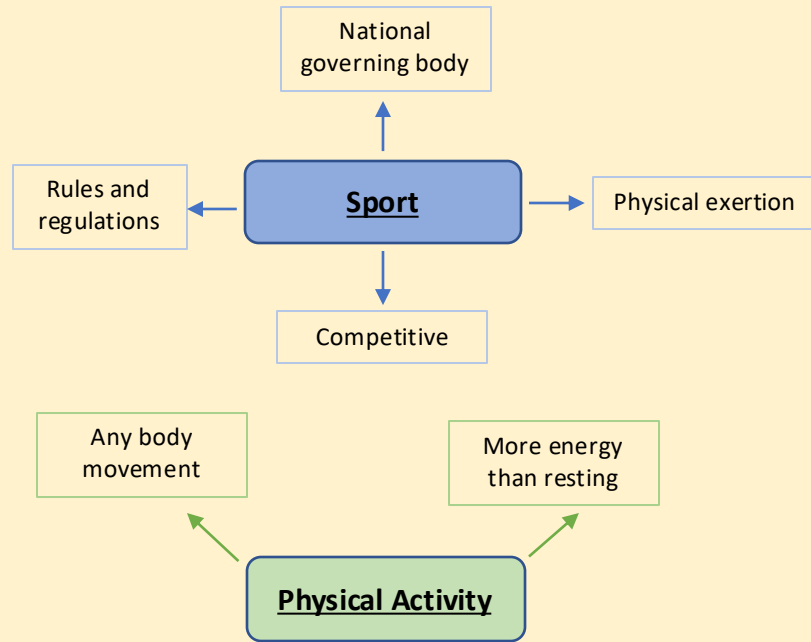


Blue Assessment – Revision Card – Component 1 – Preparing participants to take part in sport and physical activity



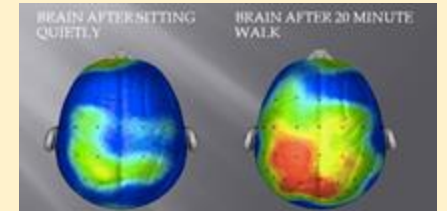
Team Sport	With other people, working together towards a goal.	Example:
Individual sport	Play alone, rely on yourself to achieve goals.	Example:



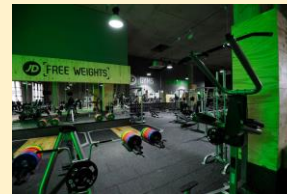
Benefits of OAA: Positive risk taking, Improved self confidence/esteem, Meet new people, Learn new skills, Time away from life stresses and electronic devices.

Endorphins are released into the brain when you exercise. Endorphins are neurotransmitters – a chemical linked with an energetic and positive outlook on life. They also have other benefits such as:

- Reducing stress
- Helping to fight anxiety and depression
- Boosting self-esteem
- Promoting restful sleep



Sports provisions
Public: Owned by the government, for community, funded by taxes.
Private: Part of the economy, run by individuals / companies for profit.
Voluntary: Primary purpose is to create social impact rather than profit.



The three main disabilities:

- Physical
- Visual
- Hearing



Influences on participation			
Age	Gender	Role Models	Ethnicity
Disability	Economic Status	Religion	Cost
Access	Social factors	Sexuality	Family and peers

Medical Conditions

- ☐ Asthma
- ☐ Diabetes
- ☐ Coronary Heart Disease
- ☐ High Blood Pressure

Benefits of taking part in sport	Benefits of taking part in physical activity
1. Improve fitness	1. Meet new people
2. Meet new people	2. Set fitness goals
3. Develop new leadership skills	3. Improve confidence
4. Learn to work in teams	4. Improve body composition
5. Resilience	5. Improve physical health
6. Self confidence from competitions	6. Stress relief

Role of National Governing Bodies:

Rules of the sport	Creating clubs
Coaching	Competitions
Finances	Advertising
Encouraging participation	Increasing accessibility to the sport

Key definitions

Definition of sport: Sports are competitive activities that involve physical exertion, have rules and regulations and a national governing body.

Definition of physical activity: Physical activity is any body movement that works your muscles and requires more energy than resting.

Definition of OAA: Outdoor activity refers to activities carried out outdoors or in recreation areas that are adventurous.

Definition of disability: A physical or mental condition that limits a person's movements, senses, or activities.