

BTEC Sport

Fitness for Sport and Exercise

Types and Provision of Sport and Physical Activity



Types of Sport and Physical Activity

- Team Sports** (Rugby, Netball, Football, Hockey, Basketball, Cricket, etc.)
- Individual Sports** (Swimming, Gymnastics, Tennis, Golf, Boxing, Cycling etc.)
- Outdoor Activities** (Orienteering, Canoeing, Surfing, Skiing, Rock Climbing)
- Physical Fitness** (Walking, Zumba, CrossFit, Yoga, Pilates, Weightlifting etc.)



Physical fitness, skill development, tactical awareness, social skills, leadership skills, teamwork, confidence, reduce stress, resilience and many more!



Types and Needs of Participants

Age

- Children (5-11)
- Adolescents (12-17)
- Adults (18-49)
- Older adults (50+)



People with long-term health conditions

- Asthma
- Type 2 diabetes
- High blood pressure
- Coronary heart disease (CHD).



People with disabilities

- Visual – this may be partially sighted or totally blind.
- Hearing – this refers to impaired or fully deaf athletes.
- Physical – this can injury spinal cord injuries, paraplegia (loss of function to legs), tetraplegia (loss of legs and arms) and cerebral palsy.

Methods of Overcoming Barriers

- Activities with minimal equipment
- Car share with friends
- Online fitness classes
- Hire equipment
- Ramps and assistive technology
- Exercise during lunch breaks
- On-site childcare facilities
- Extended opening hours
- Family memberships
- Private changing rooms
- Body shapes in advertisements
- Campaigns to increase participation
- Clubs targeted at specific abilities.

Analysing Case Studies

What is a case study: it is a summary of an investigation about an individual(s).

How do you analyse a case study:

1. Outline what information is required to be able to help the individual achieve their goals – use the questions that follow on from the case study.
2. Highlight the key pieces of information.
3. Generate ideas **using the key pieces of information** to help your individual to achieve their goals.

Barriers to Participation

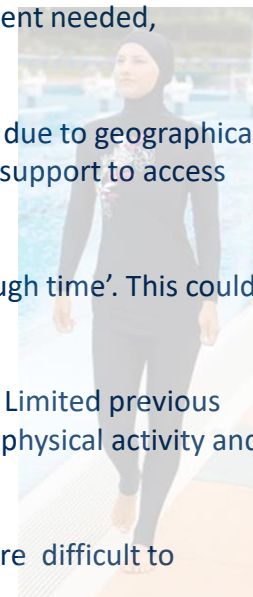
Cost: Cost of the following might impact on participation: Clothing, Specific equipment needed, Transport.

Access: Sometimes it can be difficult to access a particular sport or physical activity due to geographical reasons e.g. living in rural areas. Access is also a barrier for individuals who require support to access their chosen activity due to a disability.

Time: One of the biggest reasons for individuals not being active is 'not having enough time'. This could be due to other commitments such as family, school and work.

Personal: Poor body image, Lack of self-confidence, Parental or guardian influence, Limited previous participation, Low fitness levels, Existing health conditions, Extended time off from physical activity and sport.

Cultural: Some religions and cultures have laws and expectations which make it more difficult to participate in sport and physical activity.



Recommended Guidelines

- 5-18 years: **60 minutes a day**
- 19 and over: **150 minutes a week**
- Disabled children: **20 minutes a day**
- Disabled adults: **150 minutes a week**