

Engagement patterns of different social groups



UNTAMED
EDUCATION

3.2.2 Socio-cultural influences

Family

Disability

Age

Peers

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Gender

Ethnicity

Barriers



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1. Engagement patterns

- ▶ **Engagement patterns** vary between different social groups.
- ▶ These engagement patterns are **monitored** to ensure that specific social groups are not **under-represented**.
- ▶ Specific **barriers** are identified for each group and provisions are put in place to **increase opportunities** and access for these groups.



2. Gender

- ▶ Boys and **men** are **more likely to engage** in sport and physical activity than girls and women.
- ▶ **Traditionally women** are seen as the **weaker** sex and were not allowed to compete in a number of sports or events.
- ▶ Female sports played at elite level are less likely to receive **media** coverage than male sports.
- ▶ There is **less funding** in the form of prize money, sponsorship and salaries.
- ▶ Women also have **gender roles at home** which results in less time to participate in sport.
- ▶ There are **fewer female role models** due to these barriers.



3. Ethnicity

- ▶ Many individuals from minority ethnic groups enjoy participation in physical activity. However, they can face a number of unique **barriers**.
- ▶ Some areas that are highly populated by ethnic minorities don't have a large amount of sports **facilities**.
- ▶ A large number of individuals from ethnic minorities face **socio-economic** barriers.
- ▶ **Sporting prejudices** such as African-Caribbean's being poor swimmers, may

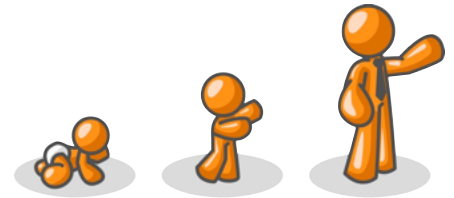
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discourage individuals from certain sports.

- ▶ **Religious traditions** such as fasting and dress codes may result in decreased participation.

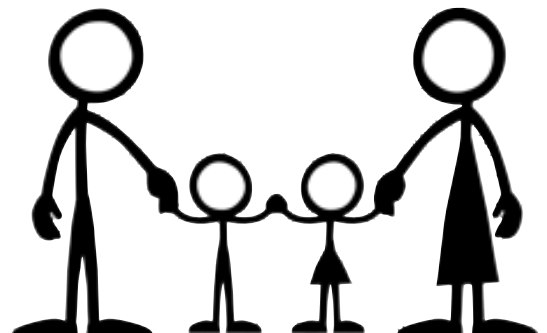
4. Age

- ▶ **Ageing** can affect participation.
- ▶ Flexibility, strength, cardiovascular endurance and speed all **decrease** with age.
- ▶ Older people are more likely to suffer from **injuries**.
- ▶ **Skill levels** can improve with age and experience.
- ▶ As you get older you start to suffer from **ill-health** and this affects your ability to participate.
- ▶ As people age we change the **types** of physical activity we participate in.
- ▶ School sport is organised in **age divisions** to ensure people who are more mature don't compete against those who are less developed.



5. Family

- ▶ **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.





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6. Peers

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



7. Disability

- ▶ A disability is defined as a **physical** and **mental** impairment that impacts a person's ability to carry out normal daily activities.
- ▶ **National Governing Bodies** make efforts to assist people with disabilities to access sport.
- ▶ Despite these efforts **barriers** still remain:
 - ▶ Limited **coaches** and **teachers**.
 - ▶ Limited **facilities** with disability access.
 - ▶ **Travelling** can be problematic for people with disabilities.
- ▶ The **Paralympics** have increased media coverage and this has inspired people with disabilities to become involved in sport.

