

Canan Koca
(Editor)

**INSPIRING WOMEN IN ASIA:
MAKING A DIFFERENCE IN PHYSICAL
EDUCATION, SPORT AND DANCE**

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CONTENTS

	FOREWORD	7
	FOREWORD.....	15
1	INTRODUCTION: INSPIRATIONAL WOMEN IN ASIA: MAKING A DIFFERENCE IN PHYSICAL EDUCATION, SPORT AND DANCE	
	CANAN KOCA.....	17
2	STORIES OF MASHUDA KHATUN SHEFALI AND NUK IN ENGAGING IN WOMEN AND SPORTS IN BANGLADESH	
	MASHUDA KHATUN SHEFALI	25
3	STORIES OF TWO LEGENDS OF INDIAN WOMEN FOOTBALL	
	SHREYAS RAO	45
4	EMINENT INDIVIDUALS AND TRENDS IN IRANIAN WOMEN SPORT	
	MARYAM KOUSHKIE JAHROMI	65
5	STORY OF A WOMAN ATHLETE AND SPORT SCIENTIST IN IRAQ	
	AGHARID SALIM ABDULRIDH ALFREDAN	89

6	MAKING A DIFFERENCE FOR GIRLS AND WOMEN IN SPORT AND PHYSICAL ACTIVITY IN ISRAEL	
	SIMA ZACH	
	SHLOMIT NIR-TOOR.....	97
7	PIONEERS FOR DANCE EDUCATION OF JAPAN IN MODERN HISTORY	
	ARISA YAGI	
	AOI TANAKA.....	119
8	STORIES OF KAPESGW AND PROFESSOR YANGSOON HAN WHO IS A GREAT STAR OF KOREA'S FEMALE PHYSICAL EDUCATION	
	WON YOUNG-SHIN.....	137
9	MACAU WOMEN SPORT AND INSPIRING FEMALE ATHLETES	
	BEATRIZ WONG	
	WALTER KING YAN HO.....	163
10	WOMEN LEADERS AND SPORT IN MALAYSIA: LAYING THE FOUNDATIONS FOR THE FUTURE	
	WIRDATI MOHD RADZI	
	MEGAT AHMAD KAMALUDDIN MEGAT DAUD	
	SELINA KHOO.....	181
11	NEPALI WOMEN LEAD THE MOUNTAINS/HIMALAYAS	
	ARCHANA KARKI CHHETRI	
	GERA VAN WIJK.....	197
12	THE POSITION OF GIRLS AND WOMEN IN PHYSICAL EDUCATION AND SPORTS IN PAKISTAN	
	RAHAT KHANUM.....	209

13	SAUDI ARABIA WOMEN SPORTS: A KINGDOM RACING TO THE FINISH LINE	
	MONA KAMAL SHAHAB	
	MARTA PÉREZ VILLALBA.....	217
14	A STORY ABOUT DR. YU-HSIEN TSENG'S MISSION: BRINGING SPORTS TO GIRLS IN TAIWAN	
	KEH NYIT CHIN.....	237
15	“WHEN THERE IS A WILL, THERE IS A WAY”: INSPIRING STORIES OF SUCCESSFUL WOMEN IN TURKEY	
	CANAN KOCA	
	BENGÜ ARSLAN.....	245
16	AUTHOR BIOGRAPHIES	265



FOREWORD

It is a great privilege for the International Association of Physical Education and Sport for Girls and Women (IAPESGW) to have this opportunity to greet current, former and potential members and other readers through this book series. The purpose of the 'five continents series' is to commemorate some of the many inspirational women who have worked in physical education, sport and dance to increase opportunities for girls and women around the world. We thank Eliana Ferreira whose project led to the University of Juiz de Fora (Brazil) partnering IAPESGW on this unique venture.

Inspirational women: Making a difference in physical education, sport and dance is a five book series and IAPESGW is proud to say that members of the voluntary Executive Board stepped up to collect, edit and present each of these books for the series. We also thank the members of the Association who were the major contributors and facilitators of contacts that made this ambitious idea a success.

Oceania – Janice Crosswhite OAM (Australia).

Europe – Rosa Diketmüller (Austria).

Americas – Beatriz Ferreira (Brazil).

Africa – Anneliese Goslin (South Africa).

Asia – Canan Koca (Turkey).

The series will increase the visibility of women in the field across the world by profiling women's lives and achievements. It is

by no means an exhaustive collection of outstanding women. There will be many others who have been influential as roles models and leaders. But it offers a contribution in a world where men and male sports still dominate newspapers and television broadcasts alongside the history books of modern sport.

The editor of each book in this series had the autonomy to manage the collation of the volume as she preferred. She was also tasked with contextualising the continent in the introduction, offering a rationale and synopsis of the distinctive content and concluding each volume. The books are published by the research group "Núcleo do Grupo de Pesquisa em Inclusão, Movimento e Ensino a Distância [NGIME]" (Research Group on Inclusion, Movement and Distance Learning) coordinated by Eliana Ferreira – University of Juiz da Fora, it is a major publication project sponsor by the Brazilian government. It is expected that the books will be distributed to the Brazilian Universities and to attendees at ICSEMIS, Brazil 2016.

The International Association of Physical Education and Sport for Girls and Women

The International Association of Physical Education and Sport for Girls and Women (IAPESGW) was formed in 1949 and is the longest serving voluntary organization supporting the advancement of girls and women in Physical Education, Sport, Dance and Physical Activity.

Our Aims are:

- 1 To bring together interested scholars and practitioners of many countries working to improve the position of girls and women in the fields of physical education, sport and physical activity.

- 2 To represent the interests of girls and women at all levels and in all areas of physical education, sport and physical activity.
- 3 To strengthen international contacts and networks.
- 4 To afford opportunities for the discussion of mutual challenges and to share good practice.
- 5 To promote exchanges of persons and ideas among countries.
- 6 To promote research on physical education, sport and physical activity for girls and women.
- 7 To co-operate with other associations and agencies working to promote the interests of girls and women in physical education, sport and physical activity.
- 8 To promote leadership development throughout the world.

Our Vision:

Throughout the world, girls and women will benefit from:

- Participation in physical education, sport, physical activity and dance.
- Improved health through physical activity for all.
- Scientifically-based information.
- Quality education.

Ultimately, throughout the world, girls and women will be empowered through physical activity to: enjoy a balanced and healthy lifestyle, achieve a sense of value and well-being and make a positive contribute to society.

Members of the Association share belief in the value of physical activity in the lives of all girls and women, thereby forming a network of voices of, and for, the support of girls and women, improving their position at local, national and global levels. All members supporting IAPESGW at national and international level are volunteers who are driven to make time and space for stronger international support and camaraderie that networks like IAPESGW can bring. Over many years IAPESGW has been the place where young or early career researchers have found a supportive and accessible context alongside experienced colleagues in which to embark on presentation and research projects. The Executive Board is strong by global reach and also range of academic and practical experience and skills. Members of the Board are elected every four years and new volunteers who really want to make a difference by serving such an Association are always welcome. The current Executive Board indicates the extent of our international collaboration and is as follows:

President: **Rosa Lopez de D'Amico** (Professor, Universidad Pedagógica Experimental Libertador, Pedagógico de Maracay, **Venezuela**).

Vice-Presidents: **Janice Crosswhite** (OAM and President of the Australian Women sport and Recreation Association (AWRA), **Australia**).

Anneliese Goslin (Professor, University of Pretoria, **South Africa**).

Karin Lofstrom (Executive Director – Canadian Association for the Advancement of Women – CAAWS, **Canada**).

Rosa Diketmüller (Assistant Professor, University of Vienna, **Austria**).

Tansin Benn (Visiting Professor, University of Plymouth, **UK**).

Darlene Kluka (Professor, University of Barry, **USA**).

Gladys Bequer (National Director of Physical Education and Health Promotion at the National Institute of Sports, Physical Education and Recreation (INDER) and Professor at the Higher Institute of Physical Culture (ISCF), **Cuba**).

Marianne Meier (Terre des Hommes International Federation, **Switzerland**).

Maryam Koushkie Jahromi (Associate Professor, Shiraz University, **Iran**).

Canan Koca (Associate Professor, Hacettepe University, **Turkey**).

Keh Nyit Chin (Professor, National Taiwan Normal University, Taipei, **Taiwan**).

Beatriz Ferreira (Professor, State University of Campinas – UNICAMP and is currently included in the program CAPES Visiting Professor Senior at the Federal University of Grande Dourados – Mato Grosso do Sul, **Brazil**).

Arisa Yagi (Professor Japan Women's College of Physical Education, Tokyo, **Japan**).

The full history of **Presidents** who have served IAPESGW is as follows:

1949 - 1961 Dorothy Ainswoth (USA).

1961 - 1965 Marie Thérèse Eyquem (France).

1965 - 1981 Liselott Diem (Germany).

1981 - 1989 Helene Tollich (Austria).

1989 - 1997 Patricia Bowen-West (UK).

1997 - 2005 Margaret Talbot (UK).

2005 - 2009 Darlene Kluka (USA).
2009 - 2013 Tansin Benn (UK).
2013 ... Rosa Lopez de D'Amico (Venezuela).

IAPESGW has held quadrennial Scientific Congresses since 1949 around the World:

1949	Copenhagen, Denmark	1985	Warwick, UK
1953	Paris, France	1989	Bali, Indonesia
1957	London, UK	1993	Melbourne, Australia
1961	Washington, USA	1997	Lahti, Finland
1965	Koln, Germany	2001	Alexandria, Egypt
1969	Tokyo, Japan	2005	Edmonton, Canada
1973	Tehran, Iran	2009	Stellenbosch, S. Africa
1977	Cape Town, S. Africa	2013	Havana, Cuba
1981	Buenos Aires, Argentina	2017	Miami, USA

In 1999 a special Conference event was held to commemorate the Association's 50th anniversary in the place of its birth - Smith College USA.

Alongside these Scientific Congresses, the Association contributes to other international scientific programs such as the quadrennial *International Convention on Science, Education and Medicine in Sport* (ICSEMIS). As a members' Association, IAPESGW responds to requests for information, support, research and action.

As a recognised Member Association of the International Council for Sport Sciences and Physical Education (ICSSPE), IAPESGW helps to construct international policy and aid work in sport and physical education. It is one of six bodies that contribute to the *International Committee of Sport Pedagogy (ICSP)*, a working group established by ICSSPE.

In addition to IAPESGW, the working group includes the following international partner associations: FIEP – Federation Internationale D` Education Physique / International Federation for Physical Education; AIESEP – Association Internationale des Ecoles Superieures d'Education Physique / International Association for Physical Education in Higher Education; IFAPA International Federation of Adapted Physical Activity; ISCPES – International Society for Comparative Physical Education and Sport; ICCE – International Council of Coaching Excellence. Representatives of this working group have contributed to collaborative research such as the "Global Voices project", and, through ICSSPE to the "Quality Physical Education (QPE) Guidelines for Policy-Makers" and the "Revised International Charter of Physical Education and Sport" that emerged from MINEPS 2013, Berlin, and were published by UNESCO (2015). The Association also has representation on related bodies such as the International Working Group on Women and Sport (IWG) where we work alongside Women Sport International (WSI).

IAPESGW's memberships continuing to grow with representation throughout the world via members on all five continents. The Association supports its members in the fields of sport, physical education, dance and physical activity for women and girls and provides opportunities for professional development and international cooperation. If you are interested in learning more or in joining please see our website at www.iapesgw.org.

Be part of the future of the International Association of Physical Education and Sport for Girls and Women.

Co-authors:

Rosa Lopez de D'Amico (Venezuela) (Current President)

Tansin Benn (UK) President 2009 – 2013

Darlene Kluka (USA) President 2005 – 2009



FOREWORD

This collection represents a milestone in the history of physical education as it seeks to present the conditions of equality and opportunities for physical activity around the world. This publication brings together experiences from five continents, highlighting elements which allowed to identify the progress and challenges of world policies in physical education.

In recent years, the Center for Inclusion, Movement and Distance Learning at the Federal University of Juiz de Fora – Brazil sought partnerships aiming to build a work disclosure policy that can support studies that consider the experiences of pedagogical practices in the physical activities. This is, undoubtedly a publication that makes us very proud, as it structure a proposal for a diverse and inclusive physical education.

A series of debates, the consolidation of an accessibility policy and the construction of pedagogical practices involving the conditions for a complete access, are the basis of this book.

In this sense, physical education acquires more relevance, establishing a more social understanding, related to accessibility and at the same time, is sensitive to the specific demands defined for education based on diversity.

Based on extensive material reported here, we share the idea that, every day, it becomes more evident that physical activities play an important role in ensuring the exercise of citizenship.

Profa. Dra. Eliana Lucia Ferreira
Universidade Federal de Juiz de Fora – UFJF
Ministério de Educação – MEC/BRASIL

1 | INTRODUCTION: INSPIRATIONAL WOMEN IN ASIA: MAKING A DIFFERENCE IN PHYSICAL EDUCATION, SPORT AND DANCE

CANAN KOCA



This book documents stories of inspiring women in sport from 14 countries in Asia continent. The term “sport” is used in its widest sense to cover competitive sport, physical education, dance, leisure/community-based physical activities. Stories, which have been told by local and international academics, social activists, practitioners, take an in-depth look at the nature of the success of women and their impact on women and sport in their locals across countries. Some of these are told by themselves, such as Matshuda Khatun Shefali (Bangladesh), Agharid Salim Abdulridh Alfredan (Iraq), Shlomit Nir-Toor (Israel) and one of them is written by her daughter (Bengü Arslan –Turkey).

Asia is a very rich cultural continent hosting countries where various cultural, social and political patterns exist. The repercussion of this feature of the continent is seen in the stories of the women and the organizations that take part in this book. As the stories in the book belong to Asia which hosts various countries and cultures that are not as visible as the Western countries and cultures, in most of the stories information about the socio-cultural pattern of the countries, the place of women in society, the sports culture in the country and the place of women in sports are also included. With this information a background in which the international readers might place and make sense of these stories, is made up.

I would like to express that putting together the inspirational stories of the women that are included in the book was not so easy due to the hard conditions that some of the countries in Asia have been experiencing. The sorrow and difficulty due to the earthquake in Nepal which occurred during the writing process of this book, and the difficulties experienced in Pakistan and Iraq caused the interruption of our communication with the authors, from time to time. As Agharid Salim Abdulridh Alfredan, the writer of the Iraq part, has migrated with her family from the place where she has been living, we have not been in touch with her for a while. She has not been able to complete her story due to the negative conditions although she wanted to do the revision of the part in which she told her life that she wrote enthusiastically. Thus, we have preferred to include the first draft of the part that she wrote as it is.

I expect that these stories of inspiring women in Asian continent to inspire a vigorous discussion on how women can do more to unleash the full physical, psychological and social potential that is needed to transform the world in a better way. They demonstrate how, with determination, sport is taking place and making a difference in the lives of women and girls. They show how change, transformation and empowerment of some of the world's women, and the development of greater equality are possible. I hope you will be inspired and empowered to go beyond your own borders for making a difference in sports for girls and women in your country!

Book structure

The book is organised into thirteen chapters. Each chapter contains stories of women and organisations which aim to promote women and girls' participation in sport from thirteen Asian countries.

Bangladesh chapter presents two inspirational stories. The first story is about Mashuda Khatun Shefali who is the author of this chapter, has over 34 years of experience working as an advocate of women's rights and gender equality in Bangladesh. Currently she is leading 11 NGOs in replication of the sports as tools for defending violence against young girls and women. The second story is about Nari Uddug Kendra (Centre for Women's Initiatives) which is founded by Mashuda Khatun Shefali works to promote gender equality, human rights and personal and political empowerment of women and girls in Bangladesh.

India chapter tells about the stories of two legends of Indian women football. Oimam Bembem Devi and Nganong Bala Devi. Facing a myriad challenges on their way to national and international glory, the two women have opened new doors for the women of Manipur through their sporting glory. Their inspirational struggles set at the backdrop

of the volatile political atmosphere of Manipur are important ones and can be used to initiate a renewed dialogue for the empowerment of women.

Iran chapter contains the story of three outstanding women sport managers. Faeze was a women's rights activist, politician and journalist, vice president of the National Olympic Committee. She established the Islamic Federation of Women Sport. Tahere Taherian is the first women as a deputy of Ministry in main sport organization. Robab Shahrian is deputy Minister of Youth and Sports for women sports affairs and had many other responsibilities in physical education in sport organization. The second group of women are champions of Olympic and Paralympic 2012.

Iraq chapter contains the story of Agharid Salim Abdulridh Alfredan who is owner of international training certificate in shooting game as well as several referee certifications in sports, member to the Iraqi Central Union in shooting of aerobic weapons and chairperson of the referee committee and Assistant Professor in Mustansiriya University. Other heroines in individual and team sport have also been introduced briefly.

Israel chapter presents the stories for women sport leaders, outstanding athletes, individuals who have dedicated their lives to community projects for girls and women at the national and international level, and a pioneer organization (Athena) for the enhancement of girls' participation in sport in Israel. The authors emphasized the impact of these stories for promoting the value of gender equality in sports culture in Israel.

Japan chapter introduces two great pioneers for dance education in Japan. Haru Tokura established Japanese Association of Physical Education for Women and Girls (JAPEW) to defuse dance education all over the country. Chiyoe Matsumoto is the founder of dance education in Japanese schools and universities after WWII. Through their patient efforts, vigorous and advanced movements of local female organizations were promoted in Japan.

Korea chapter is about the history and activities of Korean Association of Physical Education and Sport for Girls and Women. History and founder of aerobic exercise which was introduced by Cooper, the history of rhythmic gymnastics, jazz dance, synchronized swimming and their founders or managers are presented. The story of Professor Yangsoon Han, the most important contributor in Physical Education for Youth and Society who has had many other responsibilities and activities is also presented.

Macau chapter contains the story of two experienced and well-known Macau female athletes Lai lam Fong from traditional martial arts and Au leong Sin leng from synchronized swimming and their experiences as athletes and coaches/inspirational persons in the sports. Both athletes started practicing the sports at a very young age and experienced different transformational stages of the sports in Macau. Their process of success, supporters, and barriers of their success are presented.

Malaysia chapter introduces establishing process, performance, members and aims of the OCM Women and Sport Committee with regard to Women and Sport Policy. The story of Dato' Seri Azalina, who was the recipient of the IOC award and the leader of many women sport organizations or activities is presented. Short stories of other successful female sport managers including Norminshah Sabirin and Low Beng Choo are also presented. Some associations including the Malaysian Women's Hockey Association, rhythmic gymnastics and ward winners awards for grassroots development, leadership, journalism and partnership are introduced.

Nepal chapter contains the story of three Nepalese sisters, who are pioneers in the field of female trekking guides through their trekking agency 3 Sisters Adventure Trekking and their NGO Empowering Women of Nepal (EWN). This agency provides a platform for rural, disadvantaged women who have few opportunities to develop their knowledge, learn and use their skills to earn an income to support themselves and their families and to meet and communicate with other Nepalese women and interact with foreigners from all over the world.

Pakistan chapter includes an overall information about the situation of sport and physical education and women sports in Pakistan. The writing process of a story belonging to Pakistan had been begun; however, as we lost contact with the writer in the following days, unfortunately we have included the first draft of Pakistan chapter in the book.

Saudi Arabia chapter is about the story of Arwa Mutabagani and her daughter Dalma Malhas, Raha Mobarak, Lina Almaeenaand. Arwa Mutabagani and her daughter Dalma Malhas, the only female Olympic medallist in the history of Saudi Arabia and the first one in Gulf countries. Arwa founded one of the first riding schools in Saudi Arabia. She was appointed as a member of the board of directors of the Saudi Arabian Equestrian Federation, being the only woman with a position in a federation until today. Raha Moharrak, was the first Saudi female and youngest Arab to date who has scaled Everest. Lina Almaeena's established Jeddah United Sports Company in 2006; she put the focus on education and socialization through dance. Some associations active in female physical education and sport are also introduced.

Taiwan story is about Tseng Yu-Hsien whose mission is to bring sports to girls in Taiwan. For the past decade, she had been diligently fighting to bring equality for women's sports in Taiwan. She devotes her time and studies to knocking down barriers such as preconceived gender roles and opening doors by creating opportunities for girls to participate in athletics. She set out to use Gender Equity Education Act in University to provide equal footing in athletics. As a board member of the Taiwan Gender Equity Education Association, she often leads discussions and training seminars on the relation between sports and gender equity.

Turkey chapter contains the story of Itir Erhart, who is running for goodness, by including her own words and thereby shared her inspiring running steps with the world. Senior high elite woman athlete Nesrin Olgun Arslan's story is penned by her daughter Bengü Arslan, the second author of this chapter. How her mother's story inspired her life

and the lives of the others, and how it still continues to do so might easily be interpreted from what Bengü has written.

Acknowledgments

I would like to express my gratitude for the valuable contributions made by many people involved in the process of writing and compiling the stories from different countries. I appreciate the many community, provincial, national and international organizations that supported the inspiring women in the book. Special thanks to the women who made their inspirational stories, for their strength and resilience in their life. This book would not have been possible without their stories.

I also would like to express my sincere gratitude to Maryam Koushkie Jahromi who is an executive board member of the IAPESGW for helping me in the process of editing of the book.

Special thanks to Rosa Lopez de D'Amico and Tansin Benn for their valuable encouragement and support in the process of collecting, compiling and editing the stories.

2

**STORIES OF
MASHUDA
KHATUN SHEFALI
AND NUK IN
ENGAGING IN
WOMEN AND
SPORTS IN
BANGLADESH**

MASHUDA KHATUN SHEFALI



Social and Cultural Context of Bangladesh

Of the total population of 149.77 million, woman constitutes about 49.94 percent of the population and Bangladesh is one of the seven countries where the number of men exceeds the number of women. Though women constitute half of the population, gender inequality continues to be a core concern of human development in Bangladesh. According to the Global Gender Gap Report (2014), Bangladesh ranks 142 out of the 185 countries. The country also ranks as high as 68, out of 142 countries, on the Global Gender Gap Index developed by the World Economic Forum. The rankings on both the indices show that, Bangladesh belongs to the bottom half of countries included in each index that has exhibited high gender disparities. As such women bear disproportionately larger share of the country's poverty and hold much lower status than their male counterpart in every sphere of life. Oppressive and repressive age-old traditions, unquestioned social norms, unchallenged economic dependence and financial insecurity, high illiteracy and ignorance and invisibility of women in private and public life keep women out of balance share within families, societies, and in the overall development process of the country.

Bangladesh is a moderate Muslim country, in which women's mobility outside home and public places are restricted. Women's participation in education is much lower than males; despite several affirmative programs of government are exists to balance the enrolment in the primary and secondary and tertiary level education. Women's subordinated and nurturing position in the family and sons preference makes the young girls suffering from less preferences in every spheres of life, ranging from food intake, health, education, property rights and access into family and social facilities. High dropout rates of girls cause the early marriage, early motherhood and multiple pregnancies. Therefore, a maternal mortality rate is much higher in Bangladesh than any other parts of the world (SHEFALI, 2008, 2014).

Women's Participation in Sports in Bangladesh

Participation in physical activity and sport is almost prohibited for the girls irrespective of ages, which widely allowed and encouraged for the boys of the same age groups both by schools as well as by the family. Religious restriction and purdah (seclusion or cover) seclusion of women from private and public places prevents women's equal participation in sports. Since Bangladesh is a rural country, girls' participation in sports in the schools is solely restricted. Even during the annual sports day, girls' attendance to schools is considered unnecessary, even as viewers. As Bangladesh is a gender and class segregated society, some women only in the upper class have some preference; can make choice to participate in different sports.

Since women's participation both as players as well as managers, coaches, instructors found unusually below the representation level, women's participation in annual sports, inter school competition or women's participation in regional and international arena is hardly counted. Among the 41 Sports Federations except the National Women's Sports Federation, none of the federations have any women president. There were only one vice president and one general secretary are women (NUK data compilation – 2014). In the National Women's Sports Federations all position are hold by women. Almost all schools game teachers for both boys only and girls' schools are predominantly male. The sports institutions are exclusively male dominated, the sports teacher even makes these differences while they organize and choose sports events for boys and girls, men and women. Women only sports institutions are very limited and marginalized. The mainstream sports agencies and institutions have limited opportunities and choice for girls sports events. Girls are offered only indoor events, while men offered the outdoor, more masculine and competitive sports events.

Currently Nari Uddug Kendra is implementing a project *Sports and Self-Defence for Better Protection of Girls and Young Women* to build the capacity of girls and young women and to empower them to prevent gender based violence and enjoy free mobility

in the community through sports. NUK conducted a research on *Roles and Effectiveness of Physical Education Teachers in the Secondary Schools & Colleges*. The findings of this study showed that the male female ratios of male and female PE teachers are 65%, 34% and female and male students' participation in sports is 60%, 40% respectively. There is no girl's friendly environment for promotion and implementation of the girls' sports. Girls are also not interested to participate in sports. Boys are privileged to play outdoor games in the co-education schools. Girls are considered mostly for indoor games, while boys practice the outdoor games.

Personal Story of Mashuda Khatun Shefali and NUK

Mashuda Khatun Shefali was born and brought up in a religiously conservative family in rural areas. In her elementary schools, she never had a chance to participate in sports. She has a natural talent of sports. She used to swim in the ponds at her home every day and climbing on all the trees is available at her house compound every day. She used to run at the open field surrounding her house and fishing at the ponds owned by her family. But all these events were prohibited for girls in the community and so as to her. But she could not stop her not doing so. She has been stubborn and continues to do so despite all criticism and restrictions posed on her by the community people. But her parents always supported her. Her father has sports background, but mother has not. However, she was the great inspiration and supporter of Mashuda for whatever she wished to do.

Figure 1 – Mashuda Khatun Shefali



Sometimes her parents had to face challenges by the religious community including the Imam of Mosque. Once her father was prevented to go for prayer to the community Mosque due to allowing her daughter's free mobility. For this incidents, Mashuda wrote a letter to the Imam of the Mosque and asking why her parents had to face the challenges and being prevented to go to prayer at the community mosque. If anything to face it is Mashuda, not her parents to face the refusal of prayer. Then the Imam of Mosque was very ashamed and say sorry to her father for his misconduct.

While she enrolled at the secondary high schools, she was not encouraged to participate at the sports events that boys are enjoying. During her high school study, she was staying at her maternal grandfather's house, which were very religiously conservative and against girls' participation in any cultural activities other than education. Her school was co-education and girls were marginalized for all activities of the schools. Girls were segregated in the schools. Only during the teaching classes girls attended the class room. Other time girls have to stay at the common room outside the class rooms. She even prevented to attend schools during the annual sports day even as spectators. All these

restrictions, prohibition and negative attitudes against her made her angry and she started practicing sports after the evening while her maternal uncles left their sports apparatus stored at home.

However, while she enrolled at the University in 1975, she got chance to participate in sports while inter department talent hunting was done by the Physical Education and Sports Department of the university. She found herself to have natural talents in every sports event, indoor and outdoor, and become an unbeaten Champion for five years in a row for her entire university life. During her study (after completion of B.A.) she offered the position of District Sports Officer by the government. However, her mother refused her to join the position since her mother wanted her to complete her Master before she join any services. After graduation from the University, she enrolled at the Dhaka Government Physical Education College for a Bachelor of Physical Education (BPED). After graduation she got a job at the Ministry of Women and Children Affairs and become detached from sports for a long.

In 1991, she founded NUK which is a national non-government women led and managed organization. It aims to empower women and girls to make them aware about their individual rights, and act collectively to defend violence against women, promote human rights and gender equality and enhancing women's leadership and political participation. NUK has been working for the last 24 years with women in different level and adolescent's girls and youth under different situation converging both urban and rural areas (www.nuk-bd.org). NUK believes that

Sports can be an important tool for social empowerment through the skills and values learned, such as team work, negotiation, leadership, communication and respect for others. Sports can be an important tool for social empowerment through the skills and values learned, such as team work, negotiation, leadership, communication and respect for others. Sports can serve as a vehicle to improve women and girl's leadership roles and participation in decision making and self-care.

Initially NUK undertook a project called promotion of *Sports for Women's Empowerment in Rural High Schools*. She used to train girls in different sports events, provide sports apparatus along with gender and human rights education and women's leadership training. But could not achieve much as no donors was funding these project as a non-traditional development activities. However, in 2008, NUK met a representative of Women Win, Netherlands is an international seminar and explore an opportunity of funding support for meeting cost of operation of the project. Women Win is an Amsterdam based non-profit organization internationally recognized centre of excellence on gender and sport. Women Win has awarded a fellowship to Mashuda Khatun Shefali to enable her to bring social change and to contribute to the increased awareness around sports as a strategy for empowerment of girls and women. Mashuda designed and implemented the research to assess the present state of arts of women in sports in Bangladesh and undertake necessary advocacy and for enhancing women's participation in sports as a means of women's rights.

Research on Women in Sport in Bangladesh (Collaboration of NUK with Women Win)

The research titled as *National Sports Life of Bangladeshi Women from Gender Perspective* has been conducted during the February 2008 to June 2009. The objectives of the research was to share the respective with stakeholders in Bangladesh and within Women Win network in order to influence the formulation of appropriate gender friendly sports policy in government policies and in undertaking innovative and necessary action programmes. As the principal researcher, Mashuda Khatun Shefali initiated the study under NUK's systematic research into the experience of women in sports, which can help to evaluate current policy, programmes and institutional arrangements that intended to enhance women's participation in sports in Bangladesh. Experience and opinions were gathered from both government and autonomous sports agencies and institutions such as the Ministry of Youth and Sports, Sports Directorates, National Sports Councils, Physical Education Colleges, District Sports Offices, Sports Federations, and Olympic Associations.

The research findings of the study were used to develop a common strategy and advocacy plan to focus on gender issues in the sports organizations, specialized sports educations institutions, federations and primary and secondary and tertiary educations institutes, which may help determine the future directions of mainstreaming gender in sports. The findings are presented below.

Policy Framework for Women in Sports

Abide by the Bangladesh Constitution the National Sports Policy of Bangladesh first adopted in 1989 and upgraded during the Awami League Government in 1998 that guides the entire sports programmes and activities in Bangladesh. The policy adopted a particular clause (6) on women's sports for developing sports for women and increased and effective participation of women with equal opportunity for sports training, leadership, and management for women. The policy in particular made clear provisions for equal opportunity for women's participation in sports both as trainers, players and sports managers and decision-making positions in national levels. The policy also recognizes for enhanced social status of sports for women.

The National Sports Policy has given special priority and policy direction to ensure sports and physical activities in the educational institutions ranging from primary to tertiary level. Sports and physical activities have been declared as compulsory subjects up to grade VIII and optional subject at the higher education level to integrate the sports activities in mainstream education in the country. However, unfortunately, except very few urban schools, the sports and physical activities course are not teaching by the schools. Since the sports and educational institutions are male dominated, women hardly have any access into the sports education, training or act as coaches or as educators. So the National Sports Policy was not enforced at all.

Institutional Framework/Network of Sports in Bangladesh

Bangladesh has excellent institutional networks of sports in both government and non- government agencies and institutions throughout the country covering both public and private sector. The specialized sports science education institution includes the Bangladesh Krira Shikha Protisthan (BKSP) (Bangladesh Sports Science Education) with divisional branch, six Physical Education Colleges, Bangladesh Jatio Mohila Krira Sangstha (Bangladesh Women's Sports Association) established in 1972 under the leadership of a group of women sports personalities led by Mrs. Shamsunnahar Haque Bakul, a former national athlete with the patronization of the father of the Nation of Bangladesh, a great leader of the world Banga Bandhu Sheikh Mujibur Rahman, under whose leadership Bangladesh got independence. Mrs. Bakul was placed a humble submission before the father of the Nation that, women needed an exclusive open field for promotion and exercising sports for women in the country. Mrs. Bakul was also the first Director of the Physical Education Department of the Ministry of Education of Bangladesh.

This is the only special Association for promotion of sports for women in the country. The Sangstha have 64 District Committees. They trained girls from respective districts/grassroots and organize tournaments in the national level. The headquarters has a large play grounds, gymnasium, basketball courts, swimming pool and other indoor and outdoor facilities. All management committee members of the Association are women. The Sangstha also known as the "Sultana Kamal Krira Complex" in memory of one of the national women athletes, Champion of the Dhaka University, who died in early age. The centre is the only national training centre for promotion of sports for girls along with good residential facilities.

There are 64-District Sports Officers' positions exist in Bangladesh; those are responsible to organize different sports events, training and inter schools-colleges

competition for boys and girls in the respective districts. No women officer is recruited, in these positions. As a result the activities of the district sports offices are less attracted to young girls of different secondary and higher secondary schools. The guardians and the teachers are also reluctant to allow their female student to go for sports training with the male officers and coaches. Besides, only few games are particularly targeted for women specially the indoors games, while all outdoor games are targeted for the boys. However, the Ministry of Sports has to fully dependent on the Ministry of Education to implement their p sports policy and programmes.

Findings from the Field Research

Girls are found highly interested to play at schools and interested to participate in any sports events and games, however girls are not allowed to play games at the schools premises. The limited number of female teachers rather more conservative to allow the girls to participate in schools sports. Girls participation in games, are not even safe, as they are viewed by the young boys or adult males from neighbouring houses while girls are playing in the school playground including the physical education college. Female sports students even having difficulties to exercise their practical classes and swim at the swimming pool due to lack of privacy and watching by outsiders. Besides, as most of the head of institutions are male including the girls only schools, girls are restricted to participate in sports events.

On 22nd March, 2009, research team visited Ministry of Youth and Sports and interviewed Secretary of the department. It was found that the Secretary is quite unaware about the NSP and shared their helplessness and dependence on the Ministry of Education. Because, the Sports Ministry only can request the Education Ministry to recruit, training and implement the sports and physical education activities in the education institutes. But the Education Ministry is the sole authority and is not accountable to them. The Physical Education Department under the Ministry of Education mainly concentrates

on planning and organizing inter-school sports competition. This department organizes sports competition for the students of secondary and Madrasha students under the age limit of 17.

History of NUK to be involved in Sports

The research was followed by action programme of outdoor sports includes, Self-Defence (Karate) Training, Football and Cricket for core group of 60 female students each along with awareness and skill training on Gender and Human Rights and Sports to physical education teachers of the Physical Education Colleges and players enrolled at the Bangladesh Krira Shikh Prothiosthan (BKSP – Bangladesh Sports Education Institute).

Figure 2 – NUK Training on Sports Gender and Human Rights



NUK initiated these project in 2008, funded by Women Win thus equip women and young girls with self-security skill (karate training), challenging and changing gender stereotypes and discrimination in sports which are considered to be the only for males and not suitable for activities for women to undertake in public spaces. The program encourages

and facilitates women's participation in karate for self-security and other outdoor sport events such as football, cricket, basketball and boxing. Since 2009 till 2015 NUK completed two three-year phases of project with the funding support from Women Win.

Figure 3 – Picture of Karate Coaching in different schools in Kishorgonj



The activities and efforts of NUK's Initiatives to reduce the gender stereotypes in sports; introduction of self-defence skills – KARATE as a tool to defending violence against women; enhancing and encouraging outdoor sports among female students of secondary schools and community girls; capacity building of physical education instructors; increasing

the number of female physical education teachers through introduction of stipends; giving award to the renewed women sports personalities; providing gender awareness training for physical education teachers and students; mobilizing and formation of Women Players Association for collective efforts for protection and promotion of women's Players rights and interest in sports; applying policy advocacy, lobbying and networking with public & private sector sports agencies for promotion of sports for women at national level.

Until now NUK provided the Karate Training to 6000 girls. NUK also providing technical assistance to 11 NGOs working for girls rights issues in 11 districts. Currently NUK also developed 50 karate coaches with providing advance karate training by the Bangladesh Karate Federation. Next year they will go the next round and will earn the Black belt and hence they will become qualified coaches. The karate graduates also drawn attention of police department and Bangladesh Military, as they are now giving priority to employ these girls in police and military as qualified females. Indeed eight karate graduates from Kishorgonj districts who received karate training hired as police officer by Bangladesh Police and Military.

NUK has been pioneered using sports and self-defence as tools for defending violence against women through building self-esteem, confidence, leadership and reach in their full potentials and promote equity between men and women in sports. NUK is currently pursuing the Ministry of Education for incorporation of KARATE in the Physical Education, Health and Sports Curriculum for secondary and higher secondary school syllabus.

NUK also spearheaded the Bangladesh Women Players Association both in national and local level. This is only national women players association in Bangladesh and currently, about 200 women players are the members of the association. This Association is an independent coordinating body consists of women players and individuals having expertise in sports to empower girls and women nationally through sports, physical education and activities in Bangladesh. The objectives of the Association are to create an alliance of women players and communicate and interact amongst the national

level women players; to collaborate and coordinate efforts to promote share resources, information, policy and programmes; to promote gender equality in sports policy and protect women players from physical and sexual harassment; to increase women players knowledge and skill on gender equality and human rights; to make networking, partnership and advocacy with government and non-government sports agencies and federation; to build linkage and exchange information with international women sports association and agencies.

Through the collective body women players regularly communicate and exchange among and between themselves and plan and implement the social actions towards defending physical sexual violence and assault, discrimination by male coaches and other male players. They consult with government sports policy and negotiate for better and effective participation and creation of equal opportunities for women in sports programmes.

In 2009, NUK facilitated the formation of the Association followed by the celebration of the International Women's day under the leadership of Mashuda Khatun Shefali. NUK's latest intervention is Sports for girls is the introduction of Bicycle for Girls Empowerment with the aim of ensuring safe and faster mobility for the school girls in the rural and semi urban areas. The bicycle project for girls' empowerment in Bangladesh is an innovative, tradition breaking, sustainable social enterprises to improve girl's safer and faster mobility on their way to and from schools towards reducing the risk of sexual harassment, schools drop out and prevention of forced and early marriage of girls in the rural areas. The core components of the project includes manufacturing low cost bicycle, distribution and riding skill development and personal and social empowerment of girls, which will break stereotypes, improve safety and mobility and keep the girls in school and break the cycle of child marriage. The activities involved is providing riding and repairing skill to the school girls along with gender and human rights awareness training to the girls; and manufacturing low costs bicycles and distribute among the girls. Girls purchased the bicycles with credit with several instalments. Though girls are very interested to sue

bicycles, parents are some instances reluctant to purchase them the bicycles for girls, though the parents are preferred to buy bicycles for boys. Some religious restriction are also pose on girls to use bicycles. But gradually girls overcome the situation. Now widely accepted by the community.

Figure 4 – Girls from the Project of Bicycle for Girls Empowerment



Historically the bicycle helped empower women by giving them mobility and autonomy, and breaking down the social barriers. In the rural Bangladesh girls must walk in an average of 3-5 kilometres to school. Girls face daily intimidation, cat-calls, rape and other forms verbal, sexual and physical abuses, harassment and even the risks of kidnapping and trafficking on their way to schools. As a result, many girls drop out from school because of the risk of walking the long distance from their home. These lead many girls to the risk of child marriage, dowry, teenage pregnancy, domestic violence and other social problems. The project is therefore, expected to reduce the risk of everyday harassment walking to and from school. Culturally riding bicycles is considered a male form of transportation. For social and economic reasons very few girls ride bicycle. Lack

of family support as parents would invest for male children because of social pressure. The project will provide riding skill to the girls which will only take a week. Breaking the gender stereotypes takes much longer. NUK already has a pilot project and trained about some 500 girls for one school in Kishorgonj. These girls are not using the local transport anymore and free from everyday harassment using local transport. Now no parents or other family members need to escort the girls' to school. There was also a time saving effect. Instead of walking 1-3 hours to school the girls now only take about 20 to 30 minutes in traveling to and from schools. Girl's also now using bikes for going to private/ school tutors, visiting friend and relatives.

A girl who graduates from grade ten have a chance to be a schools teachers, NGO field workers, local government representatives as well as micro credit workers and small trade entrepreneurs. So they can continue using bicycles to go to their offices. Besides, keeping girls in schools, bicycles can help other family members of their families to earn a living in other ways, such as using bikes for transporting and selling goods and products in the local markets. So the potential for using bicycle is huge. Other NGOs working girls rights and different schools are also now widely replicating NUK's ideas for girl's use of bicycles.

CONCLUSION

Currently Mashuda Khatun Shefali is working with the Ministry of Education and Sports and national Curriculum Board to incorporate the "KARATE" in the national curriculum for secondary schools and colleges. So that, all students of secondary and higher secondary level will have a compulsory to learn karate before the graduated from the schools. NUK did not have to undertake the huge responsibility to provide the massive karate training for all students. However, until the task is done, NUK will continue providing karate training to schools girls both in rural and semi urban areas. But subject to availability of external funding to continue the project successfully.

Simultaneously, Mashuda Khatun Shefali continued her salient efforts to expand bicycles manufacturing and distribution among the large number of girls throughout the country. Mashuda Khatun Shefali is also reviewing the current syllabus of physical education, health and sports teaching at the secondary and higher secondary schools to improve the syllabus from gender perspective and more compliance with sports and development. Mashuda Khatun Shefali also currently working on follows up actions on the recommendations of the NUK research, several advocacy and capacity building programmes for effective functioning of the Physical Education Colleges in Bangladesh. Expansion of the physical education departments of the five Public University into Sports Faculty is also underway as a future intervention area of NUK is underway.

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**STORIES OF TWO
LEGENDS OF
INDIAN WOMEN
FOOTBALL**

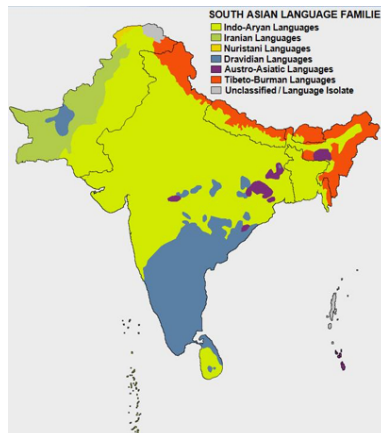
SHREYAS RAO



Social and cultural context of India

The idea of India as a nation has been the topic of much debate and discussion ever since the country gained independence on the 15th of August, 1947. There exist several forms of statistical and sociological explanations to describe the country. On one hand we have the vast linguistic diversity. The 2001 Census claims that there are 29 languages in India that have more than a million native speakers, 60 have more than 100,000 and 122 have more than 10,000 native speakers (<http://www.censusindia.gov.in>). On the other hand there is diversity based on religious and spiritual influences, based on race, caste and creed. While the religious and linguistic diversity are on a horizontal plane distributed across the geography of India, the diversity based on race, tribe, caste and creed are more on a vertical hierarchal plane giving rise to wide amount of graded inequality and marginalization. Characterizing Indian society with solitary reference to either of language, caste, race gender, class or religion is almost an impossible job. This is because there are multiple meanings of society. These multiple reference points often lead to a complex web of interactions and conflicts within society.

Figure 1 – Distribution of linguistic influence across the Indian subcontinent



Fonte – Disponível em: <http://en.wikipedia.org/wiki/Languages_of_India>

It is in this scenario that sports cultures become an interesting focal point to understand and devise mechanisms to address these conflicts. With the increasing participation in sports by youth coming from traditionally marginalized sections of Indian society, their achievement and mobility provides new interesting ways for assertion of identities. Since sporting events provide for a legitimate representation of a larger identity (either of the local state or nation), the sociological analysis of the other identities that they might supersede help in throwing light upon the implicit marginalization of certain identities and the communities they represent. It is in this context that stories of sportspersons, especially women, coming from minority communities of the country become worthy narratives.

Sports Culture in India

The historical exploration of India's vast sports culture is political nature as the various social groups in the society build discourses around a scale of respective priorities. In an overall scale, sport does not play an integral part of social life in most of dominant Indian Hindu society. The absence of sports as means to engage the youth is said to have been the main reason for the sub-standard war-waging ability of medieval empires of India (SINGH, 2014). It is said that there were no concrete efforts to organize young people and engage them in playful competitions. The apathetic outlook towards sports has unfortunately continues into the post-independent India.

Sports remain a highly neglected sphere as is obvious from the fact that India is in the bottom of the list of countries in the category of Olympic Medals/Population. Given that 70% of the Indians are below the age of 40, the future of the country greatly depends on how imaginatively it engages the youthful demography. Sports will have to play an important role in ensuring that its young population is more of a dividend than disaster. It will have play an instrumental role in reaching out to alienated youth of the country, which in itself might facilitate progressive change. In fact, there has been increase in the

participation of the youth from rural communities, especially from low caste and tribal communities and the opportunities provided to them is crucial to India's future.

Women Movements in Manipur

Manipur is one of the seven states that popularly constitute the North-East in India. It is one of the most remote states in the country and it borders Myanmar in the East. The documented history of Manipur begins with the reign of the Meetei King of Ningthouja clan – Nongda Lairen Pakhangba (33–154 AD), who unified the seven clans of Meetei society. Since ancient times, the Meetei people have lived in the valleys of Manipur alongside the Nagas, and Kukis in the hills.

Manipur became a princely state under British rule in 1891; the last of the independent states to be incorporated into British India (<http://themanipurpage.tripod.com/history/puwarimeitei.html>). During the Second World War, Manipur was the scene of battles between Japanese and Allied forces. The Japanese were beaten back before the Allies could enter Imphal. This proved to be one of the turning points of the War. After the war, the Manipur Constitution Act, 1947, established a democratic form of government. Manipur became part of the Republic of India in October, 1949. It was made a union territory in 1956 and a full-fledged state in 1972. The accession to the Indian state has not been fully accepted by the people of Manipur. Most of the people from the state have distinctive ethnic features and cultural practices, much different to those of most of mainland India. Today, the state of Manipur has more than 32 different ethnic groups, 24+ armed rebel groups, dozens of Indian army battalions, several units of Indian paramilitary forces at the border.

Women traditionally been at the forefront of the Manipuri struggle for rights and independence and have repeatedly brought a national consciousness within the state. It is often said that the history of Manipur has been written on a "women's body". There have

been several instances of women led movements and activities that have played a critical role in the political history of Manipur (<http://www.ritimo.org/article844.html>): 1st known Manipuri women movement was the Nupi lan (women's war) – 1904 against oppressive British rule. 2nd Nupi lan which was an armed revolt against the British rule was in 1939 against economic exploitation that brought about political and administrative reforms. Post-independence, Meira Paibee (woman torchbearer) came about in the 1980's towards rights and freedom against the oppressive rule of the Indian army. In terms of economic activity, the Marup movement (Friendship) helped in creating a co-operative movement to aid women by supporting each other. In fact, Imphal is home to Asia's second largest women's-only market – the Ima Market, also known as Ima Keithel or Nupi Keithel whose origins date back to the 16th century.

Figure 3 – The Nupi-Lan memorial at Imphal



Even in contemporary times there is many an image of Manipuri women who have been at the forefront of Manipuri political and social life. Irom Chamu Sharmila has been fasting to death since 14 years against AFSPA and is currently on trial for attempted suicide while spending most of her time in the hospital force-fed (<http://www.e-pao.net>).

She has been voted top woman icon of India on International Women's day, 2014. Another important incident in the recent history of Manipur was involving group of around 30 naked women in the age group of 40-70 who marched to Imphal in July 2004 to protest rape of woman named Manorama by Army personnel. Their naked protest in the front of the gates of the famous Kangla Palace caught the imagination of the nation and brought about major changes in the civil society of Imphal.

Considering the volatile political climate, the success of women sportspersons of Manipur has provided a completely different way of asserting the identities in the national sphere. There have been high representations of women in sports like football, hockey and boxing through which many women have got the opportunity to constructively explore their talents and reach out to new horizons. Though the recognition is still quite limited to most of them, sports has provided the hope for a renewed participation with respect to the status and possibilities for several women from the state.

Women's Football in Manipur

No state in India has dominated women's football like the Manipur team. Since the All India Football Federation introduced the Indian Women Football Championship in 1991, the Manipur football team has won it an unprecedented 17 times, while the second best being West Bengal has won it only 2 times! One of the reasons that Manipur enjoys such a high status is that the state created its own Women's Federation just when All India Women's Football Federation was also born. In fact in early as 1976, at Polo ground, Imphal, Manipur held the First State Level Women's Football League Tournament. ESU (Eastern Sporting Union) was the Winner, while TRAU (Tiddim Road Athletic Union) bagged the Runners up (<http://themanipurpage.tripod.com/sports/womenfootball.htm>). That was the opening of the chapter in women's football in Manipur.

In the long list of football legends that have been produced by Manipur, Oimam Bembem Devi and Nganong Bala Devi are two of the most prominent names of Indian football. Facing a myriad challenges on their way to national and international glory, the two women have opened new doors for the women of Manipur through their sporting glory. Their inspirational struggles set at the backdrop of the volatile political atmosphere of Manipur are important ones and can be used to initiate a renewed dialogue for the empowerment of women. It provides the means to address the sexist and racist constraints faced regularly by women from minority communities within the country.

Figure 4 – Bembem Devi and Bala Devi - the two legends of Indian women football



Story of Oimam Bembem Devi

The love for football came naturally to the 10 year old Bembem back in 1989 as she began kicking around the ball regularly with the boys. She soon started her journey as a footballer back in 1991 when she was selected to represent the Manipur U-13 team in the sub-junior football tournament. Her spectacular performances in the tournament did not go

unnoticed, as she joined Yawa Singjamei Leishangthem Lekai club and later moved on to join Sun Club Mongshangei in 1993 under the guidance of legendary player L. Ramoni Devi.

It was not long before she began to create an impact at the national level, as Bembem Devi became a regular member of the Manipur state football team for woman since the year 1993. She was appointed the captain of her state team since the 32nd National Games held in Hyderabad, where she led her state to victory.

Figure 5 – Bembem (first from left) in her younger days!



Bembem made her International Debut against Guam in the Asian Women's Championships in the tender age of 15 and started her 20 year long career with India. The turning point in her career came at the 1996 Asian Games, where the Indian national team were drawn in a group alongside Japan and neighbours Nepal. They lost to Japan 1-0 and won against Nepal 1-0 to progress from the group with Japan. In round 2, they were drawn in a tough group alongside the national teams of Uzbekistan, Turkmenistan and North Korea. They lost all their matches but by then Oimam Bembem Devi had announced her arrival at the national stage.

Before the 1997 AFC Cup in China, the Indian women's team was sent to Germany for a month-long camp, where the national team players (22 players) were trained by German coaches and played against German oppositions. The camp proved vital as the Indian team came an overall 5th in the tournament. This proved to be a big milestone in Bembem's career. She began to captain the Indian contingent from the AFC qualifying competition, held in Thailand in 2003. As the captain of the Indian team, she put her excellent leadership skills on display as India emerged winners at the 11th South Asian Games held in Bangladesh in 2010 and the 2012 SAFF Women's Championship held in Sri Lanka. For all her great achievements, Bembem has been awarded the AIFF Woman Footballer of the Year two times in the year 2001 and 2013.

Recalling her young days, Bembem narrates that initially father was reluctant about her sporting pursuit but after she got selected for the Indian team in 1995, she began to receive the crucial family support. She describes her early years of her career as a constant struggle as she found it extremely hard to constantly get selected for the team. Though she has cemented her place since 2003 in the team, she feels time has come a full circle as she finds herself having to constantly compete with the younger generation of players! However in the age of 35, Bembem is neither lacking in skill nor spirit!

Describing her challenges as a sportsperson, Bembem believes that one major hindrance to the growth of her career was that Imphal is very remote and she found it extremely hard to travel to participate in national and international tournaments. As mentioned earlier, this has always threatened to further marginalize the Manipuri athletes as the geographical remoteness added to the constraints brought by racism and language. This is where, she believes, that the attitude of the state bodies becomes crucial. For example, one of the critical things was when the national football federation decided to provide flight tickets for her short travels out of Imphal, thus enabling her to participate in tournaments with more ease.

Figure 6 – Bembem Devi practices at the Manipur Police Grounds



Another form of crucial state support that a sportsperson would need would be an additional source of livelihood to sustain life beyond sports. Bembem initially had a lot of financial problems when she started out but she eventually managed a job with the Manipur police. Though she continues to be unhappy with the lack of growth in her career with the Police, it has provided a good back-up in her long illustrious endeavour with sport.

Lastly, an important aspect that Bembem never forgets to stress upon is the continuous role of the family in the career of a sportsperson. She says that every girl should realize that it is tough to build a career in sports without family support, or else it could turn out into a lonely world. She gives the example of a her best friend and fellow player of the Indian Team by the name of Sukanya (from Tamil Nadu) who had to quit the game after she was forced to marry by her family. As a woman, she feels that a supportive family forms the basis for any meaningful pursuit, especially because of the support needed when things do not go well.

Coming to the strong football culture of Manipur, Bembem opines that one of the major reasons for the development of the game is that the foundation systems are very good. There are several opportunities across Age categories for players to participate and show

case their skills, thus providing a big pool of players. In fact she believes that it's tougher to get selected for the Manipur team rather than the Indian team! On the international scene, Bembem stresses the need to have a long term vision, play many friendly games with other countries. She thinks that there is hardly any meaning in playing within the country as it leads to a lack of communication between players in international games.

Recalling her own career, she says that the best moment was in 2001 when she got the AIFF Player of the Year award. Her best sporting moment was in one of the Olympic Pre- Qualifier Games at Bangladesh in 2010, where she unleashed a left footed curler from a free kick and scored an important goal. She exclaims proudly, "even a male keeper would not have caught that"!

Marta Viera Da Silva from Brazil remains her favourite woman player while she considers Lionel Messi to be best male footballer because he just sticks to his game and does not do anything flashy. Among the new crop of Indian football players, she considers Bala Devi to be the best player.

Bembem has also pursued a short club career outside India in the Maldives and considers that to be a very memorable experience. It was on 9 June 2014 that the Maldivian Football Club New Radiant, announced the signing of Oimam Bembem Devi and another Indian youngster Lako Phuti. Bembem Devi made her debut as a late 1st half substitute, in their first match and provided two assists in her team's 4-0 win. She ended up as the top scorer of the tournament with 6 goals in just 3 matches. She also provided 4 assists and she was awarded the Player of The Tournament for her excellent performances

On her future playing career plans, of which there is not much left considering she is already 35, she says that the 2016 SAFF Games could be her last tournament. She is also looking forward to her next stint with New Radiant SC for which she will leave soon this year. She has also given her B License Coaching examination so that she can start her own academy for girls if she gets the right facilities from the government. She feels

that though she may not play in any World Cup, she would definitely want to be the coach for a World Cup squad!

Outside of football, Bembem keeps a low profile. In spite of all her achievements and fiery persona on the field, she remains humble and approachable. She is good friends with other prominent Manipuri athletes – Sarita Devi and Mary Kom but prefers to spend her free time with her family. However, marriage is something that she has always avoided as she believes, that will divert her attention away from her true love – football! For Bembem, age is just a number and so, she continues to dream the dream of a young ambitious girl.

Story of Ngangom Bala Devi

Born in the year 2nd February, 1990 in Iremgbama district (which is 30 minutes away from capital Imphal), Bala was introduced into the game by her father as a 10 year old in the year 2000. Like Bembem, Bala too started playing a lot with the boys. During her initial days, she took to the game instantly and started playing in Inter-District competitions within a year with the NYTHE club. By the year 2002, Bala made it into the Under – 19 Squad for the 32nd National Games held in Hyderabad in which the Manipur team secured 1st position. She also went onto win the “Best Player” award at the Junior National Championship in the year 2002 at Assam.

Achievements in the football career came thick and fast for Bala. Within two years, after great performances in the Junior and Sub-Junior National Championships, Bala made it to the India Under-17 team that played the Pre-Olympic Qualifiers in South Korea. She was just 15 years old and managed to score the hatrick in the game, thus leaving a strong imprint in the international scene. In that year, she was selected in the senior team after a camp at Kolkata that played in the Senior AFC Qualifier in Vietnam. She considers that year to be the best of her career as she was able to get into both the teams in the same year as such a tender age.

Figure 7 – Ngangom Bala Devi



She also represented the India women's under-19 side in 2006 and 2007. She was then made a part of the India team that took part in the first women's SAFF Championship in 2010. Bala claims that her best sporting moments came in the SAFF championships in the years 2010 as well as in 2014. In the 2014 sports edition, she ended up scoring more than 16 goals in just five matches. Devi managed to find the net four times in the final as India defeated Nepal 6–0 to claim their third straight SAFF Championship crown. Due to her performance in the tournament, Devi was awarded the Women's Player of the Year for 2014 by the All India Football Federation. Reflecting on the award, Devi says that she felt proud to win it as a woman. She hopes that it would be an inspiration for more and more girls take up the sport as the girls have a better chance for qualifying for the World Cup than boys!

Speaking of the challenges, Bala faced similar issues as Bembem considering that Imphal is very remote and it was difficult to travel to the camps & tournaments. Though she managed to grasp a bit of Hindi over the years, language continued to be another challenge especially to develop effective communication within the team. But luckily, such was the domination of Manipuri women in the National team, that Devi feels Manipuri has slowly become the official language of the Indian Women's Football Team!

With respect to sport development, Bala feels that the country needs a comprehensive age-wise grassroots program in every State to address the issue of lack of quality of the players. As of now, only few states like Manipur, Kerala and Orissa are producing players which hinder the growth of the level of competition. Having said that, Bala has very high hopes with the recent private football league launched called the Indian Super League which plans to introduce a women's tournament soon. One of the major challenges is that economic empowerment is not linked with the career of women sportspersons for which private leagues can provide a good boost. At present, the club systems are below par with no transfer fees, even the salaries and facilities are limited. For her, the most important aspect of the tournament such as the ISL, would be that it would help women get the support of the people as the audience.

Devi works as a policewoman for the Manipur Police Department. She has also completed her education at the Oinam College of Nambol. She feels that state support has been elusive, they have given her a job but not enough promotions. Like Bembem, Bala too feels that family support is crucial to a women sportspersons career. She claims that she feels really blessed that community and family support has always been there for her, for it is the key for a girl to go away from home to participate.

Bala has had a reasonably smooth journey in her career barring a knee injury in 2005, which she thinks happened because she played in the senior team even though she was too young. She appears calm and relaxed about her future prospects, says that she want to play till I am 30 and then give the coaches exam to become a certified coach. She has so far scored 44 international career goals for the Indian team and she wants to take the tally to 100 before she retires. Bala is known for her cool head and moments of dizzying skill. About her style of play, Bala is known to create several moments of magic. In fact, Bala herself admits her love for dribbling past players and hear them express their awe!

Outside of sport, Bala appears to be calm and laid back. She enjoys all forms of music and uses it to relax before crucial games. She remains grounded about her success

and possibilities. Bala acknowledges that she may not play in the World Cup because time is short, however she would like to be fully committed to the endeavour of developing new players through grassroots initiatives.

CONCLUSION: FUTURE ROLE MODELS

Considering the illustrious career that both the players have enjoyed thus far, the two legends from Manipur are a beacon of hope to several young aspirational women from their communities. Their stories provide the chance for newer ways for women to engage in the body politic. For a politically volatile place like Manipur, sport provides new platform of expression, much removed from the conflict-ridden civil society.

It is great to know that both the players have ambition to start their own academies and create more players for the future. Both of them have done a commendable job of making a name for themselves in a masculine space that a football field is supposed to be. Women participation and empowerment has been an integral part of national debates off late in the country owing to increased media awareness of violence and abuse of women in Indian society. Having said that, the stories of the women provide for new sources of light. For a highly patriarchal society where women have been facing a secondary status from time immemorial, their stories provide a new pathway to resist the racial and sexist constraints.

We all acknowledge that nationality is a social feeling. It overrides all differences arising out of economic conflicts or social gradations and on the other hand severs them from those who are not of their kind. It is a longing not to belong to any other group. This political mileage that sport provides because of its nationalistic nature, aids to develop ways for people hailing from ethnic minority communities within a nation to assert themselves. It helps us ask tough questions like "The freedom on the playfield – is it a limited freedom from political injustice and oppression?" or "Is the economic and political

consciousness of sport an added burden?" Moreover, taking the context of women sportspersons from minority communities across the globe in various nation states, it helps us question whether we can move beyond immediate political crisis, towards new global movement through sports.



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4

EMINENT INDIVIDUALS AND TRENDS IN IRANIAN WOMEN SPORT

MARYAM KOUSHKIE JAHROMI



A Brief Overview

Iran is located in the Middle East between the Persian Gulf, the Gulf of Oman and the Caspian Sea, Afghanistan, Armenia, Azerbaijan, Iraq, Pakistan, Turkey and Turkmenistan. The population of Iran is about seventy eight million and extremely diverse. Persian is the official language spoken as a mother tongue by at least 65percent of the population. The State religion is Shiite Islam, practiced by 90 percent of the population and most of the remainder (eight percent) is Sunni Muslims. A minority of about two percent are followers of non-Muslim religions, including Christians, Bahá'ís, Mandean, Hindus, Sikhs, Yezidis, Yarsanis, Zoroastrians and Jews (LIBRARY OF CONGRESS, 2008).

Ancient Persia was established at circa 550BC and had a significant world position and sophisticated civilization. From the seventh century it became part of the Islamic world and has experienced periods of social, cultural and religious struggles throughout its history, under various Islamic dynasties. Shia religion was the primary religion since the fifteenth century (ZARRINKOOB, 1998).

From 1921 the Pahlavi dynasty became highly influential with the establishment of a military dictatorship. Reza Pahlavi became king of Iran from 1925, followed by his son 1941 – 1979. Dress codes for men and women played a part in this process and Iranians were encouraged to give up hijab and traditional dress codes (JAAFARI, 1991). The Islamic Revolution of 1979 took place by leadership of Ayatollah Khomeini as the spiritual leader of the officially renamed "Islamic Republic of Iran". At that time, 98.2 percent of Iranian people voted for an Islamic Republic based on the Sharia (Islamic laws) with the religious leader as the highest authority. From this day women had to follow the Islamic dress code and to wear a hijab or long clothes and a head scarf in public places (PAIDAR, 1995) and sex-segregation was performed in schools and some public places (ROVSHANNIA, 2005). The Iraq – Iran war happened from 1980-1988 in which over one million of Iranians died or were injured. War caused many social and economic life disruption and much infra-structure and industry destruction. It took many years, to recover.

Status of Women in Iran

Iranian women today constitute about half of the population (COUNCIL OF WOMEN STATISTICS, 2009). They lead varied lives determined by their location, socioeconomic class, livelihood, and specific culture. Iranian women have various views and life situations (PFISTER, 2002). The family constitutes the basis of society in Iran and it is women's responsibility to play their roles as mothers and transmitters of values to the next generation (PAIDAR, 1995). Klett (2001) reports that: "Traditionally, women have always had a great deal of power not only in family, where nothing happens against their will, but also in social and community affairs". She concluded "I have never seen so many self-confident, impressive and strong women. Neither in the orient, nor anywhere else" (apud PFISTER, 2002, p. 210). But, patriarchy is still obvious in many families.

Throughout the twentieth century, there has been a women's movement in Iran with active groups in political and social fields. Iranian women played important roles in the Islamic Revolution of 1979 (PFISTER, 2002), and a strong women's movement continues to advocate for reforms of laws and customs and for the rights of women and children (PAIDAR, 1995). Iranian women took part in the 21st parliamentary elections for the first time in 1963 and out of 198 parliament deputy 6 were women but, the relative distribution of female candidates in all councils, before and after Revolution, have been much lower than male.

Increasing number of female collegiate students indicate a growing trend in university admission of girls during recent years (COUNCIL OF WOMEN STATISTICS, 2009) in a way that at present, more than half of students in universities are women. Although number of female teaching staff in universities has increased from 2058 in 1976 to 16476 in 2007 but this growth is much lower than male teaching staff during these years (11894 to 65869) (COUNCIL OF WOMEN STATISTICS, 2009). Additionally, number of women as work force is increasing, but, the number of women in high places of management is few (COUNCIL OF WOMEN STATISTICS, 2009).

Hijab has an old history in culture of Iran. Iranian women from “Medes” government (2000 BC) had a complete Hijab including long and loose dressing, trouser, head cover and chador. After Revolution, hijab became compulsory for all women in society, because according to constitution of Islamic Republic all citizens of the nation, both women and men equally enjoyed the protection of law and cultural rights in conformity with Islamic criteria and women's hijab was a symbol of Islamic society (PAIDAR, 1995). Although, after revolution there have been progressing situation of women's in traditions, laws, employment, conditions of life, there are still shortcomings. By all the improvements, and media, some religious and political leaders' tries, some harshness still exists (MEHDIZADEH, 2006).

In summary, increasing age of marriage, increasing motivation and tendency for education and social activities, change of attitudes of society about women may be important factors in improving social, educational and work status of women in Iran. The Islamic government is committed to the provision of all unnecessary means, including appropriate legislation, to enhance women's scientific, educational, social and political capacities in order to enable women to have intellectual, logical and moral participation in the progress of society with Islamic dress (hijab) (MOTAHHARI, 1988). It seems that Hijab has not only been a limitation for majority of Iranian women but also they can participate in all kind of social activities with observing their Hijab.

Physical Activity and Sport in Iran

Historically, the development of sporting physical activities in Iran has been influenced by various factors including geography of Iran, politics and policies, religion and culture. Historically, emphasis has been placed on physical training and fitness for war. Religion has been effective in sporting practice in some aspects, with a positive Islamic affirmation on “[...] necessity for physical training and sport activities” (KOUSHKIE JAROMI, 2013). Early Iranian physical activities were male dominated and involved forms

of wrestling, training, among other things with clubs, in "houses of strength" (Zurkhaneh) and use of horses (CHEHABI, 2002).

Modern sport and physical education developed in Iran from the 1850s with increasing in the travel of people for work or education internationally. The Swedish gymnastic system with its health and scientific basis, developed by Pehr Henrik Ling, became the officially adopted scheme for schools in Iran in 1919, and physical education was supported for girls because healthy bodies were required for successful motherhood (KOYAGI, 2009). The physical education became compulsory in schools for girls and boys by approving of the Majlis in 1927.

Women Sport in Iran

Compared to other mainly Muslim countries, women's competitive sport in Iran has a long history. Iranian women first participated internationally in the Asian Games in 1958 (track and field athletics), 1962 (volleyball), 1974 and 1976 (fencing) (PFISTER, 2002). In 1964, the Iranian Olympic Committee sent four women athletes to Tokyo to compete in two disciplines, gymnastics and track-and-field. In 1976 four women participated in fencing in the Olympic Games in Montreal.

After the 1979 Islamic Revolution for observing Islamic recommendations according to sex segregation or being covered, all female physical education classes at schools and universities had to be instructed by female coaches, teachers and professors. Although physical activities of girls and women were accepted and even encouraged, but funds were limited and unbalanced in favour of men. Shortage of female instructors (women had been coached by men before the Revolution) and facilities allocated to women were major problems for women's sport (PAIDAR, 1995). This led to the initiation of training women to facilitate their sporting participation in roles of coaches, officials, organizers and administrators.

Before the Islamic Revolution, the "National Association of Physical Education and Scouting", was responsible for physical education and sport affairs. Men and women followed the same rules and after the Islamic Revolution their affairs were separated. In 1981, women sport affairs were postponed to a committee as "Women Sport Committee". This committee initiated its activity as one of the joint assemblies in "general affairs of sport federation". In 1985, with some changes in sport organization, governors of sport organizations paid more attention to women sport. Organizational level of women sport improved over the time, and by assistance of the vice president at that time (Ayatollah Ali Khamenei), organizational level of women sport was promoted from "management" to deputy and women's sports related actions found a new arrangement and improvements in this position (HAZRATI, 2001). Today, in Ministry of Sport and Youth, deputy of women sport coordinate women sport affairs in all federations.

Managers of Women's Sports

After Islamic Many Iranian women have tried to develop women sport in different aspects including management, scientific and championship. Because of the need for summarization, Just the most eminent or recent managers will be mentioned.

Faeze Hashemi Rafsanjani



Faeze Hashemi, daughter of Hashemi Rafsanjani the president of Iran was one of the prominent sport managers. She was born in 1962 in Qom. She has PhD of Law and BA of management and political science. She was a women's rights activist, politician, journalist and a member of Iranian Parliament from 1996 to 2000. Faezeh Hashemi was elected as vice president of the National Olympic Committee

(NOC) in 1991. She proposed the project for establishing the Islamic Countries Women's Solidarity Council which was approved in the 2nd session of the Iranian Executive Board in the Iran NOC in 1991. The Islamic Federation of Women Sport (IFWS), formerly named Islamic Countries Women's Solidarity Council, was actively working under the objectives of the Olympic movement and organized different sport competitions for Muslim and non-Muslim women in sex-segregated situation in the presence of just women in gymnasiums in which championships are held. Federation activities were extended until in 4th period 17 countries competed in 15 sport fields. At that time this federation was the most active organization in international affairs of women sport and training coaches. Faeze Hashemi was the manager of this federation from beginning until end at 2010 (WOMEN GROUP, 1981). According to a recent study which evaluated the attitudes of 431 academic and organizational staff about IFWS, quality of organizing international games was good, 69.7% of athletes desired to participate in the future games, but 65% believed that extraordinary and not necessary costs were devoted to the games (KORDI; TOJJARI, 2006). However, re-establishing the activity of the federation has been remained controversial during recent years.

Tahereh Taherian



Tahereh Taherian is another eminent women in sport management. She was born in 1951 in Tehran. She has MA in physical education and sport sciences. She initiated her job activity as teacher of physical education in high schools at 1976, was elected as manager of girls' physical education at 1982, and was deputy of ministry in main sport organization (the first women as deputy of ministry) until her retirement at 2004. Her other responsibilities are: Member of the Supreme Council of schools of physical education, director General of the women's sport, member of the Supreme Council of Sports, member of research Council of Physical Education Organization, Secretary General of the Council of Women Sport Solidarity,

executive board member of the Olympic Committee, Vice-Chairman of the Council of sports organizations and institutions, member of the Women's Cultural and Social Council, vice President of the National Paralympic Committee of the Islamic Republic of Iran, adviser to the president of the Federation of Muslim Women's Sports Solidarity Council. She was elected and awarded at 2004, as outstanding women in helping development of women sport in Islamic Republic of Iran and by the President of the IOC. At present she is faculty member of Azad University and consultant of deputy of the president for women sport affairs (<http://tebyan.net>).

Robab Shahrian



At present, Robab Shahrian is Deputy Minister of Youth and Sports for women sports affairs. Formerly she was the manager of physical fitness association and female physical education in sport organization. She holds a master's degree in physical education and has 27 years of management experience in the Ministry of Youth and Sports in Tehran province. Her other responsibilities are as president of the NOC in Women and Sport Commission, member of the Executive Board of the NOC, member of Strategic Council of the National Sports and Physical Education Organization of Tehran Municipality, representatives of women in the sport in Women's Affairs and Family of the presidency and many other responsibilities. She was awarded by Jacques Rogge President of the IOC as special thanks to the efforts and activities to promote women's sport (KHORDAD NEWS, 2015).

International Women Champions

For the first time Iranian women were sent to international tournament at 1958 to compete in the third Asian games in Tokyo Japan. These athletes took part in track and field event. In 1962 Iranian volleyball team took part in 4th Asian games. Iranian women participated in Olympic for the first time in 1964 in Tokyo to compete in two disciplines, gymnastic and track and field (PFISTER, 2002). In 1974 Iranian women participated in Asian games in Tehran in individual and team fencing. The next time Iran sent four women to Olympics 1976 Montreal in fencing.

During the victory years of Islamic Revolution of Iran at 1979, from 1981 to 1983 simultaneous to closing of universities, international championships were stopped. Iranian women took part in shooting in 1990 and 1994 in Asian games in Beijing and Japan. For the first time after revolution, a woman attended in Atlanta Olympic Games in 1996 in fencing. In 1998 Asian games in Thailand Iranian women took part in rowing and shooting. In 2000 an Iranian women attended Sydney Olympic in shooting, In 2002 Asian games in Korea, Iranian women participated in horse riding, kayak, taekwondo, track and field, and shooting (OLYMPIC COMMITTEE OF ISLAMIC REPUBLIC OF IRAN, 2012). In 2004 Olympic Games in Athens, a women attended in shooting. In 2006 Asian games in Doha Iranian women competed in seven disciplines: Taekwondo, chess, athletics, rowing, badminton, shooting and equestrian, and in 2008 Beijing Olympic three women attended in archery, rowing and taekwondo (AALI, 2008). In 2012 Summer Olympics in London, 8 women competed in archery, athletics, canoeing, rowing, table tennis and taekwondo and 7 women in Paralympic games in athletics and archery.

Zahra Dehghan



Zahra Dehghan was born in 1987 in Shiraz. She has 6 years' experience of playing in archery in recurve bow category. She is member of Iranian national team of archery and was present at Olympics in London in 2012 as a representative of Iran. She is also the only female athlete in the 2012 London Olympics who was qualified to get a Quota in America in the final stage of qualifying.

Zahra received a silver medal in team Grand Prize of Asia. She was the vice-champion of 17th Asian games. She was a member of a team who won Bronze medal in the Asian Indoor Games in Vietnam, and won the third place. She mention that

she began sport activity at the age of 18 seriously and the support of her family especially her bother was very important factor in her success. She mention that Hijab is no obstacle for women in archery, although it causes a little trouble in warm conditions but it is not an important problem. She is hopeful to have better gain in next Olympic (YOUNG JOURNALIST CLUB, 2013).

Leila Rajabi



Leila Rajabi former as Tatsiana Ilyushchanka was born in Belarus at 1983. She initiated shot putting from the age of 14 and was elected as member of national team of Belarus. She became familiar with Peiman Rajabi, national champions in sprinting in events, accepted Islam as her religion and got married with him and changed her name to Leila and acquired Iranian

citizenship. She was vice-champion of shot putting at 2005 in Portugal. From her

attendance in Iran she improved Iranian record for 3 meters and won Bronze medal in Asian games at 2009, gold medal at 2010, Silver Zhou Han Shot at 2012. Leila was representative of Iran in Olympic 2012 London who stood in 22nd ranking. She say that "Hijab was not a barrier in my sport field, and I do not accept that hijab is an obstacle in women success" she want managers of federations to permit covered women to compete in international events (IRANIAN STUDENT'S NEWS AGENCY, 2012).

Arezoo Hakimi



Arezoo Hakimi was born in Hamadan in 1995. She jointed to national team of canoeing in Iran at 2011. She was the youngest female Olympic athlete in Kayak riding in Iran. She won three gold one bronze medals in 2011 Asian Championships and fourth place in the World Youth Cup in Germany. She was the youngest athlete in the 2012 Olympic Games in London and the first female Iranian in Kayak at Olympic. For the first time, she simultaneously could reach the A place in final stage of Kayak in two distances. This 17 year champion began swimming when she was 6 years old, and because international competition in swimming was not possible for her (for Islamic observations), she preferred to play in canoeing field and won the 7th position in 2012 Olympic Games (IRANIAN STUDENTS NEWS AGENCY, 2012).

Soulmaz Abbasi Azad



Soulmaz, was born in Tehran in 1984. She became member of Iranian national team of rowing in 2008 and competed in the single sculls race in the 2012 Summer Olympics and placed 6th in Final D and 24th overall. At present she is undergraduate student in physical education. She won Bronze medal in Asian games in Guangzhou (IRANIAN STUDENTS NEWS AGENCY, 2012).

Elaheh Ahmadi



Elaheh Ahmadi an Iranian sport shooter was born in Tehran in 1982. In the 2012 London Olympics, she reached the final in the women's 10 meter air rifle and also competed in the 50 meter rifle 3 positions. She won the 6th position in this game. Her other success are winning 3 bronze medals in 2010 ISSF World Cup, Beijing, China – 50m rifle 3 positions, 2 silver medals in 2010 Asian Games, Guangzhou, China – 50m rifle 3 positions and 2 silver medals in 2011 ISSF World Cup, Sydney, Australia – 10m air rifle (2012 Olympic official profile). She state that shortage of facilities and inadequate relationship between sport managers and female athletes are their main problems ([http://sport 4all](http://sport4all) access 2015, Jun 2). She is married and has a son but trained very hard for acquisition of Olympic position. She sate that her family support was very important for her success (GOOYA VARZESH, 2015).

Mahlagha Jambozorg



Mahlagha Jambozorg is an Iranian sport shooter and was born in Hamadan in 1991. She competed in the Women's 10 meter air rifle event in the 2012 Summer Olympics and acquired 14 position in this game (OLYMPIC COMMITTEE OF ISLAMIC REPUBLIC OF IRAN, 2012). She was the first woman from Iran who presented in table tennis Olympic Games. Her main achievements are winning of silver medal in Asian games in Guangzhou (2010), and 4th position of international championships in Germany (2012) (ROODAVAR, 2011).

Neda Shahsavari



Neda Shahsavari is an Iranian table tennis player who was born in Kermanshah in 1986. She was the first Iranian woman to represent Iran in table tennis for the 2012 Olympic Games (OFFICIAL OLYMPIC GAMES RESULTS, 2012). Neda is student of physical education. She initiated her sport activity at age 7 and was member of Iranian national team from 2011. She believed that her low experience caused her failure in this games, but is hopeful for future. Neda state that there is still discrimination between providing facilities for men and women especially in sending team camps to abroad which are male dominated and may cause weaker achievements in women sport. She mentioned that her family support was important in her success, too (IRANIAN STUDENTS' NEWS AGENCY, 2012).

Sousan Hajipour Goli



Sousan Hajipour Goli is an Iranian taekwondo practitioner who was born in Babol in 1990. She competed in the 67 kg event in the 2012 London Olympics and was eliminated from the game in the preliminary round (OFFICIAL OLYMPIC GAMES RESULT, 2012). She started playing taekwondo when she was a child and her father was her coach during childhood.

Her mother was also a sport coach. She won Bronze medal In Asian games in Guangzhou (2010) and Gold medal in Thailand (2011). She knows her parent's role was very important in her success. She states that is proud of her covering all the time including in championships (OLYMIC COMMITTEE OF ISLAMIC REPUBLIC OF IRAN, 2012).

Zahra Nemati



Zahra Nemati is Iran's Paralympic archery gold medallist at the London 2012 Paralympic Games who also won the 2013 Spirit of Sport Individual Award. She was the first Iranian woman who won a gold medal at either an Olympic or Paralympic Games. She was born in April 1985 in Kerman. Zahra initiated her sport activity when she was 5 years old, and had black belt in Taekwondo

before having an accident in 2004 which caused her spinal cord injury. Two years after the accident, began training in archery and proved to everybody that her impairment was not a limitation. Just six months after beginning her new sport, she participated in the National

Championship, competed with non-disabled archers and won the third place. After that event, she joined the National Archery team and had many achievements including: individual bronze and team silver & bronze medals in Asian competitions during a two--year period of competing with able-bodied archers, breaking the world record while winning individual gold and Team & Mix silver in her first appearance in Para-archery at the 2010 Czech Republic Championships, breaking the world record in four distances and in the 30m event at the 2011 Archery World Championships in Italy, winning individual gold and also picking up bronze medal in the team event at London 2012 and setting a Paralympic record. Her achievements and personality became her as an inspiring woman for many Iranian women who helped changing perceptions of people about impairment. After her achievements, the number of people practicing para-archery in Iran has increased (DEPUTY OF WOMEN AND FAMILY AFFAIRS, 2015).

Sareh Javanmardi



Photo: Maziar Nikkholgh

Sareh Javanmardi is a Paralympic shooter and bronze medallist in 2012 Summer Paralympic Games. She was born in Shiraz in 1983 and was paralyzed from her birth. She won the gold medal in mixed 50 meter pistol SH1 in the 2014 Asian Para Games underway in Incheon, South Korea. She has been recognized as the best female athlete of Asia in 2014 by Paralympic committee. She won a gold medal at the P2 10m Air Pistol at 2015 IPC Shooting World Cup in Antalya, Turkey (TASNIM NEWS AGENCY, 2014).

Razieh Shir Mohammadi



Razieh Shir-Mohammadi was winner of a team bronze medal in 2012 Paralympic games and ranked 9th in the world standing class. She won a gold medal in the Women's Archery Individual Recurve at the 2010 Asian Para Games in Guangzhou. She was born in 1980 in Mashhad. She had to choose archery 9 years ago after she was forced to give up sitting volleyball because of her serious injury (TEHRAN TIMES, 2010).

Zahra Javanmard



Zahra Javanmard born in 1974, was crippled from her birth, but it did not stopped her from her ordinary life. Zahra initiated sport activity from table tennis and then became interested in shooting and swimming and after 2 years she became familiar with archery. She was selected for London Paralympic through 2011 World Archery Para Championships in Italy in which she won. She was also selected for 2008 Paralympic games but Iranian national team did not go to Beijing. She started archery at the age of 27 and was selected for Iranian national team after that. She lost the London Olympic game from her opponent and was eliminated from the game. She mention support of her family and encouragement of her daughter very important for her success (IRANIAN STUDENTS NEWS AGENCY, 2012).

Marzieh Seddighi



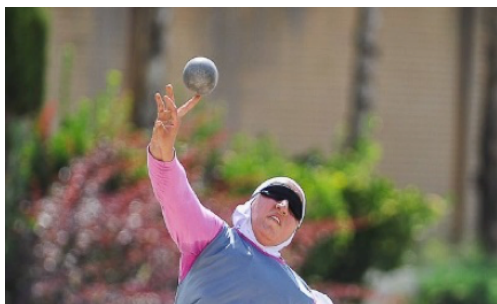
Marzieh Sedighi was born in 1982 in Tabriz who was selected for London Paralympic Games after winning gold and silver medal in Asian Para Games in Guangzhou. In London Olympic, she competed in the women's shot put f54-56 class and was placed in the tenth ranking in the final round with a distance of 593 centimetres. At the beginning she played tennis and then was interested in throwing javelin (VARZESHE 3, 2012).

Alieh Mahmoudi



Alieh Mahmoudi is an Iranian Shooter who was born in Sari. She selected shooting in 2008. At the beginning she was interested in javelin, but because of shortage of facilities in her home town she selected shooting, and after four years she became member of Iranian national team. In 2012 London Paralympic games she participated in women's 10 m air pistol SH1. She mentioned shortage of facilities as their main problems (IRSPORT 24, 2012).

Hajar Taktaz



Hajar Taktaz won a bronze medal in Paralympics at the International Blind Sports Federation (IBSA) World Games in April 2011, and was elected for 2012 London Olympic. When she was not blind before the age of 19 she was not interested but was not involved in sport. But after that by encouragements of her teacher she became interested in shot putting. She mentioned her father and Iran Federation for the blind support very important for her success. In London 2012 Paralympic games, Hajar competed in the women's shot put F11/12 class, and placed fifth with a distance of 8.85 meters (TEBYAN, 2012).

CONCLUSION

In summary, international achievements of Iranian women have not been excellent compared to many countries, but its progress trend has been remarkable. Although, a consensus Declaration "Accept and Respect" (www.IAPESGW.org) which recommend sport organizers to respect the diverse ways in which women can participate in international events regarding dress codes, it is still felt necessary to covey the voice of many Muslim women including Iranian women to global sport organizers to accept their international sport participations by accepting their dress codes. It is a demand of not only Iranian women but many Muslim women who have to be covered (BENN; PFISTER; JAWAD, 2011). Shortage of especial facilities for women has been mentioned as a cause of weaker achievements compared to them (KOUSHKIE JAHROMI, 2011). However, they are hopeful and are at the beginning of a new and long way.



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5

**STORY OF A
WOMAN ATHLETE
AND SPORT
SCIENTIST IN
IRAQ**

AGHARID SALIM ABDULRIDH ALFREDAN



Women Situation in Iraq

Arab-Iraqi woman shine in all fields and all areas despite political, economic and social conditions along with irritations surrounding her. She rejects and refuses all barriers. Yes it is Iraqi woman who was and is still a symbol of education and loyalty, a symbol of sacrifice. Herein I join my hands along with her hands towards the way of perfection.

Iraqi woman forms a strong barrier to deter anyone who wants to object, where she has proven herself and confirmed her worth in the field of sports, literature, arts and culture. Iraq women always shines in sports in the seventies and eighties of the last century, where they have achieved themselves through a permanent presence in the sports forums. Iraq has provided heroines remembered by history where women previously received the attention, more than the present time the thing that allows them to progress and win medals in Arab, Asian and global fields, that time represents the golden age of women sport because they were common in reality of sports with busy agenda that fills Iraqi sporting calendar with names of heroines that cross in abundance in our memories, but women's sports has not seen a significant development after that where a retreat and reverse in the exercise of women's sports has become an attribute that can be observed significantly although there were games achieved not bad results.

Iraqi woman sports has a golden history. If we go back in history we will see that Iraqi woman was able to pass beyond local borders and succeed in gain what they deserve in the Arab and Asian level. History still keeps the names of heroes and pioneers of the woman sport like Salma al-Jubouri and her fellows who came before her as athletes of high achievement and founders for the sport of Iraqi women in accordance with the correct contexts, and even the generation that came after them. The generation of the seventies and eighties heroines such as Shoub Qahtan, Kausar Nemah, Entesar Qasim and then Iman Sabih, Iman Abdul Amir, Dina Saadoun and before them the leading Iman Nuri and others, these names are women's sports generation in its golden age where succeeded in breaking the barrier of honourable participation, they have achieved the best

results at the Arab level and the Asian and still Arab Games in Morocco in 1984 witness to what Iraqi heroines made and by their efforts won the fourth place in the Arab world, the highest achievement achieved by Iraq was in the Arab competitions and was credited with the most women's sport achievements .

Unfortunately after the eighties century, women's sports has suffered delays in the birth of the heroines, in the nineties heroines such as the heroine Maysa Hussein, who was a great talent if she got right possibilities such as training and full care, appeared. As a result of economic and political country's condition, heroines achieved their best but they could not indicate all their potential capabilities and reveal golden generation. A significant decline in the level and infertility of accomplishment of sport women in Iraq continued after the second millennium during the US occupation of Iraq and then the advent of a new political system. Women's sports continued to fall to the extent that it was a dream to find one female athlete able to carry on the name of Iraq in the international races. The year of 2004 and Athens Olympics witnessed the presence of Iraqi runner AlaaHekmet, however, her presence in this global forum was not part of the level required to obtain a sport achievement and her participation was honourable, this era also witnessed the presence of Dana Hussein, but due to lack of sufficient training she could not prove her efficiency.

Regarding individual games, despite all that praiseworthy sports activities have emerged in practice, several sport games including shooting game with air guns (the rifle - the pistol), where there was a female player in the student club and player of the Iraqi national team in a game of shooting (rifle), she recorded a new Iraq ranking at 1993 at the time of the sanction when available instruments and tools were very old and second hand, she made several participations in several local tournaments and won all of the first place. There were heroines such as Agarrid Salem and Ruqia Abdul Rahman in the shooting game of air rifle, Tagreed Abdul Rahman and Saba Mohammed in air pistol. Since the shooting game is digital and expensive game in the same course, its equipment s are of high cost in comparison to other games because pneumatic guns are mostly imported from abroad,

consequently, the tools and equipment used in the entire period of the nineties were old and second hand, and women athletes did not participate in international forums because of the economic sanction of the country.

Team games such as volleyball, basketball and handball are only practiced in colleges, some clubs, and high school for girls. So women's sports has to be rearranged by efforts of many organizations including the Ministries of Education and Higher Education and Youth in addition to Olympic and their appropriate support. The situation became worse after 2003 with the lack of security that has paralyzed many areas including women sports which was most prominent. Therefore, the reality and aspirations are still suffering from the worries and problems and difficulties stand in the way of progress and development. Women's sports needs to have an integrated program to of its appropriate position.

Eve lives as an unenviable position on the shores of the sea of stretching waves to engulf the rest of the women's sports as a result of: 1) The provisions of society and customs and traditions (Iraq is eastern country which is governed by tribal customs and traditions); 2) Lack of sports culture represented in the smallest to the largest office in the Iraqi state; 3) Unhealthy social life style; 4) Deteriorating security situation; 5) The lack of interest in studying physical education in schools; 6) Difficulty and lack of transportation from home to the training centre; 7) Not defining a special budget for women's sports to create the sports facilities such as halls, auditoriums, stadiums, swimming pools and transport and clothing; 8) There is no installation or infrastructure in the level of ambition, and 9) Male monopoly in Iraq for sport decision-making.

Women sport has not witnessed a significant development for more than a decade, the decline and the reduction in the base in the exercise of women sport are the feature that can be observed significantly despite the fact that there are games have got good results. Perhaps years of economic blockade imposed on Iraq has reflected negatively

on the sport in general and women sport in particular, which prevent our participation in external forums and the situation grew ill after 2003, with the lack of security that has paralyzed many areas and feminist sport field was the most prominent.

The Iraqi National Olympic Committee is wholly keen on activating the role of women through the administrative and technical work and stimulate the clubs and federations attention to issues of feminist activism and expand its activities. Despite efforts to activate women's sports in Iraq, the situation of marginalization still includes: weakness of official funding, weakness of public support, lack of interest in the clubs of this type of sport, low involvement and tournaments, and poor planning and support. Despite all that praiseworthy sports activities have emerged in practice, several women's sports Games and a certificate in international training shooting game was obtained recently as, certifications of referee in volleyball, table tennis, and currently first class referee in shooting.

So there is a question arises: Is there a future for women's sport in Iraq and how the Iraqi National Olympic Committee and the Ministry of Youth and Sports will consider the reality of women's sports?

Sport and Job Experiences of Agharid Salim Abdulridh Alfredan

I was a shooter in Iraqi national team in shooting game (the rifle), I achieved a new Iraqi record in 1993 at the time of the blockage, where the devices and tools are very old and used. I had been involved in several local tournaments in which I had got the first places. I got an international training certificate in shooting game as well as I got several referee certifications in volleyball, table tennis, and currently first class referee in shooting.

In 2004, I was elected as a member to the Iraqi Central Union in shooting of aerobic weapons and Chairperson of the referee Committee, as a member in the Union I

participated as a lecturer in the referee sessions held by the Union at the time and I was under the administrative board of the Iraqi national team for women that participated in the Arab Shooting Championship in Egypt, in 2005 I was the president of the Iraqi women delegation participating in Eltadamen tournament of Islamic nations in Iran.

I have been the teacher (Dr. Assistant Professor) in Mustansiriya university and responsible for sports Unit and through my service for 22 years in the university, I have been involved in teaching, training, refereeing and supervising the sports teams of the college in general and women in particular to participate in tournaments of El Mustansiriya University in volleyball, basketball, badminton, table tennis, handball. University president and director of sports activity section, Dr. Ahmed Walid, have special attention to women's sports at the university and the athletic students. Some sport fields including tennis, badminton, taekwondo and chess have achieved the advanced places in terms of Iraqi universities.

And last but not least I have been a part of the training team of El Mustansiriya University in table tennis ball during the successive years (2010-2011), (2012-2013), (2013-2014) and because of getting the first places on the Iraqi universities, I have got several letters of thanks and appreciation from His Excellency the minister of Higher education and scientific research; the President of the University of Mustansiriya; the respected principal of Faculty of Business and Economics; the respected principal of the Faculty of Medicine; the President of the University of Anbar; the respected principal of the Faculty of Physical Education at University of Dohuk; the respected principal of the Faculty of Physical Education at University of Mosul; the respected principal of Faculty of Tourism and Hotel Management; the respected principal of the Faculty of Engineering at University of Mustansiriya, and the Iraqi Olympic Committee / Iraqi Central Federation for Shooting.

As a conclusion, although the circumstances in which the country is experiencing, are difficult and extraordinary, but women's sports hopes remain and progress by all efforts.

Photos of Agharid Salim Abdulridh Alfredan are listed below:



6

MAKING A DIFFERENCE FOR GIRLS AND WOMEN IN SPORT AND PHYSICAL ACTIVITY IN ISRAEL

SIMA ZACH

SHLOMIT NIR-TOOR



The aim of this chapter is to share important stories about factors that have made a difference in the lives of girls and women in sport in the State of Israel during its 67 years of independence. The chapter includes two sections: 1) An introductory background section presenting policy advocacy drivers, and 2) Descriptions of sport leaders, outstanding athletes, individuals who have dedicated their lives to community projects for girls and women at the national and international level, and a pioneer organization for the enhancement of girls' participation in sport.

First Steps for Equality of Women's Sport in Israel

The first revolutionary act against gender prejudice in sport in Israel occurred during basketball game at the 1986 Maccabiah. The final women's basketball game was to take place before the men's game at Yad Eliyahu Hall – the premier sports facility in Israel (DINERMAN, 2006). The heads of the Maccabiah decided the day prior to the games that the women would play in a less prestigious facility, away from the public and the media. The women team, together with some activists, decided that the game would not take place unless it was played at the original venue. The American basketball players joined the protest in solidarity with the Israelis. The women did not show up for the game and the Israeli Basketball Association punished them by banning the women's national team from the Maccabiah. This triggered the establishment of "LACHEN", a non-profit organization, whose aim was to fight all forms of discrimination against women in basketball. Lachen, a Hebrew acronym standing for Promoting Women's Basketball, was founded by Lea

Melamed, Orna Ostfeld, Anat Draigor, Ronnit Yanitzky and Tali Birkan. They appealed in the law courts, and after several discussions the Israeli Basketball Association retracted their decision. Since this incident, the women of Lachen have carried the torch in the fight for equality in women's basketball and sport in general in Israel.

In 1994, Lachen representatives participated in a committee established to set criteria and guidelines for the allocation of funds from the Council of Gambling Regulation in Israel (CGRI) to sport in Israel. As a result, the committee decided that the financial support for men's and women's sports should be equal, though they recommended that women receive a ten percent preference in budget allocation, employing the use of affirmative action (KRAUS, 2004).

The Lachen appealed in July 2001 to the Supreme Court of Justice in Israel against the significant preferential treatment of the men's team in the municipality of Ramat Hasharon. The appeal focused on the discriminatory nature of the allocation of public funds, and the lack of sufficient or transparent criteria for the support of the municipality for representative team sport and sport in general. In 2002, the Supreme Court ruled that the guidelines the municipality was following regarding allocation of funds to sport activities were invalid, and that they would have to adopt a new and equal standard for the budgetary support of sport in the city.

Stories of Inspiring Women in Sports in Israel

Shlomit Nir-Toor



Shlomit Nir Toor is a former Olympic swimmer. Shlomit is considered an originator and an inspirer, who for 25 years has contributed to and led the activities for the advancement of women's sport in Israel. She sees her work as a mission of social responsibility to the community. In 1968, at the age of 15, she represented Israel at the Mexico Olympic Games. In 1972 she represented Israel at the Munich Olympic Games, and the unforgettable trauma of the murder of her team colleagues – 11 Israeli athletes, coaches and judges – has remained with her ever since. Soon after the Games she ceased her participation in competitive sport.

Shlomit broadened the organizations for popular and competitive sports activities among girls and women. She encouraged and advanced women's leadership in sports, and worked to enhance the media's awareness of women's sport and women in sport. At that time Nir-Toor initiated a comprehensive survey to examine the status of women's sport in Israel. The results of the survey justified the need of a change vis-à-vis women's sport in Israel. The results of that survey revealed: 1) Only 15% of all active athletes in Olympic branches, on average, were women; 2) Less than 10% of the decision makers in sport were women; 3) Among coaches and professionals involved in sports, less than 5% were females; 4) Both the printed and electronic media covered women's sport with a very narrow perspective.

These results led the Deputy Minister for Education, Mr. Micah Goldman, to the decision that there was a need for establishing a *Department for Women's Sport* within the Ministry of Education and Sport. Its mission was to enhance women's sport and physical activity. In 1994 Shlomit was appointed the Director of the Women's Sport Department

in the Sports Administration Department of the Ministry of Sport. Two years later, upon her recommendation, the Deputy Minister of Education and the State of Israel signed the "Brighton Declaration". This Declaration is meant to complement all sporting, local, national and international charters, laws, codes, rules and regulations relating to women or sport. The State of Israel had accepted the obligation to advance women in sport.

In 1997 Shlomit instigated the establishment of the *Association for the Advancement of Women in Sport* to encourage a significant increase in the number of women, female youth and girls engaged in physical activities and sport. In that same year she initiated the *Women Go Far Project*, an event in which 14,000 women of all sectors, ages, and socio-economic levels, and from all over the country, took part. The event won wide media exposure and was regarded as a very important milestone in the process of enhancing awareness of sport for women and women in sport. It became an annual and traditional happening in Israel's yearly calendar of sport.

In 1998 Shlomit activated the first Women's Triathlon, which took place in Acre with the participation of 33 women. A year later the triathlon moved to Herzlia and today, after 17 years, 1,500 women participate in the triathlon. In 1999, in cooperation with the Israel Soccer Federation, Nir-Toor piloted the establishment of a girls and women's team, which led to the creation of the Women's National Football League in Israel, which includes 12 teams and the National Women's Football League championship games.

In the year 2000 Shlomit had the idea of establishing a "different" volleyball women's team, a team that would be trained by a world-renowned expert – Dr. Aryeh Selinger. The vision and rationale she aimed for were that the team would be a unique professional model, the first of its kind in Israel, whose goal was the participation of the Women's Volleyball Team in the European, World and Olympic Championship. The project was got under way in 2007. Three years later, one of the goals was achieved – the Women's Volleyball Team reached the finals of the European Championship.

In 2003, in cooperation with the Association for the Advancement of Women in Sport and with female members of the Knesset (Parliament), she helped bring about a change in the law on the issue of fair representation for women in sports organizations. Shlomit cooperated in appealing to the High Court against the Basketball Alliance and the Soccer Federation for fair representation for women in the executive bodies of these groups. As a result the Ministry of Sport determined a new policy, which obligates sports organizations to grant a fair representation of at least 30% women by 2012. During 2004, Nir-Toor joined in appealing to the High Court to equalize the budgets of the Sports Lottery Commission between the National Men's Soccer League and the Women's Soccer League. The High Court mandated the equalization of the budgets, and Shlomit Nir-Toor views this as one of her greatest achievements.

Nir-Toor promoted the establishment of courses for women's leadership in sport. A number of major events were created to increase awareness of the importance of physical activity and sport among women from all sectors and of all ages. Following are some examples:

- *Halo in the Galilee*: Walking for Women's Health.
- *Women March for Peace*.
- *Women Go Far* in the Negev Desert.
- *Women Walk for their Health* in Shafar'am, an event involving both Arab and Jewish women.
- *Women Build a Bridge*, at the old bridge in the Maayanot Valley which is located between Jordan and Israel, "the old Gesher". Women from Jordan and Palestinian women participated alongside Israeli Arab and Jewish women.
- *Athena 2010 Go Far* with the participation of 10,000 women.

With the appointment of MK Limor Livnat as the Minister of Education, Culture and Sport in 2004, Shlomit was asked by the Minister to present a national plan for the advancement of women's competitive sport. Shlomit, together with members of the women sport foundation and staff of expert women in various fields – law, administration, sports medicine – submitted the requested plan to MK Livnat. In addition to the plan, a recommendation was presented for a structural change in sport, in all things concerning women in sport: 1) The establishment of a National Council of Sport for Women, and 2) The establishment of a Unit for Women in Sport. In 2005, Nir-Toor was appointed as deputy chairperson of the Sports Lottery Council. In this capacity, she requested from the directorate of the Lottery Council a target budget for the advancement of women in sport in the amount of 80 million NIS for 8 years, to benefit the national plan for advancing women in sport.

Esther Roth-Shachamorov



Esther is considered as the finest Israeli athlete of all times. "Esther Shachamorov reached a record in Munich, but not the highest record. She is only 20, an age when everything is still before you. With all her experience and the records she acquired, Esther Shachamorov can expect a future Olympic final". These words were written by Esther Roth-Shachamorov's coach, the late Amitsur Shapiro, in a column in the 'Ma'ariv' daily newspaper, immediately after his protégé advanced to the finals of the 100 meter hurdles at the Olympic Games in Munich, 1972. That very same day, Amitsur was kidnapped together with 10 other members of the Israeli delegation. When the news was published in the Ma'ariv, he was already dead. Roth was compelled to relinquish her participation in the finals, and thus – perhaps – the first Israeli Olympic medal was denied her.

In 1971 she was crowned Israel's *Athlete of the Year*, and the title of *Athlete of the Year* in the whole of the Asian continent. She had one single aim, the Munich Olympics of 1972. She was mature enough for that. And then the terrible disaster occurred. Her Israeli records during 1972-1976 in the 100-meter race, the 200-meter race and the 100-meter hurdles are considered as outstanding achievements to this day. Her 200-meter record still stands. Her 100-meter record was broken only in 2002. Esther Roth-Shacharmorov has been chosen for the Israel Olympic Committee's Hall of Fame.

Yael Arad



Yael Arad was the first Israeli to win an Olympic medal. She opened the door to new heights in Israeli sports. Her victory was considered a national success, in addition to her own personal success. Yael Arad began to learn judo as a child, and despite the fact that sport in general and judo specifically were not considered to be a serious career, she chose to pursue judo. Because of a lack of partners for training, she trained with the coach of a men's team, also training in Europe and Japan. In 1984 she achieved her first title in a medium-weight contest, and from then on continued to compete successfully. At the 1992 Barcelona Olympics, she won silver medal and returned from the Olympics a national hero. In the subsequent years Arad worked for the advancement of women in sport, and in 1997 she was chosen as one of the Israeli representatives to the Israel Olympic Committee.

Orna Ostfeld



Orna Ostfeld was born in Jerusalem In 1952. She graduated from the Zinman College of Physical Education and Sport Sciences at The Wingate Institute. She has been a certified basketball coach since 1985. Her career milestones:

- An active basketball player in Israel's top seniors league, from age 14 to age 40 (1966-1992), and played on Israel's national teams (1968-1972).
- Co-Founder and Chairperson of *LACHEN*, a non-profit organization for the promotion of women's sports and basketball, and a member of Ramat-Hasharon Women's Basketball Club and Ramat-Hasharon Girls Basketball School (1986).
- Led Ramat-Hasharon to the European Women's Cup final (Roncheti Cup, 1998-1999) and Semi Cup Final (Roncheti Cup, 2000-2001). Led Ramat-Hasharon Women's Basketball Club to six National-Championship titles and six National-Cup titles.
- Professional Manager and Head Coach of the Ramat-Hasharon Women's Basketball Club for 29 years.
- Member of the Board, Israel National Basketball Federation.
- Member of the Women's Committee, Israel National Basketball Federation.
- Holder of a Guinness Book of Records title for scoring 108 points in a single game Ramat-Chen team, 1982).

- Winner of the International Olympics Committee special *Women and Sport Trophy*, 2005, awarded to 5 women from 5 continents, for promoting women's sports.

For close to twenty years, Orna has been leading the quest for women's equality in sport and in Israeli society at large, through active participation and initiation in the following: the media, the sport establishments, parliamentary legislation processes, courts, local government, education, the community and the basketball arena. Together with friends, Orna initiated a campaign in 1988 to eliminate the long-standing discrimination against women in the Israel Basketball Federation. The struggle included court hearings and work in the political arena and the media. The campaign culminated in Federation being forced to change its discriminatory bylaws. In addition, Orna involved in educational programs and providing opportunities to encourage women to become coaches and to enter other related professions in the sports field.

She led the demand for affirmative action of public funding for women sports by Israel's National Lottery & Gambling Authority (1994). These well-supported demands were acknowledged and later adopted by a special public hearing committee headed by the honourable Judge Mordechai Ben-Dror, which set the principles for new criteria for public funding of sport.

She is one of the leading figures behind an appeal to Israel's Supreme Court demanding equal representation of women in the official governing bodies of the Israel National Basketball Federation. The result of that appeal led to the nomination of seven additional women to serve on the different governing bodies of the organization. It also helped to initiate new legislation in Israel's Parliament (The Knesset) for equal representation of women in all other sport federations. Ostfeld is still the only woman serving in the presidium of the Israel National Basketball Federation.

She is also an active woman in fighting violence due to sexist and homophobic attitudes against women players and coaches in basketball courts, intensively raising public awareness through the media, initiating special Parliamentary hearings, legal action, and special legislation. Her initiative has also resulted in changing the rules and bylaws of the National Basketball Federation, which now regards sexist insults against women as a severe violation of the rules which will lead to penalties.

For 28 years, Orna has led the campaign for broadcast coverage of women basketball games in the public broadcast media. Her efforts resulted in an unprecedented official broadcasting agreement between the sports channel and the Israel National Basketball Federation, which includes annual royalties for women teams. She also initiated the appeal to Israel's Supreme Court against Israel's Public Television, Channel 1, demanding equal and transparent criteria when deciding to broadcast games of Israeli men's and women's basketball teams. In December 2004 the Supreme Court ruled that all women's games in European Cups must be broadcast.

Orna led the dramatic appeal to the Supreme Court against the discrimination by the city of Ramat-Hasharon in allocating financial support for local sports teams. Her appeal was accepted by the Supreme Court, which ruled that the city of Ramat-Hasharon must reimburse Ramat-Hasharon Women's Basketball Club for years of discrimination, by paying 150% of what they paid to the men's teams during that period. The court also imposed affirmative action based on clear, transparent and equal criteria for any future funding of sport teams in the town.

Orna Ostfeld's philosophy is that the involvement of young girls in sports helps them develop useful skills and adopt important values, which later will be instrumental in their quest for a better, safer, healthier, happier and much more rewarding life as adults.

Doaa Sliman

Doaa Sliman Hatib, age 41, is an Arab-Muslim mother of three from Nazareth with a M.Ed. from the Zinman College of Physical Education and Sport Sciences at The Wingate Institute. She is an outstanding middle-distance runner, physical education teacher, athletics coach at Maccabi Ahi Nazareth, and a member of the Israeli Athletics Association (IAA).

She got her start at a Nazareth community centre, playing ball games. The situation at home was difficult, with 13 brothers and sisters. Doaa was praised as an outstanding student with athletic ability, and she was happiest when training. She took part in the 800 meter run at the Hapoel Championships for 19 year-olds when she was only 14. She later won the 800 and 1500 meter runs in her age category in the Israeli championship.

Her family was initially adamantly against her participating in sports. This was due to living in a mixed Muslim-Christian neighbourhood, where it was considered unseemly for a young girl to walk around late at night in shorts. Her brothers would not allow her out of the house, but she would throw her bag out of the window and pretend to leave the house for a walk when she would really be racing off to practice. She occasionally received beatings, but these did not stop her from continuing to train. At the age of 15 the local press began lauding her, causing a change in her family's attitude and garnering their support.

Doaa was trained by Hassan el-Hib from Nazareth, and he helped her to his utmost ability. At 19 she trained with Stephan Kovalski as well as starting her studies at the Zinman College. She married and gave birth at 23, but returned to train three months after giving birth and competed both in Israel and abroad. After giving birth to her second child she stayed away from the track until 2005, when she won titles in both the 800 and 1500

meter runs at the Israel championship and the Maccabiah. Hatib has experienced many difficulties juggling her work as a teacher, coach, and mother, as well as her activities with the IAA. She calls her athletic team in Nazareth an interesting phenomenon, since Arabs and Jews both train there together under the supervision of a Jewish coach. Training takes place where conditions are difficult and equipment is lacking, but friendship and coexistence are valued as "everything".

Keren Or Leibovitch



Born in 1973, Keren Or Leibovitch is an Israeli swimmer and Paralympic Champion, the winner of 7 medals, 4 of which are Gold. Leibovitch was wounded during her military service, which left her partially paralyzed in both her legs (handicap degree S7), and because of this lost her ability to walk. Despite her condition, Leibovitch decided to continue her sports activity the way she had done ever since she was young, and to focus on one field – swimming.

During her career, Leibovitch has had many achievements and has won a number of European and World championships in swimming short distances in 'free' and 'back' styles. In addition, Leibovitch has won 7 Olympic Medals, at the Paralympics in Sydney 2000 and in Athens 2004, and has broken the Paralympic world swimming record several times.

In addition to her activities in swimming, Leibovitch has done much to raise public awareness towards sport for the handicapped and for giving support to athletes with disabilities. Keren won the Menachem Begin Heritage Centre Prize and was honoured to hold the torch at the Independence Day Ceremony in 2004.

Story of Athena – The National Council for the Advancement of Girls and Women's Sport in Israel

Figure 1 – Photo of ATHENA project



The National Council for the Advancement of Girls and Women in Sports acts under Israeli Government Resolution 3416, dated 21.3.2005. Its vision is to change Israel's sport culture, both socially and in respect to "gender thinking", in order to ensure the full participation of girls and women in all fields of sports and at all levels.

Goals:

- 1 Increase the grassroots participation of girls and women nationwide, which will build up the number of high-quality female athletes, as well as increase the number of women who actively engage in sports (athletes/teams/coaches/judges).
- 2 Educate a change in social thinking about the importance of sports as a significant, essential factor in training and shaping each and every girl, and to act to bring about recognition of the advantages engaging in sports provides as a stimulus for success, creating self-esteem and teaching practical life skills.

- 3 Create female leadership in sports: Giving an adequate representation of women among decision makers and policy makers in sports; guaranteeing that women's unique needs in sports, including budgeting, resource investment and management, will be presented to decision makers; encouraging and giving women opportunities to engage in various sports-related professions, including coaching, management, judging, etc. – professions that provide continuity and a vocational future for athletes even after they retire from active participation in sports.

In 2008, the Athena project began actively budgeting initiatives to advance girls', teens' and women's sports. Since then, grassroots participation in women's sports activities has grown. A substantial increase in the number of female athletes in team and individual sports can be seen. In addition, new high performance sports teams for various ages have been established on a national level.

The project has generated a substantial increase in the participation of competitive athletes as a result of the following initiatives: helping sports clubs to establish new teams; talent scouting, which has evaluated thousands of girls; Athena "mobile units" staffed by professional female athletes, who worked with local authorities to attract many girls to participate; focused projects in sports clubs, local authorities, and in cooperation with the Arab community, and more.

Since 2012, the Athena program has included projects in sports clubs, with the cooperation of local authorities, with the goal of achieving mass participation by young girls nationally. In 2013, the National Council for the Advancement of Women's Sports in Israel approved a long-term plan to achieve the project's primary goals, a program that will meet all the objectives set forth in the Resolution.

Following are two examples of "Nationwide Projects to Increase Grassroots Participation in Women's Sports":

The Misgav Regional Council: The residents of Misgav populate 35 towns: 29 Jewish and six Arab Bedouin local authorities, mostly rural community settlements, representing a wide spectrum of beliefs and opinions, and emphasizing pluralism, coexistence and tolerance. The local authority's sports division runs a multi-field (triathlon, swimming, tennis, volleyball, bicycling and gymnastics) project. The grassroots project includes recruiting new athletes, professional enrichment of male and female coaches, advancing female athletes in training courses and promoting the project in schools, regional events and summer camps.

The Western Galilee Project: An exceptional girls' basketball project of integrative cooperation between four sports divisions in the Arab community: Kaukab, Tamara, Shfaram and I'billin. In the past two years the project has successfully increased the number of girl basketball players in these communities, and has established a team in the girls' league without compromising the league's teams in other communities. Recently, collaborations have been initiated between the four community projects and the Karmiel Project.

Examples of Athena Initiatives:

The following initiatives were enabled by the Athena Project's budget and activities:

- National teams were established for younger age groups.
- Young female athletes were locating and recruiting.
- Scholarships were granted to advance female athletes and male and female coaches.
- Excellence centres, including in Israel's periphery, were established.

- Training camps were held in Israel and abroad.
- The medical framework for competitive athletes was expanded.
- The Athena Top Team in the Olympic Committee, the Competitive Sports Unit, is advancing and nurturing elite female athletes in order to include them in Israel's Olympic team.
- Involvement with the Olympic youth reserve (Top Teen).
- Unique workshops and study days for female athletes and male and female coaches were held.
- Athena 'mobile units' toured the country and gave girls a unique sports experience.
- The Athena Active Recess program – exposing female pupils to athletic activities in various fields according to a specific authority's sports divisions and Athena's field coordinators' priorities. The target audience is female 3rd-8th graders.

The Ambassadors Program – Establishing Female Leadership in Sports

The Ambassadors Program is viewed as an integral part of the activity to change perceptions among various target audiences, as well as the applicable part of establishing female leadership in competitive sports. After ending her first career and transitioning to a second one, the ambassador-athlete returns to the community, advancing and marketing the social dialogue that Athena promotes. The ambassador-athletes, active or near-retirement elite athletes, are the frontline of Athena's publicity team, "Being a Female Athlete".

In accordance with the development of the overall professional program, the ambassadors-athletes will have a long-term effect on smaller and broader circles of influence – in association programs, projects for local authority programs, training and guidance courses, as role models in training camps, in sporting events, and even in the public sector, which constitutes a new audience that is not part of the sports world.

The messages the Athena Ambassadors convey focus on overcoming the barriers that prevent young girls from becoming professionally involved in sports, and that hold their parents back from sending them to such activities. Social, health and mental aspects are addressed, while emphasizing the value sports activities offered to young girls, by highlighting a full, balanced life – sports combined with school, social and family life, as well as achievable and appropriate time management for the high-level athlete.

Gender Equity – The Journey towards Change

An optimistic view to the future can be drawn from the fact that there has been a tendency towards improvement in the number of females participating in high-performance sport, as evidenced in the Israeli Olympic Delegations in the last three Olympic Games. In the Athens Olympic Games in 2004, 17 of the 35 Israeli athletes were women; the Beijing Olympics, 2008, 22 women athletes among the 44 athletes in the Israeli Delegation (ISRAELI NATIONAL OLYMPIC COMMITTEE, 2009), and in the London Olympics in 2012, there were 18 women among the 37 athletes (LUSTIG; DAVIDOV, 2013). Such an improvement towards gender balance points out that a change can and should occur. In a broader perspective, it is recommended to strive for establishing gender balance in sport organizations so that gender rights will be maintained and promoted. It has also been recommended that the journey towards change is better off staying at young age, and through education that emphasizes the value of equality in general, including gender equality (BETZER-TAYAR; ZACH; HENRY).



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7 | PIONEERS FOR DANCE EDUCATION OF JAPAN IN MODERN HISTORY

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Japanese Physical Education and Sport for Women

Among the people who have developed the Japanese modern physical education (PE) for women, we can list many Olympic athletes who made big improvement of social recognition for PE for women, and can name many ex-athletes politicians who have tried to build the better environment and systems for PE. But, in this chapter, we would like to introduce two great pioneers; Haru Tokura and Chiyoe Matsumoto. The reason is because they had always focused on human education through dance, and it is surely the feature of Japanese modern PE.

After the emerging from 200 years of isolation of Japan, equality of opportunity for learning was promoted in school curriculum with advocating gender equality in 1872. David Murray invited from America to the Ministry of Education, Science, Sports and Culture intended the importance of learning opportunity for women and girls, and established the first teacher's school for girls, Tokyo Women's Higher Normal School, to lead the education for girls and women. Since then, PE for girls had been bloomed and grown by dance as the main PE contents for girls. The development and root age of dance education had established the strong base of PE for girls, and led the development of physical activities and sports for girls and women. Today in school, dance that was optional subject mainly for girls from junior high school had become the compulsory subject since 2012. So that, looking back the history of dance education shows the situation of girls and women and girls in Japan.

The women, Haru Tokura and Chiyoe Matsumoto, had contributed dance education for girls and women with strong conviction in the era of drastic change throughout the society of the 19th century.

Story of Haru Tokura

Haru Tokura (1896-1968) is notable as a leading pioneer of PE for women, especially dance education in the beginning of 19th century; before, during and after World War II. Through her life, she had keen awareness of the need for dance, and embraced the ideal of dance for all the women and children. There are 2 huge efforts Tokura had made. One is protecting dance in the national curriculum against military, second is establishing Japanese Association of Physical Education for Women and girls (JAPEW) to defuse dance education all over the country, and decided to host IAPESGW world congress in Japan.

When the national curriculum was revised in 1936, dance in PE was going to be abandoned, because of the war requiring military strength. However, Haru, the only woman in the Curriculum Guidelines Committee, urged the need of dance and its educational value, it stayed in the curriculum. Without her protection, dance had been lost in the education.

In 1953, she was dispatched by the Education Ministry to the 2nd World Congress of IAPESGW in Paris. At there, she was deeply impressed by the people from all over the world. After the return, she put enormous energy and effort in not just dance, but also all the activities in PE for women and girls in Japan. In 1954, she achieved her ambition and she established the JAPEW. Moreover, she decided to host the World Congress of IAPESGW in Tokyo. Although, she passed away just a year before the congress in 1968, the principle of JAPEW was passed from Haru to Chiyoe Matsumoto, and the World Congress in Tokyo was achieved in 1969.

Haru was born in Kagawa prefecture in 1896, as a daughter of the village mayor. Her imagination was cultivated by listening fairy tales from their grandparents every day. As a child, she wanted to be a princess, hero, and anyone in the tales. That can be said it was her foundation for her late dance works. She decided to enter Tokyo Women's Higher Normal School, but it was a dream-like for most girls in those days.

Studying and Teaching Days

With joyful expectation, she entered Domestic Science Department in Tokyo Women's Higher Normal School (present Ochanomizu Women's University) in 1916. In the department, there were many PE and music class. Especially the gymnastics and dance class by the teacher, Tokuyo Nikaido, influenced her. She said it was so hard, but most works were created to appropriate for Japanese women by Nikaido. She had also learned Maypole, English folkdances such as Gathering Peascods, and its movement materials had been always in her late works. However, her area of specialty was only Domestic Science, not PE or even dance.

Haru, only 21 years old, started teaching in 1918 at the teacher's school in Kochi prefecture, where was near her birthplace. At the first work place, she was surprised that she had to teach not just domestic science, but also PE and be a dormitory matron. The school was coeducation, which was uncommon and budding school at that time. Her new ways of teaching and her leadership ability in dance and gymnastics received great applause by many people. Her teaching required supreme amount of exercise for girls at the time, including vaulting box, balance beam and handstand. Significantly affected by that, boys were more energized, and that led to the boom of gymnastics in all over the Kochi prefecture.

A dedicated Haru accomplished in the school for 4 years, she became to have a great ambition and passion for PE, and it led her to the decision to enter Tokyo Women's Higher Normal School again. Although she had been teaching at the school for 4 years, she wanted to learn PE professionally. She had learned Animal Imitative Exercise by Walter Brandt. Its influence can be seen by her later work. There were many animal imitative exercises with her own unique rhythms, such as cat, bear and frog exercises. They were normally called as Singing Play and Marching Play at that time. Her dissertation title was *Dance for Children*.

In 1924, Haru had become the teacher of the Sixth Public Girls' High School (present Mita Senior High School). At there, she had established the foundation for dance. In 1925, the Association of Kindergarten in Japan hosted the lecture in Tokyo Women's Higher Normal School. More than 270 people attended, and Tokura introduced her 9 "Singing Play" for children. Sozo Kurahashi, one of the great pioneers in the foundation of early childhood education in Japan, had been very impressed by her work, and it gave her a supportive push to concentrate on dance for children. In 1926, Haru started teaching at Japanese Women's College of Physical Education while teaching at the High School, and she published many articles for dance and Singing Play. She met many researchers at there, but the most influenced person for her was Goro Tutikawa. In one of his articles, he said "Most Singing Play nowadays are based on lyrics of songs, trying to make movements in every lyric. But more important thing in dance is try to express images". That ways of perspectives for dance was ensured to her works all the way.

Protecting Dance in National Curriculum against WWII

In 1933, she was welcomed to her graduated school, Tokyo Women's Higher Normal School, and became a professor in 1935. In 1936, she had become the only women in the Curriculum Guidelines Committee. Because of the war, Japan aimed for wealth and military strength, and PE for school was required it as well. Tokura had fought against it a lone hand, and succeeded to leave dance behind for young children and girls. However, the demand in that period was training bodies for strong army, dance had also required to train bodies with basic movements.

When Japan had run into WWII in 1941, the Curriculum Guidelines Committee again called out for abandon school dance. The word of dance, as a foreign language, was going to strike out. Tokura was not silent at there again. With her works, Tokura showed how dance can cultivate spirits, emotions and rhythms through dance, and appealed how it is needed for children. Because of her effort, dance was admitted against military.

During the war, although dance educational material was based on military title, there were always children jumping with rhythms and flying with imagination in Tokura's thought and mind. School education had turned 180 degrees after the war. It required Democratic Education by the influence of America. Dance had also released from Military title, huge variety of dance came from America. She choreographed and showed many dance with Japanese spirits of beauty in the devastation of the war. Unbelievably, there were more than 800 choreographies for children and girls.

Through her dance, Haru had always aimed human rights education, not just dance. She especially required grace, humility and beauty as women. She had never told it just in words, but told it through her dance. She believed that dance have a power to educate and cultivate children as women, moreover, as spirits with Japanese, and as heart with human beings.

In 1953, the 1st JAPEW national congress was hold and Tokura became the president. From JAPEW, 5 women attended in the 3rd IAPESGW congress at London in 1957, 15 women in the 4th congress at Washington in 1961, 40 women in the 5th congress at Köln in 1965. In the 5th congress, Japan was determined to hold the 6th congress of the IAPESGW. In 1969, Haru had passed away by the illness in 1968. However, her wish and the principle had been passed to the next pioneer, Chiyo Matsumoto, who was her student.

Story of Chiyo Matsumoto

Chiyo Matsumoto, Emeritus Professor of Ochanomizu Women's University (1920-), is noted as the founder of dance education in Japanese schools and universities after WWII, who has been also a leader in dance education research. She is 95 years old now (in 2015), but the person who meet her will learn many from her, and will believe the word of "living legend" is not exaggerated for her.

Matsumoto's achievement can be explained in three parts. She deepened her knowledge and experience at a site of elementary education. She tried to return this to a field of education by operating the women's physical education organization. While requiring the core of dance study and dance education, brought up many good scholars who worked and are working for developing dance education and dance study. These drew spirals while synchronizing partially, and raised the quality of Matsumoto's dance education and the Japanese dance education by mutual relations.

Origin and Deepened Knowledge of Elementary Education

Chiyoe is from Nara, a neighbour prefecture of Osaka and Kyoto, and had graduated from former Tokyo Women's Higher Normal School (Present Ochanomizu Women's University) in 1941. She had grown her student period almost at the same time with the beginning of the World War II; in 1937 Guernica had been bombed, in December 1941 Japan invaded some Asian countries as well as the United States military bases in Hawaii, which led the start of Asia-Pacific War. She studied under Haru Tokura and mastered series of Tokura's repertoires such like *the Moon over the Castle Ruin and Spring has Come*.

Immediately after the graduation, she started to teach Tokura repertoires at the Elementary School attached to Nara Women's Higher Normal School. Two years later, she decided to go back to Tokyo in order to study further. That is because this school in Nara had wished that the children should learn how to express them freely in dance (TAKAHASHI, 2014). Chiyoe found the answer in American education researcher Kilpatrick's "Project Method" that emphasized the practicing activity in which children make plans and settle problem in the real life by oneself. Chiyoe eagerly continued to study on importance of body expression and its teaching method for the children that had been then reflected on many articles; for example *Concerning Dance Education* (MATSUMOTO, 1947) and *Grab the Body, Beyond the Body* (MATSUMOTO, 1950) for the journal.

We see in her writings in those days and in recent personal interview record of her (SUZUKI, 2012), that she already stressed individual education. She had noticed that creative dance potentially has a function or a meaning that bring out the individual possibilities in children, and she tried to ascertain this in practice. Matsumoto could invent her original method in creative dance classes because of her children oriented way of thinking. The school Principal Takayasu Shigematsu regarded her highly. "Her dance is not a movement training to some musters nor musical play but an exploration of suitable movement for one's inner movement" (SHIGEMATSU, 1950, p. 2-3).

In addition to the method explanations, she also expressed her intensive wishes: "Dance is not the matter, human is the matter. I want to fit out children's current capacity. I want them to let the fullest of life in this moment. [...] Fighting spirit that thanks to the love causes is the most pure and warm, and is something that uplifting as well yourself and others" (MATSUMOTO, 1948, p. 35).

In 1947, she had been appointed as one of 40 members of the Curriculum Guidelines Committee from the Ministry of Education at the young age of 27. According her personal memoir (SUZUKI, 2012), she didn't have her systematic method structure yet at that time, but had an ideal with which she stressed children's individual and self-expression. The official subject/field name *DANCE*, not as an interpretation into Chinese or Japanese characters but as an imported word directly from western culture, had been chosen for the first time in Japan as the official field name being voted in the general meeting of entire committee. *Singing Play*, *Marching Play* whose concept had been imported in Meiji era, and *Musical Play and Movement* which were proposed in war time shifted into the new idea of dance and self-expression.

Another of her remarkable contributes in early career days, we can find in a report of CIE (Civil Information and Education Section) under the control of GHQ/SCAP (General Headquarters, Supreme Commander for the Allied Powers) (SUZUKI, 2007). According to Suzuki, H. Manley who inspected Chiyoe's school in 1948 as a health education consultant

for the CIE reported that 6th grade girls were taught an excellent rhythm program in which children had smiling faces, and a good sense of rhythm and power of expression, and sometime later Chiyoe explained about this dance class for 6th grade girls in the journal (MATSUMOTO, 1949). The main principles of this class were to develop and nurture a sense of individuality among the children. Two or three years immediately after World War II, all PE classes in Japan were not necessarily in a state of disorder, and that some teachers were making efforts to improve their approach (SUZUKI, 2007). Chiyoe and her school had provided creative dance classes both for girls and boys as of 1950, which had been probably seldom in those days.

Empowerment of Female PE Teachers through JAPEW and Developing Dance Education System

Chiyoe experienced the establishment of the JAPEW by Haru Tokura as one of her young competence assistants. As we saw in previous part, this project gathered numbers of pioneer colleagues from all over the country. And through their patient efforts, vigorous and advanced movements of local female organizations were promoted.

As the first active publishing of JAPEW, editing and issuing a monthly magazine named "Physical Education for Children and Women" started in May 1958 by Chiyoe's lead. That was a part of the most important achievement in women's PE promotion that JAPEW was entrusted from Japan Women's College of Physical Education that had been founded by late Tokuyo Nikaido who had been also pioneer in the predecessor generation of Haru Tokura. Chiyoe looked back on those days that she offered her flat as their meeting place and built a plan up with colleagues and others until late every night (JAPAN ASSOCIATION OF PHYSICAL EDUCATION FOR WOMEN, 1997, p. 27).

Five years later in 1963 they issued their first research paper "A Study on Teaching Method of School Dances", which was supported by research grant of Education Ministry.

This paper was a fruit of summer courses for JAPEW members in which trainings of teaching techniques of creative dance, folk dance, games and sports in schools were given, and discussed. This can be seen as origin of publication of the later JAPEW Research Journal who now has peer review system. In other words, in this way she prepared opportunities for the female PE teachers and scholars to express and share their fruits and to develop their quality.

Her unique concept of quality management and empowerment through sharing the outcomes was already there. She proposed and practiced in 1957, in the year as JAPEW joined IAPESGW, the 1st national meeting for oral presentation of graduation and master's theses, which is now titled as the *Research Presentations by the Future Generation* counting 60th in 2017.

JAPEW has took part in IAPESGW congresses since 1957, the 3rd meeting in London, in which 5 JAPEW members participated, almost regularly and in 1961 firstly in Japan reported the *Movement of Physical Education for Women in the World*. Chiyoe was pointed to the chairperson of directing executive board not only as the leader of research department of JAPEW in 1965, in this year JAPEW succeeded to hold the 1st annual national meeting in Kobe. It was enabled by cooperation both Hyogo-Prefectural and Kobe-City Board of Education for whom Chiyoe had worked as a dance education workshop lecturer for PE teachers all the while from the post-war. Since this celebrated beginning, JAPEW annual national meeting is hosted by all Japanese prefectures one after another and now in 2015 we are experiencing in the middle of the second round. It equips the basic structure of life stages from infants till university and social life from the very beginning. It should be estimated highly that they had the viewpoint which looks through the whole life as well as elementary and secondary education already then.

After Haru Tokura passed away in September 1968, Chiyoe took over all the leading function in promotion of Japanese physical education through dance as well as in JAPEW government. In November JAPEW got approval as a corporation by member's big effort.

JAPEW could actually start to prepare one week IAPESWG congress in Tokyo at this moment in the meaning of eligibility to be subsidized.

The 6th IAPESGW congress in Tokyo in 1969, with the attendance of Crown Princess, under the theme *Tradition and Modernization in Physical Education* was successful and brought much fruit. For example, this big event has raised social recognition to the female movement which has tried to support Japanese physical education for women and make them proceed. On the other hand they made a survey of the *Japanese History of Dance Education in Schools*. Enhancing ties and motivation of female physical education leaders and JAPEW members was also an important result of this event. We, a younger generation of JAPEW, get a lot of benefits from this and are sharing a big and family-like organization. Chiyoe worked active for IAPESGW till 1993 as a board member and later as the vice president.

The one and only national students dance event All Japan Dance Festival-Kobe (AJDF) should be also described. Chiyoe designed an opportunity for teachers and students to share dance performance as educational outcome, because she thought that the circle of individual teachers' insight and actual students' experiences should not be discussed separately. She responded to the request of Kobe-City, developed the former presenting research demonstration meeting performed as a part of a workshop up to AJDF. The first AJDF was held in summer 1988 having a contest section and a performance section, being supported by the Ministry of Education, Japan Broadcasting Corporation, Japan Amateur Sports Association, National Association of Upper Secondary School Principals and Mizuno sports promotion association. Since then the event celebrates 28th meet in 2015. Although we Japan have suffered twice of enormous nature disasters in the meantime, teachers, students and also volunteer supporters didn't give up the meeting by ensuring the time, place and financial support.

Of course Chiyoe was not the only person who worked on these various events, but it was almost unable to find sponsors and supporters as much without her. She is such

a person who attract us into her enthusiasm and make us believe that we can do some important things. Not only what we learned from her, but also being able to be guided by such person and being able to work with this person gave confidence to those who followed. In fact, the organization now has rich human resources and has a leadership in society.

Qualification of Teachers, Research in Dance and Dance Education

Last but not least of her wide prism, we take a look into her academic fruits. She began her university professor career in Tokyo University of Education (present TSUKUBA University) from 1952, with being expected to contribute to the training of PE teachers. She brought up human resources who later promoted dance education major or institute in universities. Chiyoe compared dance and dance education courses like in University of Wisconsin who has a long tradition and in University of New York, and gathered ideas in order to improve her plan (MATSUMOTO, 1980a, 1982, 1989).

How the folk dances are respected, what is the relationship between modern theatre dance and school dance education, how dance came into the liberal arts as a subject, and so on. Especially the philosophy of Margaret Newell H' Doublar had a big influence on Chiyoe's considerations, so that she translated H. Doublar's *Dance: A Creative Art Experience* published by University of Wisconsin Press (1962) into Japanese and adopted it as a textbook of the lecture for the Dance Principles in 1974. She and her young colleagues also translated other four books into Japanese as *Dance Study Library for Students: Modern Dance: Building and Teaching Lessons of Aileene Simpson Lockhart and Esther Elizabeth Pease* (1966), *A Handbook for Modern Educational Dance* of Valerie Monthland Preston-Dunlop (1963) from UK, *Dance in Elementary Education: a Program for Boys and Girls* of Ruth Lovell Murray (1953, 1963), and *European Folk Dance: Its National and Musical Characteristics* of Joan Lawson.

After she had taken a lot of trouble to prepare, in 1971 for the first time as a Japanese University, she succeeded in establishing the major of dance education studies in Ochanomizu Women's University. It was followed by establishing a master research course in 1973 and a doctoral research course in 1977. These courses had been designed to enable the students relevant competence through the modules of biological knowledge, historical, psychological, social understanding of dance and rich pallet of dance technique genre both classic and contemporary.

Thank for Chiyoe's efforts, creative dance gained a kind of common sense in which we think that it is very important to experience and its process develops ones potential abilities. It was just as Chiyoe dreamed in early days. Creative dance is difficult to guide and it is difficult to attract students with poor skill for this. She and her students introduced a series of method system named *Problem Solving Learning in Dance*. It aimed to provide a simple way to understand the process of creative dance and dance expression. This project has been continued also by younger generations and is providing us useful recipes. Further, in order to examine the experience of the students, they developed a kind of quality analysis of free written comments with using method which is almost similar to today's Grounded Theory and Text Mining without statistical analysis software.

Because of the interest in the emotional value in the movement, she developed a concept *Seven Motives* in which we find special correlation between certain movement attitude and emotions or moods. For example symmetrical and regular use of arms and legs with slow tempo generates a feeling of stability. She tried to compose dance pieces using this method and made presentations in IAPESGW congresses by dance students.

We can imagine the value of regular studies she has introduced with her group from the IAPESGW presentation list; *Evolution of Dance in Japanese Schools* (TOKYO, 1969), *Dance as a Guide for Creative Ability* (TEHELAN, 1973), *Teaching Methods for Creative*

Dance (CAPE TOWN, 1977), Dance Research: Problem Situation and Learning of Problem Solving I (BUENOS AIRES, 1981), II (WARWICK, 1985), III (BALI, 1989), Accumulation and Development of Creative Art Experience (Melbourn, 1993).

After retiring, she kept being a leader of dance education and dance studies as the JAPEW chief director and the vice-president Japan Society for Dance Research till 1993. Now she is the first honorary president of both organizations as well as Honorary Life Member of IAPESGW.

Chiyoe's way were "belief in human love and respect for all the nature", "learning from and going beyond the histories", "quality management and empowerment through sharing". She has donated many important and improving plans, for example *IAPESGW Dance Development Award since 2009*, *MATSUMOTO Chiyoe Prize in Artistic Movement in TOYAMA the Small Group Creative Dance Concours since 2007*, and also seminars concerning dance education.

Her obligation has been often awarded. The Order of the Precious Crown, Butterfly, were conferred on her in 1993 from the emperor because of her obligation. Dorothy Ainsworth Prize were presented from IAPESGW at the meeting held in Edmonton Canada in August, 2005. JAPEW established *Chiyoe Matsumoto Prize* in August 2014 to commemorate their 60th anniversary with which they would shed light on the leader and the researcher who contributed to promotion of female physical education very much and a long period.



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8

**STORIES OF
KAPESGW AND
PROFESSOR
YANGSOON HAN
WHO IS A GREAT
STAR OF KOREA'S
FEMALE PHYSICAL
EDUCATION**

WON YOUNG-SHIN



Women in Korean Society

Historically, Korea had a sociocultural structure, in which women cannot be freed from dominant social concepts or ideology due to Confucianism. For example, married women could not be freed from lives focusing on their husbands and other male family members, and the idea was solidified by Confucianism. Such traditional culture, in which elders were respected and politeness was promoted over all other virtues, had many benefits compared to other countries in certain aspects but, caused many problems in the aspect of gender equality. However, social activities of women had increased in Korea both quantitatively and qualitatively over time, and such change is particularly remarkable in the field of sports. In recent years, Korean society has been providing efforts to promote roles of women in sports under cooperation between government and media, and physical education (PE) is playing a leading role in realization of gender equality in educational fields.

Employments of Female Sports Leaders

Political participation of women in Korea is very insignificant. Korea has been implementing a female candidate quota system to recommend more than 30% of female candidates in elections of National Assembly members since 2008. However, there are almost none female politicians among local government heads, and it proves that politics in Korea is still relying heavily on males in politics. In such condition, in which political participation of women is quite poor, it is very difficult for female sports leaders to resolve issues in their fields through their political strengths. There had been a few female sports leaders those who were also engaged in politics including National Assembly members (Yangsoon Han – 1985, Hyesook Kang – 2004 and Erisa Lee – 2012). However, they were all proportional representatives (recommended from national constituency), and the reality still shows that political activities of females sports leaders are markedly low.

There were 10,891 male and 1,754 female sports leaders currently in employments in Korea (DEOKSUN; INHWA, 2010) (Table 1).

Table 1 – Employments of Female Sports Leaders (Unit: person)

AFFILIATION	DIRECTOR			COACH		
	Male	Female	Total	Male	Female	Total
Elementary	1,409	218	1,627	923	525	1,448
Middle	1,915	167	2,082	1,412	391	1,803
High	1,524	93	1,617	1,242	195	1,437
University/General	1,488	60	1,548	978	105	1,083
Total	6,336	538	6,874	4,555	1,216	5,771

Korean Association of Physical Education and Sport for Girls and Women (KAPESGW)

Many have contributed in the 60-year history of KAPESGW and among them is President Yangsoon Han (6th-8th and 10th-12th) has contributed greatly in academic development of female sports and advancement of female athletes for gender equality.

KAPESGW has a longer history than any other associations in Korea, and I am proud of our association because it contains hard works of many female athletes those who led female PE in Korea, and also because it has established a basis of female athletes in Korea. Sookja Kim, 15th and 16th President

It is not an overstatement to say that my life cannot be explained without PE. My involvement with KAPESGW is particularly a significant one among many of my activities in PE. Jeongsun Na, 18th President

KAPESGW was established in 1954 as a pioneering model of feminism. Since then, it has been a leading academic and educational organization with history and tradition for development of female PE in Korea. Youngshin Won, 25th President.

KAPESGW was established in 1954 for academic development of female PE and advancement of female athletes, and celebrated its 60th anniversary in 2014. There has been total 25 presidential elections starting from the first president Shinsil Kim. Currently in 2015, the association consists of President Youngshin Won, 130 board members consist of (female) professors in physical education schools and 1,800 members. It is composed of five departments- academic/studies, international/organizations, policy/interests, school PE and sport for all, and has been concentrating on development of female PE in each field.

Figure 1 – International Conference Celebrating 60th Anniversary of KAPESGW in 2014
(Yonsei University, Seoul)



So far, KAPESGW has established many regional branches to expand grounds for female athletes, and contributed in educating and cultivating female sports leaders. Moreover, it has been actively involved in international and domestic PE exchanges by

hosting conferences, seminars, lectures and demonstrations and publishing journals for female sports leaders, and contributing in establishments of correct values and improvements of female athletes. In recent, there are great numbers of female PE instructors in schools and sports for all facilities, and many female athletes have been contributing in enhancement of national prestige through their activities. The number of female athletes majoring in PE in colleges across Korea has been increasing as well. However, roles of women in society and PE field are limited, and there has not been sufficient grounds for female athletes to fulfil their potentials.

PE activities have outgrown its personal and educational values, and become a driving force of national development through improvements of national physique and health. Therefore, it can be said that developments of female athletes equal to developments of PE in Korea. We expect that KAPESGW will play an important role in gathering of female professionals in the field of PE to study, share and develop the field in order to prepare for the future society and to prove the significance of female PE.

1 **Major Objectives**

Major objectives of KAPESGW are as the following:

- 1 Educational development of female PE.
- 2 Expansion of ground for female athletes.
- 3 Proposals toward the government and relevant organizations on female PE policies.
- 4 Retraining of female PE instructors and teachers.
- 5 Exchanges and cooperation with international/domestic PE organizations.

6 Publications of books and materials required in field educations.

7 Improvement of rights, interests and statuses of female athletes.

8 Other studies and activities required in achieving of the association's goals.

2 **Major Activities**

KAPESGW has been working on the following activities in order to promote academic developments of female PE in Korea and expansion of grounds for female athletes.

1 Hosting of lectures for school teachers and instructors at PE organizations.

2 Sports science seminars and PE presentations.

3 Cultivation of professional fields and instructors.

- Study of creative educational methods for children.
- Development of educational materials and study of educational methods for PE courses in elementary, middle and high schools.
- Research guidance and cultivation of instructors in folk dance.
- Research guidance and cultivation of instructors in jazz gymnastics.
- Cultivation of instructors and judges in rhythm gymnastics.
- Development and dissemination of traditional activities.

- Cultivation of instructors in creative/modern dance.
- Research guidance and cultivation of instructors in mass game.
- Cultivation of instructors in synchronized swimming.
- Research guidance in program developments for physically challenged.
- Cultivation of instructors in aerobic dance.

4 Academic researches and presentation of members.

5 Strengthening of relations with domestic PE organizations and groups.

6 Reflection of opinions of female athletes in government and society.

7 Exchange activities with international female PE organizations.

8 Training and meetings for support leads related to Olympic.

9 Publications: Journal of KAPESGW, papers, essays and books related to female PE.

3 **Hosting of Symposiums**

KAPESGW has been regularly hosting academic seminars in spring and fall every year. Subject matters of seminars include academic approaches and trends, issues, policy suggestions and etc. related to female PE.

4 Participation in IAPESGW

Tokyo, Japan in 1969

The 1969 World Congress of IAPESGW was held in Tokyo. At the time, the KAPESGW was interrupted, and 10 people were individually invited to participate or to lecture. All my roommates were foreigners including a professor from Germany, a teacher from New Zealand and a professor from Australia. I was delighted and spent wonderful and beneficial time hearing about their education systems and social security systems that were unfamiliar to me for 4 nights and 5 days. I still remember the precious time of sharing information with each other as if it was yesterday. Jeongsoon Sung, 9th President.

My involvement with KAPESGW has started at the 1969 World Congress of IAPESGW in Tokyo. I remember the applause the Korean dance team received after a demonstration. I was a student at Japan Women's College of Physical Education back then, and sweated looking after the team. Soshim Bae, 19th President.

Warrick, the United Kingdom in 1985

Figure 2 – At the 1985 World Congress of IAPESGW in Warrick, the UK



I and Professor Youngsook Lee (Sangmyung University) participated in the World Congress of IAPESGW in Warrick in July 1985. The subject was 'Issues of physical education/dance/sports educations for girls in elementary middle high school.' I remember presentations of many curriculum models of PE, dance and sports in Germany and the UK. We also visited places with well-preserved buildings constructed hundreds of years ago. I was able to peak through the national characteristic of English people to preserve traditions. Jeongsoon Sung, 9th President

Bali, Indonesia in 1989

The 11th World Congress of IAPESGW was held at Bali in July 1989. I remember the romantic and splendid dances and fantastic reception in the outdoor. I believe Ms. Youngshin Won, our current president, was there with me as well. It

was a great opportunity to exchange information through reviews, discussions and studies of realistic issues and problems of educational methods in female PE in many countries. I felt the significance of establishing and maintaining relations with PE teachers and professors all over the world. Jeongsoon Sung, 9th President.

Melbourne, Australia in 1993

In 1993 World Congress in Melbourne, we had a chance to perform traditional dance of each country during the opening ceremony. I demonstrated the "Important Intangible Cultural Heritage No.12 Sword Dance of Jinju." I can never forget the moment of applaud and camera flashes after my performance. Oksu Cha, Former Professor at Chinju National University of Education.

Helsinki, Finland in 1997

Figure 3 – After demonstrating the Ganggangsulae at 1997 World Congress of IAPESGW



One of the memorable moments during my term as a president is the time when I participated in the 1997 World Congress of IAPESGW in Finland with many of our members. The five European countries (Spain, Finland, Sweden, Norway and Denmark) I visited during the time for seven nights and eight days were not very common places to visit for Koreans back then, and it has become a great memory for me. Sookja Kim, 15th and 16th President.

5 **Academic Journal Publication**

Since the first official issue of Journal of KAPESGW was published in 1987, the association has been publishing four issues every year. Total 950 issues were published from 1987 to December 2014, and the cover design went through several changes. Particularly in 2014, the association has modified its logo design, and changed the English name to KAPESGW in association with the IAPESGW.

I served as the president of KAPESGW several years ago, and I focused on internalization, globalization and strengthening of leadership of female PE instructors in Korea. My first task was to register our academic journal at the National Research Foundation of Korea. I was finally able to achieve the goal after overcoming numbers of difficulties. Yangja Hong, 20th and 21st President .

6 **Newsletter Publication**

The Newsletter has been published from 1980 to report news of the association apart from the academic journal in order to exchange opinions more freely.

7 **Hosting of Practical Lectures**

KAPESGW has been hosting practical lectures for instructors during summer and winter in order to study and disseminate gymnastics and dance programs including folk

dance. Curriculums include phased courses on teaching methods for school PE programs in elementary/ middle/high schools and subjects with high social demands.

8 **Hosting of Gymnastics and Dance Competitions**

As of 1999, KAPESGW became a registered corporation. Since then, it has been offering motivational opportunities in schools by hosting gymnastics and dance competitions.

9 **Introduction of Sports**

KAPESGW has not only been working in the academic domain to cultivate female PE instructors but also developing physical education materials suitable for women and introducing/disseminating sports, particularly in gymnastics and dance fields.

KAPESGW has been serving as a study group for female athletes, school teachers and college professors while disseminating teaching materials to teachers and professors in elementary/middle/high schools and colleges and cultivating instructors through PE and dance lectures across the country. Youngsook Lee, Former Professor at Sangmyung University.

My works as the 18th president of KAPESGW was very memorable to me in the aspect that the association not only played academic roles in the field but also played the role of cultivating sports instructors for women's health through the winter and summer lectures and gymnastics & dance competitions. Jeongsun Na, 18th President.

Folk Dance

KAPESGW held folk dance lectures and weekly practices to learn ethnic characteristics of each country through fun and unaffected movements as a part of its educational activities. Jeongsoon Sung, 9th President.

Folk dance was first introduced in Korea by Ms. Shinsil Kim when she returned to Korea from the U.S in 1930. Following its adaptation as an official subject at Ewha Womans University School of Physical Education after Korea's independence in 1945, folk dance came into the spotlight as a sport with educational and cultural values in addition to its physical values. The Seoul YWCA, the leading organization of female enlightenment and education promoting social stability after the Korean War, first opened up a folk dance class as their educational program and contributed in the dissemination of folk dance in the society outside of schools. The "Folk Dances around the World" written by Yangsoon Han, Songja Jung and Youngsook Lee in 1974 is considered as a textbook of folk dance comprehending theories and practices of folk dance.

Rhythm Gymnastics

KAPESGW has had a great interest in new gymnastics since the 1960s. The new gymnastics is a former form of what we currently know as rhythm gymnastics, and has been particularly popular among female PE teachers as natural movements. Ms. Yuha Kim, who was teaching at Sookmyung Girls' High School at the time after studying rhythm gymnastics in Denmark, formed a rhythm gymnastics demonstration group and toured across Korea. Then, Professor Jungsook Kim of Takushoku University in Japan created an opportunity for instructors of KAPESGW to learn rhythm gymnastics in summer courses at Japan Women's University to open up a path of exchange with Japan and invigorate rhythm gymnastics in Korea.

In 1981, before the rhythm gymnastics books were written, a trainee group consisting of 14 college professors and instructors and President Yangsoon Han as the leader went to LA for training. They rented a house and lived together for more than 40 days. Their supervisor was 'Ala,' a former rhythm gymnast from Soviet Union, and she concentrated on natural movements, ballet basics, floor exercises and loco motions instead of instrument movements, which was what the team expected. Ala was a very competent trainer, who later became a coach for the U.S's national rhythm gymnastics team and trained world-famous gymnasts.

Aerobics

Figure 4 – 1987 National Physical Education Dance Instructor Aerobics Class



KAPESGW has established the ground for aerobics exercise in Korea. Aerobics exercise was first introduced in Korea by KAPESGW at Ewha Womans University gymnasium during the national summer classes for PE dance instructors in August 1975. However, I had to endure a severely painful process to demonstrate intense movements consecutively in early aerobics classes at

the summer classes of KAPESGW. I was able to expand my capabilities based on such difficult yet precious processes. Youngsook Lee, Former Professor at Sangmyung University.

Youngsook Lee has disseminated and invigorated aerobics in Korea through classes of KAPESGW, and contributed greatly in the history of aerobics in Korea. Yangja Hong, 20th and 21st President.

The foundation of aerobics exercise in Korea was established from the summer classes in 1975 after inviting Dr. Cooper, who first introduced the concept of aerobics. With the lead of Professor Youngsook Lee, members of KAPESGW including Professors Sookja Kim, Jinsu Kim, Soshim Bae, Hyesook Lee, Jeongsun Na, Sungyeon Yoo and Yangsoon Han adopted aerobics into elective and major curriculums at universities to invigorate aerobics.

Jazz Dance

The trainee group that had gone to the U.S to practice rhythm gymnastics in 1981 learned jazz dance in between their training, and introduced jazz dance in Korea after their return. They invited Ms. Naomi and held classes. Professor Yoonbang Gwon of Seoul National University continuously hosted classes and published specialized books in order to disseminate jazz dance in Korea.

Synchronized Swimming

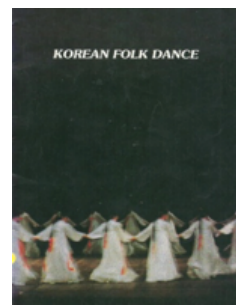
KAPESGW had decided to train instructors of synchronized swimming based on information that it will be adopted in the Olympic, and sent a trainee group consists of former swimmers to the U.S. The group's leader Ms. Minja Shin, a former swimmer

specialized in diving, established a foundation of synchronized swimming in Korea together with members including Suok Lee, Yeok Gwon and Seolhye Park. Then, they translated a book titled 'Water Aerobics' containing contents that can be easily understood by most people, and taught classes focusing on the contents of the book.

Folk Gymnastics and Traditional Activities



Presentation in 1985
to select traditional
activities of Korea



KOREAN FOLK DANCE

As the number of professors studied in overseas increased, there had been many classes held during summer and winter sessions. Also, there had been classes for elementary school teachers on traditional dance lessons for elementary students including traditional dance for children. Jeongsoon Sung, 9th President.

During the 1980s, KAPESGW promoted development of traditional activities as a part its major activities, and led to the dissemination of traditional activities by consisting a special committee with Professor Sunghwan Cho as the chairman and by creating performances of traditional activities and demonstrating the pieces. Yangja Hong, 20th and 21st President.

Traditional gymnastics and activities can be confused with folk dance, and Professor Yangsoon Han, then member of National Assembly, had conducted the 'Presentation to Select Traditional Activities of Korea' and developed teaching materials in order to prove and promote the excellency of physical activities of Korea with 5,000-years history before 1988 Seoul Olympic. The book was translated into English and distributed in Korean embassies and cultural centres all over the world. PE teachers and instructors were also provided with classes for a broader expansion of traditional activities of Korea.

Story of Professor Yangsoon Han, a Great Star of Korea's Female Physical Education (President, 1973-1979 and 1982-1989): Great Contribution in Physical Education for Youth and Society

Figure 5 – Professor Yangsoon Han



Professor Yangsoon Han is born on September 20th, 1929. In 1950, she is graduated from Ewha Women University and made Physical Education Major. In 1957-1995, she worked as a Professor at Yonsei University. She was the president of KAPESGW in 1973-1979 and 1982-1989. She has a great athletic organization experience such as 5th and 6th Asia Games (Bangkok) Female Team Director (1966, 1970), Korean Olympic Committee Member (1982), Olympic Female Team Director (1984), Seoul Olympic Opening and Closing Ceremony Planning Committee Chairman (1986), and Korea Sports Council Female Physical Education Committee Chairman (1993). During the years of 1961-1996 she was Seoul YWCA Director, Ministry of Health and Physical Education Commissioner, Ministry of Education Commissioner, Public Information Publication Department Commissioner and in 1983 she was the chairman of the Korea Social Physical Education Centre Director. Besides, she was a member of the 12th National Assembly in 1985.

Great Contribution in Physical Education for Youth and Society -education professor Yangsoon Han, then mer Yangsoon Han has firmly secured her position as a female sports leader by actively involving herself in the improvement of women's rights and interests as a true feminist of our time. Throughout her entire life, she had never been passive or negligent in any part. She lived a full life with aggressive yet positive mind. Unyong Kim, Former Vice-President of IOC.

Professor Yangsoon Han had devoted herself in many fields from school PE, her field of specialty, to elite sports and social PE. She was the first sportswoman to become a National Assembly member, and especially worked with the greatest passion for female PE, youth policy and considering bills related to PE. Gabcheol Park, Former president of Asia Sports Press Union.

I assisted President Yangsoon Han in classes all over the country. It is not an easy task to tour the country and teach classes during hot summer days. Now I look back and think that it was only possible through the strong leadership of President Yangsoon Han. Youngsook Lee, Former professor at Sangmyung University.

Yonsei University Professor Yangsoon Han had contributed greatly in development of female physical education in Korea through her office of president for KAPESGW. She had provided many efforts in cultivating female sports leaders by hosting classes and seminars. Yangha Hong, 20th and 21st President.

Ms. Han lived embracing spring, summer, fall and winter in her bosom. She gave hopes and courage for many people but sometimes she was as cold and fearful as cold winter's day. She was a straightforward and strong person like bamboo tree but, at the same time, she knew to bend like willow tree at times. I was able to understand the common saying that God had created his vessels that we call people each in different shape and form while looking at her great and beautiful,

even glossy, vessel over the time. I will remember the beauty in my heart and live my life as an educator trying to resemble the true heart of Ms. Han like the story of <Great Stone Face> I read as a child." Youngshin Won, 25th President.

Keen insights that looked into the future, a life of passion that had moved the torchlight of Olympics to the PE for society, we miss her presence full of liveliness. She truly was an eternal pioneer, who transcended the physical years to follow her dreams. Ms. Yangsoon Han, a great star in the field of female PE.

It is a meaningful thing to examine and shed a new light on the life of a social PE leader, who devoted her life in pursuit of a new world no one is yet to experience and passed away at the age of 67 on faraway site. Her passing away was a great loss particularly to the field of PE because she was an idealist, who did not stop at contributing to the success of Seoul Olympic but advocated post-Olympic new wind. Her footsteps and traces have established today's ground of sports for all, and she is the founder of national health welfare movement for all people from youth to elders. If she lived today, she would be singing out of the joyful results from social PE movement as an axis of advanced public welfare and prosperous culture.

Insights and Passion That Had Led the Sports for All Movement

20 years ago, I was offered with a sudden proposal from Ms. Yangsoon Han, the chairman of Korea Social Physical Education Centre at the time. She suggested that I shall direct the aerobics team of Korea Social Physical Education Centre in the World University Aerobics Championship, an event held before the 1996 Atlanta Olympic. Although the aerobic exercise was already well-adopted in Korea at the time and it was not exactly necessary to newly study the subject, I had no reason to reject the offer since it was an opportunity to look for the ideals of sports for all movement.

We have achieved numbers of results. First, we had an opportunity to interview the president of Atlanta Olympic Organizing Committee, and a discussion seek for a cooperation opportunity was on the table for the first time during a meeting with leaders in the field of taekwondo in the U.S. Moreover, we visited the famous Cooper Centre, the centre of aerobics, and spent two days having meaningful discussions on course of the sports for all movement.

Through all these achievements, I was able to peek at the visions and insights of Ms. Yangsoon Han that was far ahead of the time. Ms. Yangsoon Han, who had witnessed the autonomous researches and efforts of the U.S government on social physical education when she participated in the recreation workshop in the U.S as early as in 1965, had been drawing a whole new picture that simply cannot end with an Olympic, and she achieved those dreams one by one.

During her time as a member of National Assembly, she has invited me to a sports policy symposium with policy committee of Democratic Justice Party as a press representative, and created an opportunity to demonstrate her visions on social PE and welfare. She emphasized the unity and social contribution of women at every chance, and had asked to pledge for a union around the Seoul YWCA in promotional movement for female sports in Korea. It was almost half a century ago. In any case, I believe it is not an overstatement to say that she was a great pioneer with her grand perspective of "values of sports as social movement" in pursuit of "quality of life" in addition to her internationalized and modernized visions. Her belief that a country cannot be a sports-advanced country with only the power of elite sports has been proving itself more clearly in nowadays in pursuit of public happiness. Although the social PE of the old days and sports for all in today is connected in a common ground, I cannot help but wonder that if we could have produced a better and a quicker results of sports welfare earlier if we found a way of coexistence or a win-win strategy earlier. In addition, it is a great regret that we could not continue the elite power from sports stars in basketball, volleyball, table tennis, and gymnastics and more including Shinja Park, the superstar during the early years of

our expansion into the world. Another regret of mine is that we could not find a linkage between the two flows of YMCA and YWCA.

Great Visions and Strong Will in Achieving of a Goal

She had numbers of followers and supporters with her strong pioneering spirit. She also had demonstrated a strong leadership skill in any groups and a great ability to capture opportunities by reading the current of the times. She enjoyed horseback riding as a student, and that would be the only experience of her as a sport player but, she clearly was a great leader of elite sports stars and scholars in the field with her excellent sense of direction. The fact that she was selected as female director for Korean team in the 4th Jakarta Asian Game in 1966m the 5th Bangkok Asian game and 1972 Munich Olympic proves her passion and abilities. Furthermore, she undertook offices of president at Female Physical Education Association, Female Sports Association and Korea Sports Council Female Physical Education Committee. Such unique positions of her had led to a result of becoming the first sportswoman in the National Assembly in Korea (Democratic Justice Party nationwide proportional seat).

However, the truly great achievement of Ms. Yangsoon Han would be her contribution in successful opening and closing ceremony of Seoul Olympic. It was a result of good teamwork between Ms. Han, the president of Seoul Olympic Organizing Committee Sejik Park and Minister of Culture Eo-ryeong Lee. Sejik Park later said that "the crucial factors in success of Seoul Olympic were the opening and closing ceremony, and it was Professor Yangsoon Han, who produced the dramatic finale by suggesting her idea to change the 'Hanmadang' shape into a vortex".

It shall be highly praised that Professor Yangsoon Han did not stop after Seoul Olympic and showed the foresight in shifting of national PE paradigm from concentration in elite sports to sports for all movement. The "shining star of sports", who seemed to never cease

has fallen out of sudden one day in a faraway land. I ran to the airport on the day her body returned to Korea, and followed to the Severance Hospital blaming myself for not providing sufficient efforts and respect to the great leader of social PE movement in Korea. I went to the funeral service at Yonsei University chapel. I remember professor and a baritone singer Gwandong Kim, who sang a tribute song at the funeral, looked overwhelmed with sadness. It was a time to be assured of the eternal shine of the proud star in PE field of Korea.

Let's Build a Healthy World with Youths and Community Members

Professor Han's strong belief and philosophy can be found in the Journal of Korean Philosophic Society for Sport and Dance Social Physical Education Movement and Life of Ms. Yangsoon Han' (2002). She stressed the significance of social physical education in the prevention of juvenile delinquency and leisure purposes. She pointed out that the president of United States of America had invited youth leaders to the White house during the Great Depression of 1900s and said "the place where children grow up shall be schools and playgrounds in particular and not factories", and emphasized that "my last dream is to establish a gymnasium in poor neighbourhood to provide youths and community members to participate in physical activities".

Such belief of Professor Han is visible through her statement at the Physical Education Day Symposium in 1986 held under the subject of "Sports-advanced Countries and Social Physical Education Promotion": "Present significance of social physical education stands on improving quality of life and on the aspect of preventive medicine to prevent social pathology in addition to public welfare to enjoy leisure activities".

We can see why she conducted a social campaign focusing on the concept of social PE rather than the term of sports for all. In other words, she intended to expand sports for all into a social movement to exercise for entire life instead of setting a limit to it as sports to maintain health.

She cultivated many female sports leaders during her life, and has left many tasks for them. Her dreams were achieved one after another to produce Olympic champions and world stars in female archery and skating, and flowers of sports for all have been blooming in competition with sports-advanced countries such as the U.S, Japan and Europe. I assume that her soul in the heaven must be forever content and pleased (Source: May 2014 Sports Forum 21 Special <Exploration of Important Figures 1>).

Figure 6 – With Juan Samaranch, the former president of IOC



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9

**MACAU WOMEN
SPORT AND
INSPIRING
FEMALE
ATHLETES**

BEATRIZ WONG

WALTER KING YAN HO



This chapter intended to investigate the women sport situation in Macau. Two female athletes from Macau are introduced as examples of inspiring women who exhibit diverse life experiences on sport activities. Ms. Lai lam Fong eminent in traditional martial arts and Ms. Au leong Sin leng is professional athlete in synchronized swimming. The two athletes revealed similar comments on personal commitment, parental guidance and availability of opportunities as important factors in helping them to develop their talent and career in sport. Nevertheless, in a place like Macau where sport and physical education (PE) are less important in schools when compared to other academic subjects, these enhancing factors indicate necessity of out of school supports for sport success. If this is the case of development for athletes, personal commitment, policies for parental education, coach education, role model development and creation of opportunities for participation, talent identification and career choice for female would be as important as the modification of curriculum, introduction of innovative teaching methods and providing sport facilities.

Physical Education and Sport Development in Schools and Community in Macau

During the colonial period, Portuguese adopted a "laissez-faire" attitude in education development. However, the Portuguese were founder of establishing schools with Portuguese curriculum but such education was only for a few. The purpose was to train some Chinese to be familiar with the Portuguese language and practice to facilitate the government administration. Most of the schools were organized by Chinese charity organizations or Churches. Portuguese schools received strong financial subsidy but not the others. Chinese schools in Macau were not encouraged to adopt new initiatives in teaching due to the inattentive policy adopted by the Macau government during the colonial period (ADAMSON; LI, 1999; YEE, 1990). Thus, schools in Macau were more independent when comparing with the development in Hong Kong. Most of the schools would follow their tradition or background of establishment. For example, if schools had a strong connection

with China, they would adopt the Chinese curriculum instead of the one suggested by the Macau government. If schools had a close association with Hong Kong, they prepared students to attend the Hong Kong Schools Examination and universities in Hong Kong.

In most of the schools in Macau only 5% is given to PE (EDUCATION AND YOUTH AFFAIRS BUREAU, 2012). PE occupies about 60 to 70 minutes of education time per week in the overall formal class. Sometimes, PE lessons are organized in double period. In order to have higher level of the activity for students, leisure programs in schools or activities in the community are promoted.

Sport development in the community in Macau is mainly responsibility of Macao Sport Development Board. In recent years the Macao Sport Development Board has set itself to emphasize in sport for all, in which general health and lifelong exercise habit are promoted. In addition, to enhance residents' perception and support of physical training, the Bureau strives to create a platform for the development of competitive sports, thus providing the foundation for the improvement of the standards of competitive sports in Macao (MACAO SPORT DEVELOPMENT BOARD, 2015a).

There are many sport associations and clubs in providing channels for residents to participate in different sports. According to Leong (2007), there are more than 500 sport associations in Macau; about 52 of them are sport federations or associations of one particular sport. Macau also enthusiastically takes part in different international competitions. However, due to multiple barriers such as limited resources and policies set up for talent identification as well as sport promotion, only certain popular sports are commonly practiced and supported by the government.

Marital Arts and Synchronized Swimming in Macau

There are many talent sport women in Macau, but as examples of inspiring women, two experienced and well-known Macau female athletes Ms. Lai lam Fong from traditional martial arts and Ms. Au leong Sin leng from synchronized swimming are introduced who were interviewed about their experiences as athletes and coaches/inspirational persons in the sports. The reasons for selecting these two athletes were their years of experiences and achievements gained in sports as well as the distinct characteristics of the two sports in Macau. They were invited to provide anecdotal notes on their experiences in sport in order to explain facilitating factors in their sport achievements.

Martial arts as a long-known sport representing the Chinese culture, mostly competing as individual, has begun to gain much attention in Macau's sport development due to its outstanding achievements these recent years. A Macao Martial Arts Youth Academy was established in 2007 to promote the sport of martial arts in Macau and enrolled enthusiastic teenagers aged between 8 and 18 in a martial arts training team and conducted systematic and long term training (MACAO SPORT DEVELOPMENT BOARD, 2015b). Having much support and resources by the Government, more and more young athletes, both males and females, were trained in martial arts in Macau.

On the contrary, synchronized swimming is a group sport dominating female athletes, which started developing in the 1990s in Macau by Swimming Association of Macao, China. Due to its minority and shorter development history compared to Martial Arts, significant different developmental path and fortune is foreseen for it.

Both athletes started practicing the sports at a very young age and experienced different transformational stages of the sports in Macau, Lai and Au leong carry similar viewpoints and expectations regarding the development of life career in sports in Macau.

Story of Lai lam Fong

As a young teenage girl, Lai had already been actively involved in different kinds of sports. At the age of 14, she got in touch with martial arts for the first time. Since then, she became actively involved in the sport. After decades of achievements in the sport as an elite athlete and personal coach, she self-recommended herself to local university in becoming a coach in Traditional Martial Arts and she had been the coach of a university in martial arts team since then.

Barriers of Traditional Martial Arts Participation in Macau

As the Martial Arts Academy focuses on modern athletic martial arts rather than traditional martial arts, there are difficulties and conflicts in the development of traditional martial arts in terms of financial and government support. Nevertheless, the targeting age group of the Academy is different from that of the university team, which has restricted the development of potential athletes who started practicing this sport at their later age, regardless the participant's gender. In addition, due to the amateur athlete characteristics in Macau, athletes of "less popular" sports are not given as equal opportunities as those of the main stream. Therefore, one of the challenges or barriers of traditional martial arts participation is the support and opportunities given by the Government in the sport. In this context, it is of government's preference in contributing resources on certain sport, possibly due to its popularity or achievements made from the sport.

However, despite this issue Lai believes that each individual still deserves the right and freedom in participating in their favourite sport, regardless the purpose of competition or self-interest, although providing athletes of university teams or non-governmental martial arts organizations with chances to exchange and gain experiences through competitions were desired.

Enhancing Factors That Keep Lai in the Sport

Being silky smooth throughout her athletic life Lai shows great attributions to the excellent mentors/coaches she has met and the family support given to her all the way. Although no much support was given by the government, what keeps Lai in this sport are the supports given by her coaches and family, as well as the opportunities that were provided to her.

Lai recalled her experiences of being the first female student of her first coach who was referred by her father. She commented if it was not her father who was letting her to participate in martial arts, and was willing to bring her to the coach, or if it was not her coach who accepted a female student, she would not be able to get in touch with martial arts. Obviously, the opportunities and encouragements by the coach and parents have made significant enhancements to Lai in being involved in the sport persistently.

The Inheritance of Sport Participation with the Enhancing Beliefs

As mentioned by Lai, what motivated her to practice the sport for such a long time and decided in making a career out of it were the positive roles and encouragements given by her former martial arts coaches as well as family support.

Furthermore, the author believes that it is Lai's reactivity in seeking opportunities as well as the positive attitude and personality that she has developed from the sport that has led her great to success in her coaching career. "Being an athlete or coach in Traditional Martial Arts in Macau is no money business, it's about the passion of oneself to the sport and the desire in inheriting the skills and spirits I have benefitted as an athlete from former mentors", stated Lai. Lai's experience has fully reflected the embodiment of the spiritual

power and teaching principles in traditional martial arts “form, attitude, spirit”, which was being believed and passed on despite any difficulty encountered by Lai as the satisfaction and achievements she had seen from her students were more important than others.

Government support and opportunities appear to be one of the barriers and is hoped to be resolved, but the enhancing factors including coach and family support as well as personal commitment play a more important role in fighting against the barriers.

Figure 1 – Lai winning the championship in Macau Martial Arts Championship in Macau



Figure 2 – Lai supervising her martial arts students



Story of Au leong Sin leng

Au leong Sin leng was also enlightened and supported by her family and coaches in Synchronized Swimming. As a young child Au leong's physical condition was poor, she was then encouraged by her family to participate in different sports such as tennis, dance and swimming for health purposes. However, according to talent identification criteria and her interest, Au leong was selected for the swimming team as early as age of 5. At the first year when the Swimming Association of Macao recruited members for synchronized swimming, which was when Au leong was around 8, she was encouraged by the swimming coach to join the team due to her involvements in swimming and dance. Started from then, Au leong was involved in synchronized swimming, and up to date she had already participated in three cohorts of Asian Games, even aiming to push forward for the fourth.

Developing Courageous and Persevere Personalities from Role Model

Au leong defined her experiences in synchronized swimming as “magical” when the author asked when and how she fell in love with the sport. Au leong recalled that as a child she was inspired and affected by her mother, who is a person always willing and active in trying new things. Taking her mother as a role model, Au leong would seize every opportunity to try new things and she loved synchronized swimming once tried. Supported and affected by her parents, as well as being a strongly responsible and self-disciplinary person, Au leong has made extraordinary achievements in the sport.

During her athletic life in synchronized swimming, Au leong has encountered various challenges such as coach resignation, withdrawal of teammates as well as injuries. She occasionally thought of giving up, but she persisted and moved on when her mother encouraged and reminded her of sportsmanship as well as self-commitment and responsibility an athlete should possess.

When Au leong's first coach decided to resign from coaching due to family issues, she had thought of leaving the team, at the same time when many of her teammates did so, either due to coach resignation, study or work. “It was my mother who encouraged me to stay... even though there were times we had conflicts like she wanted me to play Tennis rather than synchronized swimming considering about the sport nature and athlete span”.

Coach As Important Reference and Spiritual Support

Besides Au leong's mother, her first Synchronized Swimming coach Ms. Leong Kin Hong is also one of the influential people to her. During the first ten years of her athletic life in synchronized swimming, she was guided by this coach, who has always been supportive, caring and inspirational. Even after Ms. Leong's resignation due to family

issues, the coach continues to show care and provides timely support and counselling to the athletes, encouraging them to stay for the sake of the sport's development in Macau.

Experiencing team leaving of the coach for family affairs, Au leong has also thought about her future. Taking her coach as a reference, she once struggled if she would follow her coach's path. However, due to her passion and commitment to the sport and to the supporters around her, she tries to seek a suitable way to balance between the sport and her life, in hope of making a better contribution to the sport with her expert in sport which she was proud of it.

Overcoming Barriers with Personal Commitments

With the beliefs and encouragements of the two important roles, Au leong has made this far. However, throughout the years Au leong has come across many challenges and turning points which made her change about her career path and attitude towards the sport. Graduated from university in education major, she thought of being an English teacher. "But anybody who is eligible in English could be an English teacher", said Au leong, "Synchronized Swimming is so different and special". However, when speaking whether she wanted to be a full-time coach in synchronized swimming Au leong showed a hint of hesitation. "I have spent my youth in the water. When many of my schoolmates and friends are stepping in another stage of life or trying other things I am only good at synchronized swimming... Also seeing my coaches spending more time with us than with their own children and family. It made me think if I am going to be like them, and I started to question myself if this is what I hope for... it's probably time for me to compensate my parents' efforts for their unconditional support..." Although she had the passion in the sports as well as in assisting coaches with training junior athletes, she found it stressful and obsessed if it became a full-time career. Besides, she had more dreams and goals in her life for example having a family of her own and to thank her parents with physical proof.

Being a sport journalist and reporter now, Au leong found another continental and direction of her life. "I can still work on what I like (sports) while seeking for balance between work and training/coaching (for synchronized swimming)". Taking into account the responsibilities for work and family, she also made commitment to practice/coach in synchronized swimming regularly.

However, as a minority sport in Macau, there was limited room of development in Synchronized Swimming, unfortunately, even though the team had started to show its achievements. According to Au leong, they had now reached a period when the junior athletes were too young to join the team for competition as the official eligible age for competition was 16 in major international events. When senior athletes were retiring or cannot participate in competitions due to different reasons, there were basically no back-ups to join the team. Although one of the advantages of synchronized swimming were the flexible number of athletes combination according to the choreography, disapproval from Government's subsidization due to too few members could happen, making the opportunities even less. To tackle this, they attempted to ask retired athletes to join, or to push athletes who were age-eligible but lack competition experience to whatever competition available, even international championships, as their first try. This would doubtlessly gave a lot of stress to the team.

Regarding governmental expectations, Au leong added, "Educational goals and administrative/managerial expectations are always contradictive". What she meant by that, was the expectation differences between the two aspects when the team was trying to educate and help young athletes to grow, both in the sport skills and as a holistic person progressively while official's main interest was on competition achievements, when they were not providing relevant support to the team.

These obviously are the barriers existing in the development of synchronized swimming in Macau and needs well-structured plans across departments as well as time

to resolve. However, the timely support and contribution of the coaches are the essential factors that keep the athletes active in the sport.

Carrying On With Self-Belief and Encouragements of Supporting People

As an all-female group sports, the bonding and support among members and coaches are significant. Especially starting training at their teenage/puberty, they have to encounter many biological changes. The psychological stress that came with the biological changes could be even bigger, not to mention when sport injury happened right before competition.

“Just a few days before the 2014 Asian Games in Incheon I was seriously injured in my neck during intensive training at Nanjing and the stress was unprecedentedly large”, recalled Au leong with verge of tears. “The feeling is so dramatic; as at one second you think you are so ready but another you are not...” But thanks to the spiritual support and trust from the coach she was able to walk through the harsh times. With the belief in herself and from the coach, Au leong was able to stay in the sport regardless her biological changes due to age nor gender.

It is shown that the psychological and spiritual supports to athletes are very important. As there is no medical or psychological counselling providing to the team as well as to many other sports in Macau, Au leong hopes that the government can make relevant development.

Taking references of her mother and coach, Au leong has become an adventurous, responsible role model herself and will continue in contributing for synchronized swimming, being finding balance between her different goals of her life. She believes that

her visions and experiences gained from the sport have helped and transformed her to the current self. And she would keep on inspiring her apprentices with her enthusiasm and passion towards synchronized swimming.

Figure 3 – Au leong Sin leng (Sharon) showing smiles even suffering from serious pain from injury at 2014 Incheon Asian Games



CONCLUSION

Taking reference of Lai and Ao leong's experiences, that their commitments mainly originated or had the relationship of their parents, influence from coach, their enjoyment and achievement gained during their athlete life and use of opportunities strategically. These factors were apparently the enhancing factors behind their success. Nevertheless, the ability, passion and sense of mission that they passed on to sport also served as investments to keep them going. Regarding to this understanding, when their goal in sport was attained, it served as a natural reinforcement for them to go ahead. It is therefore important for athlete to identify and develop, as well as to be given the opportunities to make commitment to the sport in order for a persistent participation pattern.

As a concluding remark, personal commitment, parental guidance, coaches as role models and availability of opportunities are important factors in helping the two interviewees in developing their talent and career in sport. Although Macau's development of sport and physical education are less important in schools when compared to other academic subjects, these enhancing factors become essential in working behind sport success. The development for sport athletes, policies for parental education, role model development and creation of opportunities for participation, talent identification and career choice for female would then be equally important to the work on curriculum change, introduction of innovative teaching methods in class and venue building.



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10

**WOMEN LEADERS
AND SPORT
IN MALAYSIA:
LAYING THE
FOUNDATIONS
FOR THE FUTURE**

WIRDATI MOHD RADZI

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INTRODUCTION

It is an undisputed fact that women play a major role in Malaysia, understandably as they form almost 50% of the country's population. The most recent Housing and Population Census 2010 showed the population of Malaysians to be 26 million (MALASIA, 2011). The ethnic composition is as follows: Malays 54.6%, Chinese 24.6%, Indians 7.3%, other indigenous ethnic groups 12.8% and others 0.3%. In 2003 the National Department of Statistics cited the population sex ratio is 104 male for every 100 female (2005). Malaysian women also have a higher life expectancy of 77.3 compared to Malaysian men (72.7) (UNITED NATIONS STATISTICS DIVISION, 2015; UNDP, 2005). In terms of contribution to the labour force, the Grant Thornton Business Report revealed that Malaysia had the highest number of women in the workforce in South East Asia. Malaysia women accounted for up to 40% of the workforce in Malaysia ("Survey says Malaysia has highest workforce". 2013). In Malaysia today, it is acceptable that women now generally work alongside men in various aspects of life, such as in economics or politics (ISHAK, 1996). The demands of modern life in contemporary Malaysia could be said to have initiated this change of situation, as traditional societal life indicates that a woman's place is at home (OMAR, 2003).

Women sport discourse originates in the West, where women's increasing opportunities and rewards in paid employment flourished alongside the health and fitness boom in the early 1980s (WEST, 2001). While the struggle for women in sport continues to this day in the West, Malaysian women are forging ahead, using the examples of the West but maintains a truly Asian approach in negotiating their roles and positions within the local sport scenario. It must be said however, that only by understanding what is going on globally, will we be able to make sense of the changes taking place or the changes that we want to take place for women in Malaysian sport.

Women in Pre-Independent Malaya and in Modern Malaysia

The introduction of "modern, western sport" to Malaya (pre-independence name for Malaysia, which was released from British rule in 1957) is largely a by-product of colonialism. Sport was used as a tool of governance and conciliation during British Malaya, and similar trends have been documented in British-ruled Brunei and Dutch-ruled Indonesia. In many parts of the Malay world, activities that required highly accomplished handicraft skills and manual dexterity such as kite flying, martial arts and boat racing had been in existence long before the introduction of western sport. These activities were closely tied with the social and geographical make-up of the society itself, for example Malay villages that were located near rivers, estuaries or by the sea displayed the inclination towards the enjoyment of water-based recreational activities by the communities. An added complexity of the introduction of western sport was the incorporation of the Christian values; such as the "muscular Christian" and "sisterhood" ideologies, into sport and the imposition of these values upon the Malays. Especially problematic was the depiction of Malay (predominantly Muslim) women as insecure, introverted personalities in need of intellectual reform and physical freedom. The Western women efforts to emancipate the Malay Women were begun in earnest through mainly educational work. The educational curriculum included English language as well as, most importantly, western physical exercise and sport.

The British rule in Malaya infused the typical agrarian society of the Malays with elements of Western capitalistic monopoly (ARIFFIN, 2000). The emphasis on the British economic interests effectively marginalised the Malays agricultural development, and divided Malaya into rural and urban areas; rural being the areas of Malay hereditary landed populace while urban areas housed the Chinese traders, merchants and other British economic interests. Thus, the traditional agricultural sector was severely incapacitated and became sluggish. This gap between the capitalistic economic activities and traditional agrarian economy created a wide poverty line that forced the Malays Muslim to leave their hereditary lands in the rural areas and migrated to the urban areas.

In this respect, although the contributions of women are on the rise, it is not considered a productive output compared to real money. Ariffin (2000) argues that this is the main reason behind the presumed 'inactivity' and 'passive' Malay women. It is not that they are not actively engaged in employment or work; it is because their effort are not sufficiently acknowledged and rewarded as contributing to the national economy. The patriarchal nature of the Malay society is also evident in terms of providing educational opportunities for women, and this in turn is actually affected by the nature of women's' involvement in external economic activities. It is thought at those times, which since Malay women are just going to tend the family land, there is no need to educate them. Rather, education is a privilege reserved for the Malay male who are moving away from home to work and succeed.

Things have changed post-independence. With policies that are sensitive to the needs of women in general, the government continues to find ways that could further assist the women in general and Malay Women in particular. The establishment of the National Advisory Council for the Integration of Women in Development (NACIWID) is an example of some of the governmental efforts towards that end. Malay women plays a major role in the development of the newly industrialised Malaysian Nation. However, the legacy of patriarchal society and western segmentation of women could not be totally eradicated. Many women are still having taxing, dual-role responsibilities; at home and in the office and with little choice, they are expected to soldier on, whatever the circumstances. Ariffin (2000) further adds that the position of women in Malaysia could be improved especially with a good, women-friendly legal system and the implementation of a just Muslim Family and Personal Laws.

Malaysia has her own Women's Policy that generally stresses on equal opportunity for women in the development of the Malaysian nation. Women account for close to 33% of the Malaysian workforce although the involvement of women in general in the Parliament (both Upper and Lower Houses) is still very low. It could then be said

that women has indeed made great strides parallel the growth of Malaysia as a newly emerging industrialized, modern nation.

Malaysian Women Sport Leaders

Malaysian women were also becoming more visible as sport leaders. A case in point is the appointment of a Malay Muslim woman as the Minister of Youth and Sport in 2002. According to the Olympic Council of Malaysia (OCM) the umbrella body of non-government organization that co-ordinate Malaysian participation at international sport events, out of forty-one (41) sports participated on an organised basis, women are actively involved at leadership level in thirty-six (36) of them. Sport events organised fully by women includes golf, gymnastics, field hockey and netball (YUSOF, 2002). Yusof (2002) further observes that the OCM is also complying with the 1997 IOC's 10% policy targeted at increasing women's involvement at Executive Board level. Even with all the support from both the public, voluntary and to a certain extent the corporate sectors, there appears a pattern in that the women are leading sports or organizing events that are women-only participants rather than with more general participation, which may point to gender division in sport. Women are leading only 6 national sport associations (2 of them are women netball and women golf) out of 58 national sport associations

At the time of the writing this chapter, the level of women participating in physical activities was still considered very low. The transition to modernization, as exemplified by the availability of modern amenities such as household and leisure equipment did little to encourage Malaysian women to engage in sport activities en *masse*. Ishak and Abas (1996) comments that today, Malaysian women have a multitude of sport and leisure activities to choose from at their disposal, even if it comes at a higher economic value. This situation is still according to Ishak and Abas [...] "better off than their mothers and their grandmothers were" (1996, p. 269).

Women partaking in organized sports and sports associations are still lower than their male counterparts. The Office of the Sport Commissioners in August 2004 has given the total membership of Peninsula Malaysia's sport associations/organizations as 262,889 of which almost 35% of the members are women (91,174). In terms of women holding leadership positions as well as other organizational activities in relation to sport within the structure of sports associations, OCM in their 1998 survey of OCM affiliated National Sports Associations reported in the Table 1.

Table 1 – Findings from the 1995-97 OCM Survey of Women Involvement in National Sports Associations

AREA	Number of Participants		
	Total	Female	%
Principal Office Bearers	87	4	4.6
Administrative Staffs	12	7	58.0
Umpires And Referees:	776	71	9.2
1) State	324	47	14.5
2) National	413	21	5.1
3) International	39	3	7.7
Coaches	695	94	13.5
1) Level I	486	65	13.4
2) Level II	169	25	14.8
3) Level III	40	4	10.0
Coaching Courses (1995-97)	712	79	11.1
Technical Courses (1995-97)	284	42	14.8
10c Solidarity Sports Leadership Course (1995-97)	42	3	7.1
International Female Referee	NA	3	
International Female Coach	-	-	-
Positions At International Body	-	-	-
National Competition (1996-97)	3071	1318	42.9
International Competition (1996-97)	256	167	65.2
Other Competition (1996-97)	167	83	49.7

From the survey, women are visible as administrative staffs (58%), partaking in national competitions (43%). More women than men were participating at international competition with the majority of 65% according to the survey. Additionally, women were also actively engaging in other competition during 1996 to 1997 with 49.7%.

OCM Women and Sport Commission

Part III of the Sports Development Act 1997, provides that the OCM shall be the coordinating body of sports (The Sports Development Act, 1997). The OCM act as the go-between for IOC locally and is therefore responsible for upholding and disseminating any policies made by the IOC that affect the activities of preparing and organizing Olympic sport both at the national and international level. One of the more recent policies that affected members of the Olympic movement the world over is the Women and Sport Policy, which was established alongside the creation of the IOC's Women in Sport Commission in 1995 (WOMEN AND SPORT COMMITTEE, 2007):

This Commission, like all IOC commissions and working groups, is a consultative body composed of the three components of the Olympic Movement (IOC, IFs and NOCs) as well as representatives of athletes, of the International Paralympic Committee and independent members. It meets once a year. On the basis of its recommendations, an action programme is developed and implemented by the IOC through the Department of the International Cooperation and Development.

The OCM Women and Sport Committee were established following the recommendations of the IOC with regard to Women and Sport Policy. The objectives of the Commission are as follows:

- 1 To support the IOC “Gender Fairness/Equality” initiative and seek to have at least 20% women in leadership position at all levels by 2010.
- 2 To develop and implement appropriate strategies and plans, to create and increase awareness, involvement, participation and development of women in sports and sports-related activities at all levels.
- 3 To promote and give recognition to persons, body corporate or organizations who have contributed significantly, outstandingly and positively to the promotion, development and advancement of women in sport and/or sport-related activities.

The OCM Women and Sport Committee is headed by a female Vice President of the OCM. The current chair (2013-2015 term) is Dato’ Low Beng Choo, a lawyer by profession who are also the President of the National Softball Association. Other members of the Committee are Ms. Marina Chin, Ms. Zaiton Othman, Ms. Sally Lim, Mr. Dina Rizal, and Mr. Leo Leslie Armstrong.

The membership composition reflects a diverse range of backgrounds, individuals who are actively involved in the cause of women and sport in Malaysia. It is interesting to note that the commission membership is not just confined to female members but also involve male members as well. What this points to is the understanding of the Committee that Women and Sport issues are not just “women-only” issues. To have a more comprehensive take on the matter, the Commission appropriately includes two male members. The members also possess excellent academic backgrounds in addition to impressive track records in sport. They include former internationals, and high ranking public sport officers and individuals of influence in local sports would be more than able to advise the Committee in matters concerning the development of women and sport issues locally.

The OCM, through its Woman and Sports Committee, had made nominations to the IOC Women and Sports Award since 2001. That year, the Malaysian Women's Hockey Association was nominated for the Award and the Association won the Award for the Asian region in recognition of its outstanding contribution to the promotion of women in sport. Other winners have included Dr Siti Hasmah Haji Mohd Ali, Azalina Othman Said and Zaiton Othman.

In 2003, the OCM Women and Sports Committee started its own Women and Sports Award. The Award is given in recognition of individuals who have contributed significantly to the promotion, development and advancement of women in sport or sport-related activities in the country. The first winner was Mrs. Khaw Choon Ean from rhythmic gymnastics. Other winners have included coaches, lecturers and sports administrators. In addition to the main Women and Award, there are also awards for grassroots development, leadership, journalism and partnership. The partnership award is given out to parents of female athletes their guidance and support. Winners of this award include the parents of squash world number one Nicol David and parents of Olympic bronze medallist Pandelega Rinong. In the past, the Women and Sports Committee have organized sports carnivals for women and children as well as a conference.

Perhaps the most visible contribution of the OCM Women and Sport Commission to the Malaysian society is the acknowledgement of the sheer hard work and commitment of the unsung heroines of Malaysian Sport; the women sport leaders through their annual Women and Sport Award. This award rewards and acknowledges contributions of local individuals and organizations in the development of Malaysian women and sport. A local version of the IOC's Women & Sport Trophy, the award was first introduced in 2002. Following the success of OCM's nomination of the Malaysian Women's Hockey Federation (MWHF) for the 2001 award, in which year the MWHF won the IOC trophy for the Asian region, the OCM decides that the local version of the award would be a much needed boost for local women sport activists. The OCM subsequently nominated other sport governance organizations for the IOC awards such as MSSM (Malaysian

School Sport Council) and the National Sports Council. These organizations received recognitions from the IOC in their effort to promote local women and sport.

The OCM Women and Sport Commission in their mission statement provide that:

It is in the view of the OCM that Malaysia comprise of fair number of women achievement in sports related fields. In sport we have legends like Rosalind Ang, Rani Kaur and Shalin Zulkifli, in sports related fields, Malaysia has Prof. Aishah who heads the department of doping control. Many women coach/administrator sport at the grassroots level but their work may have gone unrecognized. Encouraged by Malaysia's successful nomination for the IOC Women and Sport trophy in 2001 and with OCM's convictions in Malaysia's Women towards the development in Sport, the OCM Board approved the idea of its own special trophy for women when the idea was put forward in 2002. The objective of the award is to give recognition to any person, whether the individual or body corporate, who has contributed significantly, outstandingly and positively to the promotion, development and advancement of women in any sport and/or any sport –related activities in Malaysia. The Award known as the "Women and Sports Award", consists of a challenge trophy (with a replica) and a certificate. (WOMEN AND SPORT COMMITTEE, 2007).

In 2007, Dato' Seri Azalina was the recipient of the award at the national award. The following year saw Dato' Sri Azalina winning the international award presented by the IOC President Dr. Jacques Rogge himself in Jordan. The appointment of Dato' Seri Azalina Dato' Othman Said was significant in that it symbolises the acknowledgement of the government on two things; firstly, on the leadership ability of Malaysian women and secondly on the presence and contribution of women in local sport management scenario. Dato' Seri Azalina began her work immediately with a totally different perspective on sport development programs that focuses more on fitness programs targeting woman and youth. Towards this end she established the National Fitness Council in

September 2004. She was also actively promoting youth-centred sport activities through the Community Sports League initiative in the belief that Malaysian youth is the biggest asset for Malaysia and must be included in programs that would ensure their participation that will lead to the youth contributing to the nation-building agenda. More importantly, it will keep the youth off the streets. She was also instrumental in shaping the direction of women sport in Malaysia long before she became the Minister of Youth and Sport. She was the founding member of the Women Sports and Fitness Foundation Malaysia (WSFFM), a premier women sport non-governmental organization that aim at improving women sport in general through the creation of more opportunities for women to engage in sport. The extensive effort that Dato' Seri Azalina was making in ensuring more women's participation in local sport culminated in the successful hosting of the Women's Games in 2005.

The event saw women athletes and officials coming from all over Malaysia totalling at 1800 participants in a week-long event held around the Klang Valley. The success of the first Women Games led to the second Games organized in 2007. The increase in the number of participants to 3400 athletes was indicative of how well the Games were received by the Malaysian women themselves. The Games was certainly an eye-opener for Malaysians and generated a lot of interest in the media in relation to what women are capable of doing in this country. For example budding sporting talents were unearthed in the likes of chess player Puteri Munajjah age 5, the youngest of the participants. In a true spirit of sportsmanship, the Games did not discriminate in terms of age limit when a golfer Chow Keng Eng, age 73 confirmed her attendance as participant.

Clearly, her appointment as the first woman Minister of Youth and Sport greatly benefited Malaysian women in more ways than one. Her biography and her visionary works will be further discussed in the book in the subsequent chapters as well as other equally stellar women icons of Malaysian sports. It is her vision to see more women involved in sport that drove her to work relentlessly in creating change in the process of realizing her vision, and it is this fruit born from the effort that made the world took

notice of Malaysia and Malaysian women. In 2008, the highest governing body for global sport movement, the International Olympic Council (IOC) announced that the World "Women and Sport" Trophy has been awarded to Dato' Seri Azalina Dato' Othman Said. It is the highest accolade anyone could have ever received in relation to women and sport development and Dato' Seri Azalina received it on behalf of Malaysian women. Other national award recipients are distinguished women sport leaders such as Tun Dr. Siti Hasmah Mohd Ali, the patron of Badminton Association of Malaysia in 2004.

Women Leadership Target Policy of the IOC is communicated to all national Olympic committees (NOCs) including the OCM. In terms of the application of the policy in Malaysia, Yusof (2002) observes that the OCM is also complying with the 1997 IOC's 10% policy targeted at increasing women's involvement at Executive Board level. Sport events organized fully by women includes golf, gymnastics, field hockey and netball.

There has been some recognition of female administrators. In 2003, Norminshah Sabirin was appointed the first female Malaysian *Chef de Mission* to the SEA Games in Hanoi. Two years later, Low Beng Choo was appointed the *Chef de Mission* to the 2005 SEA Games in Manila. These two appointments are manifestations of the recognition given for women in the Olympic movement in Malaysia.

Malaysians have been recognized internationally for their contributions to sport. Low Beng Choo, is the Secretary General of the International Softball Federation and member of the IOC Women and Sport Commission. Low Beng Choo first Malaysian elected to the International Softball Federation Hall of Fame. Norminshah Sabirin was President of Asian Federation of Netball Associations for six years.

CONCLUSION

The situation in Malaysia is much better in terms of the inclusion of women at decision-making positions in the Malaysian Olympic Movement. In the report, it was revealed that the OCM had very actively taken the affirmative action to include more women at executive levels, which was evidenced by the appointment of women vice presidents and committee members. Clearly, women leaders in sports has never been an issue compared to our western counterparts. More efforts should be made to recruit and subsequently include women sport leaders with the assumption that more women and girls would be aware of the opportunities and acknowledgement that awaits them in sport and recreation through effective and efficient women leadership in sports.

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1 1

**NEPALI WOMEN
LEAD THE
MOUNTAINS /
HIMALAYAS**

ARCHANA KARKI CHHETRI

GERA VAN WIJK



This chapter is about the opportunities and positive impact created by 3 Sisters Adventure Trekking and Empowering Women of Nepal (EWN) to break gender barriers and transform disadvantaged Nepali women's lives in the field of trekking and tourism industry of Nepal. Additionally, the article also educates readers about EWN's current programs working with disadvantaged youths using the GOAL programmes and Boys and Girls Leadership Camps.

Social and Cultural Context of Nepal

Nepal, situated in South Asia and landlocked between China and India, ranks among the poorest and least developed countries in the world. Political instability, poor infrastructure and limited access to electricity, quality education and healthcare make life for its population of 27 million very dire. Whereas Nepal has made important progress in the last decade, there is still a significant illiteracy gap between men and women. According to the most recent Nepal Living Standards Survey (NLSS-III 2010-2011) presented by the UNESCO Kathmandu office, Nepal has an adult literacy rate of 56.6 per cent, with a huge variation between males and females. The literacy rate in Nepal is 71.6 per cent for men and 44.5 per cent for women.

A women's life in Nepal is strongly influenced by her father, husband and son. In this patriarchal and traditional society men tend to own the property and make the family decisions while women are expected to live a life that is confined to the four walls of their homes. From a very early age girls are reminded that they are of less value, she is often regarded as another mouth to feed. Gender issues are being addressed to a certain extent, but disparities still exist between men and women.

The Nepal country report in the Global Gender Gap Report 2013 by the World Economic Forum shows that 64% of the girls enrol in primary education (78% of boys), data for secondary education are not given, while female enrolment in tertiary education

is 5% (male enrolment: 9%). What these figures don't reflect is that many girls don't finish primary education. After a few years of school they are often kept home to do household chores, take care of animals or collect firewood, water etc.

In urban areas, more and more women can have jobs that traditionally were not considered to be suitable for them. They can work as a pilot, mountaineer, doctor, or engineer. However, when looking at female representation among legislators, senior officials and managers, only 14 percent are women. For the category of professional and technical workers, this percentage is 20 (Global Gender Gap Report). Furthermore, the number of girl and women involved in high-risk professions, such as prostitution is rising as more and more dance bars and massage parlours are opening. In rural areas, women spend long hours working in the fields and taking care of the animals. This is addition to the many hours spent on household chores, including collecting wood and water. An increasing number of men are leaving Nepal in search of employment abroad (mostly in India, the Middle East, and ASEAN countries). This has meant that the women's workload is further burdened. Many rural women in Nepal are now ploughing fields, traditionally men's work.

The Government of Nepal, various line ministries, international organizations and non-profits have tried to address the socio, political and economic issues pertaining to women rights and issues by raising awareness regarding gender issues in the last 10 years. The radio, training and information workshops in towns and villages throughout the country have all been part of the campaign to raise awareness and improve health, hygiene, maternity care, domestic violence, early marriage, teen pregnancy, substance abuse and trafficking. There are now more women in politics (33.2 percent of parliamentary seats) helping to address these inequalities. The Nepali constitution grants equal status in terms of property and fundamental rights to women. However, it will take many, many years before these words on paper will become reality in the lives of women and girls in Nepal.

Women and Girls Participation in Sports in Nepal

Nepali society does not place much value on sport. Both private and government school are obliged to offer a sports class only once a week which is not mandatory and many schools do not even offer this. Boys dominate any sports facilities organized or otherwise, whilst the girls are very self-conscious and rarely participate. In co-educational schools much emphasis and support is given to the boys to engage and improve their sports skills with little if any offered to girls.

Some of the reasons why girls are not actively playing sports are: lack of encouragement from parents and school teachers, the need to work at home, no changing rooms, traditional stigma of "girls don't play sport" (and when they do, they are often teased) and most importantly lack of good female Nepali sports coaches and role models. On the other hand, we do see that more and more girls actively engage in popular sports (e.g. soccer, cricket, volleyball and athletics), and even attend international events. However, these numbers are still very, very low.

Since the conquest of Mt. Everest in 1953, Nepal has attracted mountaineers and trekkers from all over the world. Nepal's rich culture, religion, biodiversity and some of the world's highest mountains attract millions of travellers to Nepal. Tourism is one of the most important industries for Nepal that creates both direct and indirect employment in the urban and rural areas of Nepal. According to The Annual Report of World Travel and Tourism Council based in London announced that Nepal receive 796,000 visitors last year and generated Rs 39.1 billion. The country except for 2014 more than 861,000 visitors and a raise of tourism income by 11.9 percent. Furthermore, another article states that Nepal's travel and tourism sector directly supported 504,000 jobs in the country for 2013 and will raise by 6.4 percent in 2014. Following WTTC in terms of job creation Nepal is ranked 30th among 184 countries (<http://news.nepal-travel.org/2014/03/24/wttc-report-tourism-nepal>).

The trekking, mountaineering and tourism industry is still very much dominated by men. Although there are few women trekking guides (many trained by EWN) the number is still very low compared to that of male trekking guides and mountaineers. According to the Nepal Tourism Statistics 2012-2013 by the Ministry of Tourism and Aviation Nepal, the sex ratio of tourist arrival in 2013 for male is 56.3% versus 43.7% for woman travellers to Nepal.

The Story of Lucky, Dicky and Nicky Karki Chhietri

The 3 Sisters Adventure Trekking Company was established in 1994 in Pokhara, Nepal. Prior to that, the founders, the three sisters Lucky, Dicky and Nicky Karki Chhietri were running a small guesthouse and restaurant in Pokhara's Lakeside tourist area. Some of their female guests shared disturbing stories of being harassed by male guides on their treks. The sisters were shocked and saddened to hear such stories and decided to become guides themselves. After a few years of being guides, the sisters could see the demand for female guides and assistants (porters) was growing. In 1994, they started training young Nepali women to become professional mountain guides and assistants, giving them an opportunity to become self-supporting and thus empowered. This led to the inception of Empowering Women of Nepal (EWN), a sister NGO of 3 Sisters Adventure Trekking.

Figure 1 – 3 Sisters



3 Sisters Adventure is one of the few women-owned trekking companies in Nepal and EWN has trained nearly 1000 disadvantaged, rural women to become trekking guides and assistants. It is the only trekking company in Nepal that provides a platform for rural, disadvantaged women who have few opportunities to develop their knowledge, learn and use their skills to earn an income to support themselves and their families, to travel to new places outside their isolated villages, to meet and communicate with other Nepalese women and share their stories, and interact with foreigners from all over the world.

3 Sisters is awarded by many national and international organizations. Sister Lucky Chhetri was elected to the Ashoka Fellowship in 2004. According to the Ashoka; Lucky Chhetri challenges stereotypes of poverty, ignorance, and isolation for rural women by harnessing the growing demand for female mountaineers and adventure tourism professionals. In a traditionally marginalized population, she creates opportunities for education, social influence, and economic stability, giving them a voice in their society for the first time. Some examples of other awards and nominations: Nominated for the Leading Women to the Top of the World in Impact Award 2012 organized by Global

Women's Leadership Network; Gold Trophy, Global Sports Forum Barcelona-2011; Ambassador Peace Award- Universal Peace Federation (UPF)-2010; Winners of Nike and Ashoka's Game Changers Competition-2009; Winner of the National Geographic Geo-Tourism Challenge Competition – 2008; Best Trekking Agency of Pokhara-2007 Awarded by Ministry of Nepal Culture and Tourism; Woman Entrepreneurs of the Year-2006 awarded by Rotary Club of Pokhara Mid-Town

Empowering Women and Girls through Adventure Tourism and Sports

One of the main goals of EWN is to use adventure tourism and sports to empower disadvantaged rural women who have been marginalized and discriminated against because of gender, caste, and social status. EWN's program includes Female Trekking Guide Training, Basic and Advanced Rock Climbing Training, GOAL Program, Girls and Boys Leadership Camps, Children's Home (not an orphanage), and Conversation English Classes.

Twice a year, EWN provides intensive trekking guide training in Pokhara for young women. After a month's training, the trainees practice their skills in the field, going on a number of field trips through the trekking company. They can work their way up from porters to being assistants and eventually guides themselves once they have displayed competence.

In the beginning, the idea of having women guides was not well received by the predominantly, male-dominated society of Nepal. Because some of the women were extremely poor, were involved in abusive relationships, and discriminated against, they had no courage to speak up to their husbands and families to let them work outside their homes. Some of our trainees were married, but later their husbands left them for another woman. They took their children as well. These women were heart-broken; they did not

have knowledge and skills, lacked confidence and had very low self-esteem. They learned about our training program, attended and completed the course. Later they went on field trips and started working with us. This way, they improved confidence and lead their lives. Some of the women who dared to challenge and change their lives are doing very well, not only are they learning and making money, they are confident and happy. As a result, friends and families could see the positive change and attitudes started to shift. Now families are encouraging their daughters and wives to become trekking guides (Watch the story which shows the training impact on women: <https://womenwin.org/stories/digital-storytelling-project/watch-videos/have-patience-and-never-give-up>)

Over the years 3 Sisters Adventure Trekking and EWN have gone from strength to strength, expanding their trainings into rock climbing and basic mountaineering programs. After trainees complete the Trekking Guide Training, interested trainees receive technical training in rock and basic mountaineering. Every year, with the support of Mr. Harry Brands from the Netherlands about 20 girls receive both basic and advanced rock climbing training. Courses include: basic introduction to rock climbing, equipment, learning about climbing techniques, how to set up top-ropes, rappel, belay and lead climb. They learn about ground safety, communication, importance of equipment use, maintenance, and how to rescue clients if needed. In 2011, four girls went on a mountain climbing expedition to summit Annapurna IV (7525m) following several years of mountaineering training in Nepal and abroad coordinated by EWN. These women were amongst the first Nepali women to ever set foot in the Annapurnas and make history in the field of mountaineer. The names of the four trainees for this expedition include Ms. Nirma Rai, Ms. Shanti Rai, Ms. Manu Gurung and Ms. Saru B.K. Except Saru B.K who comes from the Kaski district (Pokhara) all three others are coming from the mountain regions of Nepal.

Figure 2 – Four Annapura Expedition Trainees



The GOAL programme started in 2013. It is an outreach programme in local government schools for under-privileged children. The programme is designed to empower and educate young girls on pressing issues that affect their lives, for example, leadership, discrimination, violence against women, sexual health, trafficking and other pertinent social topics. Girls from ages 12-17 participate in this project for a total of nine months. A 1-hour session on life skills is typically followed by one hour of sports, e.g. badminton, netball and volleyball.

Up till now (April 2015) over 250 girls have followed or are following the GOAL programme. In our experience, the sports activities are key in the success of the programme. Playing sports makes the girls overcome their shyness, forces them to communicate with each other, and appeals to their leadership and interaction skills. It gives them a feeling of accomplishment. Teachers report that in many cases their behaviour in class has changed: they are more engaged and have more confidence to speak up.

In addition, EWN is working in partnership with other NGOs in Nepal, such as the Peace Corps Nepal to provide sports and life skills camps for young girls from rural areas.

The contexts of GOAL camps include, girls' empowerment, leadership, child rights, gender, health and financial literacy. Most of the girls are from age 12 to 18 years old. These are girls who are living in different villages in Nepal.

EWN Dreams and Aspirations

Sports and physical activity promote wellness and mental health for all. It is EWN's hope to spread awareness about the importance of sporting activities for young people as part of a well-balanced education. Our goal is to reach a broader community of people by continuing our current programs, expanding the GOAL program to boys, further collaboration and community mobilization efforts in the Kaski district (Western region of the Nepal) and across the country using sports for development program. EWN/3Sisters Adventure dream is to eventually build an adventure sports complex for young people to nurture and harness their sporting potential. As always, our goal is to target particularly disadvantaged Nepalis who have the right to equal opportunities to control and lead their own lives. Currently, Lucky the oldest sister is involved at EWN activities, Dicky the middle sisters manages the guesthouse and also supports the trekking company; Nicky the youngest sister manages the trekking business. They are working to inspire women to make a positive change in their lives. They expressed their feelings: "Whether or not these women go on to become a guide, we feel it is a seed planted for them and future generations. We demonstrate that women are mentally, physically and emotionally as strong as men".



1 2 | **THE POSITION OF GIRLS AND WOMEN IN PHYSICAL EDUCATION AND SPORTS IN PAKISTAN**

RAHAT KHANUM



INTRODUCTION

Physical education and sports are closely related fields but can be separated on the basis of their objectives, types and outcomes. However both related fields have their importance in the development of movement capability and for improved quality of life and should be accessible in an environment with no discrimination. It is a fact that girls and women are as able as boys and men but that, in many places of the world, they do not experience equity, especially in developing countries. Rights in access and opportunity to participate in physical activities for girls and women are a global issue but women in some Muslim countries can suffer most severely. From the perspective of this contribution, women have equal rights in Islamic society under the philosophy of authentic Islam. The participation of women and girls is increasing gradually in Pakistan and in other Islamic countries.

Women's Sports

After the independence of Pakistan (August 14, 1947) the Father of the nation (Quaid-e-Azam Muhammad Ali Jinnah) addressed the organizing committee of the First Pakistan Olympic Games. The Games were organized at Karachi from 23rd to 25th April 1948 and in the inaugural speech he embedded these historical words:

Remember to win is nothing. It is the effort and the spirit behind the effort that counts. It is the tenacity of purpose and devotion to one's ideal, and determination not to give up, to lose and yet rise again. This is the lesson that sports, give us.

Prizes were given away by his worthy sister Miss. Fatima Jinnah. A total 140 men and women athletes participated from all over the country. The same games are continued as the National Games of Pakistan with the current participation of **998 women** (21.94%)

in 13 disciplines and **3550 men** (78.06%) with 28 disciplines. Sport activities are part of most women and girls' daily lives and momentum has accelerated since the 1990s, there is still not equity.

Domestic and international sports activities are controlled by National Federations and the Pakistan Olympic Association, and are also promoted by the federal / provincial ministries of Sports and Pakistan Sports Board. National organizations, corporations, banks and forces of the Pakistan support the participation of their women athletes at National and International competitions like National championships, international Tournaments, Regional Competitions, Commonwealth Games, Asian Games, World Championship and Olympic Games.

An Islamic Women's Games held four-yearly from 1993 – 2005 in Tehran, showed the potential of Pakistani women in the field of sports and it became a way of increasing the participation of girls and women in sports because it was organized on the basis of respect for Islamic requirements, for example, all-female environments and officials.

The women of the Pakistan are well aware with the importance and value of sports and their interest in participating is increasing day by day. A newly constructed women's sports complex in the city of Karachi is a reflection of the efforts for promotion of women sports in Pakistan.

Today women have the opportunity to compete at National level in many sports including: Cricket, Football, Gymnastic, Swimming, Track & Field, Hockey, Tennis, Table Tennis, Badminton, Basketball, Volleyball, Taekwondo, Judo, Wushu, Handball, Netball, Squash, Chess, Karate, Shooting, Golf, Sepaktakraw and Skiing.

Physical Education

Physical Education provides the first steps of all children towards participation in sport and physical activity. Since independence the subject has become an integral part of education in Pakistan and contributes to the holistic human development of all students through selected activities. Girls and women have the opportunity to participate in single-sex groupings in physical activities from early schooling to their higher studies at university level, under the guidance of professionally trained women physical education teachers and directors of the subject. Physical education has status as:

- 1 Elective subject based on theory and practical classes (health and physical education)

A new National Curriculum for health and physical education for grade, VI, VII, VIII, IX, X, XI, XII, is being finalized to meet the needs of students by the Government of Pakistan, Ministry of Education National Curriculum Committee, Islamabad. The Higher Education Commission has approved and revised the curriculum for B.A, MH & PE, M/A, M.Sc, classes.

Co-curricular subject as development of knowledge and skills – through educational gymnastics, athletics, games and sports.

- 2 The subject is practiced daily in educational institutions all over the country by the professionally trained staff with well organized co-curricular activities as follows:
 - a) Compulsory programme,
 - b) Intra-mural / inter house programme,

- c) Inter school, inter collegiate, inter educational board, inter university programme,
 - d) Service programme.
- 3 Professional training subject (only adopted in teacher-training institutions).
- a) Diploma in Physical Education (D.P.Ed) one year duration after success of 12 years education.
 - b) Bachelor in Physical Education (B.P.Ed) one year duration after success of 14 years education.
 - c) Masters in Physical Education (M.P.Ed) one year duration after success of B.P.Ed.

There are many Institutions/Organizations now engaged to promote Physical Education activities for girls and women in the Country including the Ministry of Education, Government of Pakistan (Promoting Physical Education through National Education Policies). Provincial and District Governments are also implementing Physical education for women and girls in the educational institutions working under their control. Educational Boards and Higher Education Commission have competitive programmes at national level and also facilitate participation at international students' games.

Currently, Pakistan would like to position itself as a leading Muslim country regarding women and girls' opportunities to participate in Physical Education and Sports activities at different levels. The standards of performance are not as high as those from many other countries. The causes of this can be identified as: inadequate funding, low levels of organization, lack of standard facilities, sub-standard training, non-existence of

centres of excellence, social / religious cultural factors. The position of girls and women in physical education and sport in Pakistan requires comprehensive studies to improve understanding and bring about positive change. It is acknowledged that participation in physical activities can enhance lifestyles and lives but there is much to be done to improve the quality of provision from education to high performance sport.



13

**SAUDI ARABIA
WOMEN SPORTS:
A KINGDOM
RACING TO THE
FINISH LINE**

MONA KAMAL SHAHAB

MARTA PÉREZ VILLALBA



Women Status Quo: Internal Discord

Home to an estimated 15.9% of the world's proven oil reserves and the single largest economy in the Middle East and North Africa, Saudi Arabia is a socio-economic key player in the region and around the world (OXFORD BUSINESS GROUP, 2014) with an estimated population of 30 million in 2014, of which 20 million are Saudi nationals (CENTRAL DEPARTMENT OF STATISTICS AND INFORMATION, 2015). The discovery of oil in 1938 changed the economic and social course of the country. The oil-generated revenue in the 70s introduced large-scales changes that modify the society lifestyle towards westernization trend in a short period of time (HAMDAN, 2005). With the Mecca uprising of 1979, the country took a step forward by returning to its more conservative approach, consequently, women rights were reduced.

Since the Kingdom was officially founded in 1932 by King Abdulaziz Ibn Al Saud the system of the government is monarchical, dynastic right is confined to the Al Saud family. The government bases its legitimacy on its interpretation of the Sharia (Islamic law) and the Basic Law of Governance issued by King Fahd Bin Abdulaziz Al Saud in 1992 stating that "The Kingdom of Saudi Arabia is a sovereign Arab Islamic State. Its religion is Islam. Its constitution is Almighty God's Book, The Holy Qur'an, and the Sunna (traditions) of the Prophet (PBUH)" (Article 1 of the Basic Law of Governance, 1 March 1992). In 1993 the Shura (consultation) Council was established as a King's advisory body marking a significant move towards formalizing a more participatory form of government (OTHMAN et al., 2006). In 2013 two royal decrees established the Shura Council should have 20 per cent female membership, meaning that 30 women will sit on the 150-person council (Royal Decree A/26 dated 2/3/1426 H). However the first movement to involve women in politics was the appointment of Norah bint Abdallah Al Faiz as deputy minister of education in charge of women's affairs in February 2009 (RAMADAY, 2010).

In the last years the government has taken timid but positive steps forward the Saudi women rights. However the massive combined pressures of Islamic law, religion,

and custom still constrain women. Despite the ban to drive and the social requirement to cover the face are one of the most widely known, the intensifying clash over the role of women in Saudi society is about far more than that (ELLIOT, 2012). To understand why changes progress so slowly the power struggle among different groups of opinions must be acknowledged. The first group, probably the largest, favours continuing the status quo either out of religious conviction or social habit. The second faction understands the inevitability of the change and need for it but wants to proceed cautiously. And the third one, among which are the protagonist presented below, are the active campaigners for change (LIPPMAN, 2012, p.159). The government has been dealing with these three approaches over the past decades, trying to find a balance between the conservatism and the modernization, task that has become particularly difficult in the last years due to the globalization phenomenon. As a result, the youth Saudi women generations are calling for greater freedom.

Sport, Only for Men

The traditional sports of Saudi Arabia, as in the rest of the Arabian Peninsula, belong to the desert like falconry or camels and horse races (OTHMAN et al., 2006, p.226). In relation to modern sports, due to the influence of western countries, football has become by far the most popular sport in the Kingdom. However, sport is an activity that Saudi women have been socially excluded based not on religious law, but on cultural norms (HUMAN RIGHTS WATCH, 2012). The sport and physical activity currently offer for women is scarce and limited to the wealthy people due to the expensive memberships of female sport clubs. Despite the Shura Council approved the introduction of physical education for women at public schools across the Kingdom in April 2014 (IRFAN, 2014), currently this has not occurred yet. However, other measures to bring physical activity to women have been recently carried out. In 2013, the public company Tatweer for Educational Services, under the umbrella of the Ministry of Education, established female community clubs, within public school facilities, offering physical activities for girls and women. One

Thousand female community centers are planned to be opened around the country by the end of 2015 (KHAN, 2014). These measures towards the introduction of physical activity among the population, including women, are driven by the Saudi government concern about the prevalence of obesity among the Saudi society, knowing that one of the causes of this epidemic is the sedentary lifestyle of the population (RASHEED, 1998). The National School Sports Strategy developed in 2012 by the Ministry of Education also emphasized the need to develop specific physical activity programs addressed to female students.

While the government seems to be willing to introduce physical activity for women from a health approach, the competitive sport appears in a different light as a result of the connotations associated to elite sport. The most conservative population see sport as unfeminine, immoral, against Islamic laws and harmful for the body, connotations that may affect the respectability of women and the honour of their families (Pfister, 2010). In this regard, Saudi Arabia joined the IOC in 1964, since then Saudi male athletes participated in 8 Summer Olympic Games, and recorded a total of 3 medals. The first Saudi women appearance at the Olympics, Dalma Malhas (one of the protagonists of this chapter), did not arrive until the Youth Olympic Games held in Singapore in 2010, where Malhas won a bronze medal for show jumping. In London 2012, two Saudi female athletes received a "wild card" from the International Olympic Committee to participate in the games (The judoka Wodjan Shahrkhani and the 800-metre runner Sarah Attar). However, this trend of female participation in the Olympics has not been constant over time. In the last edition of the Youth Olympic Games held in 2014, the Saudi delegation only included 5 male athletes, and the government has not postulated yet for Brazil 2016. Currently, the sport competition for women takes place unofficially in clubs and organizations sustained by individual efforts without government support, aspect that hinders its development.

The presented information enables the reader to contextualize the status of women in Saudi Arabia, with a special emphasis on sport. Without understanding the Saudi society context, and the difficulties and challenges that the following women have faced, the greatness of their initiatives told through the next stories can hardly be understood.

Like Mother, Like Daughter

The first story is dedicated to Arwa Mutabagani and her daughter Dalma Malhas, the only female Olympic medallist in the history of Saudi Arabia and the first one in Gulf countries. Most probably Dalma could never have done it without the support of her mother, whose determination and effort were paid off when she saw her daughter climbing the podium at the 2010 inaugural Youth Olympic Games in Singapore for an individual bronze medal in show jumping.

When Arwa was 8 years old she already knew that horses will be her life. Her passion for equestrian started during summer vacations in Rome, but like all summer loves, it ended whenever she had to come back to Jeddah (the second largest city in Saudi Arabia, is located on the coast of Red Sea), the city where she lived during her childhood. Arwa pursued her own professional show jumping career. However, due to the training challenges she faced in Saudi Arabia, she travelled abroad whenever she could to pursue her passion. Although no one in her family rode horses, her parents always supported her on achieving her dreams. When she was in university, she founded Trio Ranch Country Club in 1990, one of the first riding schools in Saudi Arabia. Despite the cultural barriers against mixed environments, through education and awareness, Arwa succeeded in creating a family atmosphere at the Ranch where girls and boys were able to learn how to ride, including her daughter Dalma.

In April 2006, Arwa was appointed by the late King Abdullah as a member of the board of directors of the Saudi Arabian Equestrian Federation, being the only woman with a position in a federation until today. She attended the Beijing Olympic Games (2008) as part of the Saudi National Olympic Committee to support the male equestrian team. Despite some riders not approving her presence, she relates to it as a rewarding and enriching experience. Two years later, as one responsible for the youth at the equestrian federation, she was present in the first Youth Olympic Games held in Singapore, where her daughter Dalma won the bronze medal in show jumping. Leveraging on the Olympic

medal, Dalma has gained international recognition being ranked as one of Saudi's most influential women by Design Magazine and winning the HRH Sheikh Mohammed bin Rashid Al Maktoum's creative sports award. Her sporting success has also made her a role model for most of the Saudi women, representing her country as an official delegate at the 9th IOC World Conference on Sports and the Environment in Doha (2011) and the 5th IOC World Conference on Women and Sport in Los Angeles (2012).

The participation of Saudi women in London Olympic Games (2012) has been a landmark in the history of sports, and Arwa was there as responsible for the Saudi women delegation. Three athletes were appointed Wodjan Shahrkhani (judo) Sarah Attar (athletics) and Dalma Malhas (equestrian), but unfortunately Dalma, who was seen as the country's most likely representative, was not able to compete because her horse, Caramell KS, was injured. During the opening ceremony Arwa accompanied the athletes during the parade: "The joy was tremendous but the battle had just begun. The energy that I got from the encouraging spectators is indescribable. I did not expect so much support from everyone for us as Saudi women! People were cheering, shouting -go women of Saudi Arabia". That day another dream came true, Saudi women were officially at the Olympic Games with the support of the government.

Figure 1 – Jeddah United team



Last year Arwa was re-appointed as the head of the equestrian youth committee with great honor and dedication. Likewise, Dalma combines her studies with her promising athletic career, taking part in several Grand Prix and placing in world ranking classes. The proverb like mother, like daughter perfectly defines their story.

The road is still long and the long journey has just begun and I am proud to say that at the very beginning I was the one who paved the way for women in sports in Saud Arabia. Arwa Mutabagani

Scaling Everest: From Jeddah to the Roof of the World

From Jeddah Saudi Arabia, a graphic designer by trade and a mountain climber by passion. The youngest of three siblings who has this absolute insatiable appetite for the unknown, for being curious and adventurous. Raha Moharrak has scaled most of the highest peaks on every continent including mountains in Latin America and Asia. The first Saudi female and youngest Arab to date who has scaled Everest and is thirsty for more.

Figure 2 – Raha Mobarak



When Raha first asked her father if she could trek to the roof of Africa (Mt. Kilimanjaro), all she heard on the other end of the phone was a dry "no" after she blurted out information like a Wikipedia page. That very dry "no" is the reason behind the e-mail Raha wrote that changed her life.

"Why mountains?" She said: "I love this question because it explains a part that people seldom ask me about. It was never really about a mountain to be honest. Climbing was just a manifestation of my mini rebellion...a mini escape. It was one of those perfect moments. It was serendipity. The right moment...the right time. I had a road in my life and I wanted to do something strange, different, and new". When one of her friends randomly said "I'm climbing Kilimanjaro", Raha's heart automatically skipped a beat and she knew that she too wanted to climb Kilimanjaro. She did not want to go back, settle down and get married. Raha wanted to do something very wild and different, and it so happened that someone suggested mountaineering first.

The Kingdom of Saudi Arabia is flat and the chances of finding a mountaineering professional there is close to zero. Then doesn't training become a challenge? "When there's a will, there's a way!" When Raha was in Saudi, she trained her physical body and when she travelled, for example, to Mexico and Peru, those mountains helped her prepare mentally and physically. Training on a daily basis, attempting smaller and not-so-glorious peaks as part of a training regimen prepped Raha for the big recognizable mountains.

Raha could not and would not have achieved all this had it not been her family's support. They were instrumental, they were the catalysts, and they were what made her want to do it. Their unacceptance of her choice to start climbing is what pushed her to want it even more. They later evolved into the force that kept Raha going. "I love how both

my parents and I evolved. They kind of created their own little monster. They raised me to be who I am so when I grew up I became this person who is very strong willed and very determined". Raha's parents weren't very shocked. They were just shocked that she wanted to climb. She may have faced numerous "no's", she may have heard opposition but she was never asked to "change" or be "like" someone else.

A role model to many, Raha never thought she was going to grow up and fill in the shoes she lacked as a child in born and raised in Saudi. For she always wanted a female Saudi sports role model and there was never one for females. She accidentally stumbled upon this "role model" role that she never really considered. "Live curiously" is Raha's motto in life. "The unknown" is the answer when she is asked "what's next?"

In 2014, Raha won the Global Thinker Award in Excellence in Pioneering. The piece of advice she wished someone shared with her as a child is that one should never ever feel that one does not have the right to follow a dream. "It does not matter who you are, what gender you are or where you're from. It's your birth right to set goals and walk, jog or sprint towards. You will find the way that works best for you to reach for the stars".

Lina Almaeena: Family Ties and Sports

"I grew up in the city of Jeddah in a sports cultured family. Both my father Khaled Almaeena, and mother, Samar Fatany, understood the value of sports and put me and my siblings (Dania, Hasan, Yasser and Sara) in different sports programs available in certain hotel clubs and compounds in Jeddah; swimming, karate, tennis, basketball, etc." Lina Almaeena's family played an integral role in making sure the seeds of sportsmanship and the love of sports were planted in each of their five children.

Figure 3 – Lina Almaeeina



From meeting Mohammad Ali, worlds boxing champion, to Imran Khan, worlds Cricket champion who came to the city of Jeddah before their pilgrimage to Makkah. From attending the Youth World Cup in 1989, picking up basketball at 12 years of age in school and college, to being one of the 10 Saudi females who trekked to Everest Base Camp in 2012 in support of Breast Cancer awareness. Lina was in the driver's seat and her passion for sports and teamwork were destined to pave the way for her and others.

Lina was fortunate that her husband was also involved in sports. After the birth of their first child, he motivated her to go back to basketball at 26 years of age. Lina started up a team with her high school teammates who enjoyed playing basketball but did not have access to their high school or university sports facility.

Due to the fact that there were no female licenses for women sports club in Saudi Arabia, and after meeting and consulting with a lawyer three years after the initial team was formed, Lina and her husband Obaid G. Madani, who is also her current business partner, established Jeddah United Sports Company in 2006; a social enterprise and a leading local private sports company that trains girls and boys team sports, manages

sports events with the aim of promoting the culture of sports in Saudi Arabia and building potential Olympic talents. Jeddah United's head coach was Umar Abdulsalam, an African American from New York City, and an experienced basketball player who played with the former NBA player Kareem AbdulJabbar.

Lina's support system played an integral role in the success of Jeddah United. Her sisters, Dania and Sara, supported the set up and operation of Jeddah United and her brother, Yasser, was coaching the kids' team. Lina's husband quit his job a year from co-founding Jeddah United and became a full-time partner. This helped them grow and expand the business model to involve not just a female division but youth and male divisions as well. Jeddah United has trained hundreds of boys and girls in the past 12 years and has around 400-500 members. The females make up 40% of the Jeddah United members.

Certain restrictions and aggressive attacks on female sports in the media and social networks surfaced. The impossibility of obtaining a license to open a women sports club was frustrating. It was a challenge to find or recruit female coaches from overseas let alone find decent sports facility were some of the challenges were faced.

That being said, Jeddah United contributed to the debate of female sports before Saudi Arabia agreed to send Saudi females to the Olympics in London 2012 for their aim locally may be to promote the culture of sports; however, internationally, their aim is to help change stereotypes and misconceptions of Saudi women. In 2010, Jeddah United won the entrepreneurship award and in 2014, was ranked #21 as a family business in the Forbes KSA list in the powerful Arab Women Award. Captain of the Jeddah United Women's basketball team until 2012, Lina currently plays basketball for fun.

Riyadh United was established in 2012 by Dania Almaeena who is based in Riyadh. A sister branch of Jeddah United. First coach Rachel Smith, and now coach Johara Falatah have dedicated their time and effort to a team that has great potential. Lina's story is a hand painted portrait of dedication, commitment and passion.

Expanding Horizons through the Dance

Music and dance is part of the Saudi culture, where the national dance Ardha (a folkloric dance in Saudi Arabia performed by men carrying swords or canes, and it is accompanied by drums and spoken poetry) is an ancient tradition in the country, however performing in public is reserved for men. Hence, women rarely have the opportunity to be trained into bodily movement activities. The protagonist is not Saudi; however, she is working hard to promote the art of dance among Saudi women. Lina is a Colombian who decided to move to Saudi Arabia three years ago to promote the love of dance in children and adults. She started ballet at the age of 9, turning it into her professional pathway a few years later. She holds a dance diploma from Inco ballet and a BA (Hons) Ballet Education and the LRAD from the Royal Academy of Dance in London, England. With more than 10 years of working experience, dancing professionally for different ballet companies and teaching in academies in Colombia, Panama, and England has been a dream come true.

In the city of Riyadh, she coordinates and teaches the ballet and dance programs for children and adults in one of the few female sport centres existing in Saudi Arabia. She has implemented a pedagogical system that goes beyond the technical aspects of ballet and the physical benefits. Aware about the socio-cultural context of the country and the barriers that could prevent women from physical activity, Lina has put the focus on education and socialization through dance, rather than creating a pool of professional dancers. She started with the basics of dance, ranging from what constituted a suitable ballet and dance uniform to the fundamentals of ballet technique.

Lina explains that numerous reasons lead Saudi girls to engage in ballet and dance: "Some of them like to feel the satisfaction of finally conquering a combination, while other live for the thrill of stepping on stage with lights and costumes". Every year, at the end of the course, an all-female recital with more than 200 participants takes place. While one group performs variations from Swan Lake, with white tutus and feathered headdresses, another group dances a Spanish theme, dressed in traditional flamenco dresses.

The immersion of her students in ballet and dance has helped them improve their coordination, spatial awareness, musicality, and more importantly reinforced their confidence and sense of responsibility. Through the art of dancing, Lina has aimed to create a space where Saudi women can express their feelings and emotions with freedom throughout bodily movement.

Passion for a Cause: The Empowerment Hub

From feeding hungry minds with knowledge, the most powerful tool one can own, to scaling Everest. The Kingdom of Saudi Arabia has come a long way and yet, the sky's the limit. There is so much more one can offer and give back. Gandhi ever so eloquently said, "Be the change you wish to see in the world".

Driven by change, The Empowerment Hub (TEH) is the unheard voice that echoes a basic right. Physical education for females in the public system has come a long way. Some find it hard to digest the fact that it only passed by a royal decree. Five young and curious Saudi female professionals from different backgrounds, who were thirsty to work "Together for a Fitter KSA" (the Co-Founders of TEH) were ecstatic when they heard the news. The Hub's mission is to revolutionize what females and youth feed their minds and bodies. It aims to strengthen the awareness of fitness and health in the Kingdom using different channels by hosting active social and educational events and working hand in hand with the government and private sector for a fitter KSA. More importantly, the Hub is strives to give back to the community for they truly believe that they owe their country that basic right. "We, at The Hub, have made a pact. A pact we hold ourselves accountable to honour. Together we will create a space where the mind and body will challenge one another on how to be healthier, fitter and happier" (Co-Founder of TEH).

They aim to combine passion and a good cause. For in many cases they are both intertwined. Many are always on an opportunity hunt to lend a helping hand and give back.

Whether it's donating to a certain charity, searching for a family in need or helping a child or elderly receive medical treatment, they are seekers of opportunities hence being called "The Kingdom of Humanity". The team's passion to live a healthy and active lifestyle and more importantly give back to the community encouraged Mashaal Mohammed Al-Saud, Dena Nahar Al-Saud, Noura Turki Al-Saud, Mona Kamal Shahab and Hala Khaled Al-Saud to bring what they have to the table, and that is how TEH was born.

The Kingdom has witnessed the opening of many female fitness centres; however, the awareness and interest in leading, maintaining and practicing a healthy lifestyle is a work in progress. "They have taken the first step and opened fitness centres, what's next? Bingo! Educate the public. It is irrelevant to open a state of the art "anything" when the society is not familiar with what this state of the art "something" offers and its impact on one's mind, body and soul". Says one of the co-founders.

In March 2014, TEH brought Change to Riyadh. A fun filled outdoor day where some of the country's health and fitness experts came together to support the awareness of women's health in Saudi Arabia, while giving back to the community. Working under the umbrella of Prince Sultan Bin Abdulaziz Humanitarian City, the "all ladies" event was held at AlReem International Circuit where Saudi Arabia's first ever Colour Run took place, along with several outdoor fitness classes organized by some of the best female gyms in the country. By joining hands with supportive sponsors, partners, booth renters and volunteers, Change 2014 was able to help raise funds for six non-profit organizations in the Kingdom and that's when the team decided Change will be an annual event in Riyadh.

Later that year, Zahra Breast Cancer Association came knocking on TEH's door with a cause that hit too close to home for many. October 2014 was around the corner and Zahra wanted to venture out to the Eastern Province (one of the 13 provinces of Saudi Arabia) to raise breast cancer awareness. TEH succeeded in becoming an official entity

prior to the event, and organized *3alba7ar*, its second fitness event in 2014. *3alba7ar* was held at The Sunset Beach Resort and once again with joint efforts, TEH was able to raise funds for Zahra.

Thirsty for more, and knowing that 70% of the population in Saudi is below 30 years of age, and with the skyrocketing numbers of people diagnosed with diabetes in the Kingdom, TEH decided to expand and target the country's youth community. Change Kids was held on April 3rd, 2015, where boys and girls enjoyed a full day of fitness classes and activities which included a 1K Junior Colour Run, Cycling, Ballet, Karate, Yoga, Zip-lining and more at AlReem International Circuit.

Change 2015, held on April 4th, 2015, was honoured to host the first Electric Run in the GCC. Hundreds of ladies participated in a 5K race in bright neon lights and accessories. The day was filled with a variety of the best fitness classes such as Anti-Gravity fitness, Piloxing, CrossFit, bodyART, Konga Jagua, UGI, Karate, and more. In 2015, Change donated a certain percentage to Bunyan Charitable Foundation in support of one of their programs "To Build a Productive Family", which helps underprivileged families own homes by offering zero-interest loans.

TEH's goal for the next five years is to reach the mass. Working hand in hand with schools, universities, the private sector and the government is the only way to move forward. Together for a Fitter KSA!

CONCLUSION

The protagonists of these stories are well educated and travelled women, they may not be representative of all Saudi society. However, one can only thank them and salute them for their courage and determination to chase their dreams they are changing the world into which they were born, and becoming role models for future Saudi women generations specifically and women in general. However, the universality of the physical activity in Saudi Arabia will only happen if it emerges from the government, this is the only way to legitimate a move that has been vetoed many times.



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14

**A STORY ABOUT
DR. YU-HSIEN
TSENG'S
MISSION:
BRINGING
SPORTS TO
GIRLS IN TAIWAN**

KEH NYIT CHIN



INTRODUCTION – ABOUT TAIWAN

Taiwan is small country in East Asia, includes Penghu, Kinmen, Matsu, and other minor islands. Neighbouring countries include the People's Republic of China to the west, Japan to the east and northeast, and the Philippines to the south. Taiwan is one of the most densely populated countries in the world with a population density of 648 people per km² in March 2015. Taipei is the capital and which together with the surrounding cities of New Taipei and Keelung, forms the largest metropolitan area on the island.

The island of Taiwan (formerly known as "Formosa") was mainly inhabited by Taiwanese aborigines until the Dutch and Spanish settlement during the Age of Discovery in the 17th century, when Han Chinese began immigrating to the island. In 1662, the pro-Ming loyalist Koxinga expelled the Dutch and established the first Han Chinese polity on the island. Taiwan was governed by Japanese from 1895 for almost one hundred years. The majority of Taiwan's inhabitants were Han Chinese either by ancestry or by assimilation. After Japan's surrender in 1945 Taiwan became an independent country.

During the latter half of the 20th century, Taiwan experienced rapid economic growth and industrialization and is now an advanced industrial economy. In the 1980s and early 1990s, Taiwan evolved into a multi-party democracy with universal suffrage. Taiwan is one of the Four Asian Tigers and a member of the WTO and APEC. The 21st-largest economy in the world, its high-tech industry plays a key role in the global economy. Taiwan is ranked highly in terms of freedom of the press, health care, public education, economic freedom, and human development.

A Professor Wants To Change PE Gender Equity in Taiwan

This is a story about a woman, born and growing up in Taoyuan, Taiwan, a small city 40 minutes west of Taipei. Her name is Tseng Yu-Hsien, also known as Blue by her friends.

From a very young age Tseng, sensed that she preferred contact sports to playing with dolls. She spend most of her time in basketball court where she was most comfortable, either playing or training others. Tseng's love for basketball had transformed into one of her commitments in life: She has a mission. Her mission is to bring sports to girls in Taiwan. For the past decade, she had been diligently fighting to bring equality for women's sports in Taiwan. Who is Tseng? How she prepared herself to make this mission possible? What had she been doing these days?

Her work in Taiwan

Tseng played basketball from grade school through high school. She started to play the sport competitively in high school and university. As she went on to pursue her master's degree and eventually a Ph.D., Tseng began to look closely at the issues that had vexed her since her childhood, focusing specifically on sports and gender. As an academic, she devotes her time and studies to knocking down barriers such as preconceived gender roles and opening doors by creating opportunities for girls to participate in athletics.

At present, Tseng, is an assistant professor at the Athletic department of National Taiwan University in Taipei since 2011. She realized her mission to bring sports to girls in Taiwan based on a Gender Equity Education Act in passed in 2004, which pledged equal academic backing for male and female students. She held firm on this and set out to use this Act to provide equal footing in athletics as well.

Her work in Taiwan caught the notice of the U.S. Department of State, which invited her to be one of 16 participants in the 2013 Global Sports Mentoring Program. As the emerging leader of Global Sports Mentoring Program, she was paired with directors at the NCAA and met with coaches, leaders and colleges to learn how they were promoting female athletics.

Since then, a great progress was made in Taiwan gender equity in PE, considering a series of related workshops and lectures held all around the country. The key person behind to make this happened is, of course, is Tseng. As early as in 2012, Tseng had taken a post with the Taiwan Gender Equity Education Association. To fulfil the task of the board member of this association, she organized seminars and giving lectures around the country to foster discussions of gender equality and dismantle stigmas attached to female athlete. For example, with funds from US state department, American in Taiwan centre and gender-friendly NGOs in Taiwan, she organized quite a number of activities to promote gender equity education. She also worked closely with the Taiwan Gender Equity Education Association (TGEEA), to host PE Teachers in Action Plan. In various occasions, the Ministry of education of Taiwan had appointed her to conduct regional Teacher Empowerment Workshops including the issues of gender equity, law, Teaching Games for Understanding (TPSR) and somatic technique. In the gender equity sessions of workshop emphasized PE teachers' gender awareness, and introduce applicable teaching strategies help students. In the process, these PE teachers were encouraged to come up with their own strategies in teaching, curriculum design and evaluation for gender equity betterment in the PE class and sport context.

Besides, she is also responsible for creating "GE, PE and Empowerment" social network (FB) for PE teachers as a platform to share and discuss teaching experience and information exchange. Hopefully this networking will help PE teachers, women and girls, in general, to foster positive change in communities through the power of sports. By advocating for equal and improved physical education in schools, Tseng continues to instil a love for sports among girls at younger age and incorporate athletics into their everyday lifestyles. She has an agenda to strive to work towards directing women's sports in Taiwan to grow organically into youth leagues, clubs and eventually professional teams like the ones in the U.S. and many other countries.



Research

As a vocal advocate for expanded opportunities for women in sports, Dr. Tseng's academic research demonstrates a strong commitment to gender equality in PE and athletics- an area that is underdeveloped in Taiwan. She has published papers in both local and international academic journals. Topics such as Reproduction of the Female Images and Nationalism in Taiwanese, Hot Shot: Gender signifiers and the depiction of women in a Taiwanese sport idol television drama, and the analysis of curriculum in gender education and sport activity integration, are among some of her topics of interest. These studies are widely read and have implication for gentle equity in PE and sports for woman.

Teaching in the University

In her department, Dr. Tseng teaches course mainly on health-related fitness, basketball and weight training Besides, she offers a PE course specially designed for female students. The content aims at encouraging them to participate and try out different

sports. With her instruction and guidance, slowly and gradually lead t to fall in love with sports and finally cultivate the habit of regular exercise. Dr. Tseng also offers a course named "Sports and Gender" in liberal arts curriculum. She tried to provoke students' interest and thinking through lectures, group discussions and expert forum. Through the introduction of sports issues related to gender equality, in order to enhance students' understanding and critical ability in the field of sports, and further arouse and raise gender awareness in students' daily life and sports environment.

Dr. Tseng also plays the role as the women's basketball coach in school to help students handle off campus basketball tournament, including new-born Cup, National Taiwan University Cup, and intercollegiate Cup. These are school system to international, intercollegiate competition, the first championship commemorative T-shirt, new-born Cup commemorative T-shirt and the rookie Challenge, etc. With all these effort, encourage students to participate in the game, and create a culture of women participation in basketball. With all these effort, Dr. Tseng was awarded 2012 Excellent Teaching Award issued by National Taiwan University.



Service

As mentioned before, Dr. Tseng currently works at the Athletics Department of National Taiwan University; she oversees the design and implementation of the PE curriculum for all the students of National Taiwan University. Her reputation as both an academic and administrator has earned her this position, making her the only female professor in her large department in a leadership position. As a board member of the Taiwan Gender Equity Education Association (TGEEA), she often leads discussions and training seminars on the relation between sports and gender equity. She instructs teachers and coaches on the benefits of athletics on girls, and the need to eliminate stereotypes. Her outreach programs have received support from Taiwan's Ministry of Education.

CONCLUSION

Bringing Sports to Girls in Taiwan has become Dr. Tseng's mission. She had a lifetime of experiences to back that up. Currently she is still struggle with few tools to help her change the many students. But she is determined and work very hard to organize and deliver educational programs that focus on gender equity education for PE teachers in Taiwan. Though young, only 31 of age, Tseng is very strong and persistent when she's teaching or lecturing, she is a powerful advocate for this on-going and noble endeavour!

~~ God grant me
The Serenity to accept the things I cannot change.
The courage to change the things I can. And
The wisdom to know the difference.
~~Reinholde Niebuhr

15

**“WHEN THERE IS
A WILL, THERE
IS A WAY”:
INSPIRING
STORIES OF
SUCCESSFUL
WOMEN IN
TURKEY**

CANAN KOCA

BENGÜ ARSLAN



Sport Participation of Women in Turkey

Turkey is the transcontinental country, partially located in both Europe and Asia and it represents a secular country that embraces both Middle Eastern and Western values. Although in recent years there have been significant changes in women's political movements and legal positions of women, gender inequality still strongly exists in the society depending upon patriarchal system including traditional gender relations (KOCA; HACISOFTA OGLU, 2010). On the other hand, although it maintains a secular state structure, has been steadily turned into a conservative and traditionalist country through recent state policies, which resulted in the deepening of gender inequality (ACAR; ALTUNOK, 2013). The Global Gender Gap Report 2013 of the World Economic Forum states that Turkey ranks 120th out of 136 countries.

Although Turkish women's participation and achievements in sporting activities has increased in recent years in national and international contexts, women are still significantly under-represented in coaching and athletics too (KOCA; HACISOFTA OGLU, 2010). For example, based on the data in 2012 women make up only 17.8% of all coaches in Turkey and there are 562,898 female (22.3%) and 1,961,006 male (77.7%) of a total 2,523,904 athletes (www.gsgm.gov.tr).

In the area of recreational sport in Turkey, a large proportion of women, are not physically active enough to benefit from the health benefits that may result from physical activity. Researchers found that family responsibilities, lack of money and skills, lack of a perceived right to participation and lack of access to leisure spaces in which to participate were important constraints to physical activity participation of women from different cultures (KOCA et al., 2009; KASFAD, 2012). However, in recent years, there has been an increase in the number of women of diverse backgrounds and circumstance who do participate actively in sports and fitness centres, particularly in big cities (KOCA; HACISOFTA OGLU, 2010). Factors such as continuing modernization movements, rapid

urbanization and the growing attention from the municipalities towards physical activity for women have all motivated women in Turkey to participate in physical activity in different types of sport and exercise clubs (KOCA et al., 2009).

Recently, the Turkish Association of Sport and Physical Activity for Women (KASFAD) was founded in 2012 as an independent non-governmental organization. The main aim of the KASFAD is to contribute to the establishment of sustainable and evidence-based advocacy for policy and practice to improve girls' and women's opportunities and access in sport and physical activity. The activities of the association have included: research and publication of gender equity issues in Turkey; progress and achievements for Turkish girls and women in the field; e-bulletins and annual reports, for example on barriers to participations and recommendations. In 2014, with the cooperation of Hacettepe University, KASFAD held the first IAPESGW Regional Symposium and it reinforced the collaboration between researchers and practitioners in women and sport across the Middle East and Europe. KASFAD is also organizing physical activity events and workshops with the cooperation among universities, Women NGOs and Sport Clubs to promote the individual and social development of girls and women participation in sport in Turkey.

When it is considered the sociocultural context of Turkey, in particular women's position in society, it is significant to make visible the stories of inspiring women who contributed to the promotion of girls and women's participation in sport and physical activity in Turkey.

Itir Erhart: A Woman Runner for Goodness

Itir Erhart is a woman who runs for goodness along with thousands of people to make positive changes in the lives of thousands of people. Itir, who inspires women, men and children by contributing to the social development and improvement along with the

people that she runs together, is a woman who runs after the dream of a peaceful and democratic Turkey. Itir is one of the founders of the STEP BY STEP (In Turkish ADIM ADIM) organization which aims at creating funds via sports for the NGOs in Turkey.

Itir Erhart has BA degrees from the departments of English Language and Literature and Psychology, Boğaziçi University. She is currently an Assistant Professor in Faculty of Communication at the Bilgi University in Istanbul. Her key areas of research interests reflect her personal passion: gender and media, human rights, sports and social entrepreneurship. In 2014 Itir Erhart was elected Ashoka Fellows and she continues to make a difference through sports and to persuade the others to do so.

Itir Erhart's Childhood: Interaction of a Hyperactive Girl with the others

The place of physical activity, dance and her relationship with sports all throughout Itir Erhart's life gives significant clues about the role of sports in her future life: "As a child I was hyperactive. I couldn't sit still. My friends from those years say 'you always walked from one classroom to the other'. I particularly liked climbing--windowpanes, trees... and running. Running was my means of transportation. As you can imagine, I broke several limbs during those years, I smashed through a glass door... Luckily, I survived. My parents never tried to 'tame' me. My father was a psychiatrist and always tried to divert my energy to creative things like ballet. I liked dancing but had a very hard time standing in one spot for the bare exercises... I played handball for the school team when I was 11-12 but then I got bored and gave up. I went back to dancing. I danced until I was 19--classical ballet, tap dance, modern dance, ballroom dances... So most of my friends were dancers".

For Itir sports is a means. In her life the importance of volunteering is much greater. Sports is a means in her life to touch the lives of those who are in need of help and to make a positive difference in their lives. Volunteering and the lives othered and marginalized by

life itself entered into Itir's life through the stories that she witnessed during her childhood years due to his father's job: "During those years, I also started visiting psychiatric wards with my father and meeting people experiencing a variety of different mental illnesses and drug addicts. I really got to enjoy these visits and was very frustrated when I found out about how the people 'outside' saw my, by then, friends staying at the wards. I guess that when I first started thinking about the 'other', 'the unwanted'. Later on I got involved with my father's NGO work for child drug addicts".

For Itir, volunteering is a life style in which she can touch the lives of the others and make changes though small. Itir, who has been a source of inspiration for her students, friends, neighbours, and now for whole Turkey, started volunteering as a volunteer teacher, giving English, theatre and computer literacy courses to primary school students in Istanbul's developing neighbourhoods when she was a freshman at Bogazici University.

Itir experienced the impact of sports in the voluntary organizations while she was a student at university in the United States. She expresses her experience and how marathon entered into her life in the aftermath as follows: "Sports, especially running, changed my life. I was living and doing research for my PhD. When I ran into a poster at a bus stop. It read, 'Do you think running a marathon is hard, try chemotherapy'. I stood in front of it and I said, 'I will do this, run a marathon'. I made a note of the web page, found a meeting in my neighbourhood and joined the team: Team in Training running to raise funds and awareness for Leukemia and Lymphoma. I signed up for the 2004 Chicago Marathon and started training which proved to me much harder than I expected. I got injured, frustrated but did not give up. They were also organizing workshops for us on raising money through sports. So I started my first fundraising campaign. After 5 months of training I completed my first marathon in 6 hours and raised \$1500. Since then I ran 7 marathons and over 20 half marathons raising money and awareness for TOFD (Spinal Cord Paralytics Association of Turkey), TEGV (Educational Volunteers Foundation of Turkey) AÇEV (Mother Child Education Foundation) and Tarlabaşı Community Centre".

Figure 1 – Itr Erhart



Runners for Goodness: ADIM ADIM

The above story that Itr told has been a transformative moment in her life. She ran 2004 Chicago Marathon in 6 hours. When she crossed the finish line she thought to herself "If I can do it, anyone can". After that day, she started developing the idea of "creating a culture of raising funds and awareness through endurance sports in Turkey". She formed a strategic plan to start a charity run organization which is called as ADIM ADIM. This charity sports formation following simple steps as finding amateur athletes first, forming a group of people interested in raising donations while running, starting with short runs, small donations and one non-profit organization to support. Initially, she begins with five individuals from different backgrounds then meets Mr. Renay Onur who has personally run and raised donations for TOFD, a non-profit providing support to people with spinal cord paralysis.

Itir and the ADIM ADIM created the culture of charity sports and individual fundraising in Turkey. The community that forms around races, training and fundraising share ideas, information and inspiring stories. The community grows embracing individuals from all backgrounds, ages and abilities. In 2012, a French mother whose child is paralyzed with muscular dystrophy saw a picture of ADIM ADIM runners pushing a wheelchair at the Istanbul Eurasia Marathon and contacted Itir to see if her child could "run" as well. Together they pushed her son Martin through the course of the Istanbul Marathon.

Figure 2 – 2012 İstanbul Eurasia Marathon and Martin with ADIM ADIM runners



ADIM ADIM is a non-governmental initiative which via sportive activities bring together the people and the organizations that want to donate and the people who are in need of these donations. ADIM ADIM is the first NGO that is founded in March 2008 to introduce and popularize the collective charity run known as "charity run" abroad in Turkey. It provides financial support for the important social responsibility projects of Turkey via sports which require strength such as long distance run, cycling and mountaineering (www.adimadim.org).

Itir Erhart and the ADIM ADIM formation encourage support for difficult causes such as disabilities, mother and child care and youth education by creating wide spread awareness through individuals. She empowers people to care for these causes and fundraise on their own all the while enlightening others and increasing the consciousness of communities. While doing all of these, they are also helping to bring together voluntary people from different cultural identities and social statuses via sports: "Through sports we were able to mobilize thousands of people in Turkey to "get up and do something" for civil society and in return for a more equal Turkey. Sports unify us. They have a magical way of erasing all the labels. At the marathon, there are no CEOs, politicians, Africans, gay men or Germans: we are all marathoners trying to cross the finish line uninjured" (Itir Erhart).

Charity runs are carried out via the collaborations done with the NGOs. For instance, AÇEV, which continues its studies to extend its programs with the aim of increasing the number of the people served and to create equal education opportunities in each part of Turkey, aims at reaching 1,177 women from 8 different cities who could not benefit from the education opportunities, and to develop their basic and technological literacy skills with the "Sen de Bu Hayalin Pesinden Kos (Run After This Dream)" project.

ADIM ADIM supports ACEV's adult literacy program. Some of the women graduates of this program are keen on joining ADIM ADIM and running for AÇEV to raise awareness for illiteracy among women in Turkey. In terms of employment and the opportunity to obtain a management position, education is one of the biggest problems for women in Turkey. According to 2012 figures, 7.8% of women were illiterate, 14.5% of 15 and over age group of women's education level was high school and only 8.8% of this age group was graduated from university (TURKSTAT, 2012).

The number of the members of ADIM ADIM has been more than 5000 persons at the end of year 2014. In between the years 2008 and 2015, 5000 ADIM ADIM runners have collected 9.2 million Turkish Liras donation from 65000 donators for eight NGOs and they have changed the lives of 46000 persons. The amount of the annual donation has increased to more than 1,5 million American Dollars.

Itir Erhart has the sensitivity for the disadvantaged position of women and young girls in sports. Almost half of the ADIM ADIM runners are women and they prioritize finding donation for non-governmental organizations which work for the women. According to Itir Erhart sports is still seen as masculine activity in Turkey and several other countries I visited sports is still seen as masculine activity. Although parents refrain from encouraging their girls to become athletes for a variety of reasons, she believes that it is very important to involve girls and besides sports is an important tool for improving gender equality: "We can do this through role models. If girls are exposed to female athletes there are more likely to get involved. Schools should encourage them to take part in all sporting activities: not only in seem some, which are believed to be more gender-appropriate like tennis and gymnastics. ... We can also use it as a tool for improving gender equality. The more we are exposed to athletic women the easier it will be to challenge the stereotypes on women and sports".

It is a pleasure for us to finish the story which has started with the hyperactive girl Itir again with the same girl. Itir's life, which inspired benevolent people, has been the subject matter of a children book. The protagonist of this children's book entitled When Itir Runs, is a girl who by stepping outside the traditional roles makes the whole village step into action.

Figure 3 – Cover of the book “When Itir Runs” (In Turkish; Itir Koşunca)



For Itir Erhart, “That protagonist’s being a girl is wonderful. While the “curious”, “creative” boys are playing outside and building something with their fathers, the “lovely” girls are making a cake at home with their mothers. While the adjectives such as “brave”, “hero”, “lion” and “master” are attributed to the boys, the girls are referred to as “my dear”, “my sea bream”, “my hennaed lamb” and “my princess”.” In this book, however, there is a girl who is now outside the house and manages to make the whole village step into action. In the book, this small girls calls all the children to start out to change the world:

Once upon a time, in a distant land there was a village named Oturupduranlar. As the inhabitants of this village sat lazily all day long, in the end everything in the village withered and faded. One day a wriggly girl was born in this village; and her name was Itir, Itir, when she became a child, set off to bring abundance and fruitfulness to this lazy village. She has always run after her dreams without getting tired... Support Itir, who has accepted running for goodness as a duty to herself, in her struggle in regenerating her village, and thereby set off to change the world for better! (Extract taken from When Itir Runs’ back cover).

Nesrin Olgun Arslan: First and Only Turkish Woman Who Has Passed the English Channel by Swimming

The English Channel is only an encyclopaedic information for most of us. The English Channel which is placed between England and France, the place where ebb and flow frequently take place and which becomes the subject matter of various stories. How far it is from Turkey! A simple woman living in this distant land, one day says that "I'll pass the English Channel", and thereby she makes an appointment with her dreams to her willpower. Besides, she herself determines the time and place of her appointment: the shore of the English Channel and the month August of 1979.

Nesrin Olgun Arslan began swimming at the age of 7 in 1964. In those years, Adana (city in the south coast of Turkey) was number one in swimming as all the records of Turkey belonged to the swimmers from Adana. In the Adana of those years, it was a trend among the educated families to send their children to swimming pools during the summer. As the child of educated and working parents, my mother certainly began life lucky by birth. Her trainers took my mother, who learnt swimming quickly during the summer season, to prepare her for the competitions. In those years, there were only 4 or 5 girls in the pool. Till the age of 17 my mother had won almost 100 medals in the pool competitions. Adana is surrounded by irrigation channels. She made a great trainings in these irrigation channels for the trainings of swimming against the stream. She kept herself fit by playing the table-tennis during the winter, as there were not any indoor pools. My mother, who manages to have Turkey degrees in that branch as well, decides to have marathon swimming decision due to an obstinacy. She went to Ankara at the age of 17 by passing the exams of Ankara Gaza Institute of Education, Department of Physical Education and Sports.

When Nesrin returned Adana after finishing the first year at the university, she directly took the road of the pool and immediately began the trainings. She began smoking in

Ankara like many young people at that times. My mother tells her story of decision all in one breathe as follows: "I can now understand that it was all due to a wannabe. After the training in the pool, I dressed up, sat in the canteen of the pool and began smoking. Just at that moment my trainer Tuncay Şenyüz, the provincial director of youth and sports, entered into the pool and saw me smoking. He approached me and in a very harsh manner said that "Now that you are smoking, give up swimming". I was bewildered as Tuncay Hoca was the person whom I loved very much and felt an immense amount of respect. He also continued by claiming that I was old for swimming. Again, in those years Erdal Acet was training himself in swimming, all the newspapers were telling that he would swim the English Channel, and he was exactly at the age of 32. Just to defend myself, I suddenly said that Erdal Acet is still swimming but you are claiming that I am overage. After that I added that I would pass the English Channel like Erdal Abi. He just said 'Are you kidding me' and left. At that moment, I thought what I would do, but it was for sure that I was quite assertive in my claim. With a sudden decision, I returned the pool and went to Erdal Acet's trainer Kutal Özülkü. I told him that I wanted to swim the English Channel. He told me that he would accept to train me only if I swim non-stop for 10 km in the pool the following day. I cannot tell you how I spent the night. I was angry with myself for not keeping my tongue shut. Anyway, I took the road of the pool in the morning. Kutal Özülkü was waiting there. I jumped into the water. I had to swim for 100 strolls in the pool at the size of 50 m, and despite my continuous thought that I would never manage, I succeeded in finishing 10 km in 5 hours". She just utters something and so as not to step back she decides to pass across the great sea after her promise. Of course, this adventure does not end by deciding to pass it... She needs to practice more and more. She needs to abandon many things in her life and focus on her trainings. She makes hundreds of difficult trainings by day and night for exactly 4 years.

Figure 1 – Photos from a Turkish daily news (Written: Turkish girl who has passed Manche)



My mother does not tell the event; but she is as if experiencing it again and again: "Against a huge giant, you have no weapon other than your willpower [...] Each stroke in the cold, distant and dark water of the English Channel was a blow that I did to the giant, but I was consumed away, as well. Can you imagine? 40 thousand meters, 80 thousand strokes! A person cannot even repeat the same word for 80 thousand times at once while sitting in an armchair. However, I stroke out for 180 thousand times. I was not hungry... I was not thirsty [...] But, I was tired. Time was the only thing that I wondered. [...] Forgetting that I was in the middle of a sea, I was just wondering time. Where was I of the time, when did I begin and when would it finish? This was the only question in my mind. I could not even believe that I came to the shores of France. Besides, in this sea, which is described as "The English Channel Hell". as I went adrift, instead of 40 thousand meters, I swam for 50 thousand meters. 100 thousand strokes. The time spent: 15 hours and 47 minutes[...]"

She had always thought that she would cry. However, she could not... She lied down to the sands after walking for 10 meters on the shore, and that wet and cold sand seemed her very warm. She just left herself to the sands with the unbelievable lightness of defeating a giant and carrying out her dreams.

When I ask her whether she knew that she would make history when she decided to pass the English Channel by swimming, she replies: "I never thought of making history. I never had such a concern. I was caught by my teacher while smoking. I was ashamed. I had to repair in a way my offended honour. Just then, I decided to run after my dreams. First of all, you dream something. This dream dominates you. In a way you are enslaved by your own dream. To get rid of this enslavement, the only thing to do is to study with scientific method. If you do so, dreams become the slave of human willpower. Only then it gets rid of being a dream and turns into a target. I do not believe that the human willpower is weak against nature as it is assumed to be. No matter how difficult the things we want, they might be gained with willpower, knowledge and hard work. I believe in this". My mother, who ran after her dreams, began competing with her nature and with time. Four years, six hours per day.

I ask my mother what kind of a feeling it is to be the first Turkish woman to have passed the English Channel by swimming. My mother says: "Whenever I remember those days, I feel how difficult those days and ask myself whether it is worth such difficulty. Yes, it is worth. To have acquired the love of various people up until now just due to the fact that I swam across the English Channel. To be appreciated... To be shown as a model... To see that I have encouraged the Turkish women... And to hold my head high so that I might carry this responsibility with myself at each moment. I will continue from now on to try hard for my country and for our women. My success in swimming has been an example for lots of young girls in that time's Turkey and they have been encouraged".

There are lots of things that will be learnt from Nesrin Aslan, the 'dark girl' as the elderly people would call her, the lazy student Nesrin caught while smoking, my father's

dear wife, my and my brother's wonderful mother, whose story is told in the encyclopaedias and who made history by running after her dreams. This success story hidden in the memories continues to direct lots of Turkish girls and boys. My mother currently works as a sports advisor for the teenagers in Adana.

Nesrin Ongun was chosen the "Most Courageous Woman" of 2006 in a poll carried out by Istanbul Kultur University, Department of Art and Graphics among the students of the public and private universities in Istanbul and among the academic members of Istanbul Kultur University. In 2008, in NTV's program named "And Human", a documentary about Nesrin Olgun was broadcasted. In 2014, she was shown as one of 91 symbol women in the 91st year of the Republic by the Hürriyet Newspaper. Now she is the head trainer of the 'Olympic Stroke' programme of Provincial Directorate of Youth and Sports, and she is discovering young swimmers for the Olympiads of 2020. As part of the 10th year of Starbucks Turkey, Ayse Arman, one of the most famous journalists of Turkey, did a cheerful interview with Nesrin Olgun Arslan.

Figure 2 – Nesrin Olgun Arslan is training for the Bosphorus cross by swimming in 2015.



As an active member of the KASFAD, Nesrin Olgun Arslan contributes to the organizations which aim at increasing the participation of women and young girls into sports, and continues to inspire and encourage women in Turkey.

CONCLUSION

In current day Turkey several changes and messages from the government are highly criticized by women rights activists who argue that these changes are indicative of serious retrograde steps for women in Turkey. The government continues to convey a message of patriarchy and motherhood, denying the importance of equality for women and men. In changing Turkey, the increase of the numbers of the women who try to do good job both in the performance sports and also in the recreational sports, and the visibility of the women in the public sphere, in general, is of great significance for the development of peace and democracy. In this context, to share Itir Erhart's and Nesrin Olgun Arslan's experiences with the others as long as possible will provide inspiration and encouragement for women and girls not only in Turkey but also all over the world.



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16

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Agharid Salim Abdulridh Alfredan has a bachelor degree of physical education from University of Baghdad in 1992. She had Master degree of physical education from University of Baghdad in 2002 and doctoral degree in physical education from Baghdad University in 2006. Her special major is Sport Psychology. She has been working as an Assistant Professor in the College of Tourism and Hotel Management of Mustansiriya University in Iraq since 2010. She was a member of the Iraqi Central Shooting Federation and the President of the Referees Committee from 2004 to 2008. She has got several letters of thanks and appreciation from several prestigious Universities, Committees and Federations in Iraq.

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