

AS LEVEL

FACT FILE

Sports Science

Subject content link:

AS Unit 2: Health, Fitness and Lifestyle

- Barriers to Participation

FACT FILE

sports
science
and the active leisure industry

AS Unit 2: Health, Fitness and Lifestyle



Learning Outcomes

Students should be able to:

- Explain and assess factors which can act as barriers to participation in sport and physical activity:- considering socio-economic groups, disability, ethnic groups, gender, age, ability, stereotyping and the importance of equal opportunity for all.



Course Content

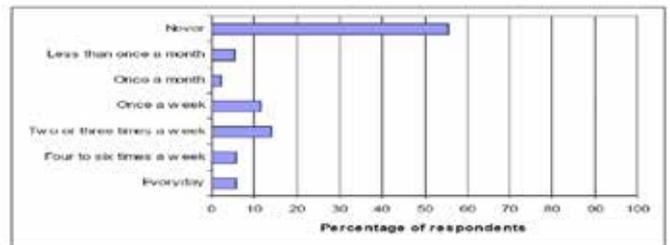
Over the last 30 years, there has been an increase in participation for the majority of the population. However, there are still unacceptable levels of inequality experienced by certain groups of people in today's society. Poor health is a serious drain on national resources and increases expenditure on health care by the government. The government have invested money and launched initiatives to try to improve the health of the nation, including increasing participation in physical activity. This is the right step forward, however barriers to participation need to be addressed which stop or prevent people from active participation.

Experts agree that adults should accumulate at least 30 minutes, children 60 minutes of moderate intensity physical activity on most days of the week. However, there is a great deal of evidence to suggest that most people in Northern Ireland are not sufficiently active enough to maintain a general health benefit.

It is important to be aware of part of UK Government Game Plan strategy:

"To increase significantly levels of sport and physical activity, particularly among disadvantaged groups, and to achieve continued levels of success in international competition."

Frequency of at least moderate intensity physical activity in Northern Ireland



Barriers to Participation

Attitudes	Access	Programme
Stereotyping	Facilities	Range of activities
Lack of confidence	Times of opening	Inappropriate for ability
Lack of self motivation	Transport	Inappropriate for delivery style
Image of Sport	Lack of information	Quality of provision
Family personal relationships	Official procedures	Too competitive
Cultural norms	Fees	Not enough fun
Lack of interest	Lack of childcare facilities	
Too competitive	Lifestyle	
	Health	
	Education	
	Socio-economic status	
	Other competing activities	

What is a Barrier?

- A barrier would be something that would stop you from achieving a goal
- There are many that would prevent participation
- Personal, material and some cultural



The Northern Ireland Sport and Physical Activity Survey 2010 suggests that there is a great deal of evidence that most people in Northern Ireland are not sufficiently active to obtain a general health benefit. For example, the 2005-06 Northern Ireland Health and Wellbeing Survey found that only 30% of adults take above the recommended level of physical activity of at least 30 minutes per day on five days of the week. Men (33%) were more likely than women (28%) to have taken above the recommended level of physical activity. The highest proportion of adults taking above the recommended level of physical activity was reported in the 25-34 age group (38%), falling to 13% in those aged 75 and over 17.

Barriers to participation need to be addressed in order to raise the levels of participation in society and impact on the health of the nation.

Time

- Most frequent used
- Juggle priorities to take part
- Work, family commitments and domestic duties
- Big spectrum of dedicated at one end and non dedicated at the other

Resources

- Financial
- Physical (natural resources)
- People
- Provision dependent upon location
- Local authority spending on sport/leisure
- Equipment/clothing

Ability and Disability

- All people have different levels of ability
- May prevent participating at a higher level but not from finding a sport they enjoy
- Not having required skill/ability
- Opportunities to access specific coaching
- Some people have specific leisure and sport needs
- Important to be able to offer access to everyone

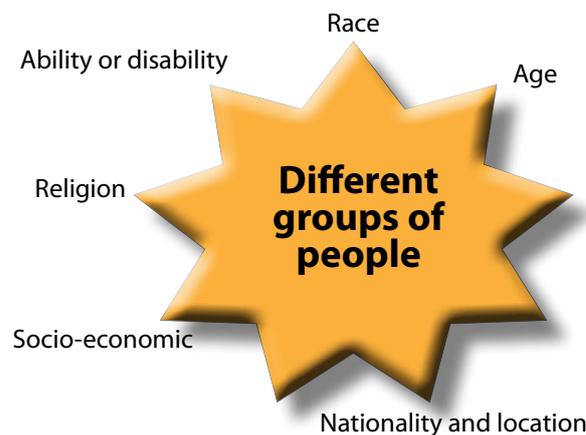
Lifestyle

- Busy lifestyle, long work hours
- Some are put off by reputation of certain sports
- Lifestyle choices – smoking, alcohol, drug consumption, stress

Medical Condition

- Some people have to undertake exercise for medical reasons
- Others need supervision
- GP referrals
- Some schemes are aimed at improving health.
 - E.g. – GP referral scheme
 - ‘5 a day’
 - ‘Active sports’
 - ‘Sporting equals’
 - ‘Every child matters’

People can be grouped according to a number of factors



Factors affecting participation in Sport and Leisure Activities

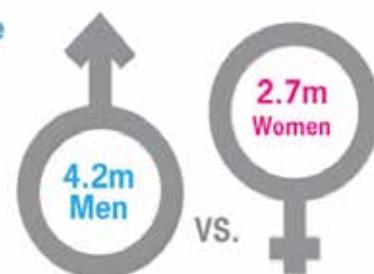
- Socio-economic classification
- Age
- Gender
- Ethnic origin

Gender

- Women lower participation rates
- Drop out rates from 14+
- Specific sport are dominated by men

12.4% of women participate in 3x30 sessions of moderate intensity exercise a week, compared to 20.5% of men...

That makes:



Ethnic Origin

- White ethnic groups have higher participation rates in sport (Sport England statistics)
- People of Pakistani origin have lowest participation rates
- In some sports ethnic groups are well represented
- In some sports ethnic groups are poorly represented

Age

- Individual's stage in life cycle
- Specific sport choices made by different age groups
- Types of sport which attract specific age groups traditionally

Socio-economic classification

- Based on occupation
- Potential income
- Disposable income
- Sub – division based on characteristics – income, education, occupation and social status or prestige



Activities

Additional Work

1. Take a close look at the barriers identified and consider ways that might be used to overcome them to promote physical activity and exercise participation.
2. Discuss how other barriers could have an impact on participation
 - Peer pressure
 - Finances
 - Transport
 - Motivation

Resources

AQA AS PE Potential Barriers to Participation Wiggins-James, James, Thompson

BTEC National Sport, Performance and Excellence, Stafford-Brown J, Rea, S.

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