

POSTER

PREFERENCE FOR SPORT PRACTICE IN NON-HETEROSEXUAL PEOPLE: A LITERATURE REVIEW

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ABSTRACT

As a consequence of a different evolutionary pressures, men and women show slightly distinct characteristics that may present as a consequence of differential parental investment between sexes enabling a higher male exposure to competitive-aggressive events as searching for food that may have selected a dissimilar preference for specific sports and physical activities. Research with heterosexual people is well established, but little is known about non-heterosexual people and if their preferences remain similar. Consequently, the present research aims to do a review on preview papers that investigates the preference for sport practice in non-heterosexual people. A literature review was made in online databases, as SciELO, PubMed, Pepsic and others, applying “sports preferences”, “women”, “men” and “homosexuals” as descriptors in both English and Portuguese languages. During the research, only two papers were found investigating the sports preference between non-heterosexual males and no papers regarding non-heterosexual females. The research results on non-heterosexual males suggests that homosexuals show similar sport preferences with heterosexual women and, since childhood, have shown interest in typically feminine activities. In adult life, reported preferences for typically feminine sports, like swimming and volleyball, less motivation for hunting and fighting-like sports and less general engagement in physical activities. Bisexual men reported intermediate interests. Therefore, research with non-heterosexual women is suggested aiming a human global comprehension intending the appropriated development of public politics and health intervention through sports and physical activities.