**Senior Secondary Physical Education Elective**

**Part 8 Social Aspects**

**Worksheet 5**

**Sport and Competition**

1. Themes:
2. What are the functions of a competition and its rules and regulations?
3. What principles should be adopted in developing the rules and regulations for a competition?
4. How do people with different views and value judgement think differently on this issue?
5. Content:
6. Functions of a sport competition may include:
7. It is believed that competition is a natural and fair way to allocate rewards in the real world. Only those individuals who are capable and hard working can reach the top and deserve the rewards.
8. Sports competition is the venue and process to identify the best and to produce and/or reproduce the elite in society. It may be a “proof” of the belief that “the best will succeed and the unqualified and lazy will fail”.
9. The above statements are based on the assumptions that rules and regulations are fair and the opportunities are open to all.
10. Principles to develop rules and regulations in sports competitions:
11. fair
12. universal
13. firm
14. transparent
15. consistent
16. specific
17. in line with the latest development of sports sciences and the technology
18. base on the nature of the sport and the needs of players and spectators
19. Different views and values of people on sports competitions:
    * 1. Researchers in sports sociology relate sports competitions with “meritocracy”. Meritocracy is defined as a social world in which rewards only go to the competent people and help justify the economic inequalities. Sports competitions can be used by those with power to produce and/or reproduce the social inequalities and to allocate the resources. Finally, sports competitions reinforce the existing social class in a society.
      2. General people view sports competitions as the venue and process to recognize their competence, advancement and achievement. Consequently, the following phenomena may happen:
         1. Demand for more elite training programmes and facilities are always connected with sports competitions.
         2. Medal winning and supremacy of performance are common guiding principles.
         3. Emphasize measurable outcomes to determine whether or not to participate
         4. Emphasize the importance of strategies, stringent rules, and the requirements for different positions. (???)
         5. Fun element in sport is devalued and excellence is highly valued. Polarization of these two elements in sport emerges and becomes obvious.
         6. Reward-oriented based upon the belief that sports competitions are the natural and fair way to allocate rewards, “meritocracy”.
         7. Become highly structured, controlled by adults and centrally governed.
         8. More sports injuries are implied.
20. Questions and activities:
21. Can you imagine a sport which is fun and competitive? Describe how the sport works?
22. Arrange an interview with the professional or full-time elite athletes from the Hong Kong Sports Institute and ask their opinions on these two concepts?
23. Do you agree to the relationship between “meritocracy” and sports competitions suggested by the sports sociologists? Why?
24. References:
    * 1. Coakley, J. (2015). *Sport in society: Issues and controversies* (11th edition). WCB McGraw – Hill.
      2. Choi, H. S., Johnson, B., & Kim, Y. K. (2014). Children’s Development Through Sports Competition: Derivative, Adjustive, Generative, and Maladaptive Approaches. *Quest*, *66*(2), 191–202.
      3. Jensen, R. D., Christiansen, A. V., & Henriksen, K. (2014). The Olympic Games: The Experience of a Lifetime or Simply the Most Important Competition of an Athletic Career? *Physical Culture & Sport Studies & Research*, *64*(1), 41–52.