

“Total Quality in Physical Education and Sport Science”

By Katie Flanagan



(A46)

Sport plays a distinctive role in Australian society, for both men and women. Sport is an integral part of Australian culture, and for Australian women sport is a part of their everyday life. Participating and supporting sport is a regular part of daily routine for women in Australia. From elite sportswomen, to social weekend games, to mothers taking their children to play football or young businesswomen going for a run with their friends after work; Australian women are actively involved in sport.

Despite this, Australian women continue to face barriers to fair and equal participation in sport. The Australian government and community groups across the country encourage initiatives to ensure that women in Australia, regardless of their background or nationality, have the opportunity to access safe and fair sporting activities and facilities.

This presentation is an overview of the how Australian women are involved in sport, how this differs from a country such as Palestine, and how we can learn from each other. It will cover the following key issues:

1. History and sport: Why the past is important
2. Equality and women in sport
3. Female oriented sports and participation in male dominated sports
4. Women only: Gyms and fitness classes
5. Women's sport and the media
6. Women's health: Education, expectations and bodyweight issues

Sport has the potential to improve the quality of life experienced by women across the world. The needs of women differ from those of men, but this should not inhibit their participation in sport. In Australia and in Palestine, sport provides essential benefits for women of all ages.

