

Discuss factors that can influence young people's participation in the following aspects of sport and recreation.

1. Equipment/facilities Local availability or personal possession of.
2. Coaching Availability of coaches or coaching locally.
3. Your school Status of PE in your school/some schools have better or worse provision/attending a sports college or independent school may increase participation/time available for sport and PE affects participation.
4. Where you live Geographical location affects choices and opportunities/access to specialist facilities/not enough space.
5. Choice An individual may not like the activities that are on offer locally.
6. Friends/peer group Peer group opinions about participation are usually significant/peer pressure.
7. Family Significance of family members as role models/encouragement from early age.
8. Money Availability of money or family income will increase or restrictions participation/presence or absence of discount schemes locally.
9. Social class Restrictions or opportunities for access due to real or perceived constraints e.g. to a polo club or private tennis club or golf club.
10. Time Individuals may have pressures on their time e.g. studies or part time work or family commit
11. Ability/skill level An individual may not be good enough to join a local private club or join in with an available group/disability.
12. Access Social access/may or may not fit in/physical access e.g. for young people with disabilities.
13. Transport Opportunities within walking distance or bus route or family support for lifts.
14. Esteem Feelings of self esteem can both limit or increase the likelihood of participation/suitable examples should be credited.
15. Race or religion Some ethnic groups have negative attitudes towards sport/e.g. some Asian girls may not take part due to sub-cultural or values or personal reluctance.
16. Time Individuals may have pressures on their time e.g. studies or part time work or family commitments.