

# Component 1:

## Learning Outcome A

### Types and Providers of Sport and Physical Activities

**A sport.....An activity involving physical exertion and skill in which an individual or team competes against another (rules, regulations, officials etc)**

Benefits improve fitness, meet new people, develop leadership skills, learn team work skills, resilience and self confidence from competition.

**A physical activity.... Any bodily movement produced by skeletal muscles that results in energy expenditure.**

Benefits – meet new people, set fitness goals, confidence, body composition, physical health.

**An outdoor activity..... performed outside or recreation centres, most commonly in natural settings (often includes risk)**

Benefits positive risk taking activities, self confidence and self esteem, meet new people, learn new skills, time away from life stresses and electronic devices.

**A team sport.... playing with other people which involves players working together towards a shared objective.**

**An individual sport...where you play alone, and you rely on no one else to help you achieve your goals**

Provision type	Public	Private	Voluntary
Information	Government funded	Run by for profit	Run for social benefit
Advantages	<ul style="list-style-type: none"><li>•Cheaper than private sector leisure centres.</li><li>•All-inclusive environments that are suitable for everyone in the community.</li></ul>	<ul style="list-style-type: none"><li>•Fantastic facilities</li><li>•Provide a wider range of sports and physical activity compared to the public sector.</li><li>•Respond quickly to new trends/ sports to suit the community.</li></ul>	<ul style="list-style-type: none"><li>•Creates a community feeling where parents/ children can come together.</li><li>•The volunteering is more specialised to the needs of the community.</li><li>•It's more rewarding because you are doing it to support and help others</li></ul>
Disadvantages	<ul style="list-style-type: none"><li>•Limited government funding, Constant political change and withdrawal of funds and support.</li><li>•Takes a lot longer to make changes to timetables, sports and facilities.</li></ul>	<ul style="list-style-type: none"><li>•More expensive membership prices.</li><li>•Less inclusive than public sector sports provisions as they are normally specialised.</li></ul>	<ul style="list-style-type: none"><li>•Relying on people in the community</li><li>•Less money</li><li>Facilities and equipment not as good</li></ul>

Barrier = **Cost** (big issue for most)

- Clothing
- Equipment
- Membership fees
- Transport

#### Strategies

- Discounted pricing
- Hire rather than buy
- Free car parking
- Voluntary rather than private sector
- Alternative free/cheap activities

Barrier = **Access** (depends on location, age (drive), transport)

- Location of sport or physical activity
- Limited transportation
- Resources/ equipment
- Types of sport available

#### Strategies

- Public transport discount
- Cycle routes
- Taster days
- Staff training
- Increased range of provision Accessibility

Barrier = **Time** (other priorities and responsibilities come first)

- Family
- School
- Work
- Rest/sleep

#### Strategies

- Creche/ childcare facilities
- Extended opening hours
- Family/friends support

Barrier = **personal** (be specific to the case study)

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

#### Strategies

- Private changing
- Appropriate clothing
- Varied role models
- Parent and child activity sessions
- Campaigns to increase participation

Barrier = **Cultural** (case study)

- Single gender sessions
- Social norms unconventional clothing
- Lack of role models from own cultural background

#### Strategies

- Women only physical activity sessions staffed by females
- Diversity of staff
- Staff training in cultural awareness
- Increased opportunities in deprived areas

### Types of Participants and their Needs

Age group	5-11	12-17	18-49	50+
Key information (type of exercise, intensity, minutes)	60 mins a day Fun & enjoyable Master basic skills e.g. throwing catching jumping. No contact	No limitations— can do all types of activity Cover a range of skills	No limitations— should do physical activity every day— ideally twice a week Reduce risk of heart disease/stroke	Lighter physical activity everyday like walking, yoga, swimming Reduce being sedentary—e.g. Sitting down

#### Visual disability

- ◇ Part or total vision loss
- ◇ Adaptations to activities like sounds

#### Physical disability

- ◇ Limited movement/coordination
- ◇ Adapted equipment and rules

#### Hearing disability

- ◇ Partial or total hearing loss
- ◇ Adapted equipment and rules

Asthma	Diabetes	Coronary Heart Disease	High Blood pressure
a condition in which your airways narrow which can make breathing difficult .	a disease that occurs when your blood glucose, also called blood sugar, is too high or too low.	A disease in which there is a narrowing or blockage of the coronary arteries . Chest pains, shortness of breath, fatigue, heart attack	When the force of the blood in your vessels is consistently too high. This can lead to heart disease and further health complications. Can be genetic but also triggered by unhealthy lifestyle.

#### Physical Needs/Benefits:

- Improve fitness
- Improve Body composition
- Improve Sleep
- Improve Immunity
- Reduce long term health conditions

#### Social Needs/Benefits:

- Meeting new people
- New friends
- Have fun
- Develop leadership
- Team working
- Decrease Loneliness

#### Mental Needs/Benefits:

- Decrease stress
- Improve work-life balance
- Decrease depression
- Improve mood
- Increase self confidence
- Increase self-esteem

## Barriers and methods to overcome