

## SIGNING UP FOR INCLUSIVITY AND DIVERSITY IN SPORT

*by:*

**Rogelio Manipon Olegario**

*Mariveles Senior High School – Sitio Mabuhay*

Sports have the ability to unite people and create a sense of community. However, some groups have been excluded or ostracized in the sports world for far too long. We must address these concerns in order to establish a more inclusive and varied sports scene. In this article, we will look at the significance of inclusion and diversity in sports, as well as the problems that must be faced and the steps being taken to build a more equal future.

The Strengths of Sports Diversity and Inclusion:

In order to build a healthy and fair sports community, inclusivity and diversity are essential. Everyone should be able to participate in sports, regardless of color, gender, sexual orientation, religion, or ability. We can develop a more vibrant and dynamic sports culture that reflects the richness of our society by embracing diversity. Furthermore, inclusiveness and diversity may aid in the fight against prejudice and the advancement of social justice.

Sports' Inclusivity and Diversity Challenges:

Despite the significance of inclusiveness and diversity in sports, numerous obstacles must be addressed. One significant difficulty is the continuation of systemic obstacles that hinder some populations from participating in sports. Women and girls, for example, may confront prejudice or a lack of resources in sports, while athletes with impairments may face inaccessible facilities or equipment. Furthermore, unfavorable preconceptions

and prejudices might impede people from participating in sports or succeeding in their preferred sports.

Sports Inclusivity and Diversity Initiatives:

Measures are being taken at all levels to address the obstacles to inclusiveness and diversity in sports. Sports organizations, for example, are introducing policies and programs that encourage inclusion and diversity, such as equal chances for women and girls, accessible facilities for athletes with disabilities, and support for LGBTQ+ athletes. In addition, they are developing awareness campaigns and educational initiatives to address preconceptions and prejudices.

Individuals are taking action to effect change at the grassroots level. Coaches and mentors, for example, are building welcoming and inclusive environments for their athletes, while community organizations are facilitating access to sports for marginalized populations. Athletes are also utilizing their platforms to advocate for inclusiveness and diversity.

The Official Website of DepED Division of Bataan

In order to build a healthy and fair sports community, inclusivity and diversity are essential. While obstacles remain, efforts are being made at all levels to promote inclusiveness and diversity in sports. We can build a better and more fair future for everybody by advocating for these ideals and fostering a more inclusive and accessible sports culture.

*References:*

Anderson, E., & Magrath, R. (2020). Inclusive sports coaching: A practical guide to supporting diversity. Routledge.

Lyras, A., & Welty Peachey, J. (2011). Exploring diversity and inclusion in collegiate sports. *Journal of Issues in Intercollegiate Athletics*, 4, 157-174.

Ntoumanis, N., & Backhouse, S. H. (2009). The dynamics of goal striving and mental health in athletes. In M. Kellmann (Ed.), *Enhancing recovery: Preventing underperformance in athletes* (pp. 93-105). Human Kinetics.