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.

Literature Review

- Identify and review academic and gray literature of best approaches and practices to increase sport participation
  - Success
  - Barriers

- Synthesize findings:
  - Barriers
  - Success

- Report on results and gaps in the literature

- Provide policy and program recommendations for addressing barriers and increasing the participation of Canadians, with a focus on diverse groups in line with Policy areas 1, 2, 5 of the CSP

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
Support for the Canadian Sport Policy  

**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

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**Awareness**

Awareness of availability and accessibility of sport activities

**First Contact**

Introduction to sport skills and technical requirements

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**Introduction to Sport**

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

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**Recreational Sport**

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

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**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.

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**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.

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**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
Rebekah Bassett, York University  Nigel Livingstone, University of Victoria
Maureen Connolly, Brock University  Meaghan Lloyd, OUIT
Doug Cripps, University of Regina  Pat Longmuir, CHEO
Diane Culver, University of Ottawa  Rene Lyons, Dalhousie University
Guylaine Demers, Laval University  Dru Marshall, University of Victoria
Peter Donnelly, University of Toronto  Kathleen Martin-Ginis, University of British Columbia
Cari Din, University of Calgary  Columbia Okanagan
Guy Falkner, University of Toronto  Heather McRae, University of Manitoba
Dave Fitzpatrick, University of Manitoba  Doug Nichols, University of Victoria
Janice Forsyth, Western University  Grant O’Sullivan, Victoria University, Australia
Wendy Frisby, University of British Columbia  Vicky Paraschak, University of Windsor
Carolyn Fusco, University of Toronto  Sue Rankin, Penn State
Sandra Gibbons, University of Victoria  Ian Rivers Brunel, University London, UK
Audrey Giles, University of Ottawa  Clermont Simard, Laval University
Donna Goodwin, University of Alberta  Kerri Staples, University of Regina
Pat Griffin, University of Mass  John Spence, University of Alberta
Joanne Halas, University of Manitoba Bill  Caroline Symons, Victoria University, Australia
Harvey, McGill University  Viviane Temple, University of Victoria
Louise Humbert, University of Saskatchewan  Jen Tomasone, Queens University
Kathy Jackson, Queens University  Mark Tremblay, CHEO
Ian Janssen, Queens University  Joan Wharf-Higgins, University of Victoria
Gretchen Kerr, University of Toronto Sandra  Penny Werthner, University of Calgary
Kirby, University of Waterloo

ListServs

International Federation of Adaptive Physical Activity, Canadian Disability Participation Project
Ontario Health Promotion E-bulletin
Sport Information Resource Centre