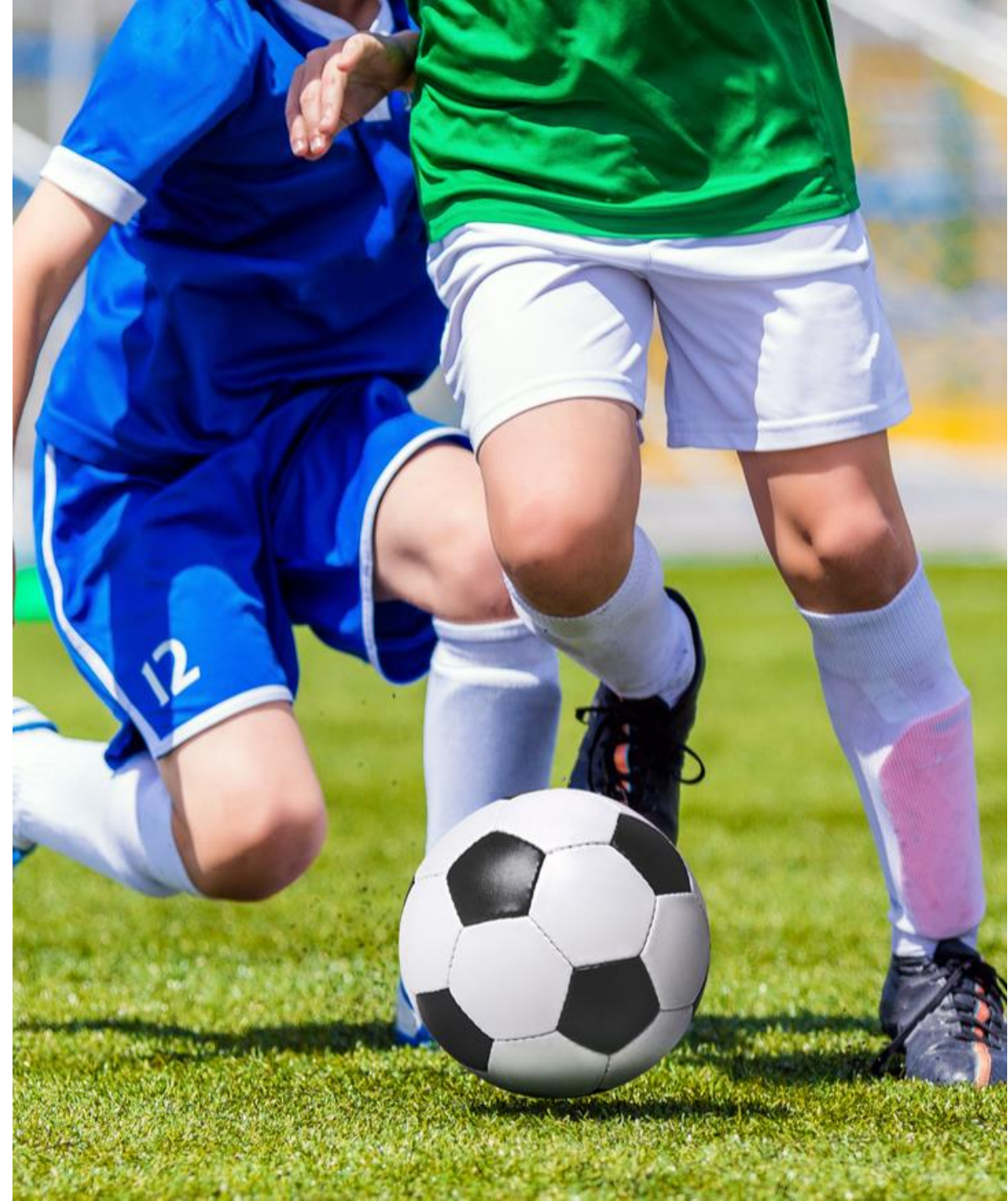
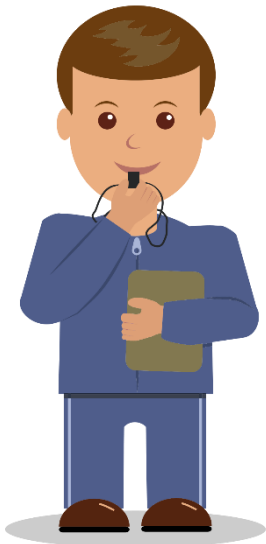

PREPARING PARTICIPANTS TO TAKE PART IN SPORT AND PHYSICAL ACTIVITY

BTEC TECH AWARD SPORT
COMPONENT 1



INTRODUCTION



Popular activities in the UK include many **different types of sports** played by a **variety of people**. You will study sport in general society and then explore progression routes and identify realistic **job opportunities**.

In this component, you will also explore how **technology** can enhance and develop performance in sport and physical activity as well as highlight the potential **limitations** that technology may still have.

It is important to have a **healthy body** if you want to be successful in sport and activities. This component focuses on the impact of sport and activity on the **body systems**. You will study the short- and long-term effects of regular participation in exercise to understand how we can enhance our body systems through sport.

A EXPLORE TYPES AND PROVISION OF SPORT AND PHYSICAL ACTIVITY FOR DIFFERENT PARTICIPANTS

There are many popular sports and physical activities that people may choose to participate in.

PAUSE:
THINK – PAIR – SHARE

Sport is an organised **competitive** physical activity bound by a set of **rules and regulations** and overseen by a **National Governing Body (NGB)**

What NGB's are shown here and are you aware of any others?



TYPES OF SPORT AND PHYSICAL ACTIVITIES

Sports can be categorised into the following groups:

- **Team sport**
- **Individual sport**



Team Sports	Individual Sports
Hockey	Tennis (singles)
Football	Zumba (Fitness Class)
Netball	Boxing

PAUSE:

THINK – PAIR – SHARE

Name as many team and individual sports/activities as possible.

TYPES OF SPORT AND PHYSICAL ACTIVITIES

Sport

This can be in a competitive or non-competitive environment.

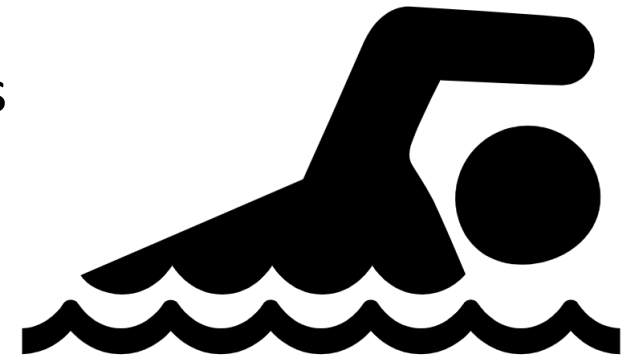
Team sports – performed with team mates

- Rugby
- Netball
- Football
- Hockey
- Basketball
- Cricket
- Volleyball



Individual sports – performed solo against others. Often judged by officials.

- Swimming
- Gymnastics
- Tennis
- Golf
- Boxing
- Cycling



BENEFITS OF TAKING PART IN SPORT

Taking part in sport and physical activities can have a positive effect on physical, mental and social health. Which of the following fall under each category?

- Improve fitness
- Meeting new people
- Improve skill development or tactical awareness
- Develop leadership skills
- Resilience
- Self-confidence from competition



OUTDOOR ACTIVITIES

Outdoor activity refers to recreation engaged with in the **natural environment** and commonly involves **adventure**.



PAUSE:

THINK – PAIR – SHARE

What activities would be classified as outdoor adventurous ones?

BENEFITS OF TAKING PART IN OUTDOOR ACTIVITIES

Not all risk taking is negative. Some risks promote healthy active lifestyles and test comfort boundaries as individuals. Activities such as **hiking, canoeing, mountaineering** and **rock climbing** are all positive risk taking events that can have the following effects:

- Improve confidence/self esteem
- Meet new people
- Improve teamwork
- Learn new skills
- Reduce stress
- Spend time away from electronic devices.



METHODS TO ADDRESS BARRIERS TO PARTICIPATION

4. Personal

To support the range of image and anxiety related barriers facilities have introduced:

- **Private changing rooms**
- **Allowed participants to wear clothing that they feel comfortable in**
- **Parents and child sessions**



METHODS TO ADDRESS BARRIERS TO PARTICIPATION

Marketing campaigns have used a range of people with different body shapes in an attempt to increase participation for those whom personal barriers are an issue.



METHODS TO ADDRESS BARRIERS TO PARTICIPATION

5. Cultural

Many **women only sessions** run by female staff has helped engage individuals as well as having a **diversity of staff** working in the leisure industry.



Staff training on cultural awareness and diversity is an important step too.





APPLY IT!

What has stuck with you?

- Name some barriers to participation.
- Describe, with examples, the difference between a team and individual sport.
- Explain the physical benefits of exercise on a participant.
- What is the difference between public and private sector facilities?

USE:

THINK. PAIR. SHARE.

LEARNING AIM A – ASSIGNMENT TASK



Task 1:

Increasing participation in regular sport or physical activity for different types of sports participants Using the vocational context provided, produce a written response to choose two physical activities from the following list:

- Sports
- Outdoor activities
- Physical fitness activities

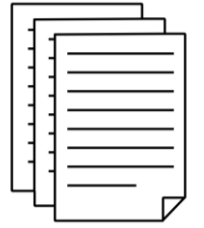
that would be appropriate for Samantha to take part in.



THIS SHOULD TAKE APPROX **2 HOURS** TO COMPLETE
APPROXIMATELY **3-5 PAGES OF A4**, WHICH CAN INCLUDE
SUPPORTING IMAGES. 24 MARKS



LEARNING AIM A – ASSIGNMENT TASK



Your written response should include an account:

- To justify your chosen physical activities and how they meet the needs of the selected participant.
- Of the characteristics of the type of provision in the participant's local area and the advantages and disadvantages of this provision for your chosen physical activities and the needs of the selected participant.
- Of potential barriers to participation in your chosen physical activities for the selected participant.
- Of methods to overcome these barriers to participation for this selected participant and the chosen physical activities.

