Your notes

GCSE PE: revision notes

Engagement patterns in physical activity

Contents

1. Personal factors affecting participation
2. Social and practical factors
3. Increasing participation
4. Key terms
5. Quick questions
6. What to do next

Personal factors affecting participation

- Gender: **stereotypes**, fewer **role models** and less media coverage have meant fewer women and girls take part in some sports, although this is changing.
- Age: older people may have less energy, more injuries or fewer suitable activities, while young people have more free time.
- Ethnicity, religion and culture: some religions have rules about dress, mixed-gender sport or days of rest, and some groups are under-represented.
- **Socio-economic group**: the cost of kit, travel, club fees and facilities can stop people on low incomes taking part.
- Disability: a lack of accessible facilities, specialist equipment, coaches and competitions can be a **barrier**.

Social and practical factors

- Family, friends and peers: encouragement and support increase **participation**; **peer pressure** can reduce it.
- Education: PE lessons and school clubs introduce sports; exam pressure can reduce time for sport.
- Environment and climate: access to facilities, such as a pool or mountains, and the weather.
- Time, **role models** and media coverage: seeing people like you succeed on TV encourages **participation**.

Increasing participation

- Provide cheaper or free sessions, and accessible facilities.
- Run women-only or disability-specific sessions, and adapt activities.
- Promote **role models** from under-represented groups, and give more media coverage to women's and disability sport.

- In Guernsey, the Island Games give local athletes a big international event to aim for.

Your notes

Key terms

Participation	Taking part in physical activity or sport.
Barrier	Something that stops a person taking part.
Socio-economic group	A group of people with similar income and social status.
Role model	A person others look up to and copy.
Stereotype	A fixed, oversimplified idea about a group of people.
Peer pressure	Influence from people of your own age.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. How can socio-economic group affect participation?
2. How can role models increase participation?
3. Which is a barrier to participation for disabled people?
4. How can religion affect participation?
5. How can media coverage affect women's participation in sport?
6. How can peers affect participation?
7. Which is a way to increase participation among people on low incomes?
8. How might age affect participation?

Answers

1. The cost of kit, fees and travel can be a barrier
2. People are inspired to copy them
3. A lack of accessible facilities
4. Some religions have rules about dress or mixed-gender sport
5. More coverage gives more role models, which can increase participation
6. Friends can encourage or discourage taking part
7. Offering free or cheaper sessions
8. Older people may have more injuries or less energy

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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