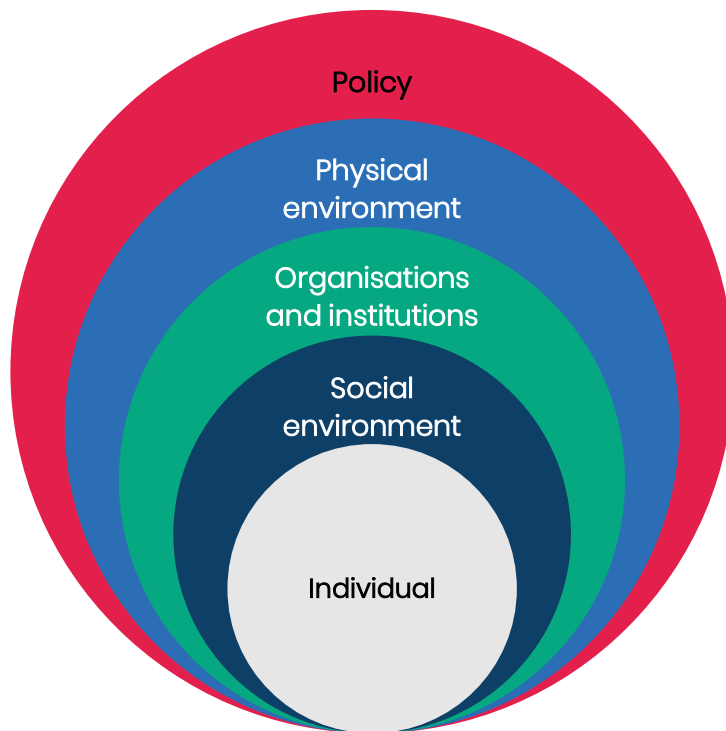


A complex eco-system shapes a person's attitudes, behaviours and experience of sport and physical activity

Only focusing on the barriers and motivations of the individual will not enable a full enough understanding of where the current issues and potential solutions really exist.



Each component includes, but is not limited to:

► **Policy**

Laws, rules, regulations, codes, local and national strategies

► **Physical environment**

Urban / rural geography
Access to parks
Access to open, safe spaces
Transport communications

► **Organisations and institutions**

Local authorities
Leisure centres and other service providers
Educational settings
NGBs and sports clubs

► **Social environment**

Cultural factors
Religious factors
Social capital and cohesion
Racism, sexism, discrimination

► **Individual**

Demographic profile
Socioeconomic factors
Education
Physical literacy
Capability, motivations, attitudes