

Subject: Autumn 2 Year 10 TECH Sport

Topic: Barriers to Participation



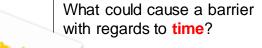


Common barriers to taking part in sport and physical activity are:

Cost Access Time Personal Cultural

What could cause a barrier with regards to access?

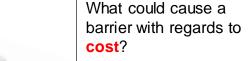
Location
Resources
Types of sport available
Limited transportation



Family
School
Work
People are always busy!

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

Single sex sport
Social norm
Lack of role models

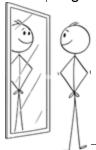




Clothing Equipment Transport

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

Extended time off



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

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%)



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Topic: 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 facticlity 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.



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