

Ioulia Angnosti

Task 1- Increasing participation in regular sport or physical activity for different types of sports participants

Justify your chosen physical activities and how they meet the needs of the selected participant

Since Priya is a 40-year-old female who recently moved home to a small town and hasn't had the time to meet new people with her partner, I would recommend the activity to cycle. It is a physical activity that requires her to buy a bike, which in Priya's situation shouldn't be too difficult since she has lots of disposable income. The context given also claims that there is a number of trails and lanes for running and cycling routes, which would be amazing for her and her partner to go on long cycles and exercise together. The benefits of taking part in such physical activities are that you can meet new people to socialise, for example Priya and her partner could go on long rides with co-workers or even neighbours that they possibly have a good relationship with; it improves self-confidence, which Priya is said to not have because she hasn't took part in any exercise for over 10 years and also helps her become more resilient. The physical advantages are of such setting fitness goals, which would help Priya re-connect with exercise and in result, improve her physical health, for example having a lower resting heart rate. *Evidence towards PFI: B3*

A sport I would recommend for Priya would be netball because it is a sport that requires team-work and therefore, Priya could socialise and make new friends. Since she hasn't took part in any type of exercise for over 10 years, she could register for a netball class where it's for beginners and she wouldn't have to feel isolated in her fitness levels or insecure about starting something new. It would also be beneficiary for her since she can develop relationships and improve her communication skills, which could help her with her current job as a banker to communicate with other co-workers and possibly make new friendships as well. It's mentioned that her job is extremely stressful and therefore, a mental benefit of taking part in sport is that it reduces stress; alongside a stressful job come other mental health problems and if not decided to be treated properly, it could result to her having worse mental problems. Therefore another mental benefit is that it reduces the chance of being depressed. As always, with a sport come physical benefits such as improving a skill level in the particular sport, however over time if Priya decides to continue with netball, she will see improvement in her physical appearance but also her mental health. It also reduces fatigueness which is beneficiary for her since her job is from 7:00 to 19:00 which would exhaust her body and her mind entirely. *Evidence towards I: B2*

The Government guidelines state that adults aged 19-64 should undertake 150 minutes of moderate activity a week or 75 minutes of vigorous activity across a week. They should also engage in muscle strengthening activities twice a week and to minimise the amount of time being spent inactive. This affects Priya as she should participate in sports or physical activities but she hasn't for over 10 years, and it would be beneficial if she started to slowly exercise again and get into improving her mental and physical state.

Characteristics of the type of provision in the participant's local area and the advantages and disadvantages of this provision for your chosen physical activities and the needs of the selected participant

Priya now lives in an area where there is a large private sector offering gym and fitness classes, alongside a swimming pool which is located five miles from her home. Priya has a lot of disposable income meaning she could access the private sector economically, and since she doesn't have children, no extra money is being used up for food. The advantages of a private sector are that they offer fantastic facilities, with brand new equipment to the latest technology; therefore the facilities are continually updated meaning she can often find new ways in improving her physical fitness. They also provide a wider range of sports meaning if Priya doesn't enjoy a certain sport she is participating in, or she wants to try something new and test her abilities, it would be easy and accessible for her to do so.

Evidence towards 1: B3

However, a private sector comes with disadvantages; for example, there are more expensive membership prices and although she can afford the prices, she may not be willing to spend that much money on a private sector for equipment or exercises she could be doing somewhere else. Another disadvantage, is that it is located 5 miles away from Priya's house, meaning she would have to take transport to the private sector or buy a new car or a new bike to get there; however, she would be recommended to buy a new bike so she could get more exercise when going to and returning from the sector. Also, it's stated that she works long hours, and sometimes even at home, and for that reason she may be extremely fatigued to travel all the way to that sector, meaning she wouldn't be able to participate in so much activity. Furthermore, a private sector is ran by individuals and isn't state controlled, meaning whatever problems or difficulties occur, they would have to be treated by the owner possibly making decisions that maybe don't agree with Priya or any other participants.

On the contrary, that also may be seen as an advantage as she would be able to socialise with the owners and make new friends. However, exercise has quite a few benefits on not just the body but the brain as well. For example, any aerobic exercises will improve her concentration and her memory, as well as attending a private sector and meeting new people.

Evidence of 1: B3.

Potential barriers to participation in your chosen physical activities for the selected participant

Some potential barriers to Priya's participation could be the access to transport, cultural and personal barriers. For example, her access to transport is only the train which is located really close to her house, but may not take the certain routes Priya would like or that would benefit her. She would therefore be spending quite a lot of money on trains every month since she doesn't have car. Also, the times at which the trains operate may not be beneficial as they may stop operating after a certain time, meaning if Priya is to return home quite late at night, she may find it difficult to access the train. Secondly, cultural barriers could affect Priya's participation because during her life, she might have come around people that would

make comments or disagree with certain decisions she has previously made, and that might affect her to her day-to-day life. Thirdly, are some personal barriers; for example, it is said that Priya isn't confident about starting something new and that thought process could affect her in the decisions she decides to make. She also may not have enough time to spend some time with herself, accepting herself for who she is and setting some goals that are put to please herself and not others. Because of her long hours and her frequently working from home, her mental health will more than likely be affected and it would cause her to believe things or think about certain problems differently.

Alongside all of these potential problems, her age may be a potential barrier. To explain further, she is 40 years old and will most likely need a longer period of time to get used to the sport and the movements required, because she isn't entirely young for her body, her muscles for example, to be moving in a quick and sudden way; her muscles will need to slowly get used to working out quicker. She would therefore, need maybe assistance in certain areas and would have to be careful to try not to injure herself. Priya may also be quite sceptical in attending a private sector since she may see other people there who are fitter than her or have built muscle in certain areas of their bodies, which could make Priya self-conscious. It is also mentioned that Priya doesn't have much free time to attend the sports recommended, as she often completes more work at home on the weekends or the evenings, meaning time may also be a factor which affects her.

Evidence towards Part 2 B3

Methods to overcome these barriers to participation for this selected participant and the chosen physical activities

A way to overcome her transport problem could be to buy a car or a bike. If she bought a car it would benefit her in getting to places far away and would allow her to leave at whatever time is best for her. Also, if she were to buy a bike it would benefit her in obviously getting to places, but also allowing her to exercise on the way to and from work or the activity she has attended. A bike could also help her socialise and make new friends whether that's in the neighbourhood or from work or even from the activity. She could also, if she would like, to cycle with her husband and attend fitness activities together.

As for the cultural barrier, at the private sector located close to her house, there could be a diversity of staff working therefore, if she feels in any way shy or doesn't know how an apparatus is working she could ask for help or guidance by a member of staff she seems to trust. If she in any way feels intimidated in the gym or the fitness class, the sector could offer women only sessions staffed by females that maybe would be more appealing to her, if she were to feel in that way. She could also that way socialise with the women in the gym and make new friends.

As regarding her personal barriers, since she's not really confident with herself, there could be private changing rooms in the private sector or the sport class she's attending, so she doesn't feel in any way that she isn't making progress with her physical fitness, since everyone's level of fitness is different. Priya could also follow certain influencers or watch certain videos that discuss the problems of loving yourself and not comparing yourself to others; in this way, Priya may build an image in her head that she doesn't need to look a

certain way to be or feel pretty and in fact, can build her self-confidence. She should therefore, allow herself to have some personal time and not stress too much about her job and the work that is required. Priya may also try and build a routine where she balances her work-life and her home-life, allowing her to have time to relax and work-out. Priya and her husband may also ask for holiday leave since they seem to be at work for a long period of time in the day, where they go to relax and not worry over work for a certain amount of time; they could go on adventures or visit certain places around the world. If Priya therefore was worried about her fitness, they could book a hotel where a gym is provided and her and her husband could attend that gym to work-out. She could therefore, follow her fitness routine and enjoy herself on her holiday whilst similarly, not missing out on her fitness goals. Also, regarding her age barrier, Priya could attend a netball club where it's for certain ages and over, meaning she is partnered with people her age and not with people much younger that may acquire more energy than her. This would also help her to socialise and engage in the correct government guideline for her age.

As for her time problem, she could try and attend a gym, whether that is the large private sector closest to her area or not, where it's open 24hrs and would help her attend the gym at whatever time is best for her. Priya may also schedule lessons and would therefore need to pause whatever work she's doing maybe at home, in order to attend that lesson. It could possibly help her set up a routine and help her in not stressing about her work-life when she's home.

Evidence towards Part 2: B3

Task 1 - Part 1: mark Band 3 7-9 marks

Task 1 - Part 2: Mark Band 3 7-9 marks