**INTRODUCTION**

Globally, physical inactivity is now the fourth leading cause of death [1]. Recommended guidelines state that children and adolescents need to accumulate at least 60 minutes of moderate- to vigorous physical activity (MVPA) on most days of the week [2], but it is estimated that only 21% of boys and 16% of girls in England meet these recommendations. Team sport has the potential to increase physical activity levels; however, studies show that gender-based factors can influence girls’ participation in team sport. Furthermore, evidence for the effectiveness of interventions promoting team sport among girls is limited. This systematic review aimed to answer the research question:

**What is the evidence for the effectiveness of team sport interventions aimed at secondary school aged girls (aged 11-18 years) on team sport participation and wider physical activity outcomes?**

**METHODS**

Electronic databases and grey literature were systematically searched for studies of interventions targeting team sport participation among girls in the UK. The keywords used referred to the participant (adolescent girls), intervention and outcome (team sport) variables of interest. Results were exported to Refworks, duplicates removed and eligible studies identified. Extracted data included: participant details, such as sample size and age; components of the intervention; outcomes assessed; and each study was quality appraised. Due to heterogeneity across studies, results were presented narratively. Four studies met the Inclusion criteria and were of appropriate quality.

**RESULTS & DISCUSSION**

| FINDINGS: | Outcomes of the intervention can be seen in Table 3
|  | IMPLICATIONS:
|  | **CONCLUSIONS**
|  | This review presented a narrative assessment of four studies of physical activity interventions, with a specific focus on secondary school aged girls’ participation in team sport and related health outcomes. The findings of the review suggest that further research should focus on finding the many gaps identified, such as: the need for the evaluation of rigorous, high interventions designed to promote team sport among adolescent girls.
|  | The results of this review identify recommendations for future interventions. For example, the importance of consulting with the girls: the importance of encouraging girls to try new sports and sustain participation; the need for relatable, healthy role models in the media; and the role of the coach, were all identified as areas for consideration.
|  | To move forward, there is a need for the provision of quality sport participation data to supply the evidence to inform well-structured programmes and policies to meet the community needs. This is not possible if sport participation remains hidden in the broader physical activity context, or is not investigated in more detail.

**OUTCOMES (O)**

**APPLICATIONS (A)**

**REFERENCES**


**TABLE 2.** Components of the individual interventions.

**TABLE 3.** Outcomes of interest.

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**REFERENCES**