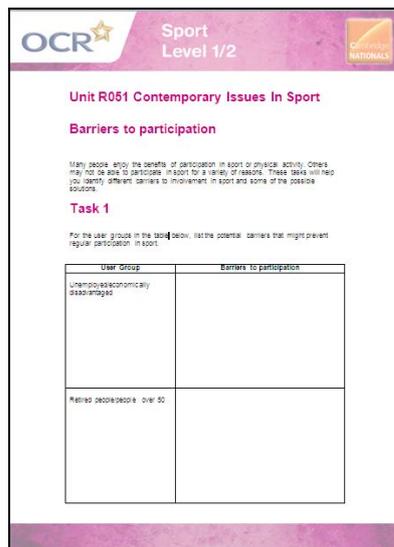


Unit R051 Contemporary Issues In Sport

Barriers to participation

Instructions and answers for Teachers

These instructions should accompany the OCR resource 'Barriers to participation' which supports the Cambridge Nationals in Sport Studies Level 1/2 Unit R051 – Contemporary Issues in Sport.



Unit R051 Contemporary Issues In Sport

Barriers to participation

Many people enjoy the benefits of participation in sport or physical activity. Others may not be able to participate in sport for a variety of reasons. These tasks will help you identify different barriers to involvement in sport and some of the possible solutions.

Task 1

For the user groups in the table below, list the potential barriers that might prevent regular participation in sport.

User group	Barriers to participation
Unemployed/economically disadvantaged	
Retired people/people over 50	

Associated Files:

Barriers to participation

Expected Duration:

Task 1 approx 20 minutes

Task 2 approx 10 minutes

Task 3 approx 15 minutes

Task 4 approx 10 minutes

This resource comprises of three tasks.

Many people enjoy the benefits of participation in sport or physical activity. Others may not be able to participate in sport for a variety of reasons. These tasks will help you identify different barriers to involvement in sport and some of the possible solutions.

Task 1

For the user groups in the table below, list the potential barriers that might prevent regular participation in sport.

User Group	Barriers to participation
Unemployed/economically disadvantaged	This user group may experience a lack of income to spend on sport and active leisure. They may lack awareness of suitable sessions and may not be motivated to play sport.
Retired people/people over 50	Some activities may be too expensive to enable participation for those on low incomes/pensions. Increasingly older people are called upon for child care of grandchildren which may also prevent regular participation in sports activities. People in this age range may also experience physical problems such as lack of mobility which may be a further barrier. Often it is the perceived fear of injury which also prevents older people from participating.
Ethnic Minorities	<p>Religious and cultural differences may be a barrier to participation. For example, traditional views of the roles of women as the primary child carer and family commitments may prevent participation in sport.</p> <p>Religious differences such as the requirement of the Muslim faith for women to be covered at all times and avoid free mixing with men when they are not married may prevent participation in mixed sessions.</p> <p>Lack of disposable income to spend on sport may also be a barrier for some ethnic minority groups.</p>
Teenagers	<p>This group may lack the motivation to engage in sports activities on a regular basis. This age group frequently prioritise other choices for use of their leisure time eg music and entertainment. There may be a perceptual barrier especially where their peers are not involved in sport.</p> <p>Lack of time may constitute a barrier where older teenagers are studying and working part-time.</p>

Children 0-13

Lack of suitable sessions may be a barrier for this group. Young children are also very dependent on parental supervision and transport to access sports activity sessions.

Children are heavily influenced by their peers who may exert pressure either not to participate or participate in a limited range of activities.

Gender stereotyping may constitute a further barrier where traditional views may prevent participation eg football and rugby for boys/dancing for girls.

Task 2

The following is a list of solutions to potential barriers to participation. Can you match each barrier to the correct solution.

Solutions

- Provision of suitable sessions that meet user needs
- Concessionary pricing
- Targeted advertising
- Programming of sessions
- Ramps and hoist equipment.

Barrier	Solution
Lack of specialised equipment to enable physically disabled people to participate.	Ramps and hoist equipment
Sports activity sessions are not available at a suitable time for people that work in the daytime.	Programming of sessions
Lack of awareness of when sports activity sessions are available.	Targeted advertising
Sports activity sessions are too expensive for those on low incomes.	Concessionary pricing
Lack of sports activity sessions for the more advanced.	Provision of suitable sessions that meet user needs

Task 3

A local sports centre has facilities for football, swimming, badminton and fitness training. In each of the following case studies there are barriers to participation for different people that might use the centre. Can you identify the barriers and propose ways that the sports centre management might remove or reduce the impact of these barriers?

Case Study One

Melanie is a single parent. She works full-time and spends a lot of her income on childcare and running the home. She has some time available in the evenings and occasionally she could get a family relation to look after her two children if required, although they could not do this on a regular basis.

What are the potential barriers?

- Childcare commitments
- Lack of disposable income
- No time available in the day as she is working.

What solutions would you propose to remove or reduce the impact of these barriers?

- Suitable sports activity sessions eg women only fitness sessions
- Programming of sports activity sessions during evenings
- Targeted advertising
- Reduced pricing/concessionary pricing
- Childcare/crèche could be made available to enable regular participation.

Case Study Two

Waqar lives with his partner and works in an office in the city. He travels to work by train every day, leaving the house at 7.00 a.m. and not returning until 7.00 p.m. His partner complains that she rarely sees him these days. For the last few years he has played five-a-side football with his friends two nights a week. However he has recently given this up as he is too tired after work. He has noticed that he has gained weight recently.

What are the potential barriers?

- Lack of time available
- Lack of motivation/tiredness
- Weight gain/fitness levels
- Pressure to spend time with his partner.

What solutions would you propose to remove or reduce the impact of these barriers?

- Suitable sports activity sessions that could involve couples eg mixed badminton
- Programming of sessions at times he can access
- Targeted advertising
- Emphasise the health benefits in advertising/promotion.

Task 4

Large scale international sports events such as the Olympics or Football World Cup can bring significant benefits to a host city or country. However there are also drawbacks from holding such events. Use the following key words and phrases to give **two** benefits and **two** drawbacks of a country hosting Olympic and Paralympic Games.

Benefits	
1.	
2.	
Drawbacks	
1.	
2.	

Keywords

<i>Tourism</i>	<i>Investment</i>
<i>Legacy</i>	<i>Expensive</i>
<i>Economic</i>	<i>Participation rates</i>
<i>Profile of minority sports</i>	<i>Morale</i>
<i>Decrease</i>	<i>Increase</i>

Sample answers:

Benefits of international sports events using words provided include;

- Increased tourism
- Investment in facilities
- Legacy for local population
- Increasing participation rates
- Raising of profile of minority sports
- Increase morale of population.

Drawbacks of international sports events using words provided include;

- Legacy may be short
- Expensive to bid for the games
- Expensive to build facilities
- Participation rates of other sports not in the Olympics may decrease
- Tourism may decrease as people stay away because of fear of overcrowding.



These activities offer an opportunity for English skills development.