Sporting Culture

In this unit you will …

▶ investigate perspectives on sports in Australia
▶ analyse external influences on decision-making
▶ explore safe and unsafe behaviours
▶ explore the impact of media messages associated with sport in Australia
▶ apply self-talk and motivational practices
▶ promote the significant role of Aboriginal and Torres Strait Islander Peoples in Australian sport.
What are you curious to learn about in this unit?

Links

Attributions
Writer: Elizabeth Kerr
Reviewer: Associate Professor Reuben Bolt, UNSW
123RF: yanlev (yacht racing).
Alamy Stock Photo: INTERFOTO (Cathy Freeman); Keystone Pictures USA (Lionel Rose boxing); Newscom (Scotty James); High Peterswald (Adam Goodes).
Sport Australia: AusPlay January to December 2017 data.
Foundation for Alcohol Research and Education: (‘Newly released data* from the New South Wales Bureau of Crime Statistics and Research...’).
Getty Images: Staff (Nova Peris, Sydney 2000 Olympics).
Mixa Co. Ltd.: swimming.
Shutterstock: Atstock Productions (money in envelope); dolphyn (Go on – Give up); EpicStockMedia (surfing); FabrikaSimg (sports equipment); JSS DZGN (gavel icon); Nelson Marques (head icon); Microgen (girl swimming title page); Oxlock (broadcasting icon); Constantine Pankin (weights comparison); Pro Symbols (film shooting icon); Imran Sheikh (money in hand icon); Vasyt Shulga (sporting venue); Shutter_Goods (outline of body); Syda Productions (winning a race); © Vector Stock Company (book icon); Leonard Zhukovsky (paraplegic athlete).
### Unit Glossary

Read the definition then write each word in a sentence to show its meaning.

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
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<tbody>
<tr>
<td><strong>Australian Institute of Sport</strong></td>
<td>government funded body responsible for training and developing elite athletes and teams</td>
</tr>
<tr>
<td><strong>climate change</strong></td>
<td>a significant change in the usual long-term climatic conditions, especially one thought to be caused by global warming</td>
</tr>
<tr>
<td><strong>code of conduct</strong></td>
<td>the rules that govern a sport and its players</td>
</tr>
<tr>
<td><strong>corruption</strong></td>
<td>unlawful misconduct of a person or group to gain political or economic benefits</td>
</tr>
<tr>
<td><strong>economic value</strong></td>
<td>the monetary measure of a service’s benefit</td>
</tr>
<tr>
<td><strong>performance-enhancing drugs</strong></td>
<td>substances used to enhance sporting ability</td>
</tr>
<tr>
<td><strong>Minister for Sport</strong></td>
<td>a government position responsible for health improvements within the community through sporting opportunities</td>
</tr>
<tr>
<td><strong>motivation</strong></td>
<td>internal or external influence on actions</td>
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<tr>
<td><strong>sporting culture</strong></td>
<td>the reciprocal relationship between sport and the values of a community</td>
</tr>
<tr>
<td><strong>sporting ethics</strong></td>
<td>the principles that guide moral behaviour within sports</td>
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</table>
WHAT IS SPORTING CULTURE?

Sporting culture is the reciprocal relationship between sport and the values of a community. It may include how sports influence or are influenced by a variety of factors such as:

- economics
- politics
- race
- gender
- youth
- media
- inclusion.

As a class, discuss what you understand about sporting culture. Draw a mind map of your discussion in the space below.
Participation in sport

People participate in sport for a variety of reasons. It may be because of encouragement from their family or influence from their friends. It may be because of a passion or due to a desire to try new skills.

ANALYSE
Vote with your feet

Stand in the centre of the room. Your teacher will direct one side of the room as a YES zone and one side of the room as a NO zone. When you are given a statement by your teacher move to the zone that you feel most represents your view on the statement. Move to the yes to completely support the statement and move to the no to completely disagree with the statement. You may choose to stand anywhere between the two zones to represent how you feel along the continuum. Your teacher will choose a few of the statements to discuss as a class:

- I feel good when I play sport.
- I play many sports.
- I wish there were more sports on offer at school.
- I like to watch sport on TV.
- I like to play sports games on my phone or console.
- Soccer is my favourite football code.
- I like winter sports better than summer sports.
- I have a favourite sporting team and I would never cheer for another team.
- My family is into sport.
- Referees/umpires have a hard job on the field.
- Football gets too much publicity.
- I think Australia has a strong sports culture.
- I think there is gender equality in Australian sport.
- I look forward to the Olympic Games.
- Australians represent themselves well when competing overseas.
- There are too many drugs in sport.

As a class, analyse the responses to create a statement that represents your class’s thoughts and feelings on sport. Write your statement in the space below.
With a partner discuss ways that participating in sport can affect your personal health. List some of the ways in the space below.

How is participating in sport a protective factor for Australians?

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The table below shows Australia’s top 10 club sports with the highest participation rates. In the column to the left, rank sports in the order you would be most likely to participate in them, 1 being most likely to play and 10 being least likely to play. In the column to the right, rank the sports in the order you believe to be Australia’s most participated in (1) to least participated in (10).

<table>
<thead>
<tr>
<th>My most likely to play</th>
<th>Sport</th>
<th>Australia’s most played</th>
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<td>Netball</td>
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<td>Cricket</td>
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<td>Rugby league</td>
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<td></td>
<td>Football (soccer)</td>
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<td>Tennis</td>
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<td>Basketball</td>
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<td>Golf</td>
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<td>Swimming</td>
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<td></td>
<td>Australian football</td>
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</tbody>
</table>

1. Explain why your Rank 1 is your favourite sport to play.

2. What factors may have influenced your enjoyment of this sport?

3. Explain why your Rank 10 is your least favourite sport to play.

4. What factors may have influenced your decision?

5. Explain why you think those you ranked 1 to 5 in the column on the right are Australia’s top five most participated in sports.
Compare the data in the infographic to your original rankings.

1. Were you correct in your assumptions of Australia’s most participated in sport?

2. What surprised you most about the data?

3. How is this data similar or different to your family or peers participating in sport?

4. Football (soccer) is significantly higher than golf. What factors might account for this large difference?
Climate and sport

Seasonal sport

Some sports are generally associated with a particular season. This is usually associated with the history of the sport, especially the origin of the sport, and the conditions of play.

1. Choose five sports and research when each sport is traditionally played and give your reason for why you think the sport is played in that season.

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<th>Sport</th>
<th>Season</th>
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2. Explain how Australia’s climate may impact on its sports culture.

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Climate change and sport

Australian sport needs to lift game on climate issues, Olympians and sport bosses say

By Lisa Tucker and Pip Quinn

Scientists are warning the viability of Australia’s $12 billion sports market is being threatened by global warming and extreme weather events.

A new report from the Climate Institute said policies for dealing with extreme heat were variable and often inadequate and should be urgently reviewed.

Failure to do so could lead to an athlete’s death, the report warned.

“We really need to take heat seriously in Australia. Unless we change the way we play sport, there will be deaths,” environmental health expert Dr Liz Hanna said.

“When we exercise, heat generated increases 10-fold, so scheduling physical activity – particularly endurance activity – in hot months definitely becomes a health risk.

“For athletes ... their body is their tool of trade, and it’s unfair for us to risk the tools of their trade by forcing them to engage in physical activity for hours on end in highly threatening and risky environments.”

Experts call for sport schedules to be open to changes

It has been a year since extreme heat wreaked havoc at the Australian Open, with players forced to endure temperatures over 40 degrees Celsius on the courts.

Some athletes said the conditions were akin to ‘tap-dancing on a fry pan’.

Malcolm Speed, director at the Richmond Football Club and former chief executive of the International Cricket Council, said the 2014 Open was a ‘key moment’.

‘Sport needs to lift its game in relation to the environment,’ he said.

‘This report highlights that and it will be an item that will move up the agenda for all sports.’

Mr Speed said he believed sport has a leadership role to play in changing behaviours and setting standards – from better use of resources like water and energy-efficient grounds and stadiums.

He said the welfare of athletes and spectators at all levels is paramount.

‘If schedules need to be changed because of extreme heat, that will need to be addressed quickly.’

Heat taking its toll on winter sports

Increasing heat is also having a profound impact on many winter sports.

Olympic freestyle ski champion Lydia Lassila spends nine to 10 months of the year overseas because there is not enough snow in Australia.

‘We’d have international World Cup competitions in the Australian Alps as well as training camps, which in the last few years we haven’t been able to do for lack of snow,’ she said.

‘We all have to come together and find a solution, because I for one want to be able to bring up my children knowing that they can ski in Australia and enjoy the snow as we have,’ she said.

How much heat can sport handle?

A series of high-profile sports people and administrators have lent their names in support of the Climate Institute’s report, including former AFL boss Andrew Demetriou, who wrote the foreword.

It concludes that sporting bodies need to seriously consider the impacts of climate change.

‘Climate change and extreme weather events threaten the viability of much of our sport as it’s currently played, either in the backyard, at local grounds, or in professional tournaments,’ Climate Institute chief executive John Connor said.

‘With greater warming, more extreme heat, changes in rainfall and more intense storms, there are questions about just how far we can push players in elite and local sport.

‘Questions also grow about whether the way some of our sport is played, or watched, is safe or sustainable.

‘Elite venues are improving resilience but local clubs and facilities – the lifeblood of Australian sport – are struggling.’

Source: ABC Online, Lisa Tucker and Pip Quinn, 31 Jan 2015
EVALUATE
Research

Answer the following questions in relation to the information presented in the article.

1. Research how extreme heat affects a person’s body.

2. In what ways are athletes at a higher risk of health problems than the general public during extreme heat?

3. Choose three sports that can be adversely affected by extreme heat. Identify two ways that they could be modified to assist an athlete’s performance in the heat.

4. How is climate change affecting winter sports?

5. Identify five considerations that need to be made in the future prior to a large stadium or sporting arena being built.
   1. 
   2. 
   3. 
   4. 
   5. 
Sport on Australian television

In 1992, the Australian government introduced the Broadcasting Services Act. This allowed free-to-air broadcasters preferential bids to acquire the rights to a sporting event. In 2006, the government came up with a list of 12 major sporting events that must be available in Australia for free. This list included the Olympic and Commonwealth Games. Rights to these events cannot be sold to pay TV broadcasters unless no free-to-air channel has bought the rights to the event.

Find out which sports are being televised on free-to-air channels this week. List the sports next to the free-to-air network channel in the table below. You can include affiliated channels e.g., Channel 7 could include 7mate or 7two.

<table>
<thead>
<tr>
<th>Channel</th>
<th>Sport</th>
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<tbody>
<tr>
<td>ABC</td>
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<tr>
<td>SBS</td>
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<tr>
<td>Channel 7</td>
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<td>Channel 9</td>
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<td>Channel 10</td>
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</table>

1. How does what is broadcast on TV compare to the rankings of Australia’s most popular sports?

2. Does the sports coverage on free-to-air television affect which sports you prefer? Explain.

3. What are three factors that may influence which sports a broadcaster chooses to purchase?
   1.
   2.
   3.
AUSTRALIA’S INVESTMENT IN SPORT

Sport and the Australian economy

Australia’s sport and recreation sector is a relatively small component of its overall economy. Economic value is determined by many factors that may include:

- public spending
- employment opportunities
- participation numbers
- profit margins
- volunteer spectrum
- community impacts.

**APPLY Discussion**

You will be given one of the factors that determine economic value to discuss. Complete the following table in relation to your factor. Share your ideas with the class and complete the table for each factor.

<table>
<thead>
<tr>
<th>Factor</th>
<th>Explain this factor</th>
<th>How does this demonstrate value?</th>
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<tbody>
<tr>
<td>Public spending</td>
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<td>Employment</td>
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<td>opportunities</td>
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<td>Participation</td>
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<td>Profit margins</td>
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<td>Volunteer spectrum</td>
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<tr>
<td>Community impacts</td>
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</table>
The NSW Minister for Sport is conducting a sport and recreation review before giving his recommendation for funding moving into the next financial year budget. You have been employed to evaluate the proposed economic value of ONE sport or recreational activity of your choice. Your recommendations letter should include:

- an analysis of your sport, including the factors that may determine economic value
- a conclusion as to the economic value of this sport to Australians
- a letter of recommendation as to whether funding to sport and recreation in the next financial year budget should be decreased, maintained or increased.

**Chosen sport**
Letter to the NSW Minister for Sport

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Sports training and development

The Australian Institute of Sport (AIS) is responsible for training and developing elite athletes and teams.

Visit the Australian Institute of Sport website by accessing the relevant link in the Personal Development, Health and Physical Education (2018 Syllabus) area at www.pearsonplaces.com.au and find out the following information and share your findings as a class.

1. What is the role of the AIS?

2. What were the performance targets outlined in 2012?
   1. ............................................................
   2. ............................................................
   3. ............................................................
   4. ............................................................

3. Who was involved in creating these performance targets?

4. Why was it important to have the input of these stakeholders when creating these targets?

5. How do these targets show inclusivity and diversity?

6. How have the targets been met?

7. Identify a factor that you think may affect the outcome of these targets.
Australia’s sporting innovations

Australian athletes have a strong reputation of being proud and fiercely competitive and of having many outstanding achievements in international events. Australia has invested in funding innovation development through the application of new technology to improve performance, which has given us the edge over our competitors.

Athletes’ health and the sporting economy have greatly benefitted from this investment and there have also been benefits for the social and community aspects of sports. Some notable innovations have been:

- motor racing—race cam
- yacht racing—winged keel
- swimming—Speedo race swimsuits
- track cycling—virtual Reality Training Simulation
- cricket—pink cricket balls for day/night test matches
- soccer—smart garments.

**LANGUAGE TIP**

Sporting innovation refers to new technology designs and implementations to improve sporting performance.

**CREATE**

Oral presentation

1. Choose one sporting innovation created, designed or implemented in Australia from the list above, or you may choose one of your own as approved by your teacher.
   - Find out how this innovation has improved/changed the sport.
   - What are the main benefits of this innovation for Australian athletes?
   - What areas still need to be improved in this sport?

2. Prepare an oral presentation to showcase a new or improved innovation for this sport to continue its advancement in international competition.
Research

Innovative design
Australians are passionate not only about sports but about sportspeople. We have many personalities who are considered sporting heroes. Most of the time these are people who represented their sports at the highest levels and who made considerable contributions to the success of the sport. Sometimes these are people who were the underdog in their sport, who beat the odds and made Australia proud.

Cathy Freeman; Australian sprinter

Australians are passionate not only about sports but about sportspeople. We have many personalities who are considered sporting heroes. Most of the time these are people who represented their sports at the highest levels and who made considerable contributions to the success of the sport. Sometimes these are people who were the underdog in their sport, who beat the odds and made Australia proud.

**APPLY**

Choose one Australian sporting hero. Create a storybook for children that highlights why this sportsperson is an Australian sporting icon. In your book include:

- a brief personal history
- career highlights
- why this person is considered a sporting hero
- this person’s legacy
- ways Australia has commemorated their sporting achievement
- their influence on Australia’s perception of their sport.
Planning space
SPORTS ETHICS

Codes of conduct

The rules that are applied to athletes and others that work in a sporting field are known as a code of conduct. It provides a framework within which a person must operate in order to represent the sport in a way that is deemed suitable by the governing body.

Swimming Australia has 10 codes of conduct. It means that everyone who is affiliated with Swimming Australia has a set of standards to which they are contractually bound. If they act outside of their code of conduct they may face fines or have their contract terminated. The codes of conduct are:

- general codes of conduct
- competitor codes of conduct
- coach codes of conduct
- team official codes of conduct
- team manager codes of conduct
- parent/guardian codes of conduct
- technical official codes of conduct
- administrator codes of conduct
- spectator codes of conduct
- training program deliverer codes of conduct.
1 Choose one of the above codes of conduct from Swimming Australia. Research their website and outline the responsibilities associated with this code of conduct by filling in the information below.
   • Chosen code of conduct:
   • Responsibilities outlined in the code of conduct:

2 Why do you think these rules are important for that role within Swimming Australia?

3 In your opinion, which one is the most important rule and why?

4 If you were a part of Swimming Australia, do you think it would be difficult to abide by this code of conduct? Why/Why not?

5 If you had to add a rule to the code of conduct, what would it be and why?
Find other classmates who have researched a different code of conduct. Find out what the code of conduct is and identify similarities and differences to the code of conduct you researched.

<table>
<thead>
<tr>
<th></th>
<th>Code of conduct</th>
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<th>Code of conduct</th>
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<th>Code of conduct</th>
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<tbody>
<tr>
<td>1</td>
<td>Summary</td>
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</table>
Find an article that shows swimming as a sport represented in the media. Summarise the article in the space below.

1 Do you believe that this article shows a compliance with the code of conduct for Swimming Australia? Why/Why not?

2 What would your advice be to the main person discussed in this article in relation to their conduct?
Enhancing sports performance

Performance-enhancing drugs (PEDs) are used in sport in order to enhance an athlete’s natural performance ability. This is known colloquially as ‘doping’. Doping is against the rules of competition. Each sport has a set of guidelines that include a list of prohibited substances. Athletes are subject to random tests both in and out of competition to ensure they are abiding by the rules of the sport. An athlete caught cheating by using performance-enhancing drugs may face consequences such as a suspension from competition. The breadth of doping has grown significantly to include many ways to enhance an athlete’s performance ability in order to gain an unfair advantage.

The Australian Sports Anti-Doping Authority (ASADA) have a vision for clean and fair sport. As a class, navigate their website to find out more about prohibited substances. Use the ‘check your substances’ feature on the site and learn about the anti-doping programs they offer.

1 Why would an athlete take performance-enhancing drugs?

2 In what other ways might an athlete alter their natural performance ability?

3 Why is doping a moral issue?

4 Research three examples of athletes from three different sports partaking in unethical activities that would enhance their performance. For each athlete, outline the consequences of their actions.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Athlete</th>
<th>Consequence</th>
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</table>
1. Research Lance Armstrong and the blood doping scandal in cycling. Fill in the template from your research.

<table>
<thead>
<tr>
<th>Contributions to cycling</th>
<th>Personal effects of blood doping</th>
<th>Effects of blood doping on cycling</th>
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2. Using the information above, write a persuasive argument for or against Lance Armstrong's actions in response to the following question:

   Does the end justify the means?

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APPLY
Role-play

In a small group, act out a scenario of young athletes being persuaded to participate or participating in unethical behaviours in sport. Resolve the issue presented in your role-play by showing a consequence for their actions.

APPLY
Research

Using the template below, create a list of resources that could be used to support someone who is feeling pressured to participate in unethical sporting behaviors to enhance their performance.

<table>
<thead>
<tr>
<th>Resource 1</th>
<th>Resource 2</th>
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<tbody>
<tr>
<td>Personal contact</td>
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<tr>
<td>Community support/program</td>
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<td>Government agency/program</td>
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Corruption in sport

Corruption in sport refers to the unlawful misconduct of a person or group to gain political or economic benefits. There are varying classifications of sporting corruption, including:

• match-fixing (betting related)—results are manipulated through a betting operator for economic gain
• match-fixing (non-betting related)—results are manipulated to ensure victory for one athlete or team
• doping—using drugs to hinder or enhance performance
• inside information—misuse of information to determine betting patterns.

APPLY

Discussion

As a class, discuss the risks to Australian sport associated with corruption in sport. Write a summary of the discussion in the space below.

Australia has introduced many prevention strategies against corruption in sport. These are at a national, state and individual sport level, and include:

• National policy on Match-Fixing
• Australian sports anti-doping policy
• National Integrity of Sport Unit
• Tennis Australia Integrity Unit
• Racing NSW Investigations and Surveillance Unit
• sports betting reforms.
Using the information in the timeline and through online research, answer the following questions in relation to the alleged corruption to obtain the title of 2022 World Cup host country.

1. Explain the corruption of which Qatar was accused.

2. How did Qatar allegedly sabotage other bids for the 2022 World Cup?

3. Who is affected by this alleged corruption?

4. How would you recommend resolving this issue?
Research one prevention strategy implemented against corruption in Australian sport as outlined on page 29. Analyse the initiative by answering the following questions.

Effectiveness

• What effects does this prevention strategy have on athletes?

• What are the unintended effects of this prevention strategy?

Equity

• What are the effects of this prevention strategy on different groups?

Cost

• What are the economic factors of this prevention strategy?

Feasibility

• In your opinion, is this an appropriate and effective prevention strategy? Explain why/why not.
Gender equity

The Equal Opportunities Act 1995 permits the exclusion of one sex from a sport if there is a relevant discrepancy in:

- strength
- stamina
- size.

As a class, discuss if it is valid to exclude a person from competition if there is a discrepancy in their strength, stamina or size.

Transgender athletes

Transgender athlete Hannah Mouncey banned by AFLW now has sights on handball glory

By Joanna Crothers

Facebook Twitter Email

Hannah Mouncey has always loved playing handball.

She’s been part of the sport for years, initially playing as a young man.

Now as a woman, she loves the game just as much.

The transgender athlete made headlines last year after the AFL ruled she was ineligible for selection in the 2018 AFLW draft.

But she is allowed to play in the VFL.

‘The AFL was caught on the hop a bit last year and it is what it is. It’s a new space,’ Mouncey said.

Away from the footy field and on the handball court, Mouncey said, she is just like everyone else.

‘Which is exactly what I like. A lot of the people here knew me before I transitioned. We crossed that bridge a long time ago. So I’m just like anyone else. For me it’s a real non-issue.’

Speaking on the sidelines of the Australian Club Championships in Geelong, Mouncey said handball had always embraced her, no matter her gender.

President of Handball Victoria Kirsten Lange said she was proud to be part of such an inclusive sport, which she said was growing every year.

‘All players come in all shapes and sizes. As a taller or maybe a bigger player, it is difficult. Hannah is a bit taller, she jumps a bit higher. Therefore you need to go out further, quicker in order to stop her’.

Mouncey’s strength and size are not seen as an unfair advantage, though, rather just other aspects for opponents to take into account when facing her on the court.

‘So I think it’s just a matter of finding a handball skill to stop her. We don’t have a problem with that. We have other players who may be a bit larger in size as well and we have to stop them,’ Ms Lange said.

Mouncey said handball was far more physical than AFL ‘because you’ve got that real one-on-one contact a lot, whereas AFL is a much bigger space’.

She is currently training with Australia’s women’s handball team for the World Championship next year.

Qualifying rounds start in Japan in December and Mouncey is hoping to be cleared by the International Handball Federation to play, if the team makes it to the top five.

‘The IOC [International Olympic Committee] have done a lot of work in this space and they landed on a policy that they were happy covered all sports and there was a way to judge it that took all bias out of it,’ she said.

Just before the 2016 Olympics in Rio, the IOC changed their policy about transgender people, allowing them to compete in the Olympics and other international events without undergoing sex reassignment surgery.

‘We’re hoping that in the long run they’ll [International Handball Federation] adopt those guidelines too and Hannah can play for Australia as a female player,’ Ms Lange said.

‘She’s already training with the girls. So hopefully she can play with the girls’.

‘For us it’s normal, so we just hope that people see it the same way we see it and be inclusive of anyone,’ Ms Lange said.

Source: ABC Online, Joanna Crothers, 29/5/2018
1 Is it fair for a transgender person to compete in their transitioned single sex sport? Why/Why not?

2 Why do you think some sports are less likely to be inclusive of transgender athletes?

3 How would you feel if you were unable to play a sport you loved because of your gender?

4 Hannah Mouncey has since been approved to play in the AFLW. What are some reasons that the AFL may have changed their position on allowing Mouncey to compete in the Women’s League?
COMMUNITY SPORT

Sport for charity

It is evident in Australian society that sport and charity go hand in hand. Charity organisations use sport and fitness as a way to encourage fundraising and community awareness of their cause. Sporting personalities advocate for charities that they are affiliated with to create awareness for issues that they are passionate about.

As a class, discuss how charity enhances Australia’s sporting culture.

Research the community-based fundraising opportunities for sports participation in NSW. From your research develop a presentation to share one exciting charity sports event in your local area.

Planning space

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ABORIGINAL AND TORRES STRAIT ISLANDER REPRESENTATION IN SPORT

Community engagement

There are many benefits to implementing sports programs in Aboriginal and Torres Strait Islander communities:

- builds leadership skills
- fosters role models in the community
- provides volunteer experience
- provides opportunities to engage youth and adolescents
- provides an outlet for emotions.

The flow-on effect from engagement in sport can lead to an increase in motivation to attend school.

Despite the immense benefits of being involved in community sport, there can be practical barriers such as limited access to facilities and high costs related to travel, uniforms and membership fees. There can also be issues of racism and a lack of cultural understanding to embrace and celebrate diverse cultural identity.

ANALYSE

Research

Head to the Surfing Australia website by accessing the relevant link in the Personal Development, Health and Physical Education (2018 Syllabus) area at www.pearsonplaces.com.au. Check out the NSW Indigenous Surfing Program. Look at the program that has been created and answer the following questions.

1 How could this program enhance a person’s overall health?

   Social: ........................................................................................................................................
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   Emotional: ................................................................................................................................
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2 What barriers could prohibit a person from applying for or attending this program?

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LANGUAGE TIP

Bantamweight is a weight division in boxing of 52 to 56 kg (amateur) and 52.163 to 53.523 kg (professional) for men; and 48 to 51 kg (amateur) and 50.80 to 52.62 kg (professional) for women.
Sporting role models

There are many great Aboriginal and Torres Strait Islander sportspeople who come to mind as having contributed greatly to their sport. They include but are not limited to:

- Evonne Goolagong Cawley: first Indigenous Australian to win a Wimbledon title
- Nova Peris: first Indigenous gold medal winner and represented Australia in two Olympic events
- Lionel Rose: first Indigenous Australian to win a boxing world title.

Having role models who mirror a person’s physical attributes, values and heritage are important to all youth. There is a more significant need for this representation in minority groups.

ANALYSE

Reflection

1 Why is it important to have role models who represent your gender, values and heritage?

2 Who do you look up to as a role model?

3 Why do you feel this person is a valuable role model?

4 In what way does that role model enhance your emotional wellbeing?

5 What expectations do you have of that role model to advocate for your gender, values and heritage?
Advocating for equality

Even in professional sport, advocating for equality and respect is necessary. This can include gender equality, disability equality and racial equality. Behaviours that demonstrate a negative view towards equality are becoming more commonly challenged by sportspeople, sporting bodies and the wider community.

Evaluation

In 2013, AFL’s Sydney Swans player Adam Goodes was confronted by a spectator yelling out racial remarks during the Swans vs. Collingwood football game. The 13-year-old girl referred to Goodes as an ‘ape’ as he played in the Indigenous round of the competition. Goodes stopped play and identified the girl to security. The girl was removed from the venue. At the end of play, Goodes did not celebrate with his team in their victory but went straight to the club rooms. In a media discussion, Goodes expressed that he did not feel it was the girl’s fault but that the environment she has grown up in had allowed this form of racism. He called for more education in schools and for the girl to be supported as she learnt from her actions. Goodes received a call from the girl who apologized, and she also made a formal public apology on national television shortly after the event.

1 Why do you think Adam Goodes felt the need to call out the girl’s behaviour?

2 In what ways would this type of racism affect Adam Goodes’ emotional and physical health for the remainder of the game?

3 If you were in the same situation as Adam Goodes, what would you have done?
ASSESSMENT FOR LEARNING ACTIVITY

Sporting awareness campaign

In groups of three to four students you will plan an event that provides awareness and promotes inclusivity in your local sporting community. Promote your event to the class.

With your group choose one of the following areas as your campaign focus:

- gender equality
- Aboriginal and Torres Strait Islander inclusion
- disability inclusion.

1 Research an event that currently occurs to provide awareness and promote inclusivity in sport. Write your findings here.

2 Plan: design your own event for your sporting community to provide awareness and promote inclusivity in your chosen sport. Include the following information in your plan:
   - objective/goal of event
   - date
   - location
   - branding: colours, logos, slogan or phrase
   - event schedule
   - review—how will you know if it is successful?

3 Presentation: share an overview of your event and event branding with the class.

Due date  ..................................................................................................................................................
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<thead>
<tr>
<th>Marking criteria</th>
<th>The group…</th>
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| **Advanced**     | • presents a creative and engaging overview of their event  
|                   | • includes an exceptional knowledge of the components of an event including the objective, a date and location  
|                   | • has designed branding to an excellent standard showing a thorough understanding of how to promote an event  
|                   | • has designed the event schedule to an exceptional standard, demonstrating accurate research of similar event types  
|                   | • has thoughtfully written a review that will provide qualitative and quantitative feedback of the event. |
| **Accomplished** | • presents an engaging overview of their event  
|                   | • includes a good knowledge of the components of an event including the objective, a date and location  
|                   | • has designed branding to a high standard showing a clear understanding of how to promote an event  
|                   | • has designed the event schedule to a good standard, demonstrating research of similar event types  
|                   | • has thoughtfully written a review that will provide qualitative and quantitative feedback of the event. |
| **Developing**   | • presents an overview of their event including the components of the event such as the objective, a date and location.  
|                   | • has designed the branding to an adequate standard but may lack thoughtful execution or creative design  
|                   | • has included the event schedule  
|                   | • has written a review that will provide feedback of the event. |
| **Beginning**    | • presents a poor overview of their event  
|                   | • has included some of the components of an event such as the objective, a date or a location  
|                   | • has included branding that lacks detail and does not demonstrate any understanding of how to successfully promote an event  
|                   | • has included an event schedule which is unrealistic or lacks thought in its development  
|                   | • has written a review that will provide limited feedback of the event. |
ATHLETES’ INFLUENCE ON TEENS

Unsafe play

Media coverage of major sporting events can sometimes glorify behaviour that would otherwise be classified as antisocial, irresponsible and unsafe. Examples of this include praising athletes who continue to play while injured and replaying footage of graphic injuries or fights.

ANALYSE

Research

1 In a pair, research the effects of short- and long-term concussion. Write your responses in the space below.

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2 As a class, discuss your findings and unpack how prolonged playing with these types of injuries could affect the other areas of health after a concussion.

Emotional:

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Violence and aggression

Often in relation to sports, the social attitude is that violence and aggression are normal. This is because in the sporting context, violence such as pushes, tackles, blocks and barges can regularly be seen within games, especially in male-dominant sports.

A 2018 study by the Foundation for Alcohol Research and Education, analysing violence reports on State of Origin game days over six years, found that there was a:

- 40.7 per cent average increase in domestic violence
- 71.8 per cent average increase in non-domestic assaults.

Source: Foundation for Alcohol Research and Education, 2018

The CEO of Women’s Community Shelters, Annabelle Daniels, confirmed in an ABC news report that there is an increase in women going to crisis shelters the day after major NSW sporting events.

‘I think there is such a strong sporting culture around the combination of alcohol and gambling and winning that can potentially be quite toxic in certain situations.’

The sexual encounters and domestic violence charges of notable sportsmen in recent times could send the wrong message to impressionable fans about building respectful relationships.

APPLY Discussion

As a class, discuss Ms. Daniels’ statement in relation to the dynamics of our sporting culture.

Using current examples, discuss the messages being sent about relationships through the actions of sportspeople.

Note the key discussion points in the space below.

APPLY Visual presentation

Advocate for respectful relationships by creating a brochure that outlines the following:

- positive identity expression
- positive communication techniques
- managing thoughts and feelings
- pro-social behaviour
- where to go for help and support.
Alcohol and drugs in sport

It is becoming more common to hear of sports personalities behaving badly under the influence of alcohol or drugs. A fascination with high-profile sports personalities coupled with a lack of obvious consequences for their actions may lead young people to mistakenly believe that drunkenness is a rite of passage from childhood to adulthood.

Mad Monday

Mad Monday is an annual tradition for many sporting codes. It is the traditional end of season festivities, seen as the celebration of the highs and lows of a sporting season. Unfortunately, what we often see is sporting celebrities in dress-up clothing, binge-drinking and engaging in illicit substance abuse. A tradition that should be a positive community celebration often ends in media coverage of disorderly behaviour or violence.

1 Research Mad Monday and find out the following information.
   • What is the purpose of Mad Monday?
   • Who participates in the ritual?
   • Do you feel that this is an appropriate form of celebration? Why/Why not?

2 Hypothesise why sportsmen are more likely to engage in violent, sexist or drunken behaviour than their female counterparts.

3 In your opinion, does seeing sports personalities engaging in excessive drinking in the media increase the likelihood of Australia’s youth to engage in excessive drinking? Why/Why not? Justify your response.
A carousel debate is completed in two circles, one inside the other. The person on the inside circle faces the person on the outside circle and conducts the debate. The inside circle then rotates so that everyone has a new partner. Continue the debate for two minutes each. Your teacher will instruct when a new debate topic will begin. Your topics are:

- How can a sportsperson be a good role model?
- Should we as a community hold sportspeople to account for their actions?
- How do others modelling pro-social behaviours influence our actions?

Choose one of the debate topics and analyse your discussions into arguments for and against the statement.

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SPORTS MOTIVATION

‘I always felt that my greatest asset was not my physical ability, it was my mental ability.’ – Bruce Jenner (athletics)

‘Train the mind and the mind will train the body.’ – Tiffany Hall (taekwondo)

‘I told myself listen, don’t panic, take your time, chip away, and work your way back up.’ – Usain Bolt (sprinter)

‘In my mind I’m the best. If I walk out on the court and I think the next person is better, I’ve already lost.’ – Venus Williams (tennis)

‘You’ve got to be confident.’ – James Magnusson (swimming)

Australians are not normally known for their positive self-assurance. In Australia, we are more likely to put others down or make jokes if people are appearing to have too much self-confidence. This can be a problem in sport, because there needs to be self-belief to find the motivation to be successful. Being an elite athlete means:

• having self-motivation
• setting goals
• being passionate, confident and proud of their sport.

ANALYSE

Discussion

Read the quotes about motivation from famous sportspeople and discuss them with a partner. In the space below brainstorm the benefits of positive self-assurance and self-confidence for Australia’s athletes.
One way that sports psychologists recommend a person prepares and motivates themselves is by having their sport as their focus at all times. An example of this may be a person wearing a replica Tour de France yellow jersey while they ride their practice races.

Give an example of the sport you most enjoy. What is one way you could motivate yourself in this way?

Elite sportspeople are known to have intrinsic motivation, meaning that they participate in the sport because they love the sport and, although they have goals and aspirations, they are not motivated by the reward of winning. An extrinsically motivated person may play sport for the fame, money or praise they receive from winning. They are not as gratified by the act of playing the game as they are by the reward from playing the game.

Scotty James, men’s halfpipe, 2018 Winter Olympics in PyeongChang, South Korea
Move around the class and chat to 10 of your peers about why they participate in sport. Write their answers in the space below and identify if that person is intrinsically or extrinsically motivated to play the sport.

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<th>Why do they play sport?</th>
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<td>Student 9</td>
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<td>Student 10</td>
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**Is our class extrinsically or intrinsically motivated?**

What behaviours tell us this?

What are the advantages and disadvantages of this type of motivation?
**Self-talk**

Positive self-talk is a powerful method to achieve performance outcomes in sport. It can improve your confidence and increase your ability to improve your skills. Ultimately, it can increase your enjoyment of a sport and therefore influence your motivation to succeed.

Self-talk can be used to generate different outcomes:

- **Self-talk** allows you to acknowledge that you are getting frustrated and to instruct yourself to create a strategy to relax. Example: stop, take a deep breath.

- **Motivational self-talk** is designed to pump you up and give you the confidence to get the job done. Example: yes! You can do it! come on!

- **Focused self-talk** is a reminder to yourself of the object and to create a concentrated effort to push towards that one thing. Example: Don’t think about anything else. Just concentrate on the task.

- **Constructive instructional self-talk** allows you to give yourself clues about how to improve based on previous feedback. Example: bend your knees more before the jump.
Change the negative self-talk statement into a positive self-talk statement.

<table>
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<tr>
<th>Negative self-talk</th>
<th>Positive self-talk</th>
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<td>I’ve never done it before.</td>
<td>It’s an opportunity to learn something new.</td>
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<td>It’s too complicated.</td>
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<td>I’m not good enough to do that</td>
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<td>I can’t be bothered to do this.</td>
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<td>There’s no way it will work.</td>
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<td>I’m letting people down by failing at this.</td>
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<td>That change is too big.</td>
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<td>No one bothers to communicate with me.</td>
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<td>That person is better than me at this.</td>
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<tr>
<td>I’m not going to get any better at this.</td>
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<tr>
<td>I don’t have time for this.</td>
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1 Using some of the general positive self-talk statements, come up with your own positive self-talk mantra specific to your sport. In the space below, draw yourself using the mantra to improve your confidence before or during a sports game.

2 You see a friend is struggling to be motivated. How does this affect their physical, emotional and social health?

3 Recommend five tips to increase their positive self-talk.
EVALUATE
Comprehension

1 How does positive psychology affect an athlete's performance?

2 How does learning positive psychology tools in sport assist young people in their everyday lives?

3 Give an example of how you could use positive psychology in your life.

4 Why is it important for the youth of Australia to hear professional sportspeople talk about strategies they use to overcome adversity?

5 Give an example of a sportsperson talking about times of adversity in their life. What coping strategies did they use?

6 In what ways does motivation lead to engagement in physical activity at school and beyond?

7 How can seeing Australian sporting role models use positive psychology tools to overcome adversity improve Australia's sporting culture?
1. Why do Australians participate in sport?

2. How is climate change affecting sports in Australia?

3. What impacts the choice to air sport on television?

4. How does the Australian Institute of Sport (AIS) contribute to Australia’s sporting culture?

5. In what ways can sporting personalities influence the thoughts and behaviours of teenagers?

6. How can self-talk affect a person’s sporting performance?

7. Do you think that Australia has a positive or negative sporting culture? Justify your response.
Use as many words from the glossary as possible to develop a case study that represents your understanding and view of Australia's sporting culture today.
Personal evaluation

The most important thing I learnt in this unit was...

The things I liked best in this unit were...

Improvements that I could suggest for this unit include...
TEACHER FEEDBACK

Teacher’s comments

Student strengths

Improvement areas

Teacher’s comments

(1 = beginning, 2 = developing, 3 = accomplished, 4 = advanced)

<table>
<thead>
<tr>
<th>Teacher’s comments</th>
<th>1</th>
<th>2</th>
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<tr>
<td>Effort and application in class – contribution of ideas, listening to others, participation</td>
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<td>Quality of responses in workbook – thoughtful and thorough responses demonstrating understanding</td>
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Recommendations