

Supplementary File

Table 1. Main topics and findings of included articles

Author (Date)	Topic	Main finding(s)
Rich et al. (2022)	Explore how to develop and implement effective sport for gender-inclusive programs through the constraints of women's participation in rural Australia.	Using participant-centered approach will ensure the sustainability and attractiveness of the project.
Smits and Knoppers (2022)	Explore the affective experiences of adolescent girls from Utrecht disadvantaged communities in participating the SfD program (U on Board).	The SfD project (U on Board) brought new knowledge and experiences that revealed the potential to reshape traditional gender practices.
Hayhurst et al. (2022)	How the Bicycles for Development (BFD) movement has impacted women and girls' gender equality goals in Nicaragua and Uganda.	The outcomes are dual-faceted, with the potential to both promote gender equality and challenge gender norms, thereby perpetuating existing gender inequalities.
Burnett (2022)	Explore the impact of sport development program on adolescent employment and employability pathway development, particularly in the livelihoods of adolescent girls.	The program has achieved positive results in terms of increasing the resilience, life skills and social connectedness of the participants, which is particularly valuable for the employability of young people.
Caudwell (2021)	Explore the participation experiences of queer groups in indoor recreational swimming activities and the impact on their physical and mental health.	Joy, pleasure, freedom of experience and tolerance of gender diversity are important for these groups to engage in physical activity and gain a sense of well-being.
Válková (2021)	Explore Inclusive and exclusionary experiences of sexuality and gender issues among queer youth in sport for development projects.	Project provides a rather 'safer' space for queer youth, which will also trigger feelings of exclusion and isolation for non-queer beneficiaries.
Moura (2021)	Explore the role and challenges of male roles in a sport development project that applied football to empower women in Brazil.	Men play diverse roles in gender equality efforts, but they face challenges of traditional masculinity that hinder their comprehensive support for social justice.

Zipp (2020)	To understand the experience of participating in sport for development projects in post-colonial eastern Caribbean at-risk adolescent girls and the impact on their capacity development.	Single-sex physical activity improved participants' self-efficacy and interpersonal relationships, while mixed-gender activities had mixed effects in promoting progressive perceptions of physical activity and body image.
Farmer et la. (2020)	To assess the effects of a multi-component community-based sport intervention specifically designed to improve physical activity, motor skills and mental health of girls.	The program significantly improved girls' levels of physical activity, motor skills proficiency, and mental health.
Oxford (2019)	Explore gendered traits and their impact on power relations through the personal experiences of women in SDP organizations.	Despite increasing female participation in traditionally male leisure activities, social change still faces key constraints.
Oxford and Spaaij (2019)	Discuss how the nature of gender will affect the experience of girls and young women being included or excluded from SDP activities.	The marginalization of women in sport makes social transformation a challenge in a male-dominated sport society.
Hayhurst and Socorro (2019)	Explore Nicaraguan women's experience of the environment and gender-based violence as they participated in an SGD program.	The program design needs more broadly consideration to better understand and improve the impact on health and environment.
Johnston et al. (2019)	Explore how an after-school sport programs based on the Positive Youth Development (PYD) model affect girls' participation experience in low-income urban communities.	Participant-centered spatial co-creation and its interconnectedness with project elements shape the girl's experience of the project.
Oxford and McLachlan (2018)	Discuss how women in marginalized communities in Colombia negotiate gender identities through SDP activities.	Women in the event challenged gender paradigms and formed a social bubble, but the broad structure continues to exacerbate traditional gender identities.
Thorpe et al. (2018)	Explore the ethical implications of the portrayal of girls and young women from the Global South in the promotion of sport for development (SfD) projects.	Shedding light on the unintended risks of a "positive" portrayal of women in the Global South and suggesting strategies to address these ethical challenges.

<p>Thorpe and Chawansky (2017)</p>	<p>Explore the work experiences of female multinational employees in the Global South Sport Development Project (Skateistan) and the impact of formal and informal management strategies on them.</p>	<p>The life experiences of female multinationals in SfD projects are used to improve the management strategies of the SfD organization, especially in terms of women's work-life balance.</p>
<p>Hayhurst et al. (2016)</p>	<p>Discuss how SDP projects affect urban Indigenous women in Canada and Australia to reproduce neoliberal hegemony.</p>	<p>To foster true social inclusion and equality, projects must prioritize Indigenous voices and concerns, driving fundamental shifts in power dynamics. However, such initiatives may struggle to attract current investment.</p>
<p>Hayhurst (2013)</p>	<p>Discuss the experiences and impacts of girls' participation in sport, gender and development (SGD) martial arts programmes in eastern Uganda.</p>	<p>The martial arts program promotes girls to be agents of social change, but still needs to deal with the challenges of resistance from families and communities, as well as structural inequalities.</p>