

## *Appendix A: Purpose of the Literature Review*

The purpose of this project is to provide a literature review to serve as a common evidence-base for collaborative policy and program development work aimed at **increasing participation in sport, particularly among underrepresented groups, and promoting the health of Canadians through sport participation**. This project will provide an overview of current knowledge by reviewing Canadian and international research related to the design of policies and programs to increase the number and diversity of participants in sport, and to improve related health outcomes.

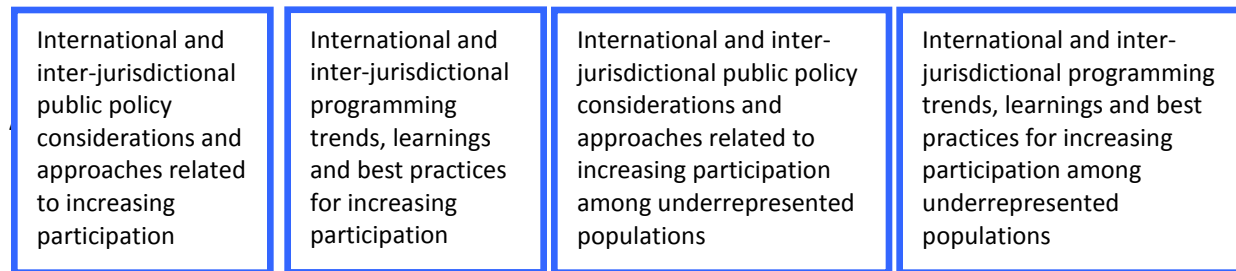
For this purpose, sport is defined in broad terms to include unorganized and non-competitive forms of recreational sport activities.

CSP Focus:  
 (1) Introduction to Sport  
 (2) Recreational Sport  
 (3) Sport for Development

### Groups:

- All Canadians
- Women and girls
- Indigenous Peoples
- Persons with Disabilities
  - Recent immigrants and new Canadians
- Socio-economically disadvantaged Canadians
- Canadians living in rural, remote and isolated regions
  - LGBTQ Canadians
  - Older Canadians

### Literature Review



## Support for the Canadian Sport Policy <http://sirc.ca/csp2012>

### Canadian Sport Policy

This Policy sets direction for the period 2012-2022 for all governments, institutions and organizations that are committed to realizing the positive impacts of sport on individuals, communities and society.

Vision: A dynamic and innovative culture that promotes and celebrates participation and excellence in sport.

Five broad policy goals: (1) Introduction to Sport; (2) Recreational Sport; (3) Competitive Sport; (4) High performance Sport; (5) Sport for Development

#### Awareness

Awareness of availability and accessibility of sport activities

#### First Contact

Introduction to sport skills and technical requirements

#### Introduction to Sport

Policy Goal:  
Canadians have the fundamental skills, knowledge and attitudes to participate in organized and unorganized sport.

#### Recreational Sport

Policy Goal:  
Canadians have the opportunity to participate in sport for fun, health, social interaction and relaxation.

#### Sport for Development

Policy Goal:  
Sport is used as a tool for social and economic development, and the promotion of positive values at home and abroad.

#### Focus on (Within the Scope):

- Policies and programs targeting Canadians
- Policies and programs targeting underrepresented groups (as per list above)
- Programs and policies that promote health outcomes as a means to increase participation
- Programs and policies that focus on building skills, knowledge and attitudes
- Programs and policies that promote / emphasize sport for fun, health, social interaction and relaxation
- Programs and policies that demonstrate success in using sport as a tool for social and economic development, and the promotion of positive values at home and abroad.

#### Outside of Scope

- Focus on coaches, officials, parents and other influencers, leadership
- Studies focused on demonstrating that health outcomes as a result of sport participation (that is already well documented)

## *Appendix B: List of Sources Contacted for Literature Referrals*

Many thanks to those researchers and practitioners who considered our request.

Kelly Arbour, University of Toronto	Amy Latimer Queen's University
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### *ListSrvs*

International Federation of Adaptive Physical Activity, Canadian Disability Participation Project

Ontario Health Promotion E-bulletin

Sport Information Resource Centre