



## FACTORS AFFECTING PARTICIPATION IN PHYSICAL ACTIVITY AND SPORT

### PARTICIPATION GUIDELINES

5-18yrs = 60mins

19yrs+ = 150mins

5 most popular activities among adults in the UK

- Walking
- Swimming
- Keep fit, yoga, aerobics or dance exercise
- Cycling
- Cue sports (snooker, pool or billiards)

#### Age:

- Adults have less free time, perceived lack of fitness, and lack of choice.
- Older adults may lack confidence to participate.
- 56% of 16-25yr olds participate in sport once a week compared to 32% of adults 26+yrs

#### Gender:

- There is increased opportunity, funding and media attraction for perceived male sports such as football and rugby.
- Men participate more than women.
- 12% more men than women participate in sport once a week

#### Ethnicity, religion or culture.

- Worship commitments, diet restrictions (e.g. Ramadan), and cultural beliefs may be a barrier.
- Participation among black and minority ethnic adults is increasing – 37% 16+yr playing sport once

#### Disability – only 17% play in sport regularly

- Only a small amount of adapted sports
- lack of specialists
- lack of equipment and facilities (or restricted access)
- Discrimination
- Lack of confidence

#### Family

- If parents are physically active – more likely children will be too.
- Family support regarding money, transport and commitment essential for young people to succeed.

#### Time/work commitments

- Full time work limits time to participate, train or compete in sport.

#### Cost/disposable income

- Gym memberships, facility hire, equipment costs etc can all limit participation of socio-economic groups.
- Highest participation rates are managerial and professional workers
- Lowest participation rates are manual workers and unemployed

#### Education

- The activities schools offer depends on staff interest and extra-curricular commitments
- Decrease in participation during examination years

#### Opportunity/access and environment/climate

- Depends on opportunities on offer
- Rock climbing, mountaineering, kayaking, sailing, and skiing are popular in specific areas.
- This limits opportunities and access to the majority

#### Media Coverage

- Coverage mainly male dominated
- Restricted to several mainstream sports such as football, rugby, tennis and athletics

#### Role Models

- Few role models promoted in minority sports limits participation
- Role models such as Tom Daley in diving, Ellie Simmonds in swimming, and Beth Tweddle in gymnastics- inspire people to participate

# 'GERM.FACED.DOT'

#### Discrimination:

Treating a person or group or people differently – negatively or positively – due to class, gender, race, ability or sexual orientation