

### Concepts

Ideologies- principles, philosophies, dogmas or ideas.

World views- the general standpoint or side from which people see and interpret the world; collection of beliefs about life.

Culture- the beliefs, behaviours, items, and ideas that are common to the members of a particular group or society. It includes for example: language, dress, customs, norms, values, traditions and rituals.



#### **Eastern and Western Cultures**

- In some eastern countries, forms of martial arts or self-defense are practiced by people because these activities are part of their ideologies etc.
- Chinese martial arts are traditional Chinese cultural sports, which have developed over a long time.
- Sumo wrestling is believed to represent what is good in traditional Japanese culture; the wrestlers live for their sport and are regarded as heroes.

- Yoga is regarded as a spiritual activity but is seen as a health activity in the Western world.
- Participation in recreation and physical activity promotes mental and physical health and wellbeing, and helps to build communities and nations.
- In Western culture, sport is a way of making money; with a large amount of money spent on developing champions with very special skills.
- Examples of western sports: golf, soccer and motor racing which all bring people together.

### South African Culture

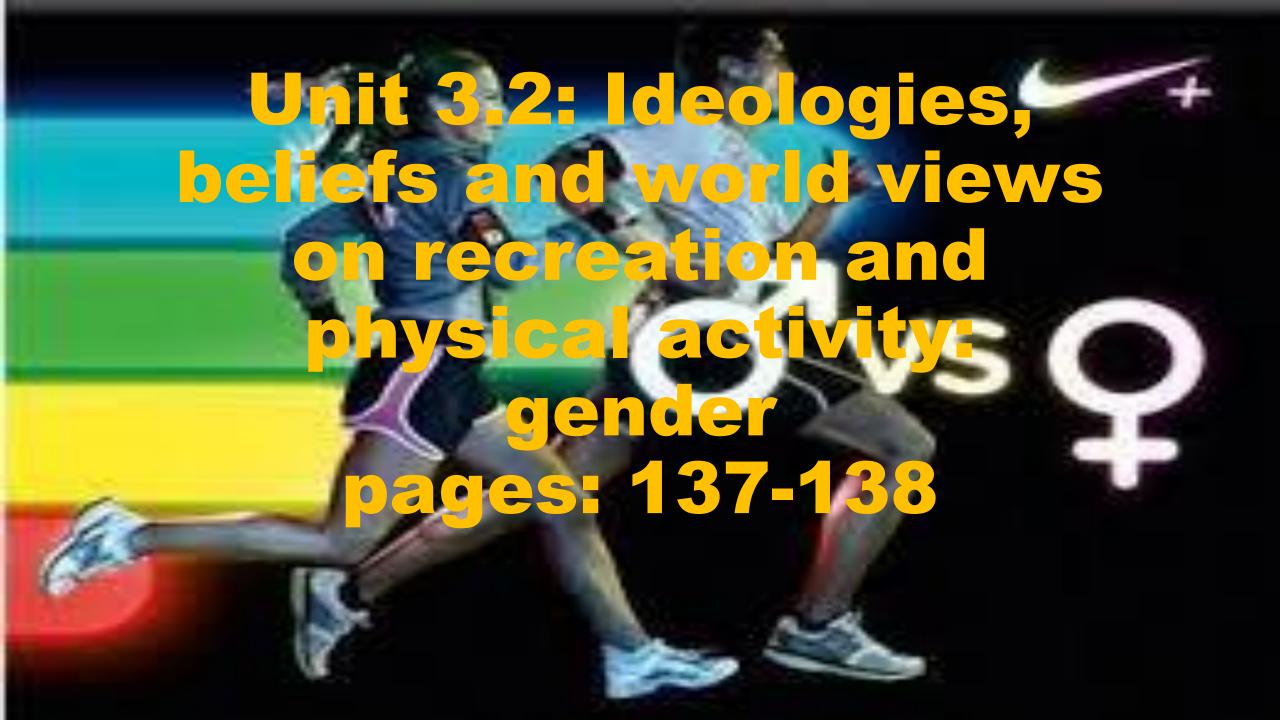
- In SA, certain sports were designated for specific cultural groups.
- The belief was to 'make men' out of the players and they were encouraged to take part in rugby.
- Rugby was offered by most white schools and made compulsory, to promote a certain cultural ideology and nationalism.
- Soccer was promoted in African schools.

### Traditional Culture and Indigenous games

- Culture plays an important role in the choice of recreation
- **Example:** Intonga or stick fighting is very popular in the Nguni culture.
- Men were encouraged to practice stick fighting, a form of martial arts, to prepare them to become warriors.
- Bare-knuckle first fights area common form of boxing, believed to promote manliness and cultural traditions.
- If you are good at sport, it boosts your social status.

# Ideologies, beliefs and world views on recreation and physical activity

- During the Olympics, differences in ideologies, beliefs and world views become less important than the opportunity to compete on the world stage.
- Countries are increasingly able to send their sports starts to this event.
- Sports people get the opportunity to learn about other cultures as they spread a unified image of participation in sport.





- Participation in sport and many recreational activities is still dominated by men.
- People believe that men are more competitive and aggressive, and that these qualities are necessary to play sport or be a winner.
- Men who are not interested in sport are often ridiculed; women who are good at sport are often accused of being too manly.
- In some cultures, women are severely restricted when it comes to what they can wear to play sport; which means that they are often marginalised.
- In some African countries, women's participation in sport is limited due to gender discrimination.
- The South African government is trying to promote equality in sports and recreation.
- The media is guilty of being biased against women in sport.
- Male sports are given front page headlines; advertisements use male sport personalities.

## Complete: Activity 11 page 138