

Leisure and recreation



UNTAMED
EDUCATION

4.4 Social, cultural and ethical influences

Leisure

Sport

Recreation

Location

Facilities

Leisure and Recreation

Peers

Family

Availability

Technology



Leisure and recreation

1. Leisure

“The free time a person has when not working or sleeping.”

How is leisure different from sport?

- ▶ A sport is **competitive**.
- ▶ A sport is always **organised** and has rules.
- ▶ A sport requires physical **effort** and complex skills.
- ▶ Sport played **professionally** can have financial rewards.



2. Definitions

Definition of Recreation

“A voluntary activity a person might do during leisure time.”

Definition of Physical Recreation

“Any physical activity a person may choose to do during leisure time.”

Definition of Sport

“An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.”

Definition of Play

“To engage in activity for enjoyment and recreation rather than a serious or practical purpose.”

3. Leisure

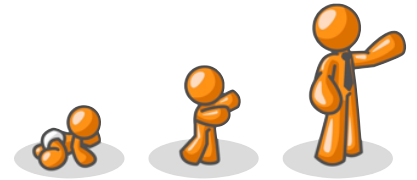
There are a number of factors that can determine what we do with our leisure time.

- ▶ **Age.**
- ▶ **Interests.**
- ▶ **Facilities and availability.**
- ▶ **Living location.**
- ▶ **Social circumstances.**



4. Age

- ▶ Due to better medical care, people are **living longer** and having less children in the western world. This means our population is getting **older** and therefore the types of recreational activities on offer are changing.
- ▶ **Older** people take part in leisure activities for a number of reasons:
- ▶ Once retired they have additional time so they may become **bored**.
- ▶ They meet **new** people and make **friends**.
- ▶ A club usually has social activities too and this can improve a person's social **life**.
- ▶ Increase their **fitness** and give a better quality of life.



5. Interests

- ▶ What you are interested in can **determine** what activities you want to take **part** in. Your interests may be due to a number of factors.
- ▶ The **popularity** of sports in the media and local area.
- ▶ The sporting **opportunities** available at school or in the local area.
- ▶ The **environment** you live in (i.e. if you live in the alps you may be interested in winter sports such as skiing).
- ▶ The sports your **friends** and **family** are interested in.



6. Facilities and availability

- ▶ There has been a **growth** in facilities and **availability** in the 21st century. The facilities on offer may influence the sports you take part in.
- ▶ Schools have opened up their facilities for **dual** use on an evening.
- ▶ Some leisure centres and fitness gyms open up at **unsociable** hours, so people can go before and after work.
- ▶ Some swimming pools and leisure centres have **women only** sessions.



7. Living location

- ▶ The **location** of a person to sports facilities can determine what sport they take up. Things they need to consider:
- ▶ The **proximity** of the facilities to where they live. Someone who lives in an urban area may have more choice.
- ▶ The **climate** they live in may limit choice. Someone who lives in a hot country may find it difficult to go snowboarding.
- ▶ Living near the **sea**, **lakes** or **rivers** may incline people more to take part in water sports than others who live inland.



8. Social Circumstances

- ▶ What activities you take part in may largely be determined by what you can **afford**. Some activities cost more than others.
- ▶ Activities like Sailing, Golf and Skiing can be **very expensive** and so only a few can afford them.
- ▶ Others such as **jogging**, playing **football** in the park and swimming are cheaper and more people can take part.
- ▶ A number of leisure facilities offer **discounts** to those who are on benefits due to **unemployment** and other social circumstances.



9. Peer Influences

People who are a similar age can greatly influence our choices.

- ▶ A close peer who takes part in an activity can **encourage** you to also take part. This is called "**peer pressure**".
- ▶ Peer pressure can also be **negative** if your peer group has negative attitudes towards physical activity.



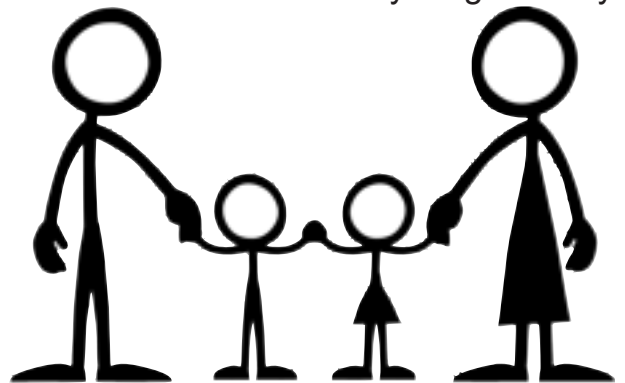
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- ▶ Starting an activity with a friend can often be **easier**.
- ▶ You may feel more **confident** if there is someone there who you know.

10. Family Influences

Parents and family interests in sport can greatly influence the choices of the younger family members. Reasons for this are;

- ▶ **Sporting traditions** in a family.
- ▶ Parents often have to **fund** and transport children to and from the sports event so they may have **input** into which ones they do.
- ▶ The **socio-economic status** of the family may be a barrier to expensive sports.
- ▶ Family members may be the first people to introduce the young people in the family to sport. They may pass on a **positive** attitude to sport but similarly they may pass on a **negative** attitude.



11. Growth in leisure activities

- ▶ Modern people have **more time for leisure** than ever before. This has resulted in a growth of leisure activities and facilities.

Reasons for increased leisure time:

- ▶ Advances in **technology**.
- ▶ People work **shorter** days.
- ▶ Longer **holidays**.
- ▶ Increased **unemployment**.
- ▶ Early **retirement**.
- ▶ Improvements in health **care** and health **awareness**.
- ▶ People participate longer due to a longer life **expectancy**.
- ▶ **Early diagnosis** of illness occurs so recovery is quicker.





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- ▶ More availability of **physiotherapy**, so participants can **recover** more quickly.
- ▶ Physical activity is encouraged by all sectors as a **preventative** measure to illness.
- ▶ Growth in leisure **time** and activities.
- ▶ Growth in **facilities** available.
- ▶ Reduced **cost** of equipment.
- ▶ Improvements in **travel** methods.
- ▶ Wider **media** coverage.

