



Common barriers to taking part in sport and physical activity are:

Cost  
Access  
Time  
Personal  
Cultural



What could cause a barrier with regards to **time**?

Family  
School  
Work  
People are always busy!

What could cause a barrier with regards to **cost**?



Clothing  
Equipment  
Transport

What could cause a barrier with regards to **access**?

Location  
Resources  
Types of sport available  
Limited transportation



What could cause a barrier with regards to **cultural**?

Single sex sport  
Social norm  
Lack of role models



What could cause a barrier with regards to **personal**?

Body image  
Lack of self-confidence  
Parental or guardian influence  
Limited previous participation  
Low fitness levels  
Extended time off



**ASSESSMENT**

For your end of unit (half term) assessment, you will be required to complete the following tasks:

- Knowledge test on the Barriers to Participation above (20 multiple choice questions =40%) and an Extended Question on application of skills (12 marks =60%)

# Subject: Autumn 2 Year 10 TECH Sport

## Topic: Methods to addressing barriers to participation



**20% OFF**

### 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 provision of sport and physical activities.

### Time:

- You could create creche facilities at the provision so that participants 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.



### Personal:

- Create private changing cubicles for participants to be more private.
- Allow participants to wear what clothing they want so 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.



### Cultural:

- Create woman 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.

