

<p>Project</p> 	<p>Female Participation in Sport & Physical Activity – Systematic Literature Review</p>	<p>Partner</p>	
		<p>Year</p>	<p>2014</p>
<p>Purpose</p> 	<p>VicHealth commissioned the Centre for Sport and Social Impact at La Trobe University to conduct a literature review and prepare a research summary on: (1) trends of participation in sport and physical activity by women; (2) benefits of physical activity for women; (3) influences, motives and barriers to participation; and (4) intervention principles.</p>		
<p>Method</p> 	<p>The systematic review process comprised four phases:</p> <ol style="list-style-type: none"> 1. A comprehensive search for articles relating to female participation in sport and physical activity; 2. A screening process to assess the relevance of each article to the topic; 3. An evaluation of all articles against a set of eligibility criteria; 4. An in-depth analysis of all articles eligible to be part of the final sample 		
<p>Application</p> 	<p>The key outputs of the review were:</p> <ol style="list-style-type: none"> 1. A synopsis detailing the key information from the literature review that can be used in VicHealth's communication related to female sport and physical activity participation in Victoria; 2. A plain language research summary document for publication by VicHealth. This provides an important evidence-based resource for local government, sporting organisations, community organisations, workplaces, etc. <p>Importantly, the research reiterated that females of all ages generally have lower physical activity participation rates than males, increasing physical activity levels for females is important for health and mental wellbeing and that gender and the needs of females should be considered when developing specific physical activity opportunities.</p>		

