

CHAPTER 13 – 4: POTENTIAL BARRIERS TO PARTICIPATION AND POSSIBLE SOLUTIONS FOR VARIOUS TARGET GROUPS

Text between pages 160 and 164, answers to questions on page 164 of the text book.

1) Opportunities available to people in society determine their participation in sporting activities.

a) Explain the term 'inclusiveness'.

2 marks

Answer

- Government policy in recent years has been to **include all members** of society in whatever the activities are.
- This contrasts in the past to the effective **exclusion** of certain parts of the population from some activities.
- Most people would normally expect to be able to do (to be included in) most activities.
- Today there is a very strong move to engage disabled people in all aspects of society including sport (participation in the Paralympics is an example of this).
- Older people are **included** in all plans for sports facilities – special rates at certain times of the day for example.
- This can be productive for health as well as **self-esteem** and confidence of the people involved.

b) Explain the term 'stereotyping'.

2 marks

Answer

- Stereotyping is the **presumed inferiority** of groups.
- Stereotyping concerns the attitudes of parts of the population about the place and capability of other parts of the population.
- Usually, this takes the form of assumed inferiority, which may be based on **tradition, gender, genetics or ethnicity, wealth, age** or even a resistance to change.
- An example of stereotyping which presumes **superiority** in certain activities is that of the attitude of some of the white population to participation of black people in sport.
- The stereotype is that black people are more likely to be good at sport, but less likely to be good at academic studies.
- The stereotype of women assumes that female sportspeople are less capable at strength, endurance or speed activities.

c) Explain the term 'prejudice'.

2 marks

Answer

- Prejudice can be defined as a **prejudgement** of a person, group, or situation.
- Based on **inadequate information** or inaccurate or **biased** information which **reinforces** stereotypes.
- Prejudice is the outcome of negative attitudes and stereotyping by one part of the population towards another.
- An example of this is that women are often excluded from male dominated sports clubs or events.
- It is expected that females will not be interested or want to participate in the sport in question (golf, rugby, boxing).
- People prejudiced against female participation usually do not listen to or believe arguments that women should be allowed to participate.

- 2) Identify the problems faced by the disabled in the sporting context and outline ways in which some of these problems have been addressed. 5 marks

Answer

- The tradition is that only able-bodied people pursue sport – but there is much more opportunity today.
- The **attitude** by some disabled people is that sport is not for them through **lack of self-esteem** – but there has been a great deal of publicity and media coverage to show that this should not be the case.
- Esteem and therefore **take-up is particularly poor** where double discrimination exists such as ethnic, female and aged disabled – there are policies to encourage these particular groups and they have special rates of entry to facilities.
- A history of little or no organisation for disabled performers – there are now numerous sporting activities which enable different levels of competition.
- **Limited provision** for participation, advancement or coaching opportunities – but there are now specialist coaches and coaching courses available through UK Sport and sports coach UK.
- There used to be very limited access for disabled spectators or facilities – there is now a legal obligation for access to be available in all places open to the public.
- There used to be very limited performance pyramid development for the disabled – there is now development and media coverage of the Paralympic Games.

- 3) Mass participation in sport includes a policy of 'Sport for All'.

Why is the chance to participate desirable, but the policy of 'Sport for All' difficult to implement? 6 marks

Answer

- The **desire to participate** is based on the evaluation that physical exercise **reflects a healthy lifestyle**.
- That lifetime sport or lifelong physical activity is a valuable goal, and therefore worth doing.
- Inactivity can certainly lead to **obesity** and possible illnesses and premature death.
- Should be part of education and particularly P.E.
- Regularly promoted by the media and particularly sports stars.
- Sport for everyone may be an ideal, but not a real possibility.
- In a free society, people can say no to physical activity.
- There may not be the **opportunity** to participate.
- There certainly isn't the **provision** for all.
- There isn't the belief by sports organisations in their programmes.
- There may not be the **self-esteem**, particularly with minority groups, to begin to participate.
- The tendency in schools has been to sell sports facilities or focus on SATS.
- Though more people are attending gyms, the norm is inactivity over a certain age, with the state of affluence, sedentary jobs or inactive careers which can lead to **obesity**.

- 4) Discuss the terms opportunity, provision and esteem in the context of female discrimination in sport. 5 marks

Answer

- **Opportunity** to participate reflects the chances women have to participate in sport compared to men.
- This is less a problem than in the past as opportunities are better today because gender discrimination is legally not acceptable.
- **Provision** to allow opportunity has not totally caught up with the law.
- There are still facilities, which are unsuitable for women in some sports, which have been historically used by men only, for example toilet and changing provision.
- Certain private club traditions have retained limitations for women, e.g. there are very few independent women's rugby clubs or equal rights in many private golf clubs.
- Many clubs full with predominance of young men.
- Some clubs remain exclusively male or female.
- The main problem today lies in **women's low esteem** regarding context of sport and participation in competitive sport.
- Self-conscious in a male environment or as a beginner.
- They presume that some sports are not suitable for them, for example boxing.
- They feel that their female image is damaged by becoming muscular.
- Certain females may be discriminated against on other grounds, such as age, race or disability.
- Some lack the free-time to participate, with jobs and dependents.

- 5) The National Sports Councils have a role to play of identifying and targeting minority sub-cultures who for various reasons do not fully participate in Active Sport.

- a) What are the main reasons why young women do not have as high a profile as their male counterparts in sport in the UK? 4 marks

Answer

Four main reasons from the following:

- **Tradition** - historical role of women having low sports profile.
- **Physical** - presumption that women are physically inferior.
- **Social** - present role of women as wives and mothers.
- **Economic** - only male sportspeople are fully professionalised.
- **Media** - biased media coverage towards male sport.
- **Administration** - men dominate administration, coaching and officials in top level sport.
- **Esteem** - large numbers of women do not feel equal in sport.

- b) Suggest **four** reasons why young children should be discouraged from specialising in a particular sport too early. 4 marks

Answer

Four reasons from the following:

- **Foundation** - important that young children should taste a range of different skills.
- **Play** - value of play - freedom and fun.
- **Growth** - stress on under-developed body parts.
- **Burn-out** - both physical and psychological.
- **Adolescence** - body changes at puberty.

- 5) c) Suggest reasons why women over 47 years of participate in sport less than any other minority sub-group. 4 marks

Answer

- **Tradition** - older women may not be convinced about modern trends.
- **Influence** - less organised than other groups.
- **Social** - tend to have other preferences and time filled up.
- **Health** - feel they are not fit enough or have limited access medical advice.
- **Esteem** - sense of embarrassment.
- **Administration** - not adequately catered for.
- **Preference and availability** - perhaps older women would prefer dancing and this is not offered at the local leisure centre.

- d) Explain the contradiction that there are many black professional soccer players, but very few black soccer spectators. 4 marks

Answer

Black soccer players have:

- **Ability** - proved themselves as talented or more talented than white players.
- **Attitude** - are as committed to club and game.
- **Tradition** - have been through this discrimination barrier.
- **Professional** - not drawn from a local community.

Black spectators have:

- **Tradition** - local fan tradition against acceptance.
- **Racism** - racist feelings still existing despite legislation.
- **Attitudes** - emotional or vulgar crowd behaviour is threatening.
- **Historical** - limited affinity with soccer until recently.
- **Constraint** - not worth taking the risk of being subjected to racial abuse or violence.

- 6) Suggest reasons why rugby football is still only played by a small proportion of women. 4 marks

Answer

Opportunity:

- Most girls do not learn the game at school.
- There are virtually no women-only rugby clubs.
- Still limited number of men's clubs running women's teams.

Provision:

- Facilities are not readily available for women.
- There are very few female coaches.
- The media fails to give the women's game any coverage.
- Sponsorship is limited.

Esteem:

- It is traditionally a man's game, organised by men.
- Women generally regard themselves to be too physically weak to play the game.
- They feel to play is to threaten their feminine image.
- Rejected as unsuitable by many men.

7) Explain the popularity of track and field athletics to Afro-Caribbean (A-C) performers.

4 marks

Answer

The popularity of track and field to A-C performers is caused by:

- A-C **role models** make it attractive to young A-C performers.
- An **inexpensive** sport, basics are taught in all schools.
- Top A-C performers and coaches give time and encouragement to help the next generation.
- A **dream** of making a break out, financially and socially.
- Natural **athletic** interest and potential.
- **Popular** for young males and females.
- Colourful and **sponsored** activity.