Women and Recreation in Aotearoa/New Zealand
an annotated bibliography
Clare Simpson
WOMEN AND RECREATION IN AOTEAROA/NEW ZEALAND
AN ANNOTATED BIBLIOGRAPHY

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ERRATA
Pg.62 HOCKEY
  bibliography should read biography
Pg.64 ORIENTEERING see ORIENTATION
Pg.68 TOUCH FOOTBALL
  bibliography should read biography
Pg.69 THE WHITE RIBBON
  biography of articles should read bibliography of articles
INTRODUCTION

This bibliography aims to gather together written material relating to women and recreation in Aotearoa/New Zealand. All material listed contains information mentioning women, but not necessarily focusing on women in the first instance.

The validity and quality of the material listed varies considerably. A policy of inclusion rather than exclusion has been adopted; it is therefore left to the reader to judge the merits of each item.

ACKNOWLEDGEMENTS

In compiling this bibliography, there has been extensive investigation of written sources, and a large number of people have contributed to this end. Their assistance is gratefully acknowledged. In particular I would like to acknowledge Debbie Lewis for gathering and annotating the bulk of the material; Pat Sargison of Alexander Turnbull Library, Anne Scott and June Laird of Lincoln University Library for their help with the concept of bibliographical research; Anne Scott, Brenda Lord, Dave Anderson, Paul Helleur, and the late Clif Collister for their patient help with the nightmare of creating the computer database and then magically turning it into a printed version; Rosaleen Ward who did a thorough job on following the minutiae of editing directions with a cheerfulness that surpassed my comprehension; Pauline Paterson and Jane Marriner who rattled off instructions on getting out of sticky spots with this word processing programme; to my colleagues who have patiently waited for this bibliography to appear; Jeanette King for typing the index and generally tidying up the whole document; Bronwyn Rickerby saved the day by producing a superb and rigorous index. Finally, I would like to acknowledge the Hillary Commission for Recreation and Sport for funding the bulk of the project, and Lisa Hayes in particular for requesting the work to be done.

It would be helpful if users of this bibliography noting any errors, omissions or suggestions for future editions would send information to:

Women and Recreation Bibliography
Department of Parks, Recreation and Tourism
P.O. Box 84
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GUIDE TO THE BIBLIOGRAPHY

SCOPE

The principal focus of this bibliography is women and recreation in Aotearoa/New Zealand. An attempt has been made to be as inclusive of material as possible without duplicating other sources. To this end, topics such as the arts and music have been excluded; however, related bibliographies have been listed throughout.

Material was gathered from December 1986 back; any references post December 1986 were gathered by chance, rather than by active searching. We chose material relating to women of New Zealand/Aotearoa, and with a focus on this country.

STRUCTURE

All references are listed alphabetically, and have been indexed using a variety of bibliographies and indices relevant to sport and recreation. An extensive cross-referencing system has been built into the index.

The following details are given for each study:

1. Author(s).
2. Official title of the work.
3. The name of publisher and place of publication. For unpublished works, as many details as possible are given to aid the user in locating the work.
4. Year of publication or, in the case of unpublished works, year of completion or presentation.

Each reference is numerically tagged; numerals in the index refer to entries in the bibliography, not to page numbers.

SOURCES CONSULTED

Three earlier bibliographies on recreation were consulted as an initial starting point:


In addition, the Index to New Zealand Periodicals, and the Union list of theses were consulted in the initial stages. Annotations of large works such as large books and theses were created on the basis of information in abstracts, introductions and conclusions; all other works were read.

SERIALS

The following serials were systematically consulted:

Auckland Metro
The British Journal of Sports History
Broadsheet
Herstory Diaries
Listener, Wellington
Leisure Studies
More, Auckland
New Zealand Alpine Club Bulletin
New Zealand Alpine Journal
New Zealand Journal of Health, Physical Education and Recreation
New Zealand Medical Journal
New Zealand Journal of Physical Education
New Zealand Journal of Sports Medicine
New Zealand Listener
New Zealand Woman's Weekly
North and South
Psychology of Women: research record
Research Papers in Physical Education, University of Otago
Tu Tangata
The Turnbull Library Record
Wellington City
Woman's Choice
Women's Studies Association Conference Papers
Women's Studies Journal
World Leisure and Recreation
BIBLIOGRAPHY

1

An extract from a report presented to the Women's Advisory Committee, that stresses the importance of girls participating in physical education in order to expand their vocational choices, via developing confidence and self-esteem.

2

A report of a survey on sexism in Wellington schools. This article looks at physical education programmes. Many quotes from female and male physical education teachers are given, which show the discrimination that occurs against girls as a result of teachers' attitudes. Physical education programmes could be partly responsible for the low self-esteem and lack of confidence that New Zealand girls suffer from. The programmes could be used to help correct the situation.

3

Looks at disadvantages girls face in curriculum subjects, including physical education (p.32). Suggests that women who participate in sporting activities widen their outlook on job opportunities. Many quotes from teachers and students which show that a very sexist and stereotyped attitude still exists in the physical education area.

4

See ABIGAIL, Jill (1983).

5

A study of ninety three girls and boys in Forms two and three at a city intermediate school. All results are given separately for sexes. The general attitude expressed was extremely favourable towards physical education. This favourable attitude became more pronounced for girls, with length of time at school, and less pronounced for boys.

6

This book looks at women and recreation briefly in Chapter six, with a page on women and sport on page fifty eight.

7

Content analysis of Christchurch Press. Concludes that changing and expanding roles of women in New Zealand society are not reflected in the Press, and male items are continually upheld as news-worthy, receiving predominant coverage in all aspects.
8

Results of a study of children in Karori and their recreational patterns. Looks at the differences in the results of boys and girls. Looks at the numbers of children involved in team sports, individual sports, classes and organisations. Author concludes that there exists an unbalanced attitude in the community and a lack of value placed on the recreational needs of 51% of our population.

9

A report on the results of a survey conducted to look at physical education in some primary and secondary schools in a New Zealand city. The survey specifically looked to see if there were practices or conditions which tended to discriminate against women as teachers and girls as recipients.

10

An account of the development and activities of the Wellington Basketball Association Inc. Office bearers listed, and many women's names are recorded throughout.

11
Women must take personal responsibility for their bodies and their health. The author talks about her jogging experiences.

12
BAILEY, John. *The out of school activities of one hundred and sixty nine, ten and eleven year old boys and girls in a major state housing area.* Wellington: Project for Diploma in Recreation and Sport. 1978.

The findings of this survey give a break down of results by gender; however, no analysis is made of these results.

13

A brief overview of traditional definitions and assessments of feminine capabilities, and how these stereotypes, or derivatives of them, still dominate perception of female sport and recreation. Sex stereotypes are the first obstacles to be overcome in the search for equity between the sexes.

14
Pages 126-133 focus on what women did in their spare time.

15

Focuses on physical education facilities in schools and the function of the physical education teacher. Results on teachers are divided into female and male.
A reprinted autobiography of Jean Batten, aviatrix.

BATTEN, Jean. *Solo flight*. Australia: Jackson and O'Sullivan Ltd. 1934.
Autobiography of Jean Batten, aviatrix. Her recreational interest in flying became a way of life. Throughout her career, she held many records, and was awarded many decorations and awards.

Part 1 sets out background details of a study of suburban women. Following is a discussion of the women's views on the notion of 'work' and its relationship to equality of opportunity. The paper concludes with some speculative comments on the leisure/recreation dimension.

A call for community-wide responsibility for recreation, based on the trends towards greater amounts of leisure time available for all sectors of the community. For women who are married with diminishing responsibilities for family and who do not wish to return to work, there is deemed a need for leisure activities which are satisfying.

A comprehensive look at physical education and the syllabuses that have developed from 1897 to 1947. Mention of girls scattered throughout.

Reference to girls is made intermittently where their physical education differed from boys.

Sigrid spent ten years living in South Westland at a time when it was uncommon for a woman to be there, and be self-supporting, and when more than an adequate income could be made from possuming. She has taught physical education, worked on orchards, and tramped extensively and for long periods in remote regions of New Zealand.

Discusses the male-dominated surfing sub-culture. A chapter looks at women in surfing - their role is very limited and sexist. The attitude towards women is that they are primarily sex objects.
A general discussion about maori women's status in both maori and pakeha environments, which weaves throughout mention of women's recreational activities.

A synopsis of a lecture presented at the New Zealand Association of Health, Physical Education and Recreation Conference, 1984. Considers how lean a woman's body can be without producing negative effects on her health.

Thirty women kept a twenty four hour/day diary over a period of seven days, recording their activities at fifteen minute intervals. Results consist of correlations by class, income, family size, number of children, education, work, and also measured satisfaction levels.

A look at women and recreation in the context of the women's movement in New Zealand. Traces history from the pioneer women settlers to working women. Talks about discrimination and sex-role stereotyping.

Margaret studied geology at Queen Mary College, University of London, the first woman student to do so. She has worked as a teacher and geologist in Glasgow and Christchurch. She has published papers, and has collected specimens from many remote regions, including the Antarctic.

A small experiment conducted to determine whether girls prefer vaulting and agility work or dance and rhythmic work in their physical education classes. The aim of the experiment was to help in planning the content of physical education classes.

Broadsheet presents an award to Colleen Mills, athlete, for her courage, determination, and for showing that "you can't keep a good woman down."

A collection of ten essays which look at the pakeha woman's social environment. Of particular relevance is Ruth Fry's chapter on girls' physical education.

   Short history of the Association. Women's names mentioned throughout. Women dominate the international competitions as team members representing New Zealand.

   Profile of Susan Devoy who had just won the British Open squash championship to become number one ranked women's squash player in the world.

   This article looks at Whangarei dragracer and grandmother, Faye Grant. It follows through a day at the drag racing track.

   Covers about fifty sports. Women sometimes treated as separate entry (bowls, cricket, golf, hockey, softball), otherwise they are integrated entries. Each sport is written about by a different person. Most sportspeople’s names include first names.


38 BURROWS, Lisette C. *Women on the rock: the experiences of six women rockclimbers.*
   University of Otago: School of Physical Education. 1985.
   Explores characteristic attitudes, motivations, aspirations and experiences of six women rockclimbers.

   In terms of accommodation, area of school grounds and presence or absence of gymnasia are noted for both girls' and boys' secondary schools.


   Documents the successful running career of Allison Roe.

Looks at recreation and how it relates to women's lives, women's health, women's roles in our society, and their lifestyles. Considers how recreation and leisure might, and does fit into women's lives. Concludes by looking at some solutions and some concepts we might use in working to provide women with access to recreation and leisure.


Reference to women (p. 21), which indicates only one known source that mentions women and curling in the early years (1890's). References to women scattered throughout the work.


A profile of Stephanie Foster, rower, before she left to represent New Zealand at the 1984 Olympic Games in Los Angeles. She is the best woman sculler that New Zealand has produced and is a top medal prospect.


An analysis of the factors which contribute to the fact that women often reach adulthood with poorly developed physical abilities, and with a lack of confidence and competence in the outdoors.


An article about a lesbian feminist softball team - how and why it started, the problems and benefits gained from being part of the team.


Preview of an exercise programme "Relaxercise" developed at the Hamilton Y.W.C.A., aimed at the non-athletic disposition.


Looks at the pitfalls of sex and whether there are discriminatory attitudes towards sexual activity.
Very briefly addresses the issue of women being disadvantaged in terms of opportunity and resources with respect to sport.

An attempt at measuring attitudes towards physical activity. With respect to gender, it was found that females showed a more favourable attitude towards the aesthetic dimension, which may be a result of the emphasis placed on male competitive sport and non-encouragement of activities involving grace and poise for males. Females showed a less favourable attitude in the vertigo dimension (adventure and challenge).

An extensive social history of the Y.W.C.A. in Auckland. It covers one hundred years from 1885 to 1985 and includes detailed descriptions of the sporting and recreational activities of the women.

The development of the Girl Citizen’s Movement, which involved thousands of girls throughout New Zealand in the 1920’s and early 1930’s.

From her research for her book Everygirl, the author found that strong, capable and brave women played a major part in New Zealand’s development. Their work has been obliterated, and this article attempts to redress this imbalance by looking at New Zealand women involved with the Auckland Y.W.C.A.

A look at the first women’s life saving teams and their contemporary counterparts.

Comment on the lack of female representation for all facets of the 1974 Commonwealth Games media coverage.

Part one of this paper defines ‘community’, the values the word suggests, how it is seen in the New Zealand context, the influence that it has coupled with recreation, and the policies that have arisen because of present thinking about it. Part two analyses women’s participation and influence in community recreation.
57 COOKE, Raewyn. *The development and organisation of preschool activities at the Christchurch YWCA.* Special study. University of Otago: School of Physical Education. 1979.

Documents the development of physical activities for preschool children at the Christchurch YWCA. Traces the function and purpose of these from their origin in 1977. Mention made of specific women involved.


An investigation into the discrimination against women that occurs in sports and sports clubs. Topics covered include: sport and recreational organisations; participation; constraints; ways to encourage participation; legislation relating to sport and recreation; newspaper coverage of sport and recreation. Recommendations are included in each section.


An interview with the coach and players of a Maori and Pacific Island netball team. They discuss the benefits and enjoyment they derive from netball.

60 COSGRIFF, Margaret. *Female attitudes towards sportswomen and non-sportswomen.* Report no. 3. University of Otago: School of Physical Education. 1983.

A report of a study which was conducted to determine attitudes of sports participants and non-participants towards ‘sportswomen’ and ‘feminine women’. The results showed that the concepts of ‘sportswoman’ and ‘feminine woman’ are regarded in an equally favourable manner by New Zealand women.


This book traces the racing career of Linda Jones from her first win in the "Powder Puff Derby" at Tauranga in 1970. By 1979 she had achieved fifty two wins.


Talks about Ruia Morrison’s first appearance at Wimbledon and the possibility of her going the following year. Tells of her return to New Zealand to a heroine’s welcome.

63 CRAIG, Susan G. *Participation in outdoor recreation: a sociological analysis.* Research papers in physical education. 2(3). University of Otago: School of Physical Education. 1980.

A study investigating the influence of the socialising process in determining leisure activities, by looking at the participation of Dunedin citizens in selected outdoor recreation clubs. Chapter four looks at the sex of participants in outdoor activity.
64

A critical examination of the patterns of leisure time activity of a selected sample of families in Palmerston North. All results are divided into age and sex groupings. There were low levels of participation in all forms of recreation. Women's participation rates were generally lower than men's.

65

Report on a study undertaken in Palmerston North in 1968/69 of cultural and social groupings.

66

A look at recreation and sport as potential avenues for achieving an emancipation of sorts for women in colonial New Zealand. The paper describes the life and activities of colonial New Zealand women.

67

Scattered references to women, mainly putting their activities into a social context.

68

This doctoral thesis looks at the history of recreation and sport in Otago during 1848-1900. Examines important developments and critical socio-cultural issues.

69

An account of the emergence of drill and physical activity since pioneer settler days, and the development of 'modern physical education' from that foundation. Fleeting mention of girls.

70

A general discussion of facets of sport as they pertain to women: social values; prize monies; menstruation; performance; New Zealand sportswomen.
CROOKS, Marguerite C. and PALMER, Sarah A. Schoolgirls' attitudes towards female participation in sports. Research Reports in Sport and Leisure. [Also a Special Study, Faculty of Physical Education, University of Otago. 1982.] University of Otago: Faculty of Physical Education. 1983.

An evaluation of attitudes of secondary school girls. Questionnaire distributed to sixth and seventh form girls in eight secondary schools in Otago-Southland. Results indicated that girl's attitudes tended towards feminism. Netball and rugby were most desirable sports for females and males respectively. Only a small minority regarded commonly held misconceptions (e.g. menstruation and child-bearing) in relation to female participation in sport, to be true. Majority of sample felt that female participation in individual and team sports was equally appropriate. 60% thought women's sports performances were as exciting to watch as men's, and about 60% felt females should be able to compete alongside males. However, majority of sample indicated they would experience more success when beating a male rather than a female of the same playing ability.


Exploratory research, involving interviews with fifty eight women with pre-school children. Indication that both leisure and community are important to mental well-being of women with pre-school children. Leisure provided an opportunity for self-expression; community provided opportunities for involvement and support.


An account of an organisation in many respects identical with that of the Boy Scouts. Formed in 1908. Later amalgamated with the Girl Guide Movement (no date given).


Endurance swimming: merely stay afloat for as long as possible. An account of Katerina Nehua's feats in the early 1930s, breaking a world record in April 1932 with a swim of seventy two hours twenty one minutes.


An account of Maud's five week horse ride from Christchurch to Westland and back, in December 1906.


A collection of biographies of women who have a passion for adventure or who love being in the wilderness. Women covered are: Maud Moreland, Louie Roberts, Perrine Moncrieff, Lucy Moore, Blanche Holloway, Louise Sutherland, Margaret Bradshaw, Jo Straker, Sigrid Kohler.
77
A look at the broad issues of women's sex and class position in capitalist societies such as Australia and New Zealand, and the specific problems faced by women in sport and recreation. Also considers feminist theory, feminists and their attitudes towards sport and recreation.

78

79
DAVIES, J. Allan. *What we like to do: a report by standards 4, 5 and 6 boys and girls on what is important to them.* Special Study. University of Otago: School of Physical Education. 1963.
Results of a survey of school children and their recreational needs and wants. All results are given separately for girls and boys.

80
Men are at present in the lead in the athletics records, but Dr. Dawkins presents some figures and facts that point to the possibility of women eventually beating men in some events, particularly marathons and endurance events.

81
An outline of how local authorities distributed funds through the scheme in the financial years 1984-1987.

82

83
This book describes a great mountaineering feat - the winter traverse of the Southern Alps by Jill Tremain and Graeme Dingle. The journey was from one end of the Alps to the other and took over two months.

84
The growth of female body building as a sport. Women train with weights to improve their mental strength and confidence as well as the shape and form of their body.

Within the context of education, the report expresses concern for the fact that sporting activities become sex-segregated at an early age; acknowledges the tendency to encourage children to play different sports according to what is deemed gender appropriate. Urges integration of sporting activities at primary school level.


Includes her ascent of Mount Cook (1910) with Peter and Alex Graham; De la Beche (1910); Mount Tasman (1912); first grand traverse of Mount Cook (1913) and Mount Sefton (1913). She was the first woman to take part in major climbs in New Zealand.


This article notes a growing public awareness of netball, but realises there is still some way to go before it gains the wider recognition it warrants. Television coverage is discussed, as are financial problems, the history of netball and a piece about how the game is played.


A personal viewpoint of what it is like to be a woman in a rural community. Recreation activities follow the principles of 'self help' and 'user pays'.


A short profile of Freda du Faur, the first unmarried woman to climb in New Zealand, and first woman to climb to the summit of Mount Cook.


A brief profile of Lady Barker, a well-known pioneer who wrote about early New Zealand life in her two books, Station life in New Zealand and Station amusements in New Zealand.


A short article on Jean Batten - the first person to fly solo from England to New Zealand (taking eleven days in October 1936).


Yvette Williams' achievements in long jump are given, including a world record in 1954 and winning 'Sportsman of the Year' in 1950 and 1952.
93

Many examples given of women's clothing in relation to recreation and sport. Photographs.

94

Several chapters are of relevance to recreation. Chapter twelve ('Social Life'), chapter seventeen ('Sporting Life'), chapter eighteen ('holidays'), chapter nineteen ('entertainment') and chapter twenty ('Women in the arts').

95


96

Traces the development of attitudes towards the subject of physical education. Mention of girls scattered throughout.

97

Chapters two, seven, and eleven are specifically concerned with women: Kathleen Nunneley, Ruia Morrison, and Marilyn Pryde respectively. Chapter fourteen mentions Belinda Cordwell. Other women mentioned throughout. Statistical information appended.

98

This study considers the place of recreation in society; the existing recreation in the Dunedin Girls Home; limitations, considerations and possibilities for development. Recreation in this setting acts as therapy for the girls.

99

This article looks at the conflicts that women experience with work and recreation. It looks at the past and the legacy left by past decision makers.

100

101

An all-woman crew yacht race from Auckland to Russell during Labour weekend 1984. Article backgrounds the race and talks to the crew members.
Report of an experiment at Port Chalmers primary school, Otago; time spent in physical education (drill, health, corrective work) about thirty minutes daily. Testing for the effect of 'good physical habits' on other school work. A set of recommendations ensued, lauding the benefits of increased physical education, with improved medical services, teaching resources, specialist training, and parental co-operation. Results recorded for girls and boys, but no specific gender-related conclusions drawn.

An interview with Erin Baker, 1985 world champion woman triathlete. Looks at some issues for feminism and for women who are successful in sport.

A study designed to compare and analyse two specific gymnastic movements. Study was submitted in partial fulfillment of the requirements of the Diploma of Physical Education at Otago University.

Chapter 9, "Calisthenics to canoeing" focuses on the development of physical education and sports for girls since the beginning of the century, both in primary and secondary schools. Excellent photographs throughout.

Interview with Ivy Stephenson, of Auckland, a sports car racer. At the time, she was the only female member of the Auckland Car Club. She won many major events.

This study looks at the role of the physical education programme at Kingslea Girl's Home. It attempts to assess the effect of physical education on the rehabilitation of delinquent girls in a social welfare institution. Details the programmes and sports available.
109
Profile of Angie Rountree, champion powerlifter who won the Australian trials for the world championship in 1982, and has since returned to compete in New Zealand.

110
Reviews Dorothy Simons’ book *New Zealand’s Champion Sportswomen* and writes about Ruia Morrison, Marise Chamberlain and Eve Rimmer.

111
A profile on Allison Roe who won the women’s section of the Boston marathon, in 2h:26m:45s. The article also compares women’s marathon performances with men’s, talks about the body fat theory, and about Roe’s future ambitions.

112
Facts and figures about sportspeople. Intermittent mention of women. Conspicuous omissions, e.g. women’s cricket. Lists sportsmen(sic) of the year, which includes three women: Yvette Williams, Philippa Gould, Allison Roe.

113
Profile of Marilyn Marshall, captain of the New Zealand softball team.

114
An extract from the Listener, Wellington that talks about netball’s publicity problem, i.e. that the New Zealand team is first equal in the world championships and netball, has the second biggest group of players in New Zealand, but still can’t make the headlines.

115
Chapter five "Social life of rural women" makes comparisons between rural and urban women. Topics covered are: voluntary community work, organisations and clubs, informal leisure activities, church attendance, social outings, visiting and social contacts, holidays.

116
GIRL GUIDES ASSOCIATION (NEW ZEALAND) *Twenty-one years of guiding in the Dominion.* Hastings: Dominion Headquarters. 1944.

117

A study based on the notion that women participate in the craftmarket environment in order to satisfy a range of human needs, crucial to their psychological development. Looks at women's needs; mental health and quality of life; and human needs and the role of recreation.


A brief overview of women's cycle racing in New Zealand; also documents the career of Violet Baird, who set a women's cycling record from Auckland to Wellington.


Looks at the aims, procedures and results of introducing a creative dance programme into a Dunedin girl's high school. Details the seventeen lessons that were followed during the programme.


Looks at the development of recreation classes for women at QEII sports stadium complex in Christchurch. Describes characteristics of housewives and how to plan recreation programmes for them.


A look at the situation of housewives and how recreation can attempt to meet their needs. Results of a survey conducted in a Christchurch suburb of female participants in a recreation programme at Cowles Stadium.


Looks at the women who are entered in the Ladies Day tournament as part of the Bay of Islands International Game-fishing tournament held in March 1985. Women are now competing at all levels of big-game fishing and some are also running the charter boats.

GORDON, Peter. Cathy is a dab hand with a bat, but not at the wicket. She MAKES them... New Zealand Woman's Weekly. p. 20-21. March 18 1985.

Cathy Morrison is the only woman in the world who makes top-quality cricket bats. They are made in a factory in the Wairarapa and sell throughout New Zealand and Australia.
125

Examines relationships between body image and cardiovascular fitness in women. Results of a questionnaire designed to measure satisfaction with the body, and a step-up test of cardiovascular fitness showed there was no significant increase in cardiovascular fitness, despite a significant increase in body image. Results suggest that body image and self-concept are closely linked; physical activity programmes need to consider how best to facilitate body image and self-concept within the programmes.

126
GRAINER, Dora. **Leadership styles and the patrol system.** Wellington: Diploma in Recreation and Sport. Project. 1980.

A kitset and booklet to aid in the training of adult leaders in the Girl Guide Movement.

127

Uses data obtained from research for her book, *The Smith Women* (1981) to find out the way women use their recreational or 'spare' time. The women are divided into three socio-economic classes: working, middle, and upper-middle class.

128
GRAY, Alison. **Social inequality among women.** Wellington: M.A. Victoria University. 1978.

References to women's recreational activities are made with respect to entertaining and holidays. These are correlated with occupational groups: 'high white collar', 'low white collar', and 'blue collar'.

129

Looks at the factors which result in girls having alienating experiences in the field of physical education and recreation, and some of the problems that this can cause after they leave school and take their place in adult society. Factors include negative body-image, and society's stereotypes. Suggests ways to lessen these constraints.

130

Looks at the beginnings of the Movement, and the national and provincial organisation of it. Explains each position within the Movement.

131

Three groups of netball players were studied: representatives, Saturday clubs, midweek. Investigates motivations; describes social and demographic characteristics; involvement with the sport; patterns of play and training.
132
An article about the New Zealand women’s softball team who were, in 1986, world champions. Half of the 36,000 people who play softball in New Zealand are women. New Zealand softball as a whole receives very little media coverage.

133
A woman discusses the three physical activities she participates in: sailing, jogging and working out at a commercial gymnasium.

134
Report of research undertaken to test the hypothesis that clinical judgements about the traits characterising healthy, mature individuals will differ as a function of the sex of the person judged. Results showed that healthy women differ from healthy men. The adult and masculine concepts of health did not differ significantly, whereas a significant difference did exist between the concept of health for adults versus health for females.

135
Purpose of study: to assess the aerobic work capacity of some New Zealand women athletes, and to compare this variable with similar research conducted with women athletes in other countries. Subjects chosen were two harriers, a middle-distance runner, and a sprinter.

136
Focuses on a variety of physical activity, such as cycling, cricket, gymnastics, golf, hockey, tennis, swimming, climbing, athletics, netball, bowling. Comment made on clothing.

137
A black feminist physical education teacher talks about her various physical activities and the importance of being physically fit.

138
Susie MacGillivray, physiotherapist, is the first woman to be appointed to a male sports team as she prepares to go to Perth with the New Zealand America’s Cup Challenge team.

139
An article about an Auckland netball team which has three 'special needs' players in it. The team is coached by Jenny Spring and has other objectives besides winning games.
An article that documents the beginnings of self-defence classes run by Sue Lytollis at the Auckland Y.W.C.A.

HANDCOCK, Gerald A. Male attitudes towards female sports participation. Research Papers in Physical Education. 3(2). University of Otago: School of Physical Education. 1981.
Looks at male attitudes towards females, male attitudes towards females in sport. Results show that there is a generally favourable attitude towards women, and a mixed attitude towards women in sport.

A discussion of roles and perceptions of women in sport - a social reality and a social anomaly. Discusses the effects of sex role socialisation, particularly referring to femininity and masculinity. Psychological and physiological considerations are discussed.

HARRIS, Judith. Bibliography of material on women held in New Zealand Libraries. [Photocopied material. Title and statement of responsibility in manuscript on p.1.] 1978

Neroli Fairhall is an archer and she is the first paraplegic to compete in an Olympic Games. This article looks at her and Ann Shurrock (another archer) as they prepare to compete at the 1984 Olympic Games in Los Angeles.

This thesis is descriptive; material included is diverse. Results are divided by gender, but no analysis of gender correlations is attempted.

Importance and benefits of recreation are discussed, with particular reference to the problems faced by women in the first year of motherhood. Subjects questioned about the extent and nature of participation in recreational activities. Major constraints were child-related, and related to the organisation of recreational activities. A proposal is outlined whereby these problems could be alleviated by local body and community group involvement.

A study which determines and compares the physiques of competitors in each of the women's events at a national track and field championship.
148

149

150

Alan Hight, Minister of Recreation and Sport, explains the role of the Council for Recreation and Sport, and talks briefly about women's activities, the National Projects Scheme and ways women can overcome the constraints they face.

151
HOGG, Elizabeth. Female participation in sport and physical activity. Special Study No. 578. Otago University: School of Physical Education. 1971.

This study looks at the influences (physiological, cultural, social and psychological), that determine participation in physical activity. These influences tend to restrict women's participation and this study looks at why this is so, and the effect it has had on women's participation today.

152

Chapter 6 specifically looks at "Recreation and Social participation". All results are divided into female and male. Age groups are 15-19 years and 20-24 years. Consists of graphs and short summaries of the results.

153

Report of the first results of a pilot study of physical activity in a randomly chosen sample of the New Zealand population, using a self-administered questionnaire. Data were analysed with respect to gender, age, socioeconomic status, and geographical region.

Women spent more time in physical exercise, but more than half of this time was spent on home related tasks.

154
HOWAT, Gary A. Sport and recreation in Westland, 1864-1889. Special Study. University of Otago: School of Physical Education. 1969.

This study draws on the local newspapers for information on sport and recreation. There is little mention of women's sport, up to 1885, in the newspapers. This study does however mention women's activities frequently throughout.

155
HOWAT, Peter A. A history of sport and recreation in Westland, 1890-1905. Special Study. Otago University: School of Physical Education. 1970.

This study looks at Westland today, and describes the sports that were played between 1890-1905. Where women were involved and/or had teams, this is mentioned.
156
   A study which aims to find some reasons why girls leave girl guides early and offers some suggestions as to how to prevent it, if this is considered desirable.

157
   Describes aspects of the Girl Guide Movement, including aims and ideals, and methods of teaching within Guides.

158
   Compares women who exercise with those who don’t and looks at the effect of exercise on periods, puberty and pregnancy. Uses technical language.

159
   An extensive history of Girl Guides in New Zealand.

160
   A project analysing the needs of women in the community of Bishopdale, and the facilities available to them.

161
   An account of Naomi James’ solo voyage around the world in 1977: non-stop, single-handed, record time.

162
   A profile of Jane Dent, sports reporter, on the eve of her departure to Perth to cover the America's Cup Challenge.

163
   A profile of Lois Muir, coach of the New Zealand netball team. She talks of her coaching style, her team and her life.

164
   A short centennial record of the Dunedin Young Women’s Christian Association. Many women's names are mentioned throughout.
JOHNSTON, Christine. History of New Zealand curling. Special Study. Otago University: School of Physical Education. 1978.
A chronological history of curling since its introduction to New Zealand in the early 1870's. Mention of women scattered throughout.

At sixteen, Blanche went to live with her father at the Waikakaho gold mine, in Marlborough. Intending to stay for a month's visit, she lived and worked there for the next ten years. When she eventually returned to Auckland, she began to campaign for animal welfare, caring for stray dogs in particular. She has also run for parliament on a platform of peace and animal rights.

Five women share their thoughts on what draws women into the wilderness.

A study designed to determine and compare the physiques of women's "A" grade outdoor basketball players and women's "A" grade hockey players, and to determine whether the selection of provincial representatives in these sports is limited to those who have specific physiques. Found that phenotype was of little help as a guide in selection for basketball; some significant findings regarding hockey.

The author talks about the value of physical activity for women. Talks about weight training, and it’s benefits for women. Other women talk about their recreation and sporting experiences. These include teaching outdoor skills, tramping, triathlons, iron woman events, and shearing.


Review of the conference on women, sport and physical recreation, entitled "Fit to Play" (held in Sydney, January 1980). It draws out the main points of the five sections covered in the conference: social science, administration and organisation, community recreation, sports science and education.

Results of a questionnaire designed to solicit information about school size, staffing, financing, facilities, programming, and time allocation in physical education departments. It was found that 25% of girls schools were not allocating the core time requirement for physical education. There was found to be a lack of sports fields in girls schools. In co-educational schools, there was evidence that boys and girls were taught traditional activities separately.


This study examines the applications from national sports organisations, and their subsequent funding from the National Projects Scheme between the years 1975 and 1980 to determine if any differences occurred between women's, men's and mixed national sports organisations. The findings indicate that a number of differences did exist between the applications for, and the funding of, women's national sports organisations, and men's and mixed national sports organisations. Women received less per capita allocation, etc.


States that women teaching physical education must develop a feminist perspective in their work to ultimately ensure that all people have equal choices in recreation. It exposes some of the physiological and sociological myths that have discouraged women's participation in physical activity, and looks at the resulting inequalities in physical education programmes in schools.


Discusses the cultural constraints hindering the active involvement of women in physical recreation. Suggests that contemporary attitudes are a major constraint to their involvement and explains that while recreational opportunities are available to women, they do not receive the same political, financial, educational or media support as men. Argues that an increased representation of women at the level of policy-making is necessary for increased acceptance of female sport participation.


Examines and analyses the involvement of women's national sports organisations in comparison with other sex-determined groups eligible for government funding support.
177
Explores the issue of freedom from control, highlighting the links between the concept of leisure based on perceived freedom of choice, and the nature of power, control, and dependency in a modern democracy. Examines the ways socially ascribed roles encourage women to remain dependent.

178
This paper looks at societal attitudes towards women, and considers the role the formal education system has had in reflecting and reinforcing these attitudes. It then focuses on physical education and its curriculum aims. It shows how these may affect women's attitudes towards themselves and their attitudes towards recreation activities. Also discusses the terms 'sport' and 'leisure'.

179
This article looks at the social barriers that exist which prevent would-be participants participating and being personally fulfilled through sport. Such barriers exist for women, as well as some social classes and minority ethnic or religious sub-groups.

180

181
Lucy was one of New Zealand's foremost botanists from the time of her graduation from Auckland University (1929) until her death in 1987. She intensively explored many parts of New Zealand, notably Meohau at the tip of the Coromandel Peninsula and Molesworth Station in Marlborough.

182
A look at Freda du Faur who, in 1910, became the first woman and eighth person to reach the summit of New Zealand's highest mountain, Mount Cook. Describes the constraints she faced as a woman mountaineer.

183
Intermittent focus on women, e.g. marching, hockey, golf, tennis, climbing (Freda du Faur, and the constraints she faced as a woman mountaineer).

184
An account of the development of women's golfing in New Zealand; dates back to 1890's.

Data gathered by means of self-recording diaries, and interviews with students, teachers, and youth leaders. Analyses are made with respect to gender.


A comprehensive picture of activities and courses run by the Y.W.C.A. in New Zealand. After school and holiday programmes; social activities for teenagers; short courses, both hobby and employment related; involvement in Duke of Edinburgh Award Scheme; focus on community-based programmes.


This book looks at one woman’s life through her school, nursing and housewife days. Throughout the book her recreation and leisure activities are described.


Based on a survey of Timaru women, aiming to find out what recreation activities they desired, and what constraints they faced in participating in recreation. Undertaken for the Timaru Y.M.C.A. Gives a summary of some pertinent results.


A chatty record of the events of the first fifty years of the Cavell Company Girl Guides; from Peace Scouts to the present day guide company.


An historical account, developed as a chronical. Includes statistics regarding competitions.


Describes the development of her running career; mentions the roles of significant others.


A history of the Y.W.C.A in New Zealand, from its inception in 1907 as a joint organisation with Australia, until 1960. In 1920, the New Zealand Freedom Committee was formed and remained in operation until the Y.W.C.A of New Zealand gained its full independent status in 1926. The first local Y.W.C.A was formed in Dunedin, in 1878. This history covers both national and branch associations.
LAWSON, Richard M. *The physical aspect of education in relation to social life: the quest of the ethical and beautiful through the physical.* Christchurch: Wilding Memorial Lecture No. 4, Canterbury College. 1933.

A lecture delivered biennially. Focus is on the philosophy of physical education. For girls, instruction should focus on care of bodies, exercise, diet, clothing, hygiene.


How the New Zealand netball team overpowered Australia to win the gold medal at the 1985 World Games in London. It looks at the members of the team which has hardly lost a game in its whole netball history.


The Y.W.C.A.'s hundred year history. A look at the sporting activities, Girl Citizens Movement, services provided during the war years, and the assertiveness and self-defence classes of the 1980's.


This study looks at the development and future of curling in Otago, as well as making comparative studies. Women are briefly discussed on pages 37-38. The author considers the game "too strenuous for most women", and says their participation in competitions "will definitely be discouraged".


An account of a programme designed to introduce women to the 'joys of physical movement', to improve their level of fitness and co-ordination, and to provide a degree of social contact.


A detailed record of the Christchurch Y.W.C.A. The names of many women prominent in the Association are recorded throughout.

LUCAS, Graham J. *The recreational habits of first year students of the Otago University.* Special study. Otago University: School of Physical Education. 1966.

The study looks at students' interests and activities before commencing university studies and compares them with activities in which they participate in their first year of study. All data are divided into female and male. Women drop many activities they were previously involved in, but still maintain varied interests.


A descriptive analysis of female involvement in early alpine climbing between the years of 1837 and 1901. This article looks at the achievements of a small number of women mountaineers in New Zealand.


Jo has worked extensively in the outdoors in Outward Bound centre and similar establishments in many countries. She is an accomplished rock-climber, and was the director of the Outdoor Pursuits Centre at Turangi, New Zealand.


Louie Roberts made the journey along the Cook Valley and on to Mt La Perouse in February 1932, along with her friends Marion Scott and Anne Stephenson and some guides. This chapter gives an account of this and other excursions by Louie.


Looks at women who were active mountaineers during the Victorian era, 1837-1901.


This study deals with women who were active mountaineers in New Zealand during the Victorian era, 1837-1901. Using primary data, details of particular women and their climbing trips are recorded.

MARTIN, Carey. *Sports participation, academic achievement and educational expectations.* Research papers in physical education. University of Otago: School of Physical Education. 3(3) 1981.

Results of a survey of thirty six male and thirty six female secondary school students to determine whether sports participation enhances academic achievement and educational expectations, or if it is detrimental to these two educational goals. Results are given for total sample as well as being divided into females and males. Data provides no support for the hypothesis that sport participation is positively related to academic achievement. No sex differences were indicated.
A pilot study to gain information about the reasons for women being motivated to attend and maintain an interest in women’s keep fit classes.

References to women scattered throughout. The author cites some female climbers in chapter sixteen, "Climb Huts and Climbers".

Arriving in New Zealand from Britain in 1921, Perrine Moncrief had published one of the most popular books on native birds by 1925. She was a founder member of the Native Bird Protection Society in 1923, and by 1927 was one of its twenty regional vice-presidents (and the only woman). She wrote extensively on New Zealand birds.

Information gathered not only about the resources available to youth, but also about the users of those resources. For each variable measured, there is analysis made in terms of gender.


Research on new mothers who, faced with new responsibilities and constraints, change the work, family and leisure patterns that were established before motherhood. No other life transition examined in the research had such an impact on their participation in recreation as the birth of the first child.

Debbie Healey, champion horse jockey - her career, and climb to the top of horse racing.

An article about two women who jog together and the benefits they experience.

Development of New Zealand women’s cricket in recent years. Focuses mainly on Jackie Clark, cricketer of the year and opening batter. Discusses problems of lack of media coverage and funding.


MIDDLETON, Lesley and TAIT, David. *Are women given a choice? An assessment based on information from the New Zealand Recreation Survey.* Monograph Series no. 1, Research Unit. Wellington: Department of Internal Affairs [1981].

See annotation for citation by Middleton and Tait, in Women and recreation: papers and reports from the conference, 31 Aug. -3 Sept., 1981, Wellington. These two items are identical.


This paper looks at the findings of the New Zealand Recreation Survey and what it reveals about the recreational interests of New Zealand women. It looks at the extent to which these patterns are the results of constraints imposed by women’s traditional roles. Includes pertinent results from the survey.


A look at Tinks Pottinger who is a strong and favoured contender for the horse trials world championships in May 1986, to be held in Gawler, South Australia.


A portrait of Jos Lang, New Zealand’s first professionally qualified mountain guide, and first internationally recognised guide.


A look at the New Zealand netball team coach, Lois Muir. She is New Zealand’s best sports coach, coaching her national team to only five losses out of more than 160 games played.


Results of a national household survey of Maori women aged over fifteen years. Chapter seven looks at some major influences on health. Two-thirds of the women were ‘fit’ or ‘very fit’, but only one-third were involved in sport or other physical recreation. These particular results are recorded on pp. 58-59, under “Physical Activity and diet”.


Pages 182-209 discuss physical education as part of the school curriculum. Girls are frequently mentioned.

MURPHY, S. *Recreation of women in Twizel*. University of Otago: Special Study. School of Physical Education.

A study of the women who live in the Ministry of Works town of Twizel - their lives, families and recreation patterns. The study looks at the history of Twizel, the work of the community council, the problems of living in Twizel, clubs, attractions and facilities, and the future. The data was collected by a visit to Twizel and interviews with people on various councils, particularly those involved with Public Relations and within the public service.


Looks at issues facing contemporary women climbers. Identifies gender role socialisation as a major concern. Briefly covers some historical aspects of women climbing.


This thesis offers information about the demand side of outdoor recreation in Christchurch. Results show differences between female and male demand for recreation; recreation patterns; the participants and activities in which they participate.


A report on the 1986 North Island bodybuilding championships. Dominated by men with a brief mention of women bodybuilders.
Contains 'Sport in Schools: the participation of girls', an Australian publication, and various other leaflets on women, sport, media, physical education, and participation, as well as guidelines for non-sexist teacher behaviour and book reviews.

This book gives an explanation of how to teach various physical skills to girls. Includes, among others, athletics, basketball [sic], swimming, dance and gymnastics.

Chapter six (pp. 53-58) looks at 'Voluntary and Leisure Activities' of women at home. Presents the results of a nationwide survey of 961 housewives.

Draws on the Auckland Isthmus Recreation Study 1982-83. (Auckland: Auckland City Council) for information. Home-based recreation becomes more important with age, especially for women. Home-based recreation is generally high for women compared to men.

Aspects covered include school, health, participation, government funding, and past attitudes towards women and sport. Advocates the establishment of a promotion unit.

A reproduction of a survey carried out in Otago district high schools, intending to present an urban viewpoint. Attempts to show how all the out-of-school activities of post-primary children stand in relation to one another. Analysis focuses at times on gender differences.

Examines why there are not more women involved in high risk adventure activities. Traces social pressures on women and the influences of the media. Analyses how young girls are socialised into being the stereotyped female. Looks at role conflict, the influence of reading materials, peer group pressure, the role of marriage, the lack of role models, and the different types of media. Presents several solutions to remedy the situation.
Documents the inequality of television sportsnews coverage with respect to gender. Sample survey undertaken May-July period, 1984.

A study of the presentation of sport on the television news. It was found that there is a huge imbalance in the presentation of sports news on television. Male sports news dominates the television news with female sports news receiving relatively little coverage. This disproportionate coverage creates and reinforces a false picture of the reality of sports participation by women.

O'LEARY, Michael P. *Recreation in the rural setting (Macraes Flat)*. Special study. University of Otago: School of Physical Education. 1977.
A survey of recreational facilities in Macraes Flat and the community’s recreational needs. Results are presented in age groups and divided into gender.

A look at the New Zealand Sportsman(sic) of the Year (1986), M.B.E., and winner of the New Zealand squash open title - Susan Devoy.

An investigation of the availability of organised recreation activities for Christchurch youth, aged thirteen to eighteen years, and their preferences. Parts of the report focus on the YWCA, Girl Guides, and Girls’ Brigade.

Short column documenting recent achievements of Barbara Moore (cross-country and track), Heather Carmichael (middle distance), Glenys Quick (long distance), and Karen Petley (cross-country).

A general look at women's bodybuilding in New Zealand. Focuses on Johann Allen runner-up in the 1984 New Zealand championships, and winner in the Oceania championships for women.

Follows New Zealanders’ performances throughout the Modern Olympic games. Women’s performances scattered throughout.

A woman who learned to scuba dive tells about the benefits she gets from diving.
249
Survey of Dunedin residents, who were asked to list all the sports and games, arts and crafts, hobbies, and other leisure time activities they pursued. Data analysed with respect to age, sex, income, occupation, household type.

250
Discusses the need for housewives to participate in exercises which provide a balance of effort, rhythm and spatial experience, as a solution for overcoming fatigue and inertia.

251
A summary of the findings of a survey made of the social and welfare facilities and needs in Invercargill. The views of women concerning the social and welfare situation of the city were sought, and the survey was undertaken by women. There is a section about leisure and club activities and another about recreational facilities and social activities.

252
A general account of mountaineering in New Zealand. Includes maps and photos. Many women's names are mentioned: Ruth Adams, Dora de Beer, Freda du Faur, Ada Julius, A. Maud Moreland, Anna and Sara Pascoe, M.B. Scott, Marjorie Edgar-Jones, Gladys Acton-Adams, Barbara Sinclair.

253
Interview with Eve Rimmer, in which she reflects on some of her experiences, both within her domestic and sporting contexts.

254
A description and history of the optional exercises performed in women's artistic gymnastics. It illustrates the ways in which women's gymnastics has changed and developed since the late 1930s. Each individual piece of apparatus is dealt with in separate chapters.

255
Questionnaires and self-reporting diaries were used to determine the subjects' behaviours. It was found that parental influence is a key factor with respect to choice and availability of activities. Analyses are made with respect to gender.

256
An account of the development and activities of netball umpires in this region. Office bearers listed, as are practical examiners, theory examiners, and umpires appointed to national tournaments. Many women's names are recorded throughout.

The paper examines some of the social and psychological myths and realities facing girls and women who wish to take part in physical recreation.


Explains why James sailed around the world single-handed; talks about her 272-day journey; plans for the future.


An attempt to establish whether or not camping has any effect on the social attitudes of the individual intermediate school child, with regard to fellow pupils, and how they affect the class as a whole. Contains sociograms of pupils, including girls' opinions and thoughts regarding what they experienced on camp.


A lecture addressing the topic in broad terms, but focusing principally on women in their role of motherhood.

RENNIE, Rosemary M. *Recreational opportunities offered in Wanaka.* Special Study. University of Otago: School of Physical Education. 1977.

This study looks at Wanaka's recreational opportunities and leisure time needs of all users, including women.


Recreation is looked at as one way of managing and reducing stress in women's lives.


An account of a recreation programme offered at Victoria University of Wellington, and an analysis of the response to it.


The life story of Eve Rimmer, a paraplegic sportswoman. Has won thirty one medals at international sporting events - nineteen gold among them, in swimming, field events, and archery. Has competed with the able-bodied in archery.

Provisional results of a national survey, with analysis focusing on gender, age, and marital status in relation to recreation behavioural patterns.


This paper asks 'why do girls shy away from physical activity?', and then looks at ways physical educators can make their programmes more meaningful for girls.


An article about the 1984 New York City Marathon, with a small section on New Zealand’s hopefuls, including Lorraine Moller, Dianne Rodger and Vicky Comish in the women’s section.


A condensed version of Robson’s research paper *Sex stereotyping in girls’ physical education activities*. A study of attitudes towards girls participation in physical activities.

ROBSON, Catherine J. *Sex role stereotyping in girls’ physical education activities*. *Research papers in physical education*. 1(1) 1979.

A study of attitudes of teachers and students toward girls’ participation in physical activities. One hundred and eight fourth form girls in Dunedin completed a questionnaire, and a semi-structured interview. Overall, girls had a favourable attitude towards physical education, but there was a variation in attitude concerning co-educational physical education. Teachers did have stereotyped ideas concerning girls’ participation in physical activities, and their programmes reflected these ideas.


The aim is to help golf clubs establish a nine hole course for women. It is designed for older members who cannot manage eighteen hole, beginner golfers, and women who have limited time to spend recreating.


An article on a day in the life of Anne Audain, and her philosophy and approach to running.


This article looks at the winning netball combination of Margharet Matenga and Rita Fatialofa. They both play for Wellington and New Zealand.
Profile on Belinda Cordwell’s tennis career, ranked 86th in the world.

ROMANOS, M. *Bam Bam is a big hit whether shooting for goal or slamming a home run*. *Tu Tangata*. (30):40-42. July 1986.
A profile of Rita Fatialofa. This article looks at her sporting successes in softball and netball.

A look at Ruia Morrison-Davy, M.B.E., New Zealand’s greatest women’s tennis player, as she is today, thirty years after her debut at Wimbledon.

Profile, sketching her netball career and soliciting some of her opinions regarding her personal and team successes.

A profile of Waimarama Taumaunu and her achievements in netball.

This paper examines the world record swimming and running records of men and women from 1946 to 1980 to see if women’s performances were catching up to those of men.

Traces the history of the Girl Peace Scouts with the use of the Peace Scouts Handbook, and a book on the first fifty years of scouting.

At the age of twenty five, with a track record of one hundred and ninety three wins in five years, Dianne Moseley, jockey, has decided to quit. This article looks at the reasons why. She has been rated as one of the top six jockeys in New Zealand.

RUSSELL, Teresa G. *Grace and the fairways: the history of New Zealand Ladies’ Golf*. Special Study, University of Otago: School of Physical Education. 1979.
This study traces the beginnings of golf, of New Zealand golf, and women’s golf. Lists historical and contemporary players.

Interviews with Belinda Cordwell, looking at her tennis career and her future prospects.
284

285
Mentions the following women who were active in mountain climbing: Jane Atkinson, Mrs R. Caldwell, Miss J.G. Cassels, Miss L. Cranwell, Mrs C.S. Curtis, Freda du Faur, Marion du Fresne, Fanny Fantham, Mrs L.G. Goodwin, Hilda and Molly Haldane, Miss E.B. McBeth, Miss E. Oxenham, Anna Pascoe, Miss J.J. Pease, Mrs H.R. Redmond, Mrs J.C. Redmond, Stephanie Watts, Mrs W.J. Wilkie.

286
Lynn Scott, representative of the Chairperson of the New Zealand Council for Recreation and Sport, Lance Cross, defines leisure and recreation as she sees it, in relation to women.

287
An account of women climbers. Mentioned are: Raureka; Mrs Michael Campbell and her sister, E. Sealy; Mrs Acland, Miss Acland (Mrs Empson), Miss Tripp (Mrs Hope), Miss Moorhouse (1885); Mrs [Leonard] Harper (1872); Mrs von Lendenfeld (1883); Mrs Malcolm Ross; Miss Kinsey (Mrs Moore); Rosa Moorhouse, Mabel Studholme; Mrs Maxwell (1894); Mrs Price, Miss Daniels (1894); Mrs Lille, Mrs Groggs (1895); Beatrice Holdsworth, Freda du Faur; Irene Chambers; Miss Lorimar; Miss Humphries (Mrs Kingscot); Ada Julius; Mrs Thomson; Miss Barnicoat, Miss Perkins (1903); Mrs Julian le Grand; Mrs Lindon; Miss Marsdon; Mrs Peter Graham; Dorothy Theomin; Edith Hamlyn, Eleanor Joachim; Doris Barker (Mrs Porter); Frances Roberts, Misses Algies; Louie Roberts; Anne Stevenson; Lilian Hamilton; Majorie Edgar-Jones; Marie Byles; Miss Acton Adams; Dora de Beer; Kate Gardiner; Ida Corry (Mrs Robinson); Ethel Theomin; Rosamund Harper, Leila Davidson, Betsey Blunder; Greta Stevenson; Christine Irvine; Hilda Williams.

288
A look at New Zealand’s 13th Commonwealth Games medals prospects. Women include: Anne Audain (10,000 m), Lorraine Moller (marathon), Stephanie Foster and Robin Clark (double sculls), Joyce Osborne and Jenny Simpson (bowls), Phillipa Baker (single sculls) and Sylvia Hume (swimming).

289
A profile of Heather Spurle - racing car driver and co-owner of an auto-wrecking business.

290
Profile of Anne Audain - her life, training and future plans.
291
A profile of Rita Fatialofa who has two world championship titles, one in softball and the other in netball. She is a physical education teacher at Wellington High School and combines this with her top level sports commitments.

292
An article looking at the life of Susan Devoy, world squash champion; all the extra things that go with being the world’s number one, such as travelling, the media, being away from her family, and so on.

293
Croquet is not just for elderly ladies and English gentlemen - young and old, men and women play the game. The article gives the history of croquet, how to play it, and a section on some of the people who play.

294
A look at the money in sport - prize money, sponsorship, personal advertising and endorsements. It covers several sportspersons including two women - Allison Roe and Susan Devoy.

295
A look at Allison Roe’s painful hamstring injury, the major surgery she had, and the six months she spent convalescing. Her training programme included cycling, swimming and starting to run from scratch again. She is now aiming for her next marathon.

296
Profiles of three women and their training programmes preparing them for the Auckland International triathlon held in March 1985. Twenty-one women are entered in a field of over two hundred and fifty.

297
A look at the Auckland Institute of Sport and Corporate Health gymnasium. Photographs of Anne Audain being fitness tested.

298
A fifty five year old Wellington woman who jogs and swims in the sea all year round.

The study was conducted in the Christchurch suburb of Hornby, and of the one hundred person sample, fifty five were girls. Girls separately mentioned throughout.


A general look at the fitness level of New Zealand children from the organisers of a national fitness survey. There is a section on attitudes and presumptions regarding girls and physical education. The New Zealand Association of Health, Physical Education and Recreation has a policy statement encouraging schools to acknowledge that girls can do anything.


An article on the history of women's cricket in New Zealand. New Zealand women's cricket is generally unrecognised, although distinguished.


Weight training for general fitness; starting a weight training programme; myths and realities; what to look for in a gymnasium; and basic muscle groups and their functions.


Focuses on social and economic conditions and the 'open model' of government which might be appropriate in today's society. This model consists of an open government which, by sharing in discussions and decision-making, encourages people to accept willingly what is necessary for society to function smoothly. This is similar to the community development model. This author suggests that women are most effective in adopting the model. The model is deemed ideal for recreation.


Does the discrimination against women that pervades society also exist in the recreation field? This article considers this question. The Council for Recreation and Sport has set up a conference on women and recreation to be held from August 31 to September 3. This is to be followed by a Women's Studies Conference held from September 4 to 6.

An article about the New Zealand team competing in the World Rhythmic Sportive Championships in Spain and the shoestring budget they must survive on. There is also a profile of Emmy Bellwood, the ‘mother’ of rhythmic sportive gymnastics in New Zealand.


Twenty six top level sportswomen are featured, covering a wide range of sports. They are: Marise Chamberlain, Allison Roe, Yvette Williams and Val Young (athletics); Alison and Robin Glenie (badminton); Elsie Wilkie and Cis Winstanley (bowls); Bev Brentnall and Patricia McKelvey (cricket); Dot Coleman (fencing); Gillian Bannan and Jean Whitehead (golf); Emmy Bellwood (gymnastics); Jenny McDonald (hockey); Joan Harnett and Lyn Parker (netball); Eve Rimmer (paraplegic sport); Linda Jones (racing); Marilyn Marshall (soccer and softball); Meda McKenzie, Rebecca Perrott, and Jean Stewart (swimming), Neti Trail (table tennis); Ruia Morrison (tennis).


Results of a study to test the viewpoint that physical education students tend to be more extrovert and dominant, because of their vocation, than other students. Looks at differences in reactions between males and females.


Alison competes in air rifle shooting, and is the top female shooter in the country. She has won gold medals for New Zealand. A double leg amputee, she competes successfully in both able-bodied and disabled categories.


Outlines the benefits of aquarobics, exercises performed in water.

Although an accident prevented realisation of her racing ambitions, Barbara became active in cycling administration at club, regional, national and eventually international levels. She is also an executive member of the New Zealand Olympic and Commonwealth Games Association, and Executive Officer of the New Zealand Canoeing Association.


Few women are involved in ice-racing - these four and one other from Franz Josef make up the entire South Island contingent. These four competitors talk about what they enjoy about the sport, and air their thoughts on why so few females are involved.


Carol's involvement in surf life saving is extensive - she is a competitor, patroller, coach, and administrator at all levels. As a title holder in many events, she has travelled to Sri Lanka and the United Kingdom.


Daphne has had a long involvement in athletics administration and coaching. She is a recipient of the International Amateur Athletics Federation Diploma. She also runs courses at the WEA.


Discusses common attitudes to women and sport.


With a background in physical education, Devon moved into the role of advisory officer for the former Ministry of recreation and Sport, and the Ministry of Internal Affairs as Executive Officer for Youth and Community, in Christchurch.


Both these women have been swimming regularly since the second world war, but only started serious competition in 1984. They have both set national records, and Dorie a world record.


Effie teaches riding to the disabled at Templeton Hospital, Christchurch. She has had a long involvement with riding groups of all sorts, and judges in dressage.
323

Gill has held South Island and national titles for slalom kayaking, and has competed as a member of teams in Australia and Europe.

324

Hazel is director of the Whenua-iti Trust, based on her farmlet in Lower Moutere, which aims to foster human development through outdoor pursuits. The value of all-woman courses is in the ‘completing’ of the individual. Hazel thinks women need to acquire to ‘hard’ skills (physical, technical activities), in order to feel confident in the outdoors.

325

A keen sportswomen, Heather’s life was altered dramatically when she received serious head and chest injuries as a result of a car accident. She has slowly rebuilt her life, using sport to help her rehabilitate.

326

Both women are involved in modern dance, Jamie with Impulse Dance Theatre, the New Zealand School of Dance, and running her own workshops, and Jan lecturing at Wellington College of Education.

327

Janne began weight training when she decided to lose weight, becoming interested in power lifting. She has New Zealand titles, and has been offered two overseas tours, but declined them due to family commitments.

328

Jan has worked at Outward Bounds in Canada, Britain and Australia, and was recreation officer at Kapiti Borough. She actively encourages women into the outdoors, running programmes designed to do this.

329

Jenny is a two star New Zealand Underwater Association Instructor, PADI Open Water Scuba Instructor, and is based in Christchurch. She has seen an increase in the numbers of women diving over the years.

330

Jill began playing ice-hockey as a natural extension of her love of being under the water. She has been a key motivator in establishing college competitions in Wellington. She also coaches club, regional and national women’s teams. She was the player coach in the 1988 team which won the World Championships in Holland.

Jill has been ten-pin bowling for eighteen years, and has seen a lot of change in the sport in that time, particularly in the technology. She was the top qualifier for the 1988 Winfield Class, has ten national titles, and a large collection of trophies to testify to her skill.


Jo is a rock climber of some repute. She has taught extensively in outdoor pursuits programmes in Wales, Canada, Australia, and New Zealand. Most recently, she was the director of The Outdoor Pursuits Centre at Turangi.


June is presidente of the Maori Women’s Welfare League. She is involved in Te Oranga Tinana (Healthy Life Style), a new project being promoted to all Maori women to address issues of stress, exercise, diet, cardiovascular disease, smoking, alcohol, and self esteem. She has been a netball coach for over twenty years.


Karel races motor bikes, mainly the 250cc class. She is the only female road racer. She tows her racing motor bike on a bright pink trailer behind her large purple Yamaha XJ900. Since her first race she has gained minor placings, although she says she races for the enjoyment and sense of freedom rather than for trophy.


At sixteen, Kate won a scholarship to attend a ski racing training camp, and never looked back. For the last nine years, she’s had eighteen winters, travelling all over the world to train and compete. She has competed at two Olympics, and her achievements are largely the results of her own initiatives. She has organised virtually all of her own funding, training, dietary needs, travel arrangements and publicity.


Kath has had a lifetime of administration in clubs, and most recently she broke new ground when she attended the New Zealand Rugby Football Union AGM as the first woman observer, and subsequently as a delegate for the East Coast. She has also been on the New Zealand Assembly of Sport sub-committee on Women in Sport.


Canadian born Katie represented New Zealand in synchronised swimming at the 1986 Commonwealth Games, winning a bronze medal. She has competed and achieved high placings internationally for six years. Now she is involved in coaching, judging and administration.
338
Kay started running fifty years after she left school. She set a record in the 1500m at the New Zealand Veteran Championships in 1980 - her first serious race! She has set new age-group records in discus, shot, javelin, 1500m, 5000m, and 3000 track walk. She also competes in the 10K road walk and the 5K track walk.

339
Kay has represented New Zealand in gymnastics in Australia (1984), Montreal (1985), and Hawaii (1986). Retired due to injury, she has turned to judging, and hopes one day to judge at an international level.

340
Kerrie, a physical education teacher, gives her views of the value of sports participation for girls and women. She recognises that for many young Maori women sport is often presented as an aggressive competitive activity, while the health and social values of team unity and harmony which have greater appeal has not been promoted.

341
Kerry is a sky diver with a 'D' licence. She jumps mainly in the Wellington region.

342
Lydia has been mountaineering for many years, with several female-firsts to her credit. She has climbed extensively in New Zealand, and also climbed in Australia, the United States, India, Pakistan, and Nepal. She strives for a fusion of the mind and body, whether she is climbing, or attending to details of daily life.

343
Few competitive sports are available to really young girls with no upper age limit; marching is one of those. This article discusses what marching involves, and what it is that appeals to participants.

344
A prominent netball coach, umpire and administrator, Marian has been well known for her contribution to the New Zealand Netball Association at club, regional and national level since 1970. She and some other Auckland women have formed a new group - Women in Sports Promotion, with the aim of providing an opportunity for women working in sport to network, and develop ideas about how sports can be helped and promoted.

Maxine Goldie has won many age-group titles for table tennis, has competed successfully in Australia, China, India, and Japan. At age sixteen, she was the second youngest competitor at the 1987 World Championship. As a receiver of an A.G.C. Young Achievers Award, she spent most of 1988 in England, training with their national squad.


Ruia Mereana Morrison-Davy represented New Zealand at Wimbledon from 1957 to 1961.


This softball club, based in Christchurch, has a predominantly female membership. Every year at least one member of this club has represented Canterbury, and it won the Dustin Cup (New Zealand interclub softball championship) five years in a row.


Pat Carrick is currently the first and only woman on the A umpiring cricket panel in New Zealand, and the only woman in the world umpiring top-level cricket. A poem by Whim Wham highlights some of the issues she faces as sole female in this position.


Pat was awarded her M.B.E. for her services to cricket - player, coach, manager, selector and administrator. For a number of years she has been a commentator on television and radio, and sports journalist for local, national, and international netball.


Alison and Pauline run their own enterprise ‘Women Walk’, taking women of all ages into the outdoors on a variety of walks, from urban strolls to long tramps. They are based in Christchurch.


Ruth developed an interest in sports medicine following an injury received when marathon running. She promotes the benefits of exercise and treatment of injuries to medical and paramedical groups. She is Medical Adviser to the Royal New Zealand Ballet and New Zealand School of Dance. She endeavours to dispel the myths relating to women and sport.


Santha Patel is New Zealand’s number one female windsurfer, competing on the professional circuit at international level.
353
Shona has lectured in physical education for over ten years. Through her courses, she has actively stimulated interest amongst women in issues that directly affect them.

354
Looks at myths relating to women and sport, and states the facts.

355
Sue began judo at age ten, and twelve years later, initiated her Self Defence for Women course, establishing a network of female instructors throughout the country. She turned to kendo, and has a life-long commitment to the art. For two years she studied Kendo and Chado (the way of tea) in Kyoto, Japan, the first New Zealander to do so. She is a sandan (third level black belt), and represented New Zealand at the World Kendo Championships in Paris (1985), and Seoul (1989).

356
Sybil's father encouraged her to save up for her first sports car, a 1930 MGM, when she wasn't even hold enough to hold a licence. She trained as a mechanic so that she could service her own cars and owned her own automotive business. She has won numerous trophies and awards for car racing (sprints, trials, rallies, hill climbs). When she finally established her business, she specialised in servicing jaguars.

357
In 1985 the Minister for Recreation and Sport, Mike Moore, commissioned two reports, one on sport. As a result, the Hillary Commission for Recreation and Sport was established in 1986, charged with the responsibility for encouraging all New Zealanders to actively participate in recreation and sport. A task force on Women and Sport was established to determine women's needs.

358
Tina plays both soccer and touch rugby. She has played as a Wellington representative in soccer since 1976, and in both soccer and touch rugby has represented New Zealand.

359
Tracey is a professional golfer, having represented New Zealand with great success. One of her ambitions is to play in the New Zealand Golf Open.
360

According to Dr Craig Sharp, chief physiologist at the British Olympic Centre, women need a tougher sport, because they perform optimally under extreme conditions. He has 'invented' the sport to reflect their qualities.

361

Vicki has recently started competing nationally at pool and snooker. In her first women's national competition in eight-ball, she won the singles title.

362

Wendy runs a yoga school in Christchurch. Based on the teachings of B.K. Iyengar, she includes classes for pregnant women, and also for physically disabled clients.

363

Women on Water is an all-woman organisation aiming at encouraging women to sail. Women find it difficult to break into the sailing scene, particularly if they have not been in it all their lives. Women on Water provides seminars, training, and a network of women interested in sailing.

364

Herstory was made in 1988 when a women's eight competed at the World Expo in Brisbane, Australia. This article discusses why, when so many women have been involved in rowing for so long, they are under-represented at top level competition.

365

The YWCA of New Zealand has had a long involvement in recreation for women and girls. This extract looks briefly at the way the YWCA has attempted to implement programmes to meet the changing needs of women and girls.

366

A study of the Christchurch YWCA within a specific social context, and the relationship between the social context and the internal organisation of the association.

367

Discusses how the Y.W.C.A. has endeavoured to tailor its programmes to embrace what it perceives as the values most commonly held by women, thus commodifying these values via the medium of leisure programmes.

An account of Louise Sutherland's forty years of touring the world on her bicycle. She was the first person to cycle the Amazon Jungles, and in all her journeys, she has travelled alone.


Chapter four in particular looks at the leisure time pursuits of the women of early New Zealand. These included dinner parties, musical entertainment and dancing, among others. In this new edition the information is updated from the 1940 edition.


Sportswomen in early New Zealand are mentioned briefly on pages 213 and 214, in relation to their role as pioneers, and the masculine role associated with pioneers.


Survey of competitive sports involvement conducted in an urban centre in New Zealand. Examination of correlates of primary and secondary sports involvement with respect to age, sex, ethnicity, and socioeconomic criteria, and how these relate to the leisure and sport involvement of individuals. Concludes that sport reflects society: it is stratified and reinforces existing structures of social inequality.


An interview with Naomi James, the first woman to sail single-handed around the world.


Covers the history and development of netball; what the game is all about; netball movements and positions; fitness; the umpire; netball and publicity, among other topics.


Seven Taranaki women's experience running in the New Zealand road relay championship between Matamata and Tauranga.


This report looks at the present situation of Tawa women and their aspirations for the future. The objective of the survey was to define needs of the women to enable the Tawa Rotary Club to cater for them via their service projects. Chapter five ('Sport and recreation') and Chapter six ('Interests, hobbies and community work') relate specifically to recreation. Chapter five includes information on what further activities are wanted.
376
Life history interviews, in which women describe their personal histories, detailing significant changes and influences in their lives. Recreational activities are mentioned throughout.

377
SROW's first national survey undertaken in an attempt to provide information about New Zealand women. Leisure activities and participation in community groups is included in the book. An annotated bibliography of relevant research concludes each chapter.

378

379
Profile of Lynette Grime before she leaves to compete in the 1984 Olympic Games in Los Angeles.

380
This article looks at macroeconomics, specifically resource allocation and recreation, market failure and government intervention.

381
Looks at the development of the New Zealand Gymnastic Association and then gives the histories of each of the District Association. Also lists the overseas tours undertaken by New Zealand women gymnasts.

382
A preview of the radio series 'Stepping Out', aimed at women 20-40 years of age, encouraging them to become fitter through running.

383
Outlines all major developments in New Zealand's history relating to physical education. References to women and girls scattered throughout.

384
A book which lists all the prominent women and men involved in physical education and recreation before 1972. It also has a chronology of New Zealand physical education. It includes biographies of selected people.
385
   An account of the transition of physical education in schools to the broader concepts and varied approaches of physical education today.

386
   A chronology of significant developments in recreation, alongside an historical backdrop of events in New Zealand and other places.

387
   A record of New Zealand gymnastics from 1860 to 1982. Women’s and girl’s involvements and achievements scattered throughout. Includes gymnastics in schools, the New Zealand Gymnastic Association and a chronology of the development of gymnastics in New Zealand.

388
   Alice Unawai is over forty and competes in Ironman(sic.) triathlons. At the time of writing, she lived in Hawaii and was at the pinnacle of her training and stamina. She says the older she gets, the fitter she gets.

389
   An account by the author of her many years cycling around the world.

390
   An account of the author’s cycling trip across the Amazon Jungle. A journey of about six months, she is the first person to cycle this route.

391
   Survey undertaken in 1949-50, nationwide, to collect information on unorganised games played at any stage in New Zealand’s history. References to girls’ games throughout.

392
   Results of a national survey. Most statistics are analysed with respect to gender, and correlations are drawn from these.

393
   A short article on Eve Rimmer who was seriously injured at fifteen years of age. She is now in a wheelchair and competes in shotput, javelin and discus. She competed in Tel Aviv in 1967 and won four gold medals.
A short article on Forrestina Ross, a journalist and alpine climber. A glacier is named after her, in recognition of her many climbs in the northern Alps of New Zealand and the Mount Cook area.

A short article that traces the history of New Zealand women’s hockey.

A short article about Jill Tremain, a reputable woman climber.

Joy McKean is a retired nurse and mid-wife who combined this career with travel. She has travelled to fifty five countries on a bicycle and later, on a motorcycle.

Dame Naomi James was the first woman to sail single-handed around the world. This short article includes extracts from her book At one with the sea. London: Arrow Books. 1979.

A short extract from The Bay of Plenty Times, 7 November 1910, which recounts "the first bicycle journey to be made by lady cyclists between Tauranga and Waikato". The two women involved were Ruby and Connie Norris.

A reference book on sport and recreation activities, covering sports events of all types, giving the titles, dates and venues of the matches, championships, and competitions which have been scheduled throughout New Zealand in 1983. Alphabetically listed; one hundred and twenty national sports bodies represented. Directory of major sports clubs, information about funding, grants, licences, permits, season dates, meteorological data, conservation groups, national parks, components of tourism, first aid, arts information, music and dancing, interest groups, horticulture, agriculture, media, education, and government administration.
The study aims to determine what are perceived to be appropriate sex or gender roles for women. Information from various studies concerning the views of female sports participants and non-participants towards these roles is also examined. Non-participants viewed themselves as more feminine than participants, who scored themselves highly on the androgyny scale.

Page 54 looks at the first woman on Mount Cook, Freda du Faur. There are various other references made to early women climbers in New Zealand.

A photographic collection of early leisure activities. Women feature throughout.

Looks at the history of rhythmical gymnastics, from 1920 onwards. Recent developments are covered (the 1960s).

A comparison of women’s and men’s physiology in relation to sport, and participation numbers of women and men.

Looks at the negative aspects of sport as it occurs in our society. Sport is a male-dominated institution, and women need to ask whether they wish to accept sport as it is, or recognise a different meaning that suits them.

Data on women involved in orienteering presented to illustrate characteristics of their participation, and to highlight contrasts with women’s sport participation elsewhere.

This paper traces New Zealand women’s growing opposition to the male-dominated national pastime of rugby. This opposition increased when the South African rugby team toured New Zealand in 1981.
409

410

411
Record of names of all New Zealand championship winners in every sport since it began, with performance results. Some women's sports treated separately (basketball, bowling, cricket, golf, hockey, softball). Includes typewriting championships, darts, draughts, shearing, billiards. Most names are listed by one initial and surname.

412
An exhaustive collection of facts and figures covering some ninety sports and games contested in New Zealand. Over two hundred thousand entries recording championship winners and their results. About one hundred and thirty five photographs. Some sections focus specifically on women; others have women's results integrated. Most names are recorded by an initial and the surname.

413
How one woman uses Aikido to learn to calm herself and to keep fit.

414
Chapter eight 'Community, sociability, and leisure' analyses the leisure patterns of 'old people' in Petone, focusing particularly on working class. Women are mentioned throughout.

415
TROWBRIDGE, Pamela A. Athletics: women's status. Special Study. University of Otago: School of Physical Education. 1964.
This study traces the history of women; specifically their status in the world and their entry into athletics and the Olympics. The history of women's athletics in New Zealand is considered, as well as the myths and misconceptions that surround women in sport.

416
Results of a survey are presented that asked women's attitudes to a wide variety of activities. They were asked whether they thought each activity was suitable for male-only participation, female-only, or both. Also asked if they had participated in the activities. All survey data are presented.

417
See UTTING, Peter and WILSON, Jeya (1981).
418

Lynne Rait is a Wellington woman who is one of sixteen runners from all around the world who is carrying a peace torch through thirty nine countries in the First Earth Run.

419

420

An article about two sisters, Waimaria and Mynetta Erueti who are both competing fencers. Waimaria is in the top ten women fencers. It looks at their achievements to date and their ambitions.

421

A look at the recreational needs of Pacific Island women in New Zealand communities. Specifically looks at Samoan women.

422

Background information for the 1980 Interdominion Marching Championships, held at Lancaster Park, Christchurch.

423
WALTER, Jane M. *Survey of the Panmure Young Citizen’s Centre*. Special Study. University of Otago: School of Physical Education. 1963.

This study looks at the Centre and describes its overall programme of activities. These include girls’ gymnastics and housewives' keep fit, among others. Photographs and text about women’s participation.

424

Comment on political climate generally, which surrounds women’s Olympic competition.

425

An overview of social and structural discrimination with respect to women’s sport.
A collection of papers and workshops covering a variety of topics under four major themes: society, health, community and education.

Gives the history of the Wellington Province Girl Guide Association. Lists all the women and girls associated with Guides in 1974 and each district gives a report on their last fifty years.

An article about Gaye McManus, an eight year old Aucklander who is the world BMX champion for her age group.

Dawn O’Connor organised the Marlborough women’s triathlon where the aim is to "get the average housewife out of the house and running". In this triathlon the last woman home is as much a winner as the first one home. It is a race against the course, not against the other women.

Examines main social and demographic characteristics and running patterns of sample of New Zealand marathon runners. Comparisons in achievement-related characteristics for females and males were made.

A history of women’s and men’s basketball. Looks at problems in development, administration, the local scene, and international experience. Lists women’s and men’s New Zealand teams and winners of major national tournaments.

Sport should be fun for children, but sometimes there’s pressure to win that puts too much strain on vulnerable bodies and minds. The pressures come from parents and teachers and have been looked at in a television documentary "Growing Pains".

A review of the Ladies Tournament of the Bay of Islands Swordfish Club held in Russell.
A look at the New Zealand schools which are giving their pupils high quality, enjoyable, daily physical activity. The article in general looks at the concept of fitness and the fitness of children. It also considers attitudes towards physical education.

A look at Penny Whiting, sailing instructor, yachtswoman, and author of *Penny Whiting's Sailing Book*. The article looks at her successful sailing school and her hectic lifestyle.

Examines the relationships among two measures of behavioural disposition (self-esteem and body-esteem) and one of affect (attitudes towards physical education), as a function of educational level and gender.

Study of attitudes held by New Zealand school children towards physical education, looking at underlying theoretical issues. Fourth form females, although supportive of the social aspects of physical education, were generally less supportive of physical education than other groups. Extensive statistical data and analysis are provided.

Study of attitudes held by New Zealand physical education teachers. Includes perceptions, views of objectives and outcomes. Complementary to Williams' (1981) study of school children's attitudes towards physical education. Extensive statistical data and analysis, and literature review. Gender differences were found to be significant.

A sample of New Zealand secondary school pupils in Invercargill was chosen for a study measuring self-esteem, body-esteem and attitudes towards physical activity. It was found that females held a less positive perception of self-esteem and body-esteem. However, they held a more positive attitude toward physical activity than males.

Female pupils scored less highly for self-esteem than males. Older girls scored more highly than younger girls.
441

Results of a study of attitudes of a sample of New Zealand form one and form four pupils towards physical education. Results classified according to gender.

442

The results of a study of female physical education students at Otago University. They showed that the students fitted the stereotype set by British and American studies. i.e. they are more extroverted, assertive, aggressive and dominant than their non-physical education counterparts.

443

Women in our society are being denied health and recreation because of social attitudes. This paper addresses the question 'are many women being denied the opportunity to attain a personally satisfying level of health, because of the lack of opportunity to pursue a form of recreation that is self-fulfilling?'

444

445

Results of a survey carried out in Wellington. Respondents asked to classify recreational activities according to gender appropriateness. Also asked where they thought these attitudes came from. They were asked to give a 'true/false' answer in response to some statements, then asked to 'agree/disagree' that the statement should apply to women; this was intended to measure how the situation is perceived, and how the situation should be.

446

Report on the development of the national fitness survey pilot study. Health related fitness tests were used on a sample of school children in Dunedin (300 pupils). Approximately half the subjects were female. Tests made in the areas of: circulatory-respiratory efficiency; muscular strength and endurance; flexibility; body composition.

447

Page 81 is about women and sport. Talks about the importance of being aware of physical health, and the constraints and limitations that women experience. Pages 82-84 list women's sporting organisations and their contact addresses.
Chapter eleven is about Yvette Williams, first New Zealand woman to win an Olympic Gold Medal (in long jump). Chapter twelve is about Jill Tremain, mountaineer famous for her ski traverse of the Southern Alps. Chapter fourteen is about Eve Rimmer, paraplegic sportswoman. Chapter twenty is about Sybil Lupp, motor car racer. Chapter twenty one is about Jean Batten, record breaking solo pilot.

An account of the development and activities of netball in South Otago. Many women's names are mentioned throughout. There are various contributions by women associated with netball in this era; they reflect on uniforms, tournaments, teams, etc. Office bearers listed.

A profile of Ann Shurrock before she went to compete in the 1984 Olympic Games in Los Angeles.

A profile of Isobel Thomson before she left to compete in hockey at the 1984 Olympic Games in Los Angeles.

Addresses the problems women encounter or associate with women's participation in sport. Results of a questionnaire sent to girls' schools are presented and discussed.

Examines the psychological well-being and achievement motivation of New Zealand women marathon runners.
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