



SPORT PHYSICAL ACTIVITY AND SOCIETY

NAZARE

WHY?

SPORT PHYSICAL ACTIVITY AND SOCIETY

Guess the definition:

ALSO INVOLVES PHYSICAL EXERTION, VOLUNTARY
MOVEMENTS AND BURNING CALORIES. THIS FORM OF
PHYSICAL ACTIVITY, HOWEVER, IS SPECIFICALLY PLANNED,
STRUCTURED AND REPETITIVE. IT DOES NOT USUALLY INVOLVE
ANY KIND OF COMPETITION.

A grayscale, halftone-textured photograph of a group of people in a gym. They are all wearing light-colored t-shirts and dark leggings or shorts, and are performing a similar exercise with their arms raised. The word "EXERCISE" is centered in the image in a white, serif font.

EXERCISE

SPORT PHYSICAL ACTIVITY AND SOCIETY

Guess the definition:

ALSO INVOLVES PHYSICAL ACTIVITY AND
EXERCISE BUT DIFFERS IN THAT THERE IS
ALSO A SET OF RULES, OR GOALS TO TRAIN
AND EXCEL IN SPECIFIC ATHLETIC SKILLS.



SPORT

SPORT PHYSICAL ACTIVITY AND SOCIETY

Guess the definition:

CAN BE DEFINED AS ANY ACTIVITY THAT INVOLVES
SOME FORM OF PHYSICAL EXERTION AND
VOLUNTARY MOVEMENTS THAT BURN CALORIES.
SUCH AN ACTIVITY CAUSES A PERSON'S BODY TO
WORK HARDER THAN NORMAL.

A photograph of several children running happily in a grassy field. The image is semi-transparent with a dark overlay, and the text 'PHYSICAL ACTIVITY' is centered in white. The children are in various stages of running, with some in the foreground and others slightly behind. They are wearing casual clothing like t-shirts, sweaters, and pants. The background is a soft-focus view of a green field under a bright sky.

PHYSICAL ACTIVITY

REFERENCE

(ZOURIKIAN, N ET AL., 2010)- SEE ARTICLE ON MOODLE

HEMOPHILIA IS USUALLY AN INHERITED BLEEDING DISORDER IN WHICH THE BLOOD DOES NOT CLOT PROPERLY. THIS CAN LEAD TO SPONTANEOUS BLEEDING AS WELL AS BLEEDING FOLLOWING INJURIES OR SURGERY. BLOOD CONTAINS MANY PROTEINS CALLED CLOTTING FACTORS THAT CAN HELP TO STOP BLEEDING

HOW MUCH PHYSICAL ACTIVITY SHOULD WE BE DOING?

TASK

RESEARCH THE RECOMMENDED PHYSICAL ACTIVITY GUIDELINES FOR THE UNITED KINGDOM

WHO WOULD RELEASE THIS INFORMATION?

WHY MIGHT THEY RELEASE THIS?

TOTS



TODDLERS (1-2 YEARS):

- TODDLERS SHOULD SPEND AT LEAST 180 MINUTES (3 HOURS) PER DAY IN A VARIETY OF PHYSICAL ACTIVITIES AT ANY INTENSITY, INCLUDING ACTIVE AND OUTDOOR PLAY, SPREAD THROUGHOUT THE DAY; MORE IS BETTER.

PRE-SCHOOLERS (3-4 YEARS):

- PRE-SCHOOLERS SHOULD SPEND AT LEAST 180 MINUTES (3 HOURS) PER DAY IN A VARIETY OF PHYSICAL ACTIVITIES SPREAD THROUGHOUT THE DAY, INCLUDING ACTIVE AND OUTDOOR PLAY. MORE IS BETTER; THE 180 MINUTES SHOULD INCLUDE AT LEAST 60 MINUTES OF MODERATE-TO-VIGOROUS INTENSITY PHYSICAL ACTIVITY.

(UK Chief Medical Officers' Physical Activity Guidelines, 2019)

CHILDREN 5- 18



- CHILDREN AND YOUNG PEOPLE SHOULD ENGAGE IN MODERATE-TO-VIGOROUS INTENSITY PHYSICAL ACTIVITY FOR AN AVERAGE OF AT LEAST 60 MINUTES PER DAY ACROSS THE WEEK. THIS CAN INCLUDE ALL FORMS OF ACTIVITY SUCH AS PHYSICAL EDUCATION, ACTIVE TRAVEL, AFTER-SCHOOL ACTIVITIES, PLAY AND SPORTS.
- CHILDREN AND YOUNG PEOPLE SHOULD ENGAGE IN A VARIETY OF TYPES AND INTENSITIES OF PHYSICAL ACTIVITY ACROSS THE WEEK TO DEVELOP MOVEMENT SKILLS, MUSCULAR FITNESS, AND BONE STRENGTH.
- CHILDREN AND YOUNG PEOPLE SHOULD AIM TO MINIMISE THE AMOUNT OF TIME SPENT BEING SEDENTARY, AND WHEN PHYSICALLY POSSIBLE SHOULD BREAK UP LONG PERIODS OF NOT MOVING WITH AT LEAST LIGHT PHYSICAL ACTIVITY.

(UK Chief Medical Officers' Physical Activity Guidelines, 2019)

ADULTS 19-64

- FOR GOOD PHYSICAL AND MENTAL HEALTH, ADULTS SHOULD **AIM TO BE PHYSICALLY ACTIVE EVERY DAY**. ANY ACTIVITY IS BETTER THAN NONE, AND MORE IS BETTER STILL.
- ADULTS SHOULD DO ACTIVITIES TO DEVELOP OR MAINTAIN STRENGTH IN THE MAJOR MUSCLE GROUPS. THESE COULD INCLUDE HEAVY GARDENING, CARRYING HEAVY SHOPPING, OR RESISTANCE EXERCISE. **MUSCLE STRENGTHENING ACTIVITIES SHOULD BE DONE ON AT LEAST TWO DAYS A WEEK, BUT ANY STRENGTHENING ACTIVITY IS BETTER THAN NONE.**
- EACH WEEK, ADULTS SHOULD ACCUMULATE **AT LEAST 150 MINUTES (2 1/2 HOURS) OF MODERATE INTENSITY ACTIVITY (SUCH AS BRISK WALKING OR CYCLING); OR 75 MINUTES OF VIGOROUS INTENSITY ACTIVITY (SUCH AS RUNNING); OR EVEN SHORTER DURATIONS OF VERY VIGOROUS INTENSITY ACTIVITY** (SUCH AS SPRINTING OR STAIR CLIMBING); OR A COMBINATION OF MODERATE, VIGOROUS AND VERY VIGOROUS INTENSITY ACTIVITY.
- ADULTS SHOULD AIM TO MINIMISE THE AMOUNT OF TIME SPENT BEING SEDENTARY, AND WHEN PHYSICALLY POSSIBLE SHOULD BREAK UP LONG PERIODS OF INACTIVITY WITH AT LEAST LIGHT PHYSICAL ACTIVITY.

(UK Chief Medical Officers' Physical Activity Guidelines, 2019)

ADULTS 65+



- OLDER ADULTS SHOULD PARTICIPATE IN DAILY PHYSICAL ACTIVITY TO GAIN HEALTH BENEFITS, INCLUDING MAINTENANCE OF GOOD PHYSICAL AND MENTAL HEALTH, WELLBEING, AND SOCIAL FUNCTIONING. SOME PHYSICAL ACTIVITY IS BETTER THAN NONE: EVEN LIGHT ACTIVITY BRINGS SOME HEALTH BENEFITS COMPARED TO BEING SEDENTARY, WHILE MORE DAILY PHYSICAL ACTIVITY PROVIDES GREATER HEALTH AND SOCIAL BENEFITS.
- OLDER ADULTS SHOULD MAINTAIN OR IMPROVE THEIR PHYSICAL FUNCTION BY UNDERTAKING ACTIVITIES AIMED AT IMPROVING OR MAINTAINING MUSCLE STRENGTH, BALANCE AND FLEXIBILITY ON AT LEAST TWO DAYS A WEEK. THESE COULD BE COMBINED WITH SESSIONS INVOLVING MODERATE AEROBIC ACTIVITY OR COULD BE ADDITIONAL SESSIONS AIMED SPECIFICALLY AT THESE COMPONENTS OF FITNESS.
- EACH WEEK OLDER ADULTS SHOULD AIM TO ACCUMULATE 150 MINUTES (TWO AND A HALF HOURS) OF MODERATE INTENSITY AEROBIC ACTIVITY, BUILDING UP GRADUALLY FROM CURRENT LEVELS. THOSE WHO ARE ALREADY REGULARLY ACTIVE CAN ACHIEVE THESE BENEFITS THROUGH 75 MINUTES OF VIGOROUS INTENSITY ACTIVITY, OR A COMBINATION OF MODERATE AND VIGOROUS ACTIVITY, TO ACHIEVE GREATER BENEFITS. WEIGHT-BEARING ACTIVITIES WHICH CREATE AN IMPACT THROUGH THE BODY HELP TO MAINTAIN BONE HEALTH.
- OLDER ADULTS SHOULD BREAK UP PROLONGED PERIODS OF BEING SEDENTARY WITH LIGHT ACTIVITY WHEN PHYSICALLY POSSIBLE, OR AT LEAST WITH STANDING, AS THIS HAS DISTINCT HEALTH BENEFITS FOR OLDER PEOPLE.

(UK Chief Medical Officers' Physical Activity Guidelines, 2019)

Join the fun and play



Beat the Street

ONE YOU

COUCH
TO 5K

BBC SPORT

Moderate or strong evidence for health benefit

Children

Bone Health

Cognitive function

CV fitness

Muscle fitness

Weight status

Depression



Adults

All-cause mortality

Stroke and heart disease

Hypertension

Type 2 diabetes

8 cancers

Depression

Cognitive function

Dementia

Quality of life

Sleep

Anxiety/depression

Weight status



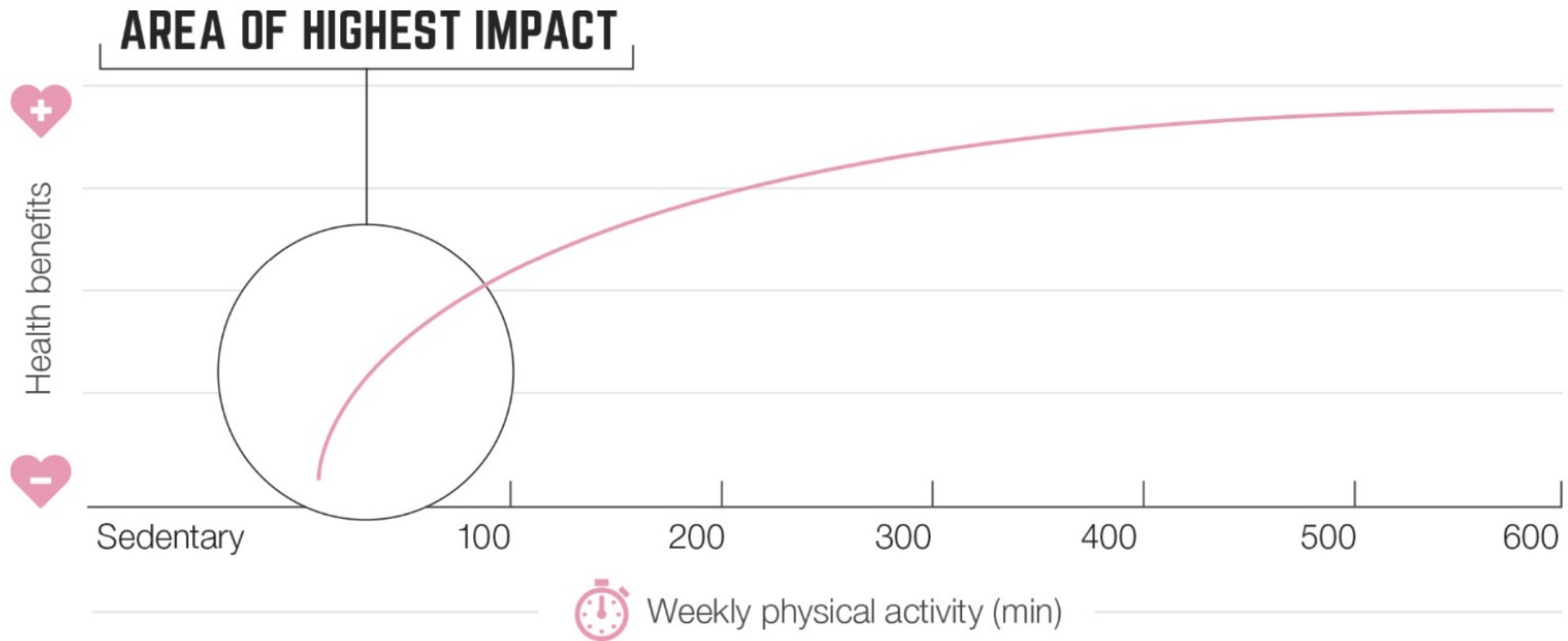
Older Adults

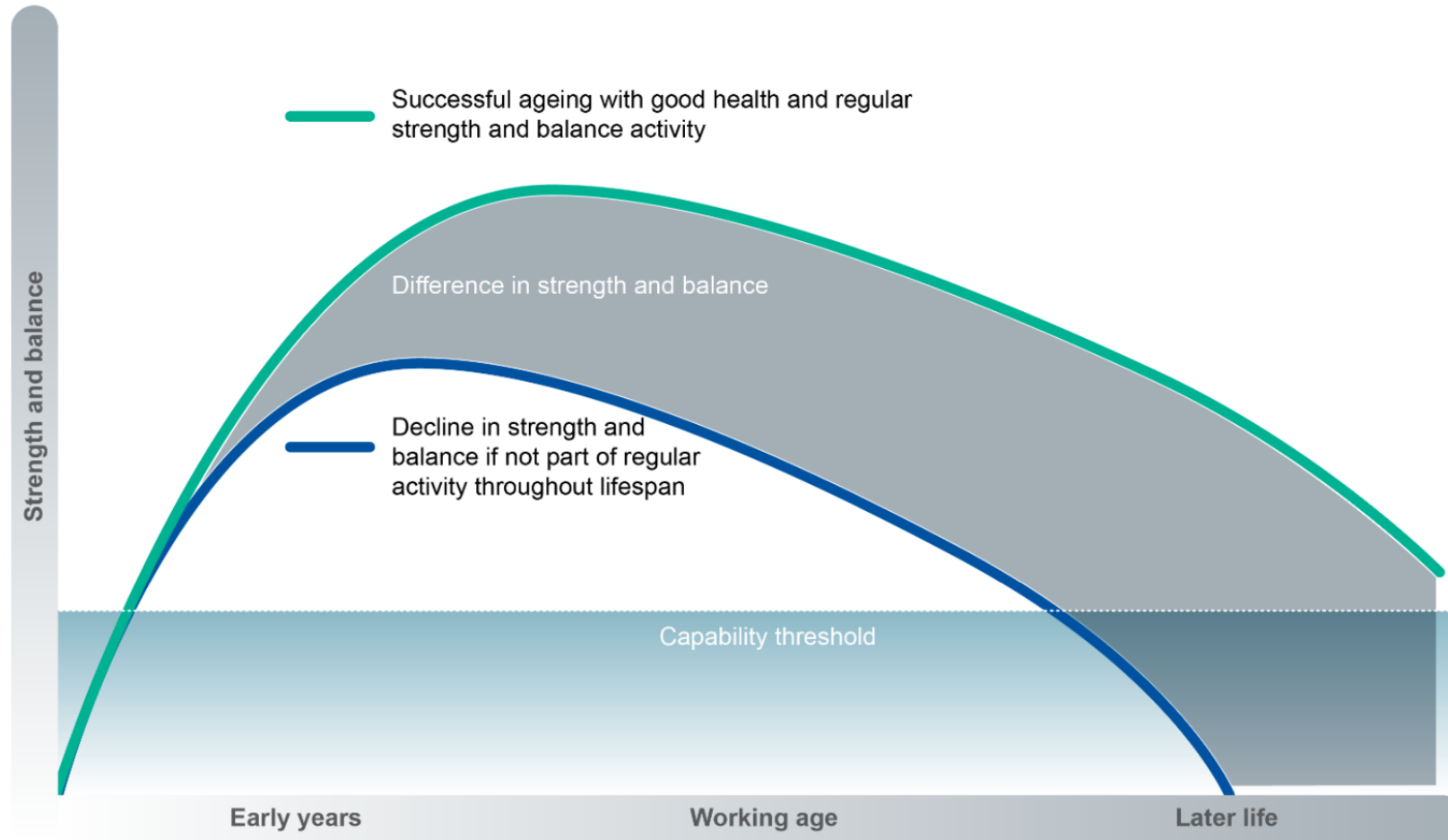
Falls

Frailty

Physical function



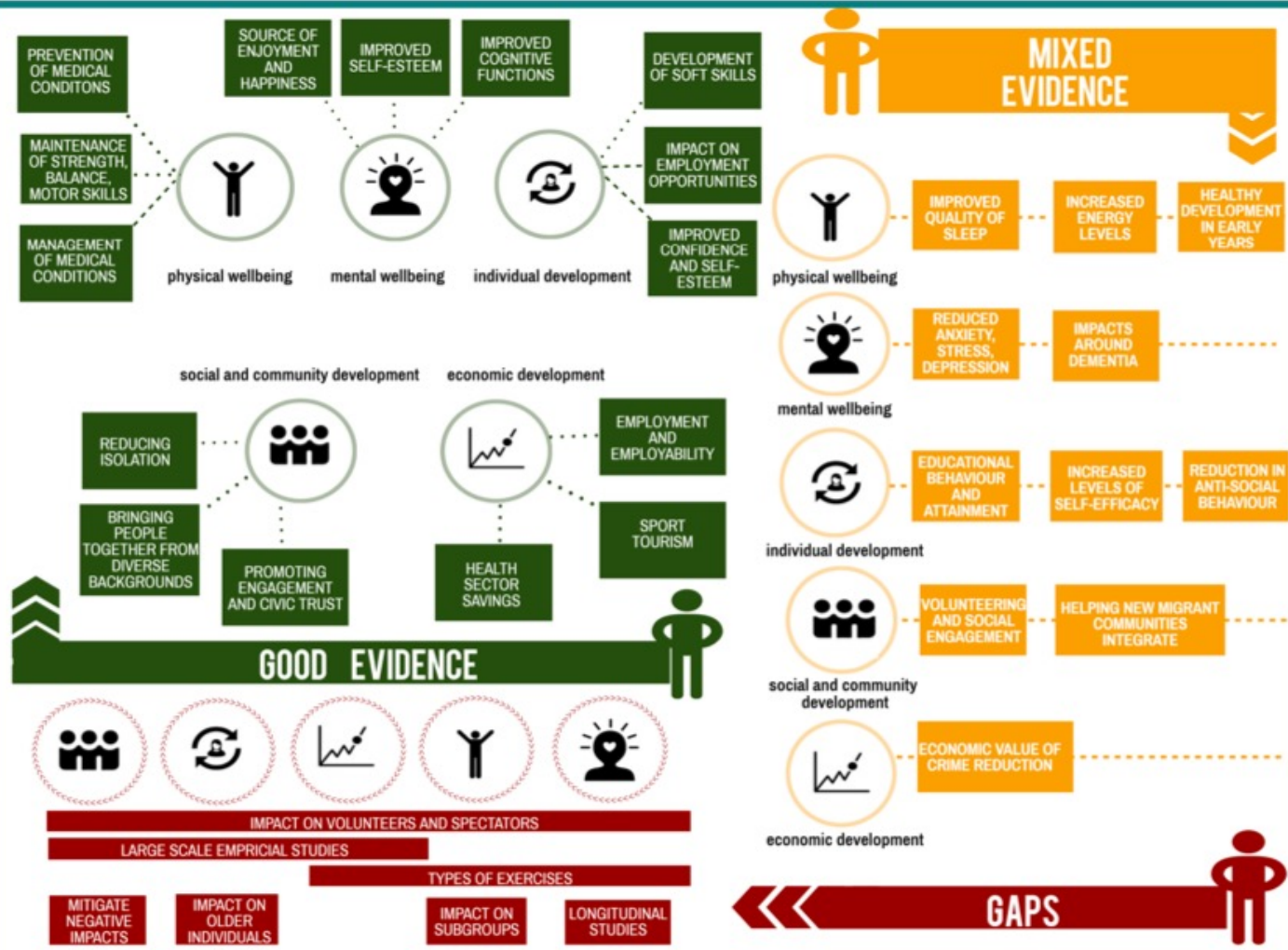




Type of sport, physical activity or exercise	 Improvement in muscle function	 Improvement in bone health	 Improvement in balance
 Running	★	★★	★
 Resistance Training	★★★	★★★	★★
 Aerobics, circuit training	★★★	★★★	★★
 Ball Games	★★	★★★	★★★★
 Racquet Sports	★★	★★★	★★★★
 Yoga, Tai Chi	★	★	★
 Dance	★	★★	★
 Walking	★	★	☆
 Nordic Walking	★★	?	★★
 Cycling	★	★	★

★★★ Strong effect ★★ Medium effect ★ Low effect ☆ No effect ? Not known

THE OVERALL IMPACT OF SPORT AND PHYSICAL ACTIVITY ON...





TASK- CAN YOU FIND EVIDENCE?

Use academic Research to Support the Benefits of exercise

FEMINIST THEORY- SPORT

I find the definition from bell hooks' 1984 book, *Feminist Theory: From Margin to Center*, most helpful to students and useful as a guide. In chapter 2, titled, "Feminism: A movement to end sexist oppression," hooks discusses issues related to definitions. As hooks notes in her more recent (2000) book, *Feminism is for Everybody*, that definition holds up well. In the introduction (hooks, 2000), she invites everybody to read and understand that "Feminism is a movement to end sexism, sexist exploitation, and oppression" (p. viii).

GILL, D.L. (2001). FEMINIST SPORT PSYCHOLOGY: A GUIDE FOR OUR JOURNEY. *THE SPORT PSYCHOLOGIST*, 15(4), pp.363–372.

FEMALE PARTICIPATION IN SPORT

IS IT IMPROVING? ARE MORE
OPPORTUNITIES AVAILABLE?

YES- EXAMPLES

NO- MORE WORK NEEDED?



THIS GIRL CAN CAMPAIGN

TASK BY NEXT WEEK:

GROUP1- THIS GIRL CAN- INTRODUCE THE CAMPAIGN AND ITS OBJECTIVES / HOW IT AIMS TO IMPACT FEMALE PARTICIPATION

GROUP2- SET THE SCENE- DOES THE CAMPAIGN HIGHLIGHT A NEED? WHY ?

GROUP3- WHAT HAS BEEN ACHIEVED?

A1 ASSIGNMENT- 50% OF YOUR GRADE

- SEE ASSIGNMENT BRIEF
- UPLOADED TO TURN IT IN
- DEADLINE- 18TH NOVEMBER
23:59 AM
- START INVESTIGATING NOW, USE
THE TOOLS / RESOURCES
AVAILABLE TO YOU
- ENJOY RESEARCHING!



NEXT WEEK

- MARXISM
- SOCIAL INCLUSION
- SOCIOLOGICAL IMAGINATION

CONDUCT FURTHER READING ON AREAS OF INTEREST!
SEE MODULE READING LIST ON THE TEMPLATE