**Grade 11 Physical Education**

**Notes**

Role of the Government in Sports

1. Safe guarding the Public

When it comes to government, the municipal (city) government takes on the role of maintaining order in public areas of society. Because sports arenas and fields are such a large part of public society, it’s the government’s duty to ensure that they are managed in such a way that is safe for citizens.

You might think that this would be an easy task, but think about how much conflict there would be if there were no schedules? Everyone would show up at the field to play baseball at the same time, and arguments would ensue as to who gets to use the field.

1. Ensuring Social Cohesion

Over the last decade or so, the government has been working hard to ensure that social cohesion exists in sports. Though it may seem as though everyone has an equal right to play sports nowadays, this hasn’t always been true. Throughout history, there have been many groups of people that have been excluded from playing sports. For example, did you know that cheerleading used to be an all-male sport? The first all-male pep-club was formed in 1869, and it wasn’t until 1923 that the first female was allowed to join the cheering squad!

 And despite the fact that cheerleading is now a mainly female-dominated sport, there are many other sports where women don’t have equal opportunities. Think about it – how many women do you see playing on or working with the Dallas Cowboys team, or the Maple Leafs team, or the New York Yankees team? Not as many as their probably should be! Though their inclusion in sport has definitely increased throughout the years, we still have a long way to go.

And women aren’t the only people that have been excluded from sports over the years. People with disabilities, Indigenous people, immigrants, racialized minorities, people with different sexual orientations, and children living in poverty have all had less opportunity in sport over the years.

Growing an inclusive culture and promoting diversity means we need to encourage participation in sport for all groups of people – and the government is working hard to make sure this is what our future looks like.

1. Promoting fitness and health

Did you know that in 2009, the Ontario government spent over 3.4 billion dollars on the burden of inactivity? Here are some other staggering statistics relating to sports and inactivity:

Did you know?

* Inactive individuals are estimated to incur an extra $600 in health care costs per year as opposed to active individuals
* A 10% increase in physical activity in Canada would translate to over $150 million in health care savings.
* Physical inactivity can lead to an increase in a variety of health concerns including coronary artery disease, stroke, hypertension, colon cancer, breast cancer, type 2 diabetes, and osteoporosis (to name just a few).

If these statistics are realistic, it’s no surprise that the Government wants to increase involvement in sport. Not only would involvement in sport improve social cohesion, but it would also reduce health care costs drastically.

But just as sports can improve health, they can also cause injury. Here are some more stats:

* An estimated 66% of injuries among those aged 12-19 are sport related
* The most common injuries in sports are sprains and strains
* Sports and recreational activities contribute to approximately 21 percent of all traumatic brain injuries among children

Of course, these injuries also play a large role in health care costs. But if the government can help to reduce sporting injuries by regulating things like sporting rules and helmet laws, then why shouldn’t they get involved? Fewer injuries benefit everyone!