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## A scoping review of developmental practice histories of female athletes

There has been considerable interest in the variables related to practice, play and specialization which underlie the development of expertise in sport. Despite rationale for sex and gender differences in development pathways, our understanding of these pathways in girls and women's sport is relatively poor. Much of the current knowledge and models of development have been generalized from men's or mixed gender sport contexts. In this current research, we map the scope of the body of literature pertaining to girls' and women's sport, with an emphasis on the pathways to expertise in the context of deliberate practice theory and the Developmental Model of Sport Participation. Following an extensive search of the literature, we summarized general information regarding practice and play histories, measures of specialization, and engagement in other sports, in relation to the attainment of expertise in junior and adult settings. The included studies represented a wide range of sports, including team and individual activities, and many quantified measures of practice and multisport participation. Relatively few studies included measures of play and competition. While the scope of our review was limited to a relatively elite sample, many studies assessed national level adult and youth athletes, while fewer looked at super-elite, professional and college level athletes. In addition to identifying gaps in the literature, this review helps to describe and inform (and question) models and understanding of the developmental pathways leading to success in girls and women's sport. This review is part of our larger project designed to look at developmental pathways in girl's and women's soccer.