**Forum:** United Nations Entity for Gender Equality and the Empowerment of Women (UNW)

**Issue:** Addressing the Future of Sport Regarding Influence for Gender Equality

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**Introduction**

The evolution of gender equality in regards to women’s sport has come a long way since the Heraean Games of after 776 BCE, with elite female athletes currently participating and changing the realm of sports seen today. Over time, significant advances have been made in regards to equality in sport, from statues, acts, declarations, protests, events, etc; but it still seems as though women are severely underrepresented in the athletic world. According to the United Nations Educational, Scientific, and Cultural Organization (UNESCO), roughly 40% of athletes today are female, but only 4% of athletic viewership goes to female athletes who are often objectified or demeaned. Moreover, viewership is not the only issue at hand. Gender inequality in sports is clearly demonstrated in the areas of youth opportunities, pay gaps, national teams, senior positions, funding, infrastructure and events.

However, the matter of women’s empowerment and equality in sport in question is more complex than portrayed, and varies through different demographics, such as the geographical region of the sport in question, domestic laws, education systems, and even funding and revenue. This is seen dramatically in the Middle East and regions in Africa, where sport is seen as a “masculine” activity, making it harder to influence young girls and women alike to play sport, even with additional variations of sport being “gendered” (eg. softball and baseball), hindering certain sport opportunities for women. Although this issue has dramatically shifted in the past decade or so, with countries such as Qatar and Saudi Arabia finally sending female athletes to the Olympics in 2012, and funds and programs for women’s sport consistently birthing in Africa. However, these are still small steps for what must come, as gender inequality in sport is evident in other regions in the world.

The history of women’s sport dates back to the first recorded Olympic Games, held in 776 BCE, where the only women who could compete in sport were prostitutes or virgins, as married women were not allowed to participate, as well as virgin women being objectified as prizes for winners. Shortly after the first Olympic Games in 776 BCE, women first participated in sport, specifically in the Games of Hera, a foot race held for women homage to the Greek Goddess Hera. Since then, women’s sport has evolved immensely, from women participating in the 1896 Olympics, to the 1991 Women’s FIFA World Cup, as well as notable sports such as cricket popularizing and appearing in the physical education curriculum for women in British school in the 18th century. The future of women’s sport has advanced further from here, with sport being for all regardless of gender, bringing up further needed discussion on the integration of transgender athletes in their relevant athletic group.

**Definition of Key Terms**

**Gender equality-**The act of treating women and men equally.

**Women’s empowerment-**The process of females gaining freedom and power to do what they want or to control what happens to themselves, relating primarily to gender equality.

**Gender pay gap-**The difference between the amounts of money paid to women and men, often for doing the same work.

**Performance gap-**The difference between male and female athletic performances, relating to their contrast in biological aspects. To summarize, the performance gap symbolizes the differences between elite female athletic performances and elite male athletic performances, establishing a healthy difference proven by sports science.

**Gendering-**To give someone or something a particular gender, or to think of something as belonging to a particular gender.

**Sports science-**The study of various exercises, for example human anatomy and physiology, as they relate to sport and exercise.

**Competitive balance-**The situation in which no one business of a group of competing businesses has an unfair advantage over others, in this instance relating to sport.

**Sex-linked differences-**Physical and physiological differences that are tied to being male or female.

**Unconditional inclusion-**Inclusion in a category, classification, or group without pre-conditions. Examples include a trans-identified male participating in a women’s sporting event without any scoring penalties, etc.

**Transgender-**Used to describe a person whose gender identity is not the same as their sex. Using this term, a person who’s biological sex is female, but identifies as male would be considered a trans-identified female, vice versa regarding a person who’s biological sex is male.

**Sportwashing-**The act of sponsoring a sports team or event in order to distract from bad practices elsewhere.

**General Overview**

**Brief Background**

The journey towards greater women’s empowerment and equality in sport has witnessed significant strides in progress and notable milestones. Over the years, women’s athletes and activists in all of sport have challenged notorious historical norms that affected the rights of women all over the word, fighting for equal opportunities in many fields, with sport being an important example. The consistent establishment of women’s sporting leagues, critical advancements in regards to law and and legislation all over the world (eg. Title IX), and increased youth athletic programs for females have ultimately made a huge impact in the field of sport, with biological and transgender women competing, refereeing, managing, coaching, and impacting sport greatly, with much more to come.

**Representation & Media Coverage**

The representation of females in sport remains one of the greatest advancements made in the topic, however the instance of women consistently being represented seems to only occur in sporting competitions, and not in journalism, or media coverage. A pivotal role is played by media coverage in sport, regardless of gender, with viewership shaping public perception and influencing narratives surrounding athletes in sport, especially in recent years due to the surge of social media. Due to this fact, addressing gender equality requires a shift in how female athletes are portrayed, covered, and narrated by the media. The representation of females in sport remains one of the greatest advancements made in the topic, however the instance of women consistently being represented seems to only occur in sporting competitions, and not in journalism, or media coverage. Through the recent “gender balanced” dubbed theme of the 2020 Tokyo Olympics sport viewership of domestic women’s leagues such as the WNBA and National Women’s Soccer League (both US leagues) have increased by 68% and above 500% respectively, citing a positive trend in viewership. However, even with viewership increasing, media coverage has surprisingly not, with only 4% of all media covered sports going to female athletes, as revenue is not coming through for these leagues. Due to this ….. of this, investors and sports media companies stand together, hesitating to invest in women’s athletics for the same reason; profitability. This causes the cycle to repeat once more, barring female athletes from the same opportunities given to men in the field. Via more investing alongside comprehensive and inclusive broadcasting, the media can contribute to a more balanced and gender equal world of sports, potentially closing the gender pay gap to an extent while additionally fostering greater recognition and respect for the world’s beloved and talented female athletes. Additionally, encouraging female representation in sports governance bodies enables the voices of women athletes and advocates to be heard, influencing potential impactful policies that address disparities and promote fair treatment and opportunities of all in sports, regardless of gender identity.

**Gendering of Sport**

The concept of degendering sport involves challenging former gender divisions established by historical patriarchal traditions, allowing sport to be recognized as something fluid between all gender identities. As society has become more understanding and accepting of diverse gender expressions, the opposing idea of gendering sport as an activity for “men” should be becoming more obsolete, although still being present in most countries, especially in African and Asian nations. According to a survey conducted by the Women’s Sports Foundation, 40% of Americans believe that sports are more important for boys than girls. Although this stereotype can have profound impact on the empowerment and influence of girls’ participation and opportunities in sports, the Girls’ Attitudes Survey by the UK charity Women in Sport revealed that 65% of girls aged 7-10 now believe that they as girls can do any sport they choose, showing a complex discrepancy in perception. This highlights the progress being made in dismantling gender biases in sports, while also recognizing what must occur at hand.

**Competitive Balance Equality (Specifically Highlighting Cisgender Athletes)**

The topic of including transgender athletes and competitive fairness is a complex issue, especially due to the evolving nature of the topic. Through thorough examination of scientific research, experience, and principles of competitive balance in the sport, multiple decisions have been made by both sovereign and domestic states on the topic. The development of inclusive policies that address the concerns regarding hormone levels, physical advantages within sex-linked differences, and competitive balance has and will be crucial to all major decisions regarding the topic in the future. It is clear that unconditional inclusion is a focal point in the sports world, but the issue that comes in front of this form of inclusion is the sex-linked differences between man and female, specifically through the question of when is someone past the stage of conversion creating a competitive disadvantage. This issue has risen greatly in the past, with cisgender athletes such as Tiffany Newell and Lia Thomas setting records in their female sports categories, in sports such as swimming and athletics which are usually associated with a higher aspect of physical fitness over skill (with a ball or a bat for example). By striving for a fair and inclusive approach, sports organizations (such as the NCAA in this instance) and governing bodies alike are working towards establishing guidelines that uphold both the principles of gender equality and the integrity of women’s sport. Regardless, balancing the rights of transgender athletes in regards to allowing their participation in their preferred sport with their gender identity and maintaining a level playing field for these athletes is a unique issue that requires thorough detail.

**Major Parties Involved and Their Views**

**Saudi Arabia**

Throughout the years women’s sport in Saudi Arabia has been seen as a conflict to gender equality and women’s rights, mainly due to the suppression of women’s sport opportunities by conservative Islamic rules in the Kingdom, which comes to the surprise of many as most predominantly Islamic nations do allow women’s sport, along with the Quran (sacred Islamic text) not specifically touching on the disallowment of women’s sport, or men’s for the record. This aspect of suppression is shown immensely through the timeline of evolution in the realm of female athletes in Saudi Arabia, in which change has only occurred in the 21st century, starting in 2012 when Saudi Arabia, alongside Qatar and Brunei were “forced” to send women to the 2012 London Summer Olympic Games by the International Olympic Committee (IOC), after publicly stating they would not send female athletes prior. This was a major step in women’s rights alongside the future of sport in the gulf nation, alongside the other two nations where change was also made, although being forced. The question arising to this occurrence is if Saudi Arabia would have made as much improvement if they were not forced, and almost boycotted? Nevertheless, the future of sport in Saudi Arabia transformed to a great extent after this occurrence with big changes taking place in 2013, with the first major women’s sport center holding facilities for physical fitness activities like karate and yoga opening up in Khobar, a major city. Alongside this, private school children of female sex were “officially” allowed to participate in physical education classes and activity in school, although having done so unofficially prior. The same change was made for public schools four years later in 2017, citing evidence of not only gender-based but wealth-based bias in the nation as well. Other notable advancements in the nation’s sector of female athletics include the Saudi Arabian Football Federation including women’s football, football and basketball leagues starting to grow in the nation, cricket matches occurring for females of all ages, and most notably a Saudi F4 driver participating in Women’s Motorsport, breaking the once barriers of no-driving, and no-sport for women in the nation. Albeit such progress, more is to come for the nation, as senior positions in sports lack from the gulf nation, gendering is evident, and scandals continuously arise, most recently being accusations of sportwashing in Saudi Arabia’s recent sponsorship of the Women’s World Cup by Human Rights Watch (HRW). Conclusively, the bigger question at hand when regarding Saudi Arabia in the topic of women’s sport is their general women’s rights programs, with the future of sport holding little influence for gender equality in Saudi Arabia.

**United States of America**

The United States of America has been a frontrunner in the influence of gender equality as a whole, not to mention in relation to sports. Although societal norms hindered women’s sport until the late 19th century, women currently are not perceived as being denied opportunities in sport in the USA, specifically due to the well known civil rights law in the USA titled, “Title IX.” Title IX, passed as part of Educational Amendments in 1972, and highlighted specifically that, “no person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.” In summary this was a major stepping stone leading to the world of women’s sports seen today, as athletic programs would fall under education programs. However, according to the Women’s Sports Foundation, 80 to 90% of all educational programs do not actually comply with Title IX, and are not punished with withdrawal of federal funds as per the law. This relates to gender equality immensely, as although Title IX mandates such punishment, solutions and problems still arise, as women’s sport constantly causes revenue loss in the country’s school programs and major athletic leagues. The US and their northern counterpart Canada both share some of the largest and most dominant sports leagues in the world, with women’s editions of these leagues being noted as lesser-viewed and revenue-losing, with the WNBA being the most key example of the gender pay gap in sports, along with other notable examples such as the the US Men’s National Soccer Team’s pay versus the Women’s squad’s pay. Solutions must arise for these issues, as the western sports world has a great impact on the future of women’s sport.

**India**

Gender equality in sports in India has witnessed significant strides in recent years, creating opportunities for women to shine in various different athletic activities. Most notably, the Women’s Premier League, being the counterpart of the beloved men’s cricket league known as the IPL, has shocked the world as being one of the most sold out women’s sporting events in recent years. Their inaugural final match in the 2023 season had people witnessing great matches and sellout crowds, with all tickets being bought, and not given out for free as per prior matches. Moreover, women’s sports in India breaks the cultural norm of Indian culture that was present in previous years, with Indian women participating in many physical contact sports involving fighting such as boxing, wrestling, karate, and well-known Indian sport kabaddi. Ultimately, the ever-growing popularity of women’s sport in India symbolizes a remarkable journey towards gender parity and degendering sport, even with societal barriers in place, with well-known female athletes being regarded highly in the south Asian nation.

**Japan**

Throughout the years, women’s sport in Japan has gained greater recognition, seen as increased media coverage and investment in the field. Along with this, the Tokyo 2020 Olympics hosted in Japan had a visible theme of gender-balance, with a makeup of 49% female athletes and 51% male athletes, the most evenly distributed statistics of sex in the history of the Olympic games. Along with this, Japan has been clear of their interest in women’s sports through their growth, achievements, and opportunities in the field of women’s athletics.

**Afghanistan**

After the recent takeover of the Afghani government in 2021, the Taliban has placed upon banning all sports and other forms of entertainment. However, among these restrictions, most notably Afghani sportspeople seek refuge in other nations to continue their athletic aspirations. With cricket being the most well-known sport in Afghanistan, key examples of women’s sport continuing include Afghani athletes seeking refuge in Australia and India, along with these nations providing home grounds and security for these teams.

**Sweden**

Sweden has long been great in the pursuit of gender equality, with this commitment extending to sports as well. Swedish sports federations actively and continuously promote the participation and development of sports and physical activity for females of all ages. The country has implemented numerous policies and initiatives to ensure equal opportunities and resources for female athletes, along with extensive media coverage and respect for the athletes. Sweden’s dedication to gender equality in sports has not only elevated the status of women’s sports, but has also sparked key examples about equal representation and unconditional inclusion in the prior noted area. Conclusively, Sweden’s efforts serve as a key example for other countries needing guidance towards fair and balanced sporting systems.

**South Africa**

South Africa has been a leader in promoting gender equality and women’s empowerment through sport in the African continent, where opportunities are notably less for girls. The country has made significant advancements in providing opportunities, guidance, and support for aspiring female athletes through several of their various sporting federations.

**Malawi**

In previous years Malawi has been anything but a country promoting gender equality in sport, but small changes have been made showing good progress. The Malawi government has collaborated with several sporting organizations in previous years taking steps to promote gender parity in sports, and while progress may be ongoing and hurdles appear every now and then, Malawi is in a progressive direction.

**Brazil**

Brazil’s rich sporting culture combined with their abundance of great athletes has put promoting gender equality and women’s empowerment in sports “on the map” in South America, specifically in women’s football where not only players are making a difference, but also senior positions such as coaches, directors, administrators, and officials. Brazil consistently remains progressive in their grassroots and professional women’s sports programs as well.

**Timeline of Events UN involvement, Relevant Resolutions, Treaties and Events**

**Date Description of Event**

| 776 BCE | First recorded instance of women competing in sports, in the Heraean games, involving foot races |
| --- | --- |
| 1567 | Mary, Queen of Scots becomes the first women recorded to play golf ever |
| 1745 | First ever recorded women's cricket match takes place in Surrey, England |
| 1768 | French woman named Madame Tunel defeats English Mr. Tomkins in three sets |
| 1893-1895 | Association football governing bodies introduced rules prohibiting violence on the pitch, making it more socially acceptable for women to play the now popularized sport. In 1895, the first publicized women’s football game occurred in London, England. |
| 1895 | First intercollegiate women’s basketball game takes place between UC Berkeley and Stanford University, ending with a final score of 2-1 |
| 1900 | First Olympic Games to feature women |
| 1972 | Title IX is adopted in the US |
| 1975-1976 | Reneé Richards undergoes gender reassignment therapy and switches to the women’s tennis circuit, becoming the first to do so |
| 2004 | Transgender people are allowed to compete in the Olympics |
| 2021 | Laurel Hubbard (New Zealand) becomes the first transgender women to compete in the Olympics |
| Present day | Gender equality in sport continues to be fought for, and women continue to participate in sports as elite athletes |

**Title IX**

Title IX, often regarded as the most major recent law ensuring gender equality in sport, was passed as part of Educational Amendments in 1972. Title IX specifically highlighted that, “no person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

**Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)**

Adopted in 1979 by the UN General Assembly, the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) is often regarded as the international bill of rights for women, covering various aspects of gender equality, including gender equality in sports. While CEDAW is an overarching bill of rights for gender equality, in the context of sports CEDAW recognizes the importance of equal opportunities for women and girls, calling on state parties to take appropriate measures to eliminate discrimination against women in the field of sports, ensuring equal access to facilities, equipment, training, etc. Additionally, CEDAW emphasizes the need to address gender stereotypes and prejudice that hinder the great and encouraging efforts made to challenge stereotypes that limit women’s participation in sports.

**Olympic Charter (international Olympic Committee)**

The Olympic Charter, established by the International Olympic Committee (IOC) includes principles of non-discrimination and equality emphasizing the promotion of gender equality in sports, while also encouraging the participation of women in the Olympic Games. The Olympic Charter promotes several key principles, with some emphasizing the promotion of gender equality in sports to a great level. It is written in the Olympic Charter that the role of the IOC is “to encourage and support the promotion of women in sport at all levels and in all structures with a view to implementing the principle of equality of men and women” (Olympic Charter, Chapter 1, Rule 2.8). This shows the IOC’s commitment to gender equality, and how it aligns with the efforts of achieving gender equity in sports globally. Furthermore, the IOC in general works to ensure gender balance within their own structural decision-making bodies, actively supporting initiatives and programs aimed at increasing participation, leadership roles, and addressing the barriers women face in the sporting world.

**International Working Group on Women and Sport (IWG)**

The International Working Group on Women and Sport, founded in 1994 serves as a hub for collaboration, research, and advocacy within their ultimate goal of achieving gender equality within the sports industry. With their multi-faceted approach to address the obstacles that women have to encounter in the realm of sports, the IWG conducts and supports research initiatives to gather valuable data and evidence on the numerous gender disparities, representation, and opportunities in sports for women. A specific notable milestone for the IWG was the dissemination and development of the Brighton Plus Helsinki 2014 Declaration for Women and Sport. This declaration essentially acts as a roadmap which outlines strategies to foster gender equality in sports at all levels, from young startups and grassroot organizations, to elite and professional sports clubs. Along with this, the IWG organizes international conferences, seminars, and workshops serving as platforms for the spread of knowledge and practices for gender equality in sports, allowing them to be considered as a premier NGO in said field.

**Evaluation of Previous Attempts to Resolve the Issue**

Over the years, numerous attempts have been made to tackle the complex issue of gender equality in sports. While some progress has undeniably been achieved, there are still considerable challenges that need to be addressed to ensure equality for all athletes. Concrete examples of previous attempts to resolve this issue are:

1. **US Soccer Team Equal Pay**

In September 2022, the USWNT finalized a settlement with the USSF regarding their long-standing battle for equal pay, with the agreement addressing the pay disparity issue of prize money, salary, etc. The agreement secured higher salaries, better bonuses, and improved working conditions for the female players.

1. **ICC Equal Pay**

In July 2023, the International Cricket Confederation (ICC) announced equal pay and prize money for male and female cricketers at international events, showing a great improvement within the history of the sport. Additionally, ICC reports increased prize money yearly for female cricketers internationally since 2017.

1. **Brighton Plus Helsinki 2014 Declaration on Women and Sport**

The Brighton Plus Helsinki 2014 Declaration on Women and Sport was created by the IWG, aiming to promote gender balance in coaching and leadership roles within sports organizations worldwide. The declaration additionally increased the number of female coaches in sports, alongside encouraging more women to take up sport at all levels.

1. **UNW “HeForShe” Campaign**

The United Nations “HeForShe” campaign, founded specifically by UNW has made strides in promoting gender equality in sports. As part of this initiative, various sporting organizations (FIFA, IOC, IPC, etc.) have pledged to increase female participation and leadership in sports. For instance, FIFA launched the “FIFA Women’s Football Strategy” to boost women’s participation, development, engagement, and education in soccer/football globally, through specific goals.

**Possible Solutions**

Albeit being an issue worked on heavily in today’s day and age, definite solutions and further renowned impact are still to come. Specifically, a few possible solutions for this ongoing topic involve a typical pattern of encouragement and advocacy, alongside media, financial, and organizational improvements. To start, it is extremely crucial to provide equal opportunities for women to participate in sports from an early age, with the same assistance provided to all, regardless of gender identity. This involves encouragement and action for schools, grassroots organizations, and clubs to offer and support students in a diverse array of sports for all, working to eliminate gendering, and related gender-based restrictions. Additionally, the involvement of media representation plays a pivotal role in shaping the attitudes given to all athletes in their respective sports, showing how by featuring and regarding an increased number of female athletes, commentators, and analysts can challenge biased gender norms, and provide equal representation and interest in athletics. Financial support, including the encouragement for business and organizations to invest in women’s sports and female athletes additionally close the gender gap, providing visibility and recognition for athletes of female gender identity. Sponsorships contribute to inclusivity as well, addressing outdated stereotypes from an additional field. Finally, education also plays a key role in the fight for gender equality in sports, as raising awareness and understanding of sports and equality for athletes regardless of gender is vital for the pursuit of a sports world with equality. To close, effecting lasting change in the field requires collaboration and support from and between sporting organizations, governments, sporting leagues, NGOs, and advocates. Working together and collaborating can drive positive change in the talented sporting world seen today, irrespective of gender.

**Sustainable Development Goal (SDG)**

The topic of addressing the future of sport regarding influence for gender equality connects greatly to several UN sustainable development goals, including the following:

1. **SDG #3: Good Health and Well-Being**

The issue of gender equality in sports relates to SDG #3, regarding good health and well-being as through sport, physical education, and exercise good health and well-being emerges for all who participate. As of right now, women participate in physical activity far less than males due to lack of infrastructure and other significant issues. Addressing the topic of gender equality in physical activity ensures healthy lives and promotes well-being for all through possible solutions.

1. **SDG #4: Quality Education**

The issue of gender equality in sports relates to SDG #4, regarding quality education in several aspects. Notably, when one thinks about education they think about academic institutions, standardized testing, and “book-studying,” but education in terms of physical activity and sport also exist. Addressing the issue of gender parity in sports not only ensures quality education in an athletic field, but also promotes lifelong learning opportunities for all. By promoting equal opportunities, eliminating stereotypes and gendering in sport, and addressing barriers to women’s participation, involvement and education in athletics, SDG #5’s overarching goal can be met, and have a great impact on the world in means outside of sports as well.

1. **SDG #5: Gender Equality**

Addressing the need for gender equality in sports directly relates to SDG #5, regarding gender equality in many ways further than just material understanding. Through addressing this issue, achieving gender equality in not only sports, but all fields can be provided for all women and girls. The need for gender equality comes

1. **SDG #8: Decent Work and Economic Growth**

Gender equality in sports relates well with SDG #8, regarding decent work and economic growth, as gender equality in sports extends beyond participation, as it includes equal pay and fair financial and working conditions for female athletes. By advocating for equal remuneration and professional opportunities for women in sports, SDG #8 is supported.

1. **SDG #10: Reduced Inequalities**

The need for gender equality in sports addresses inequalities based on gender, relating to SDG #10, which involves reduced inequalities in the world. Ensuring that everyone, regardless of sex have the same opportunities and recognition as others assists in the pursuit of a more equitable society.

1. **SDG #16: Peace, Justice, and Strong Institutions**

Gender equality in sports additionally supports SDG #16, which includes strong institutions and the ensurement of peace and justice within these organizations. This occurs through how peace and justice in the realm of sports provides access to inclusive institutions and organizations all over the globe.

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**Appendix**

1. A report from the United Nations Entity for Gender Equality and the Empowerment of Women regarding the correlation between women, gender equality, and sport, published to promote the goals of the Beijing Declaration and the Platform for Action.
2. <https://www.un.org/womenwatch/daw/public/Women%20and%20Sport.pdf>

II. International Olympic Committee database and web page on gender equality in sports, featuring timelines, objectives, reports, and IOC documents featuring outlining goals, solutions, and future projects regarding gender equality in sports.

1. <https://olympics.com/ioc/gender-equality>

III. An archived UNESCO article outlining how gender equality is reflected in sports media, and the significance of the involvement of media in athletics. Additionally includes several other aspects on media in women’s sports, such as book links, and a latest headlines page.

1. <https://webarchive.unesco.org/web/20230104165710/https://en.unesco.org/themes/gender-equality-sports-media>

IV. An article published by GWI including statistics, historical facts, and visual representations of sports, women’s empowerment, and gender equality

1. <https://blog.gwi.com/chart-of-the-week/are-womens-sports-equalizing/>

V. A research article published on frontiers involving relevant statistics, historical facts, and unbiased discussion on the topic at hand, with credible authors.

1. <https://www.frontiersin.org/articles/10.3389/fspor.2021.746441/full>