

Activewear vs. Sportswear

Activewear and sportswear are two different types of attire for people leading an active lifestyle.

“Sportswear” refers to clothes designed specifically for sports purposes,

while “activewear” refers to attire or clothes designed for the purpose of transitioning from exercise wear to casual wear.

Activewear

Activewear refers to garments or clothes that provide **style** along with **comfort** and **function** and are made up of **sustainable materials**.

Clothes like hoodies, pants, and crew neck fleece sweaters serve the purpose of first exercising and then very comfortably and stylishly transitioning to casual attire.

People who love to spend a lot of time outdoors leading an active life prefer to be casually dressed in **activewear**, which keeps them comfortable and functional as well as stylish.

Activewear also includes accessories and footwear of many varieties.

Sportswear

Sportswear is clothes, shoes, and accessories that are specifically designed for sports purposes. It needs to have certain functions, thermal properties, comfort, sustainability, specific fabric weight, and many other properties to suit different sports.

For swimming, the clothes may have different materials. Many clothes have water resistant qualities. Some have spandex to make them stretch with the body; others have thermal qualities for the purpose of keeping the body of the athlete warm in cold situations and cool in warm situations. Thus the flexibility, style, and material are not as varied as activewear clothes.

Sports gear is also included in [sportswear](#).

For example, trainers, helmets, American football armor for the body are also a part of [sportswear](#).

Sportswear includes: polo shirts, wet suits, sports bras, etc. The main function of sportswear is to specifically suit a particular sport along with its protective gear. Sometimes some sportswear serves as a uniform for particular sports. For example, the sportswear for martial arts like karate is very different from any other clothes.

Summary:

1. **Activewear** clothes are clothes that serve the purpose of an active life mixed with a casual social life; they can be used for exercising and then transitioning into casual wear. **Sportswear** is sports specific. A particular sport demands a particular type of gear and clothes.

2. **Activewear** clothes have more flexibility and style along with functionality and comfort. Sportswear clothes are less flexible and are more focused on comfort, functionality, and thermal functions of a fabric. They are very sports specific; clothes for gymnastics or swimming, for example are absolutely different from any other types of clothes.

3 Types of Sportswear

Sportswear is becoming increasingly popular in the modern age and some people's wardrobes are practically full of it.

Sportswear can be broken down into three categories: activewear, athleisure, and gym wear.

Gym Wear

Gym wear focuses on practical clothing that can withstand a heavy workout in the gym. Shirts and bottoms have to be made from moisture-wicking materials to absorb sweat and footwear should be light and comfortable so it doesn't obstruct a leg workout. Here are some examples of common [gym wear](#) items:

Technical T-shirts - Made made from moisture-wicking materials that absorb sweat and keep you dry while you train. Figure-hugging, emphasising your body shape making it look great too.

Sports Bra and Leggings - Both are made from materials that absorb sweat and offer maximum comfort while holding the body in place.

Technical Socks - Socks designed for gym uses have extra padding to reduce the chance of blisters which can really hinder a workout and your motivation. They are made to absorb sweat to keep your feet dry.

Trainers - [Trainers](#) made for use in the gym are lightweight and comfy.

As it can be seen, gym wear has distinctive features which set it apart from other types of clothing; they are all practical, lightweight, and comfy. Gym wear is normally made to be

Activewear

Activewear is a lot more casual than gym wear and can be used for a range of purposes, both inside and [out of the gym](#). The most common types of activewear worn are tracksuits, which have come a long way from their humble beginnings as shell suits, as well as stylish trainers. This style of clothing is made to be more comfortable than formal wear and is very popular among teenagers from around the world.

When tracksuits were first worn they were associated with jogging but have received much popularity from the Hip Hop music scene and are now seen as a trendy urban outfit. It seems that [activewear](#) is being worn less in the gym now and more on the street, with the newer ranges being produced with style in mind rather than practicality. The term "trainers" is definitely losing its original meaning as a shoe designed for sports and they are now regularly worn for casual purposes.

The [puffer jacket](#) has become more fashionable than sporty and is commonly worn in the Hip Hop fashion scene.

Athleisure

Athleisure is a new term that has been added to the English dictionary meaning "casual, comfortable clothing designed to be suitable both for exercise and everyday wear". The main difference between activewear and [athleisure](#) is that although activewear is sportswear worn for casual purposes, athleisure is a mix of sportswear, such as [hooded sweatshirts](#), combined with other types of casual wear like jeans and [denim jackets](#). This makes athleisure a hybrid of sportswear and casual wear ensuring that you stay comfortable and be extremely stylish at the same time.

Athleisure has been a growing trend since 2014 and it can be safely said that the craze is here to stay. Before athleisure became a trend, sports clothes were generally worn by people who were actually leading active lifestyles, now sports clothes are worn by people of all ages and body types.

Specialised Sportswear

This type isn't a category on its own but can be a range of different clothing items designed for specific sports like helmets for American football and shin pads for football. Specialised sportswear isn't really linked to fashion, as you wouldn't see someone walking in the street with a fencing helmet on, but is crucial for the sport it is designed for.

Fiber use for active or sportswear cloths

Polyester	Nylon (Polyamide)	Polypropylene	Lycra/Elastane	Cotton
Strong	Strong	Strong	Medium strength	Strong
Non absorbent	Non absorbent	Non absorbent	Not very absorbent	absorbent
Crease resistant	Crease resistant	Crease resistant	Crease resistant	Crease easily
Durable hard wearing	Durable hard wearing	Durable hard wearing	Durable so hard wearing	Durable
Elastic so stretches	Elastic so stretches	Elastic so stretches	Very elastic So stretches well	Not Very elastic so does not stretch
Not very warm to wear	Not very warm to wear	Not very warm to wear	To make a stretchy & fitting fabric	Cool to wear

Design requirement for the active or sportswear cloths

Requirements	Mechanisms	Role of material designing
<ul style="list-style-type: none">■ External climate■ Thermo physiological requirement■ Physical and mechanical requirements■ Protection and maintenance	<ul style="list-style-type: none">■ Mechanism of thermo physiological comfort■ Stretch ability and comfort■ Functional finishes protection and maintenance	<p>Designing of sportswear based on the knowledge of textile properties and construction, along with the characteristics of other materials (E.g. membrane, coatings etc.), in combination.</p>

Designing process for active sportswear cloths.

Functional properties	Aesthetic properties	Other properties
Light weight, high tenacity, more stretch ability, thermal preservation, Antimicrobial- UV resistance, more cooling capacity, more sweat absorption, quickly drying performance, liquid-vapour permeability and moisture management performances basically are requirement.	Feeling of softness, surface texture, handle, shine, colour discrepancy, transparency and comfort in sports wear are essential factors.	Protection: From wind water and undesirable climate Insulation: Safety from cold Vapour permeability: To make certain that body vapour passes outward through all layers of the clothing system. Stretch ability: To offer the freedom of movement essential in sports.

The pathways for heat loss from the activities with human body.

