



WORKSHOP: OCTOBER 12, 2023

Creating 2SLGBTQIA+ inclusivity in physical activity, exercise, and sport research, teaching, and practice

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Background: In physical activity, exercise, and sport, sexuality, sexual orientation, and gender identity are characteristics that have been used to discriminate against and actively exclude individuals. Individuals who identify as two-spirit, lesbian, gay, bisexual, trans, queer (or questioning), intersex, and asexual (2SLGBTQIA+), experience not only greater and more frequent forms of harassment, abuse, and discrimination, but also lower levels of engagement and participation.

Objectives: This workshop is an opportunity to define core competencies around diversity and inclusion with respect to 2SLGBTQIA+ people within physical activity, exercise, and sport research, teaching, and practice. This workshop will address:

- Definitions of sexuality, sexual orientation, gender identity, and gender expression;
- The importance and use of pronouns;
- Physical, mental, and social health epidemiology, including inequalities and inequities;
- Socio-ecological interventions that promote inclusivity; and
- Aspects of intersectionality that address other forms of diversity.

Significance and Relevance to SCAPPS Members: This 2-hour interactive workshop is designed to challenge aspects of heteronormativity and representation of cis gender individuals in sport and exercise science research, teaching, and practice. This workshop will help members build a form of literacy around the topics of sexuality, sexual orientation, and gender identity and apply it to their work.

Target Audience: Open to all individuals, from students to seasoned educators, researchers, and practitioners.

Registration: Registration is required. Please click [here](#).

Workshop facilitator: Paul is a Senior Lecturer in Sport and Exercise Psychology at the University of Greenwich, UK. Paul is a Chartered Psychologist and Associate Fellow of the British Psychological Society and a Registered Practitioner Psychologist with the Health and Care Professions Council. Paul has consulted for international sporting organizations (e.g., IOC) and governments (e.g., Women and Equalities Committee, UK Parliament, LGBTQ+ mental health service use; Ministry of Sports, Republic of Colombia, mental health literacy). Paul has also developed and delivered training programmes on mental health for the British Association of Sport and Exercise Sciences and the IOC Medical and Scientific Committee. Paul's research mainly focuses on the development and implementation of mental health literacy strategies.