

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 lesson.
- 10% more men than women participate in sport once a week

Ethnicity, religion or culture.

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

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.

Education

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

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

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

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

Strategies to improve participation include:

Promotion

Increase awareness of sporting opportunities, choices and role models

Provision

Appropriate facilities, equipment and coach are available

Access

Making sure people can actively engage with physical activity and sport

Discrimination:

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