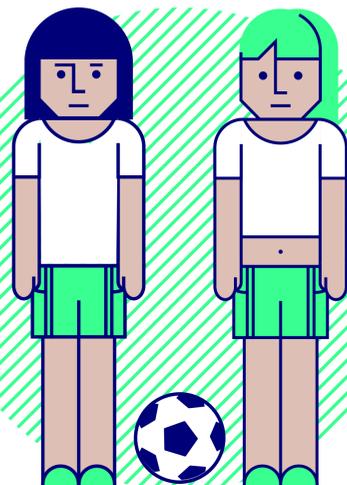


Gender inequalities in sport and physical activity

Unequal levels of participation in sport

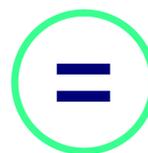


Women represent only 23% of the members registered in more than 66 different sporting federations in Spain.

There are **fewer** women in sports linked to masculine gender roles.

And **more** in sports linked to feminine gender roles.

In some sports, there is **more of a balance** between women and men:



6,7%

cycling

93,4%

gymnastics

49,3%

ice sports

7,2%

football

76,5%

competitive dance

48%

swimming

34,7%

basketball

72,8%

volleyball

44%

athletics

37,1%

handball

60,3%

skating

40%

winter sports

Percentage of female members of federations (Ministerio de Cultura y Deporte, 2021)

The gender gap in physical activity

The most recent Eurobarometer on sport and physical activity, from 2018, highlighted that sport and physical activity among women and girls in Europe was at a lower level than among men and boys:

People **taking part** in sport regularly

36%
women

44%
men

People **never taking part** in sport

52%
women

40%
men

There are higher levels of inequality among those between 15 and 24 years of age: young men tend to exercise or play sport on a regular basis considerably more than young women.



Leadership and executive positions

Women are underrepresented in leadership and executive positions in sport, even in sports that involve more women than men, such as rhythmic gymnastics or volleyball. There are fewer women coaches and there are few women referees, even when games are played between women.

The gender gap when choosing what to study

Percentage of women enrolled on sports programmes

16,2%
vocational training, mid-level

16,6%
vocational training, advanced

16%
university programmes

Percentage of women enrolled on dance programmes

92,5%
basic level programmes

89,6%
professional programmes

83,3%
higher education programmes

93,5%
non-regulated programmes

Academic year 2019/2020 (MEFP, 2021)

Some factors explaining the inequality

Psychological factors



Identity, self-perception of competence, interest, and the general value people give to sport and taking part in sport.

The role of the media



Media coverage of female and male sportspeople is different: coverage of women often focuses on non-sporting aspects, such as their physical appearance, age or family life, whereas coverage of men focuses on their independence, dominance, and athleticism. The media downgrade women in their news reports, even when their achievements are just as important or more important than the men's.

Social factors



Socialization of gender roles, cultural stereotypes and stereotypes linked to gender explain the different levels of interest in sport among men and women.

Stereotypes continue to mark people's experience of sport from childhood. Stereotypes that portray women as being less physically able have traditionally been used to undermine their taking part in sport.

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GENDASH network

Produced by Gender and ICT (IN3-UOC) within the framework of the Gender and Data Science in Sport and Health (GENDASH) network, funded by the High Council of Sports (CSD) - Spanish Ministry of Culture and Sport (Ref. 02/UPR/21).

Funding received from:



For more information:

