

Sport Physical Activity and Society

Week 1



Your Presentation Team

Mark Napieralla- Module Lead-
Friday only at UWTSD

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Our Background? Roles?





Getting to know the group

Task

Get to know a member of the tutorial group- you will need to find out the following starter for 10 as a minimum but use the 10 minutes (per person) to informally discuss more:

- 1- Name- where this name comes from?
- 2- Favorite Sport / s –do they play for a team? Club? Individual? Would like to get involved? Fitness? Exercise? Coaching? Analysis?
- 3- Where they live- with who?
- 4- How they get to campus?
- 5- Best thing that's happened to them over the last year?
- 6- Their worst quality?
- 7- Their best quality?
- 8- Makes them nervous?
- 9- 3 things they would take into I'm a celebrity get me out of here?
- 10- Most favorite place in the world?
- 11- Do they have a job?

YOU WILL NEED TO MAKE NOTES AND FORMALLY INTRODUCE YOUR PARTNER AND EVERYTHING ABOUT THEM IN 2 MINUTES- I WILL USE SOME OF THIS INFORMATION TO BUILD A PROFILE

Week one objectives

Module introduction

Assessment overview

An introduction to sport
development

Module Aims

- To clearly distinguish between sport, physical activity, and exercise, and consider their contribution to societal health and well-being.
- To consider the role of different sociological theories that have been applied to sport, physical activity, and health and to examine a range of current societal issues in relation to community sport, physical activity, and health.



Indicative Content

- **Definitions of sport, physical activity, and exercise.**
- **Sport, physical activity, and health policy agenda.**
- **Health and its determinants.**
- **Health benefits of sport and physical activity.**
- **Sociological theories of sport (e.g. Marxist, Feminist).**
- **Sociological imagination (C. Wright Mills).**
- **Sport and physical activity participation statistics.**
- **Social inclusion and community cohesion through sport: approaches and best practice examples.**
- **Understanding disability within society and sport.**
- **Physical activity interventions and their impact on health and well-being (design, delivery, and evaluation).**
- **Participation and its influence on sectors of the community**



Organisation

Friday 12-2pm (2-3pm
research task)

Lead lecture with
tasks, breaks, activities
and research

Sport Development, theory into practice

In this module we will look at the 'what', 'why', 'how', 'where', 'who', 'when' of sport development in theory and practice.



Mix of themes and case studies contributing to the module, to bring it to life.



Students will have a varying level of knowledge and we will be accommodating this.

Engage

- Attend all on campus sessions
 - Communicate any issues with tutor (if one off), and personal tutor (if ongoing)
- Engage with the teaching materials, tasks and preparation activities (reading, podcasts, videos)
- Work as a team / group to research, complete tasks and present / discuss findings
- Value all opinions, challenge and engage in discussions
- Undertake your own independent study, guided by the themes of the module and reading list

An introduction to sport development



Task- Online

Online task

Use your device to find a definition for:

- What is sport?
- What is physical activity?

Class discussion > So, what is the difference between sport & physical activity?

Definitions

Sport- “All forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games,”

United Nations Task Force on Sport for Development and Peace (2003).

Physical Activity- “PA involves any bodily movement that is produced by the contraction of skeletal muscles and that substantially increases energy expenditure above the resting state”

Casperson, (1989) in Piggin, Mansfield and Weed, (2018:154).

Sport or Physical activity?

- From the following pictures can you identify which might be classed simply as a sport or physical activity?
- What leads you to these responses?











Which sports
and/or physical
activities do you
participate in?



Micro-group task (30 mins)

1. Create your own definition for sport through research and paraphrasing (What does this mean?)

Answer the following:

1. Why do we develop sport?
2. Who is involved in developing sport?
3. What are the outcomes of effective sport development?

Flip chart split into 4 areas- present back as a team

Sport Development.... defined

“.. **A process** whereby **effective opportunities, processes, systems and structures** are set up to enable and encourage people in all or particular groups and areas to take part in **sport for recreation or to improve their performance**, to whatever level they desire”

Collins (1995: 21) in Houlihan and Green (2011)

“An ambiguous
and contested
term,” Hylton
(2013: 4)

- It incorporates a broad and diverse range of sports workers.
- Long standing & ongoing disputes exist about where the focus should be - grassroots or elite.
- Overlaps/blurred edges regarding sport development, sport management and sport for development.

Hylton (2013: 4-5).

Discuss > What
is the purpose
of Sport
Development?

- Promote interest,
- Increase participation,
- Improve performance.

Hylton (2013:3)

Sport Development has 2 strands

1. Development of Sport

- Development of sport itself i.e. codification of sports, constructions of facilities, creation of regular events and competitions (Houlihan & Green, 2011).
- Sport for Sport's Sake (pure sport)

2. Development through Sport

- Aim is to develop people, communities
- Sport for Good (Key SD outcomes)
e.g. Health, education, crime, regeneration, peace, social inclusion

Sport Development task- 20 minutes

Look and follow the demonstration of how to use the online library:

Use the online library to download a journal (peer reviewed) that discusses sports development:

Pull out one quote that could be used for a discussion- reference this in the text

Paraphrase another piece of information to discuss sports development

You choose the theme- try and link both

Sport Development outcomes

- Health
 - Social
 - Psychological
 - Physical
- Education
 - Skill development
 - Academic achievement
 - Qualifications
- Sporting Legacy
 - Increased participation
 - Improved infrastructure
 - pathways
- Physical Regeneration
 - facilities/transport
- Social Regeneration
 - Crime prevention/reduction
 - community cohesion
- Economic Regeneration
 - Tourism expenditure & income
 - Job creation

Coalter (2002)

Discuss > Who
is involved in
developing
sport?

Policy makers

Agencies

Organisations

Practitioners

Participants

(Hylton, 2013:1)

Who participates in sport & physical activity?

Micro-group task > Mindmap

Who might you
work with in the
future?



Directed study
> for next
week

Research the physical activity recommendations
for:

U18's,

19–64-year old's,

Over 65's.

Current participation data for these groups

Include your references.