

What can influence participation in sport?

People have different preferences and reasons for choosing to participate in sport and their choice is influenced by a number of factors including:

Age	Gender	Role Models
Ethnicity	Disability	Economic status
Religion	Cost	Access
Social factors	Sexuality	
Family and peers		



What are the different age categories?

Early years (0-5 years old)
Adolescents (5 – 18 years old)
Adults (19-64 years old)
Older adults (65+ years old)

Why might age affect your participation?

Older adults may experience weight-gain and decreasing flexibility and strength making it harder to engage in some activities.

Why might family and peers affect your participation?

If your family and your peers are not interested in taking part are you likely to try it? Family and peers can influence the decisions that you make and what you do with your life.



Why might gender affect your participation?

Women may feel more aware of their body image and have low self-esteem. Women are also sometimes discriminated against in certain sports and therefore feel uncomfortable taking part.



KNOWLEDGE ORGANISER

Sports Provisions

Sports Provision

The supply of sporting activities. The provision of sports facilities and opportunities in Britain is the result of the interaction between the public, private and voluntary sectors.



Provision – The action of proving or supplying something for use.



Bannatyne
Health Club & Spa



 **Leeds**
CITY COUNCIL

Private sector

The private sector is **the part of the economy that is run by individuals and companies for profit and is not state controlled.**

Public sector

Public sector organisations **are owned by the government.** They provide goods and services for the benefit of the community. They are run by the government. They operate with money raised from taxes.

Volunteer sector

The 'voluntary sector' refers to **organisations whose primary purpose is to create social impact rather than profit.**



What are the physical activity needs?

Physical health needs
Social health needs
Mental health needs



What are the physical health needs?

- Improve fitness
- Improve body composition
- Improve sleep
- Immunity to help prevent illness
- Symptoms of long-term health conditions

What are the social health needs?

- Meeting new people
- Make new friends
- Have fun
- Develop leadership
- Team working skills
- Decrease loneliness

What are the benefits of exercise on physical health?



What are the mental health needs?

- Decrease stress levels
- Improve work life balance
- Decrease risk of depression
- Improve mood
- Increase self-confidence
- Increase self-esteem



Outdoor activity

Outdoor activity refers to activities engaged in outside, most commonly in natural settings.

When the activity involves exceptional excitement, physical challenge, or risk.



Why take part?

- They enjoy it.
- They feel a sense of achievement from the challenge.
- Something different to traditional sports that they may not enjoy.

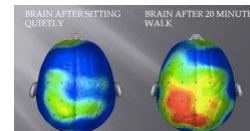


Positive risk taking

- Not all risk taking is bad!
- Some risks are good and promote healthy development. Risk taking is linked to development changes in the brain that help you become a healthy adult.
- An element of this is required for children and young adults to test the boundaries and develop as individuals.

Endorphin release

- Endorphins are released into the brain when you exercise.
- Endorphins are neurotransmitters – a chemical linked with an energetic and positive outlook on life.
- They also have other benefits such as:-
 - Reducing stress
 - Helping to fight anxiety and depression
 - Boosting self-esteem
 - Promoting restful sleep



Benefits of outdoor activity

- Improved self confidence
- Improved self-esteem
- Meet new people
- Learn new skills
- Time away from life stressors
- Time away from electronic devices

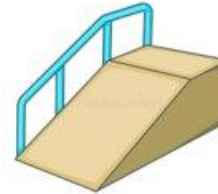


KNOWLEDGE ORGANISER

Methods to addressing barriers to participation

Cost

- You could give the participants discounted parking.
- Allow participants to hire equipment if they can't afford to buy it.
- Create a free parking area for participants who are accessing the facilities.



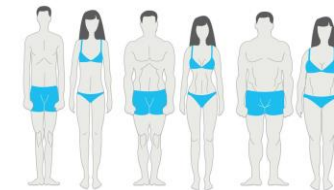
Access

- Participants could be given discounted rates with public transport.
- Create a cycle hire facility to be able to access the facility.
- Have CPD for staff to support all types of participants and meet their needs.
- Increase the range of provisions of sport and physical activities.



Time

- You could create creche facilities at the provision so that parents can come and drop their children off to be looked after.
 - Opening hours could be extended to ensure that this does not limit participants access to the gym at certain times.



Cultural

- Create women only sessions that are staffed by women, to make participants feel more comfortable.
- Create a more diverse staff workforce that represent a wide variety of ethnicities and religions.
 - Staff CPD on cultural awareness.



Personal

- Create private changing cubicles for participants to be more private.
- Allow participants to wear what clothing they want so that they are comfortable.
- In advertising use a wide variety of body compositions to make people feel comfortable.
- Create parents and child sessions to create a family environment.



KNOWLEDGE ORGANISER

Disability in Sport

What is a disability?

A physical or mental condition that limits a person's movements, senses or activities.



Equality Act 2010

You're disabled under the Equality Act 2010 if you have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.



What are the three main disabilities?

Physical
Visual
Hearing



What is a physical impairment?

The physical capacity to move, coordinate actions, or perform physical activities is significantly limited, impaired, or delayed.



What is a visual impairment?

Visual impairment is a term experts use to describe any kind of vision loss, whether it's someone who cannot see at all or someone who has partial vision loss.



What is a hearing impairment?

Hearing impairment or deafness covers are terms we use to refer to someone who has some level of hearing loss.



What are some specific disability sports?

BOCCIA
Goalball
Sitting Volleyball
Wheelchair rugby
Wheelchair basketball
Amputee football

