



GABORONE, BOTSWANA, 23-27 OCTOBER

Topic 1

Definition, Description and dimension of terms.

Lecture 1 : "The Level of participation as an indicator of the health Status of a nation"

Dr. M. M. Mokgwathi (Botswana)

Lecture 2 : "Sports as Medicine"

Lt-Colonel Dr. P. Jenoure (Switzerland)

Lecture 3 : "Physical Education in the Armed forces: Physical Fitness"

Dr. B. Kalui (Botswana)

Lecture 4 : "The difference between the military sport and the sport in the Army"

Colonel Depei Liu (China)

Lecture 5 : "Definition: Sport, Sport for all, Military Sport"

Lieutenant Leo Oasi Itor (Cameroon)

Lecture 6: "Physical Education in the Armed Forces"

Colonel Ivan Bonev (Bulgaria)

The Level of Participation
in Physical Activity In
Botswana

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Definition of a Healthy Lifestyle

- Reflects an a pattern of on-going healthy behavior within the context of the individuals biological limitations and and particular physical and social environment
- Subject to powerful environmental and social influences
- Personal choice and responsibility are important but are subject to powerful facilitating and inhibiting influences

Powerful and Inhibiting Influences

- Biological Influences (physique, metabolism)
- Environmental Influences (economic, geographical, climatic conditions)
- Social influences(general social norms, significant others, attitudes, knowledge)
- All these influences shape the way we choose to live.

Benefits of a Habitual Physical Activity

- Improved health of the individual
- Improvements in mood states and psychological well-being
- Reduced burden on the Health Care delivery system
- Prevention of incurable hypokinetic diseases
- Reduced mortality

Factors that Facilitate participation

- Complex mixture of factors and interactions which influence participation
- There is a need to fully understand these factors to explain the level of participation in Botswana
- Why one person chooses an activity and another a different one could be due to factors which individually, collectively serve to motivate participation

Factors that influence Participation in a Physical Activity

The reasons for participation vary but can be separated into three distinct areas. These are Personal, Social Circumstantial and Opportunity Factors.

So What?

- These factors are bound to be present in all societies including Botswana.
- The relevant question at this stage would then be how far have these factors influenced the level of participation in Botswana?

Participation Levels in Botswana

- There is a low level of participation in physical activity in Botswana (Mokgwathi, 1998: Amusa, Mokgwathi & Thaga 2000)
- Students show the highest level of participation
- Out of school youth
- Women
- Individuals with disability
- Others (most marginalized group)

Reasons for Low Participation

- According to Amusa, Mokgwathi and Thaga (2000) the reasons are:
- Lack of interest (highest score)
- Disability
- Lack of time
- No passion
- Poor Health
- Lack of Facilities
- Lack of knowledge about the benefits

Solution to these Problems

- The solution to these problems centers around one important factor.
- There must a political will to make physical activity a part of every persons daily regime.
- There must be legislation that requires physical activity from the cradle to the grave
- All stake holders must be included in this vision

Recommendations

- All stakeholders including the BDF to advocate for regular physical activity
- Compulsory physical education in all schools including the University
- Implement mass sport as a policy
- Provide adequate and easily accessible facilities
- Educate the population as to the benefits of regular physical activity

Supporting Statements

- Unesco states that : Every human being has a fundamental right of access to physical education and sport which are essential for the full development of their personality....(UNESCO)
- Encouraging children and adults to engage in physical activity helps them to establish good health habits.....(WORLD FORUM)

Furthermore

- The essential conditions for effective exercise of human rights is that everyone should be forced to develop and preserve his or her physical, intellectual and moral powers, and that access to physical education should consequently be assured and guaranteed for all human beings (UNESCO)

Contribution of the Armed Forces

- Sharing of better facilities
- Free training of civilians in different activities (e.g.) Gymnastics, weight training
- Transportation to events
- Spearheading physical activities in their immediate vicinity
- Workshops
- Donation of old equipment to schools