

Sport and Recreation in Britain

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<Abstract>

The sports and recreation of Britain, where sports first began, are usually categorized into four areas: recreational sports, performance sports, spectator sports and industry, commerce and government sports. In this paper the historical backgrounds and current status concerning the four areas are surveyed. Finally the cultivation of top-level players in preparation for the Olympic Games and the role of the Sports Council in Britain are examined in brief.

英國의 스포츠와 레크레이션에 관한 考察

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<요 약>

스포츠 嚮矢國인 英國의 Sports 와 Recreation 分野를 Recreational Sport, Performance Sport, Spectator Sport 및 새롭게 나타난 Industry, Commerce and Government Sport 로 나누어 그 歷史的 背景과 現況, 그리고 Olympic Games 을 對備한 選手 養成과 Sports Council 의 役割 等에 關하여 考察하였다.

I. Introduction

There are several categories of sport and recreation in Britain

1. Recreational Sport

This area covers many recreation activities and sports in which people participate simply for pleasure or to improve their health or skills.

2. Performance Sport

The emphasis in this area of sport is on a high level of performance and an attempt to win.

3. Spectator Sport

The spectator takes no active part in the sport

himself, his participation being through watching.

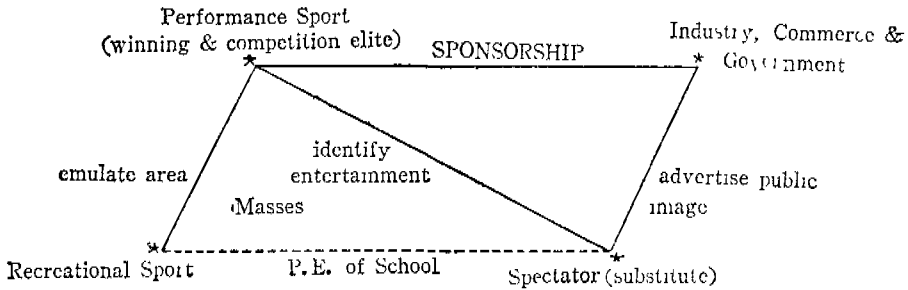
This may be done at firsthand or through watching t.v., film or listening to sporting events on the radio.

In reality the distinction between the three categories of sport are not as easily defined as would be suggested by the divisions set out above (see diagram).

The person participating in recreational sport often emulates the performance sportsman and sometimes progresses from playing recreationally to playing at a performance level.

Similarly the spectator is often influenced by the performance sportsman to the extent of identifying with him.

The categories of sport and recreation



Dia. 1

The connections between recreational sport and spectator sport are perhaps not so strong although many people's interest in watching sport stems from their involvement in recreational sport at school.

So it is evident that a strictly polarized and static analysis of different areas of sport is impossible as types of sports and recreation are constantly changing. In fact a new interesting area of sport is emerging. Industry, Commerce and Government are becoming increasingly influential in the world of sport through the sponsorship of performance sport. Through their sponsorship, Industry and Commerce are able to advertise their products at the same time as they help the sport and the Government hopes to inspire the national image of sport and emphasize the fact that it is beneficial to people's health.

Diagram I shows the relationship between the different areas of sport.

II. The Emergence of Urban-Industrial Sport

1. Urban-Industrial Culture (1750-present day)

The Industrial Revolution in Britain brought about several fundamental changes which were to be important for recreation and sport.

A. Increase in population

A great increase occurred in the population of Britain in the 19th Century.

B. Rural-Urban drift

People living in rural areas began to move to the towns and cities which were growing up based upon new forms of technology, especially steam power from coal.

C. Growth of factory system

A growing system of mass production required a labour force.

D. Development of transport system

Increasing mass production meant that the present transport system proved to be inadequate and had to be greatly developed. The development of the railways was the most significant factor, especially after 1840.

E. Compulsory education after 1870

The Education Act of 1870 made it compulsory for all children to attend elementary school. Under the factory system, it was necessary that people could read and write.

2. Urban Sport and Recreation

The Factory Act of 1850 stipulated that workers should have Saturday afternoons free. It became obvious that the masses needed something to do in this free time and a new urban culture began to emerge. So between 1860 and 1900 many kinds of sports were started, e. g. The Football Association founded in 1863, Rugby Union founded in 1871.

The upper and middle classes attended theat-

res and lectures which the working classes were not able to enjoy because of a lack of education.

The working classes therefore entertained themselves by gambling, going to pubs and using parks or any open spaces in towns and cities as places to play football and sports.

In time committees from Chapels, railway-workers and other organisations began to form football teams for the people, e.g. the now famous Manchester United Football Team began in this way.

At the same time the upper and middle classes used their powers and ability to organize sports and recreation, e.g. cricket, equestrian sport, etc. The public schools in particular were instrumental in the development of games and the laying down of rules for football and other sports. In the public schools games were used as part of the education system in order to produce 'Gentlemen' and as a way of developing individual characters. Gradually the working classes began to adopt the rules laid down by the upper classes regarding sports. After 1870 games became a part of the elementary education curriculum so more children learnt about games, especially football and cricket. During the 1920's and 1930's the Government encouraged the provision of playing fields and other sporting facilities for children in schools. Factories, Trade Unions and Communities provided oppor-

tunities for children who had left school to play sports.

3. Urban Society

Industrial Society makes people separate working and leisure time. For the mass of people it was a problem what to do with their leisure time in towns and cities in the early 19th Century. The working classes entertained themselves by gambling, going to pubs and unhealthy activities. There were no organized sports or recreational activities. Therefore many kinds of people became interested in the promotion of sporting activities.

A. Churches

They thought they had to do something to improve the leisure activities of these people and thus they developed many kinds of games, e.g. there were many Chapel Football Teams.

B. Government

The Government worried about the people's health and civil unrest. So they began to create many parks, gardens, swimming baths, football pitches and so on for the benefit of people and social control.

C. Business

Businessmen realized it was important for them that the working people should get relaxation and recovery time at weekends.

D. Philanthropists

They wanted people to have a better life and become better people through educational sporting activities.

4. Development of Sport and Games in the 19th Century

There were three main areas of development in 'Muscular Christiari' games for character building in the 19th Century.

A. Public Games

B. State Drill, Physical Training and Games

C. Professional Sport

The upper class in public schools played a

Development of Recreational Sport from 1850 to 1939

| | | |
|--------------------------------------|--------------------------------|------|
| Old Loy teams | Factory Local Trade Union Team | 1920 |
| Games and Physical Training | | 1870 |
| Public School (upper & middle class) | State School (working class) | 1850 |

Dia. 2

great deal for character building. Masses of working people in towns and cities frequently played football as an urban sport. Sport in Victorian and Edwardian England was male dominated. It consisted of as above A.B.C.

5. Football in the 19th Century

Football development in the 19th Century was very similar to social development. The three main reasons for football development are as follows:

A. Community

People looked for a sense of Community. The football team was the ideal focus in the Com-

munity.

B. Self identification

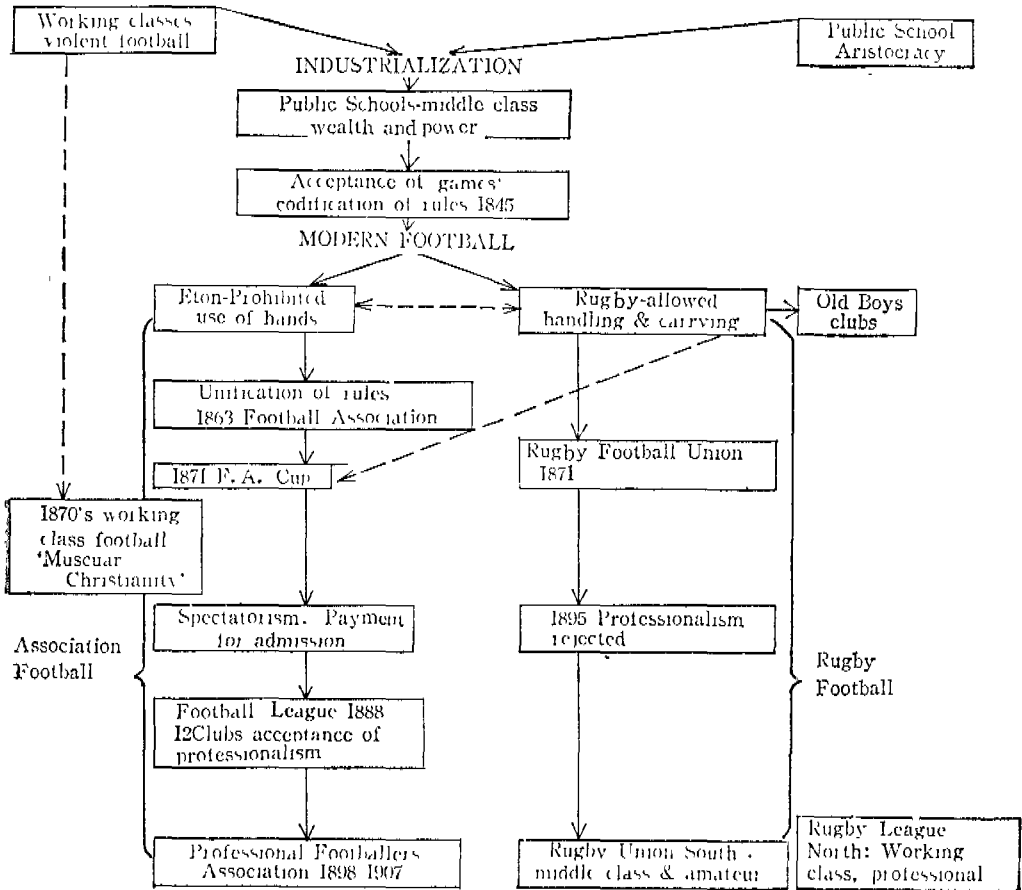
They looked for self identification in the football team also.

C. Excitement

Life in the factory was not all that exciting but sport, especially football games were very exciting. Therefore their team's success was very important. Winning needs good players. Getting and retaining good players means payment. Through payment professional footballers emerged.

Diagram 3 shows the evolution football.

The Evolution of Modern Football



Dia. 3

III. Sport and Recreation in the 20th Century

There were wide areas in the development of sports and recreation in the 20th Century in Britain. Educational sports in schools, recreational sports and professional sports are the areas these days.

1. Educational Sports

By 1918, after World War I, all children could attend secondary schools by the Education Act.

Curricula in schools included physical Education and for children Physical Education was compulsory. Physical Education included playing games, sports, dancing, rhythmic exercise and gymnastics etc. From 1920 the Government became concerned about children's health for there were many poor people and so school meals and medical care were introduced thus preventive medicine emerged at this time. Sports and games were considered as building good character and whole personalities so that after 1920 Central Government and School Authorities introduced and encouraged many kinds of facilities for example, football pitches, tennis courts, cricket fields etc. Many visitors were surprised because they found many fields in English schools. However, the cost of maintenance was a problem.

Therefore, children had good opportunities for sporting activities and systematic teams grew up in the schools.

For children's education many Acts emerged. For example, the 1944 Education Act.

2. Recreational Sports

As people had more leisure time and holidays they needed more recreation time and in addition the recession(1930—1940) put many people out of work. Therefore, there was still greater demand for sports fields and facilities; football

fields, swimming pools, tennis courts etc.

This demand was continued until World War II.

During World War II this trend stopped but after the War the trend continued and there was stilling more leisure time and holidays demanded from working people and through develop scientific methods. So recreational sport was recognised and needed a national system for planning sport for the people.

In the 1960's the Sports Council was promoted and given its Charter in 1972; its purpose was competitive and recreational sport.

Sports Council is a part of the Department of Environment. It is responsible for planning sport for people in 9 regions in Britain. For example, East Midlands Sports Council includes Nottingham, Leicestershire and Loughborough.

In 1972, the Sports Council budget was £5m and by 1981 it had grown to £22m; but many people insist it is still much too small for all sports development. Some athletic people don't like the Government to interfere in sport because many sports have been developed by the private sector especially in the last 20 years for example, the Football Association, Tennis Association, Golf Association etc.

Nowadays the problem of Government control is a subject for discussion.

3. Professional Sports

Many sports in Britain have been developed by the private sector and voluntary organisations.

Professional sport has grown up in the 20th Century, for example, professional Football in 1907, professional Cricket, Tennis, Snooker, Darts etc. Since World War II ended in 1945, professional sport has very much grown and obtained money from several directions especially in the last 20 years. Advertising, t.v., sponsorship and spectators' fees are the main source of the money.

Many people play some sport for recreational purposes or watch professional sport mainly on t. v.

People pay money to watch top level sports performance. These people are very important for professional sport and the private sector can organise big professional sports.

Nowdays professional sports wants the Government to support them and the Government is attempting to bring them together to help develop amateur sport and sport in educational institutions.

IV. Producing Top Class Performance

In preparing amateur sports for the Olympic Games the problem is how produce top level international talents in Britain. There are several sources for top level talents.

1. Governing bodies of sports

It organizes coaching systems which are local level coaches-part-time or voluntary and national level coaches which are full-time. National level coaching takes place at the national centres which have good facilities, accommodation and full-time top level coaches.

There are six national centres in Britain for example: (1) Bi-ham Abbey; established 1946, a 12th Century abbey foundation adapted to the needs of 20th Century sport. Facilities include an extensive sports workshop, providing indoor training and tactical play facilities for all major sports and a range of outside facilities including grass and synthetic grass pitches in the London area. (2) Holme Pierrepont; international 2,000m rowing and canoeing course and separate lagoons for water skiing, angling, ... (3) Crystal Palace; etc.

2. Sports Clubs

These sports clubs provide coaches for example the Amateur Swimming Association like other

associations provides coaches who are related to the governing bodies sometimes.

3. Individual coaches

There are also individual coaches for example Sebastian Coc who won 1980 Olympic Games in 800m track and is coached by his father.

All of these performers are coached by these kinds of coaching systems. They have been selected for Regional Championships, National Championships and International Championships and then selected to go to the National Centres.

4. Supporting organizations

The Sports Council help financially and the Sports Foundation gives Grants for expenditures at competitions. The British Olympic Association fixes final talents, coaches and facilities for Olympic Games and Administration and financial backing. The problem is that most of the performers find finance difficult until they have become top level performers.

V. The Role of the Sports Council in Britain

The Sports Council is an independent body. Established by Royal Charter in 1972 to replace the previous advisory Sports Council, formed in 1965. There are separate Councils for Scotland, Wales and Northern Ireland, though all four work closely to ensure a consistent approach to common problems.

The Sports Council has overall responsibility for British Sports matters, as well as domestic affairs for England. It consists of a Chairman, two vice-chairmen and 29 members who are appointed by the Secretary of State for Environment. The full Council meets five times a year and considers general sports matters, in addition to reports and recommendations from its six main committees: Facilities, Sports Development, Information, Research, Finance and National Centres.

1. Main Aims

In fulfillment of the objectives of its Charter, the Sports Council receives an annual grant from central Government which it uses to develop sport. The Sports Council seeks, to promote general understanding of the social importance and value of sport and physical recreation; increase provision of new sports facilities and stimulate fuller use of existing facilities; encourage wider participation in sport and physical recreation as a means of enjoying leisure; raise standards of performance.

2. Grants

Capital grants are made towards the provision of facilities which cater primarily for local community use as well as national and regional projects. The Council also supports special projects such as prototype schemes, conversions of existing buildings and projects in areas of special need, particularly those which are low cost and provide for participation of youth. Capital grants and loans are available to voluntary clubs for the development of facilities. Recurrent grants are made to the governing bodies of sport and national organisations of physical recreation to improve administration, develop participation and improve standards of performance through coaching, preparation training and international events.

3. Services of staff

Besides the range of services offered by the Facilities Unit and Sports Development Unit, the Sports Council has other specialist units at Headquarters offering advice to anyone concerned with sport and physical recreation. The Technical Unit for Sport provides architectural, engineering and quantity surveying advice on the construction of facilities. It also produces design notes and undertakes development projects like the low cost sports hall at Rochford in Essex. Help and advice is also available from

the Research Unit—anything from in-depth data to consumer reaction and the information centre, a focal point for national and international information. The Centre produces useful reference publications such as *Sport: A Guide to Governing Bodies 1977*. The Press and Publications Unit produces a series of publications, including the Councils quarterly magazine and films for hire.

4. Regional offices

The staff of the Sports Council in the nine regional offices have the responsibility of implementing the Policies of the Sports Council in developing sport according to regional needs, interests and conditions. They provide technical and advisory services to local authorities, voluntary sports bodies and other organisations. The principal Regional Officers of the Sports Council are the Secretaries to the regional councils for sport and recreation and together with their staff and the regional staff of the Countryside Commission they service these councils. Any enquiries on regional development should be addressed to the regional offices of the Sports Council.

5. Sport for all

Sport is a natural part of active leisure, whether you compete for championships or just for fun. In Britain today many people are unable to participate because the facilities are lacking within easy reach of their homes. That is why in 1972 the Sports Council launched its national SPORT FOR ALL campaign to stimulate provision of facilities and to encourage people to take part. This continuing campaign is helping to persuade local authorities, private and commercial organisations to extend opportunities for people to enjoy the sport and physical recreational activities of their choice.

6. National Sports Centres

There are six national residential sports cen-

tres, managed and financed wholly or partly by the Sports Council. Priority of use is given to national team training, competition and the training of leaders and officials.

The centres are:

Bisham Abbey—Established 1946, near Marlow Bucks.

Tel. 0628 42818

Crystal Palace—Established 1964, Norwood, London, SE 19.

Tel. 01 7780131

Britain's 1st multi-sports centre.

Holme Pierrepont—Established 1973, Nottingham.

Tel. 0602 866301

Lilleshall Hall—Established 1951, near Newport, Salop.

Tel. 0952 603003

Cowes National Sailing Centre

—Established 1968, Cowes, Isle of Wight.

Tel. 0983 294941

Plasy Brenin National Centre for Mountain Activities

—Established 1955, Capel Curig, North Wales.

Tel. 069 04280

VI. Epilogue

There have been wide areas in the development of Sports and Recreation in Britain.

Educational Sports in School, Recreational Sports and Professional Sports are the areas of these days.

The types of Sports and Recreation, however, are constantly changing.

In fact a new interesting area of sports is emerging. Industry, Commerce and Government are becoming increasingly influential on the world of sports through the sponsorship of Performance Sports. Through their sponsorship, Industry and Commerce are able to advertise their products and help the sports as well, and Government hopes to inspire the national image through sports and to emphasize the fact that it is beneficial to people's health.

In preparing amateur sports for Olympic Games there are several sources for top-level talents: Governing bodies of sports, Sports clubs, Individual coaches, and supporting organizations, especially the Council.

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