

Sufficiency



July 2023

A Thought Provoking
Piece

In Sport

Sport.

Less is More?

We live in
a sitting
knowledge
society where
we need
regular physical
exercise to keep
our body and
mind fit.
But,
the current
way of doing
sport uses
lots of natural
resources.

We need to
reduce our
resource
consumption
to keep our
body and
environment
healthy in the
long term.
So,
how can we
be healthier
conducting
sport using less
resources?

Defined As

The use of minimum resources for the universal fulfillment of human needs for a good life

The downward reassessment of needs for consuming the optimal amount of goods

The living style that is socially enjoyable while being ecologically sustainable

Sufficiency

Sufficiency can be analysed using the life cycle assessment framework.

Thereby, five dimensions are considered:

Design and Development,
Production,
Use,
End-of-life, and
Transport

From a resources perspective aspects to consider are:

Energy,
Waste & Emissions,
Raw materials, and
Natural resources

Sufficiency

Sport

Sport disciplines can be differentiated by the number of athletes involved

Individual
e.g. cycling, swimming, gymnastics

Partner sport
e.g. badminton, tennis, volleyball

Team sport
e.g. football, basketball, hockey

Different types of sport are based on

Physical activity
(e.g. athletics)

Coordination
(e.g. basketball)

The athletes mind
(e.g. chess)

Motorized vehicles
(e.g. car racing)

Animals
(e.g. equestrian)

Sport

Different physical goals for sport are:

Endurance,
Strength, Balance,
Coordination,
Flexibility, Dexterity,
...

Personal goals for sport are:

Fun, Social
interaction,
Stress relief, Self-
confidence, Look,
Competition, Self-
improvement, ...

Sport

We can be more
sufficient in
sport by either
conducting a
sport that is by
its nature using
less resources

Or we can
conduct the
same sport
using less
resources

Sufficiency

The same sports discipline can be conducted more sufficiently.

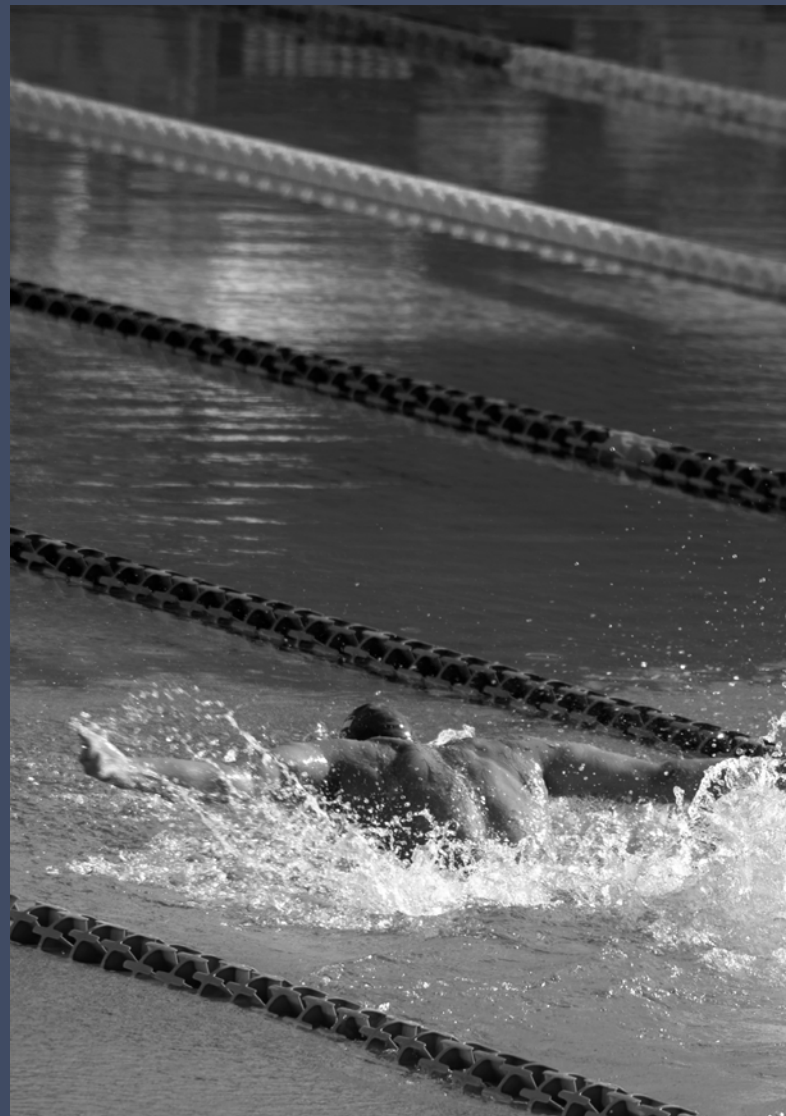
For instance, football can be played outdoors using only a ball, regular footwear, on a meadow.

However, it can also be played in a stadium with frequently changing sports shoes, different types of training clothes, on a plastic ground.

Option 1.

Individual sport with the goal to improve strength and endurance

01



02



01
Swimming
indoors in heated
water

02
Swimming
outdoors



03

Individual sport with the goal to improve strength

04



03
Fitness strength
training with
equipment for
home use

04
Calisthenics
training
using rings

Individual sport with the goal to improve flexibility, strength, coordination, and endurance

05



05
Bouldering outside

06
Climbing indoors

06



Individual sport with the goal to improve endurance

07



07
Jogging on a
treadmill

08
Jogging in the forest





09

Sports goal to improve strength and endurance

10



09
Hiking outside

10
Training indoors
using a climbmill

Team sport with the goal to improve coordination and endurance



11

09
Football at the beach

10
Football in a stadium



13



Team sport with the goal to train coordination

14



11
Basketball indoors

12
Basketball outside

Option 2.

Different sports disciplines by nature require less resources.

More sufficient sports disciplines are for instance:

The individual sport dancing, swimming, calisthenics, yoga, hiking, ...

The partner sport martial arts, pair dance, yoga, ...

The team sport beach volleyball, pilates, outside football

15

Partner sport with the goal to improve coordination



15
Badminton outside
on a meadow

16
Tennis on a court



17



Individual or partner sport with the goal to improve strength and endurance

18



01
Skiing

02
Ski touring

Individual sport with the goal to train balance and endurance

19



19
Motorcycling

20
Cycling

20



Let's change the
sport disciplines
to become more
sufficient.

Let's choose
sport disciplines
which are
already more
sufficient.

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