

- (e)* Explain why physical activity is seen as a valuable and necessary experience in contemporary UK society.

10 MARKER

Explain possible barriers to young people's participation in physical activity.

Indicative content: Candidate responses likely to include: (other relevant responses must be acknowledged)

Numbered points = knowledge / understanding **Bullet points** = likely to be development of knowledge

Physical Activity valuable/necessary because it promotes:

1. Physical benefits
 - fitness / health / healthy body weight / greater life expectancy or other suitable physical factors
 - inactivity dangerous (to health)
eg PA protects against CHD or osteoporosis or other conditions
2. Personal benefits or development
 - enjoyment / self awareness / esteem / confidence // 'feel good' factor / leadership or other suitable personal benefits
3. Social benefits
 - friendships / teamwork / communication / meeting people or other suitable social factors
eg by joining clubs
 - Less anti-social behaviour in society
4. Emotional benefits / mental wellbeing
 - stress relief or other suitable emotional factors

And because of:

5. Increased or widespread obesity or CHD
 - due to widespread junk or fast food consumption / increasingly unhealthy diets
eg McDonald's or other suitable example of junk or fast food
6. Stressful lives
eg due to recession or long working hours or unemployment or other suitable example
7. The desire for or need for Balanced Active Healthy Lifestyles – (BAHLs)
 - Quality of life / wellness
 - components of a BAHL: physical well-being, physical exercise, being (physically) fit / injury or illness prevention / sufficient rest or sleep / a nutritious or balanced diet / not smoking / not taking drugs / moderate alcohol / personal hygiene / mental well-being / control of stress / stress relief / mental well-being / 'free' time
8. More sedentary or inactive lifestyles / low or decreasing levels of physical activity
 - 7/10 people have sedentary lifestyle (according to some data)
 - (many people do) less than 1x30 mins physical activity per week

More sedentary lifestyles because:

9. Desk job / less manual labour
 - exercise a choice not necessity
10. Longer working hours / concentration on careers
 - impact of credit crunch/economic situation
 - scared of losing jobs
11. Gadgets
eg sit on mowers or other suitable example
12. Widespread car use
eg children don't walk to school
13. Technology
 - computer use / computer games
eg shopping on line
14. More TV / people watch sport rather than participate

Types of physical activity to promote a BAHL

15. Physical or outdoor recreation
16. Physical or outdoor education
17. Sport / life time sport / life-long physical activity
 - activities that can be pursued into middle and older age
eg table tennis, badminton

Recommendations for a BAHL

18. (adults) 30 mins 5 times a week
19. Moderate or sub max or aerobic level
eg jogging / cycling
20. Children/young people 60 mins a day / 5 or 6 or 7 x 60 mins per week
eg 5 x 60 / Welsh initiative
21. Children – (at least) twice a week higher impact activities should be done
eg skipping / jumping etc

Explanation of possible barriers to participation by young people

22. Being in a minority group

- discrimination or unfair treatment or stereotyping or myths
eg women / disabled / ethnic minority / Religious

- Asian women and swimming restrictions

eg appropriate clothing

23. Opportunity – (limited or no)

24. Don't like exercise / choose not to / negative attitude to PA or to exercise / don't enjoy it

- don't like getting hot and sweaty

- do other things

eg socialise / play computer games or other suitable example

25. No time / other commitments

eg studying or part time job or other suitable example

26. Lack of role models

- friends or family don't participate or encourage or support

- peer pressure (not to participate)

27. Bad (school) experience/ limited range of activities offered at school

28. No or not enough money / too expensive / socio-economic status

- limited or withdrawal of Government funding

eg withdrawal of free swimming for young people

eg for memberships or kit or other suitable example of expense

29. Poor health / injury

eg asthma or other health related limitation

30. Tired / lethargic / can't be bothered

31. Risk of being out at night / parents stop you going out at night / danger / risk of injury

32. Provision – (limited or no)

33. Lack of equipment or (suitable) facilities / live in a rural or disadvantaged area

eg no (suitable/local) clubs / no swimming pool nearby or other suitable example

34. No transport / no buses or trains etc

- can't get there / distance from facilities / parents won't or can't take you

35. Unfavourable weather or climate

- too cold or wet

eg for activities outside

36. Withdrawal or lack of Government support or funding

37. Esteem – (limited or no)

38. Lack of confidence

- self-conscious / 'no good at it' / 'everyone else better than me' / poor body image

ANSWER PAPER - 8 OUT OF 10 MARKS

Trans Opportunity
Provision esteem. SEEN

Physical activity is seen as a valuable and necessary experience in contemporary UK society because nowadays there is an increase in a sedentary lifestyle due to better forms of transport, office-based jobs and increase UK of TV and computer games. This all means that physical activity has been reduced and health implications have begun to occur such as obesity. So physical activity is necessary to reduce the risk of health implications. Also during physical activity one may gain valuable lessons for example how to work in a team. These skills can be used in other aspects of life or in their job.

However there are barriers which prevent young people's participation

in physical activity. Firstly opportunity. Does the young person have the form of transport to get to the local leisure centre? There may not be classes available to suit that young person, as they may not be appropriate for all standards. Also the classes may be expensive. ^{not all} young people may be able to afford it.

Secondly provision. They may not have the equipment or coaches available for them to be able to participate in the physical activity.

Thirdly esteem. They may not have the self-willingness to participate in physical activity. Or the confidence, especially in swimming they may not like to wear the swimming costume required so they prefer not to participate.

Lastly another barrier could be that they may be studying for exams and not have the time to participate.