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Answers

Constraints on participation

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1 'Opportunity' is the chance or likelihood of an individual taking part in physical activity in sport. A lack of opportunity — for example your school not playing cricket — reduces the chance of young people participating in a sport.

'Provision' is whether the required facilities are available and accessible. If provision for swimming — e.g. a pool or swimming coach — is not available then people are unlikely to learn how to swim.

'Esteem' is how an individual is regarded by others or how they regard themselves. Low levels of self-esteem — e.g. someone who doesn't see themselves as being able or fit enough — reduces the likelihood of participation.

2 A 'target group' is a group of people who share a specific characteristic that acts to limit their participation.

For example: women may be constrained by a lack of leisure resulting from work/family commitments; low-income groups may be unable to afford costs associated with participating, such as membership fees or buying specialist equipment.

3 'Programming' is the scheduling of specific sessions to suit target groups, e.g. e.g. women-only swimming sessions are intended to increase female participation.

'Concessions' are reduced membership/entry fees. These are intended to increase participation among low-income groups such as students, young people and the elderly.

4 A reformative policy is intended to increase participation in specific target groups by addressing relevant constraints, e.g. specialist agencies such as the Women's Sports Foundation aim to increase participation by promoting and funding sporting opportunities for women.

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