



UNIVERSITY OF MINNESOTA

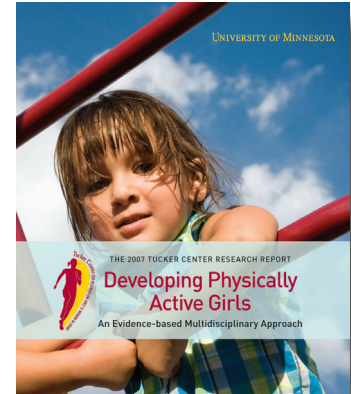
TUCKER CENTER FOR RESEARCH ON GIRLS & WOMEN IN SPORT

presents

THE 2008 SPRING DISTINGUISHED LECTURE

Developing Physically Active Girls: Challenges, Opportunities and Solutions

Tuesday, April 22, 7-9:00 PM
Hubert H. Humphrey Center, West Bank Campus



About the Panel: This spring's Distinguished Lecture highlights the recently released *2007 Tucker Center Research Report: Developing Physically Active Girls*. This groundbreaking report is a 10-year update of our 1997 collaboration with the President's Council on Physical Fitness and Sports Report—*Physical Activity & Sport in the Lives of Girls*. The purpose of the 10-year update was to ask respected scholars in various academic disciplines, ranging from exercise physiology to sport psychology, to share the latest research findings about how sport and physical activity enables girls to reach their full potential. To help with our national launch, we have invited the authors of the report to provide an overview and summary of key findings and recommendations. Authors will also focus on practical ways to promote girls' physical activity and show how these approaches can break down the barriers which prevent girls from fully engaging in sport and physical activity.

About the Panelists:

Barbara Ainsworth, Exercise Physiologist at Arizona State University, is a member of the President's Council on Physical Fitness and Sports Scientific Advisory Committee. Her research focuses on physical activity assessment and identifying neighborhood environmental supports for physical activity.

Margaret Duncan, Sport Sociologist at the University of Wisconsin-Milwaukee, examines how social constructions of gender, specifically in the media, influence perceptions about female athletes and their bodies.

Nicole LaVoi, Sport Psychologist at the U of M, works collaboratively within the Tucker Center and the Minnesota Youth Sport Research Consortium on a variety of research issues related to girls' physical activity.

Diane Wiese-Bjornstal, Sport Psychologist at the U of M, investigates youth sport and the psychology of sport injury. Her innovative research has appeared in a variety of international publications and presentations.



Barbara Ainsworth



Margaret Duncan



Nicole LaVoi



Diane Wiese-Bjornstal

FREE & Open to the Public! Parking available

FOR MORE INFORMATION, CALL THE TUCKER CENTER AT (612) 625-7327 OR VISIT www.tuckercenter.org