 3.1 **Strength training**

Charlotte Suetta

Text 3.2 **Training for performance: Developing elite female football players**

Helena Andersson

Text 3.3 **Being a female elite athlete: A psychological perspective**

Göran Kenttä

The texts in part three are all published in September 2014.

Part four – Women and every-day-exercise

Text 4.1 **Physical activity for health after menopause**

Angelica Lindén Hirschberg

Text 4.2 **The relationship between physical activity, aging and health**

Kristin Reimers Kardel

Text 4.3 **Physical activity and organised sport throughout the lifetime**

Suzanne Lundvall

Text 4.4 **Environments for physical activity: Women and sports facilities**

Kirsten Kaya Roessler

The texts in part four are all published in September 2014.

Part five – Women and sports related diseases and injuries

Text 5.1 **Eating disorders and menstrual disorders in female athletes:
Eating disorders**

Finn Skårderud

Text 5.2 **Eating disorders and menstrual disorders in female athletes:
Menstrual disorders**

Angelica Lindén Hirschberg

Text 5.3 **Preventing sports injuries**

Kathrin Steffen, Grethe Myklebust and Tonje Wåle Flørenes

Text 5.4 **Return to training and competition after injury**

Joanna Kvist and Grethe Myklebust

The texts in part five are all published in October 2014.

Special thanks to:

Leigh Findlay, our editor who has had an incredible patience with this project that started back in 2009 and was finalized in 2014.