

Factors that impact on participation in physical activity and sport

Family – People are more likely to take part in sport if their parents participate in sport themselves.

Age – Participation decreases with age. There is a large number of people (particular girls) who stop at 16. Only 14% of those over 70 regularly take part. Elderly people may not have as much mobility to take part in sports such as rugby.

Cost – those from a higher socio-economic group (more money) participate in more sport and a wider range of sports. Those from lower economic backgrounds may not be able to afford the equipment or membership fee's required to participate. Eg golf, horse riding, cricket.

Ethnicity, religion and culture – for men from different ethnic backgrounds participation rates tend to stay fairly similar. However for women those from a white background have higher participation rates than those from other ethnicities. Across different sports ethnicity participation rates can vary, with sports such as golf and cycling being predominantly white. Whereas basketball and cricket more than a third are from a non-white background. Some cultures / religions can make it difficult particularly for women to participate in sport eg. Swimming.

Disability – 17.2% of people aged 16 or over and with a long term illness or disability played sport at least once a week. Lack of adapted sports clubs and facilities with specialist equipment or specialist coaches.

Opportunity/access – The availability of sports and facilities can play a significant impact on a person's likely hood to participate in a physical activity. For example in Rothwell there is no rowing club or access to river so it is less likely people will take part in rowing in this area.

Discrimination – Has no place in sport, however due to prejudice many people from minority ethnic backgrounds do not take part in physical activity.

Gender – 51% of men and 36% of women regularly take part in physical activity.

Education – Schools and teachers have a significant impact on the type of and engagement of participation rates in and across different sports.

Role models – Parents and significant others, peers, sports stars and celebrities can all influence participation.

Media coverage – Mainly dominated by male sports in particular football. Events such as Wimbledon can increase the numbers participating in a sport greatly. Particularly when a UK team or sports person is successful.

Environment/climate – Can often dictate participation in particular for certain sports. E.g. There are not many skiers from Jamaica.

Time/work commitments – Busy lives and other social or work commitments can impact on a person's participation in physical activity

<p><u>Most popular activities in terms of participation in the UK.</u></p> <ol style="list-style-type: none"> 1. Walking 2. Swimming 3. Keep fit/yoga (aerobics and dance exercise) 4. Cycling 5. Cue sports (snooker, billiards and pool) 	<p><u>Most popular sports in terms of participation in the UK.</u></p> <ol style="list-style-type: none"> 1. Swimming 2. Athletics 3. Cycling 4. Football 5. Golf 	<p><u>Organisations who collect data on participation:</u></p> <ul style="list-style-type: none"> • UK sport • Youth Sport Trust • National Governing bodies
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3 ways to increase participation

Examples

<p>Provision</p>	<p>What is provided, supplied or arranged.</p>	<ul style="list-style-type: none"> • Provision can be local (through the local authority, private enterprise or voluntary clubs and associations) or national (UK Sport, national sports centres, sports institutes and academies) • Increase opportunities for women's sport, minority sport, elderly and disability sport (women only sessions/walking football and netball for over 50's only/wheelchair basketball) • Provide child care facilities to run alongside activity sessions or activities that families can take part in together • Provide facilities that are easy to get to and cater for the community needs
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Promotion	Actively encouraging or publicising / advertising.	<ul style="list-style-type: none"> • Increase media coverage of women's sport, ethnic minority sport and disability sport • More role models, especially women, BME and disability sports stars • Campaigns such as 'Kick it Out' Disability Football and 'This Girl Can' by Sport England • Challenge stereotyping • Improve advertising of sessions/activities in the local area and media • Improve advertising of campaigns and promotions such as free swimming for over 50s age group
Access	Transport, entry and opportunities of use	<ul style="list-style-type: none"> • Sports and facilities need to be local, available and affordable • Transport – the availability of public transport, adequate car parking, safe cycling/walking routes or any free or specialist transport available • Entry – ramps/wider doors for disabled access • Equipment – the availability to hire equipment that is adapted for age/disability, for example hoists for swimming pool access • Cost – sensible pricing to participate, reduced charges for certain groups, for example unemployed, low cost for equipment hire • Allow alternative dress codes to reduce religious/cultural discrimination • Availability of additional coaches/specialists to help with communication for disabled/ESL participants • Adapt sports to make them more accessible – walking football, football golf, rush hockey

Possible exam questions.

Name three groups of people who collect data on participation rates (3 marks)

Name 4 groups of people who have lower than average participation in sport and physical activity. (2 marks)

Name the top 3 most popular physical activities in the UK (3 marks)

Name the top 3 most popular sports in the UK (3 marks)

Explain two barriers to people in the UK participating in skiing (2 marks)

Explain how a mother of two children with a full time job may find participating in sport challenging. (2 marks)

Explain two strategies to increase participation by those with disabilities (3 marks)

Explain two strategies to increase female participation in sport (3 marks)

Explain two strategies to increase participation of teenagers (3 marks)

Explain two strategies to increase participation by those from ethnic minority backgrounds (3 marks)

Explain two strategies to increase participation by those who come from lower economic backgrounds (3 marks)

Explain how you could increase the participation in sport and physical activity of a mother of two young children with a full time job (3 marks)