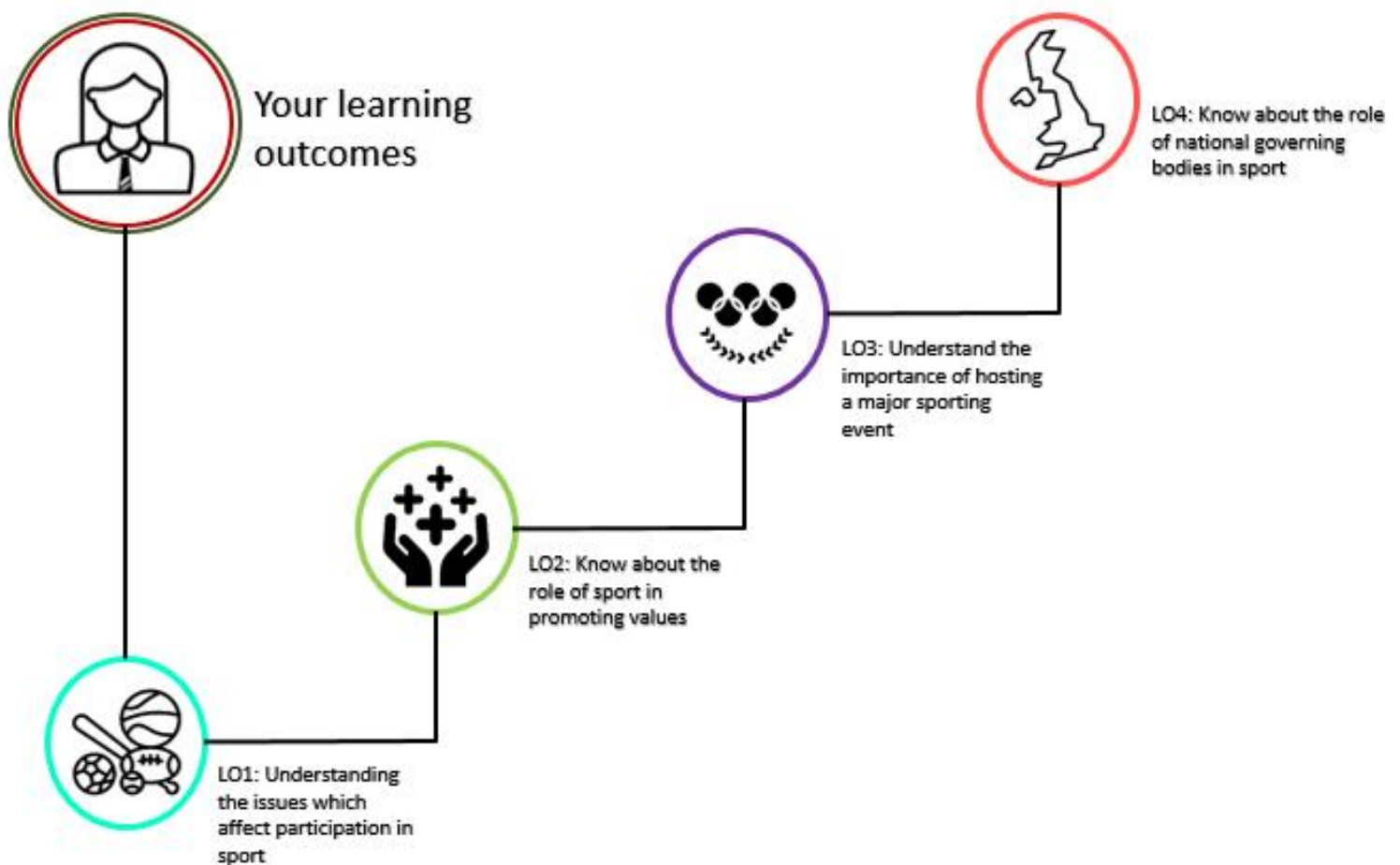


Name

OCR CONTEMPORARY ISSUES IN SPORT

RO51 EXAM

REVISION PACK



REMEMBER – READING YOUR NOTES 50 TIMES IS NOT REVISING.

Re-reading and highlighting notes can lead to very little of the read or highlighted information going into long-term memory – which is what you need in order to remember the information for the exam!

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bed times



Have inconsistent bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting "key" passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise while listening to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away during revision



Revise with their mobile phone next to them

Before you start revising....

- Put together a revision timetable. This should start well before your exam to give you enough time to cover (and revisit) all topics
- Make sure you have a list of topics to revise (Make sure you know what it is you must know).
- Make sure you have a complete set of notes from which to revise (this will be your booklet/ homework books/ blue books)

Revision Ideas

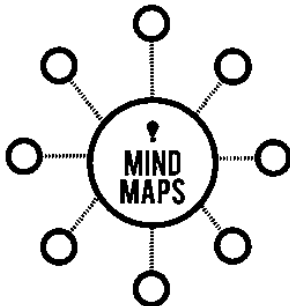


Revision Cards – The idea is that you summarise some key information on a single blank card.

How can they be used?

1. Write questions on one side and answers on the other, then test yourself or even better, get someone else to test you
2. Write key terms on one side and a summary of what they mean on the other side.
Idea - User groups on one side – barriers and solutions on the other!
3. Write the advantages/ positives of something on one side and the disadvantages/ negatives on the other
Idea – Hosting major events! Positives and Negatives!
4. Write about something in reasonable detail on one side – without looking use the other side to summarise key points as a short list to remember (no more than five points)

YOU CAN USE THESE CARDS TO TEST YOURSELF OVER AND OVER AGAIN!



Mind maps – The idea is to organise ideas about a topic. A mind map usually starts with a central idea with a series of branches, each relating to one topic area. This allows you to see the whole topic on one sheet of paper.

How can they be used?

1. Colour coordinate different parts of the topic
Idea – PED drugs – have an athlete and which PED they took! WADA rule
Idea – User Groups, barriers, solutions!
Idea – Olympic/ Paralympic Values
2. Stick them up in your house where you sit, maybe your ceiling above your bed or bedroom wall
3. Illustrate some points with pictures to help you remember
4. Spend some timing learning the mind map, turn the paper over and see if you can remember it well enough to copy or the key points on it
5. Use mind map to plan long answers/ essays. Put the title/ question in middle then have one branch for each key point – **REMEMBER THE AMOUNT OF MARKS IS HOW MANY SEPARATE POINTS YOU NEED TO MAKE**



Websites

www.ocr.org.uk – OCR Cambridge Nationals in Sport

www.revisionworld.com – Revision and past papers

www.s-cool.co.uk – Revision, research and exam questions



MOST IMPORTANT REVISION TOOL – THE MORE EXAM QUESTIONS YOU ANSWER – THE BETTER!

Past Papers

Exam board websites are the place to go for past papers and exam questions www.ocr.org.uk

Completing exam questions and past papers allows you to get used to the variety of question types and how to answer them! This will also build on your prior knowledge and recall past learning.



Create your own quiz

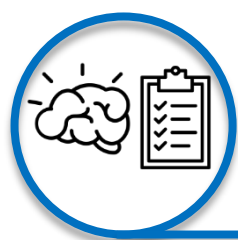
Answer these in pencil and go back a couple of weeks later and re- do the quiz! Make sure your quiz covers all 4 Learning Outcomes!

Review your notes and create a fresh version, using your memory and use textbook to fill in gaps



8 Mark Question Power Hour

1. Choose past paper question
2. Revise – Spend 10 minutes revising what you need to know to answer your question
3. Answer the question – set a timer for 5 minutes and answer the question
4. Mark your answer – green pen any improvements you could have made
5. Repeat this for an Hour!



Knowledge Checklist!

LO1 – Understand the issues which affect participation in sport

	Revised	Revised	Revised	Understood	Test Questions
The different user groups who may participate in sport					
The possible barriers which affect participation in sport					
The solutions to barriers which affect participation in sport - PAP <ul style="list-style-type: none"> - provision - access - promotion 					
The factors which can impact upon the popularity of sport in the UK					
How the factors which can impact upon the popularity of sport in the UK relate to specific sporting examples					
Current trends in the popularity of different sports in the UK					
Growth of new/emerging sports and activities in the UK					

LO2 – Know about the role of sport in promoting values

	Revised	Revised	Revised	Understood	Test Questions
Values which can be promoted through sport					
The possible barriers which affect participation in sport					
The Olympic and Paralympic movement <ul style="list-style-type: none"> - The creed - The symbol - The Olympic & Paralympic values - 					
Other initiatives and events which promote values through sport E.g. . Sport Relief					
The importance of etiquette and sporting behaviour for both performers and spectators <ul style="list-style-type: none"> - Reasons why e.g. Fairness, promoting values, safety of participants <ul style="list-style-type: none"> - Sportsmanship - Gamesmanship - Spectator etiquette - Sports initiatives to break down barriers <ul style="list-style-type: none"> - E.g. Kick racism out of football 					
The use of performance enhancing drugs <ul style="list-style-type: none"> - Reasons why they are used - Reasons against use <ul style="list-style-type: none"> - WADA - Current initiatives E.g. Sanctions - Drug offence by elite athletes - Impact of drug taking on reputation of sport 					

LO3 – Understand the importance of hosting major sporting events

	Revised	Revised	Revised	Understood	Test Questions
Features of major sporting events <ul style="list-style-type: none"> - One off, regular, regular, and reoccurring <ul style="list-style-type: none"> - International element - Level of investment, potential legacy 					
The potential benefits and drawbacks of cities/countries hosting major sporting events					

LO4 – Know about the role of national governing bodies in sport

	Revised	Revised	Revised	Understood	Test Questions
What national governing bodies in sport do <ul style="list-style-type: none"> - Promotion - Development - Infrastructure - Policies and initiatives <ul style="list-style-type: none"> - Funding - Support 					

Answering exam questions

- Read the question twice before answering
- Highlight/ underline any key words – the key words are what you need to answer the question
 - What is the question asking you for?
- ANSWER ALL QUESTIONS – ALWAYS HAVE A GO
 - DO YOUR BEST!

COMPLETE ALL ACTIVITIES IN PENCIL SO YOU ARE ABLE TO RUB THEM OUT AND REDO THEM LATER!

Exam Tips – It is important to use the correct terminology for example:

- environment/ climate not weather
- provision not facilities
- tolerance and respect and not just one of them

If a question is out of 5 marks – you need to make 5 valid points/ give 5 pieces of information to get those marks.

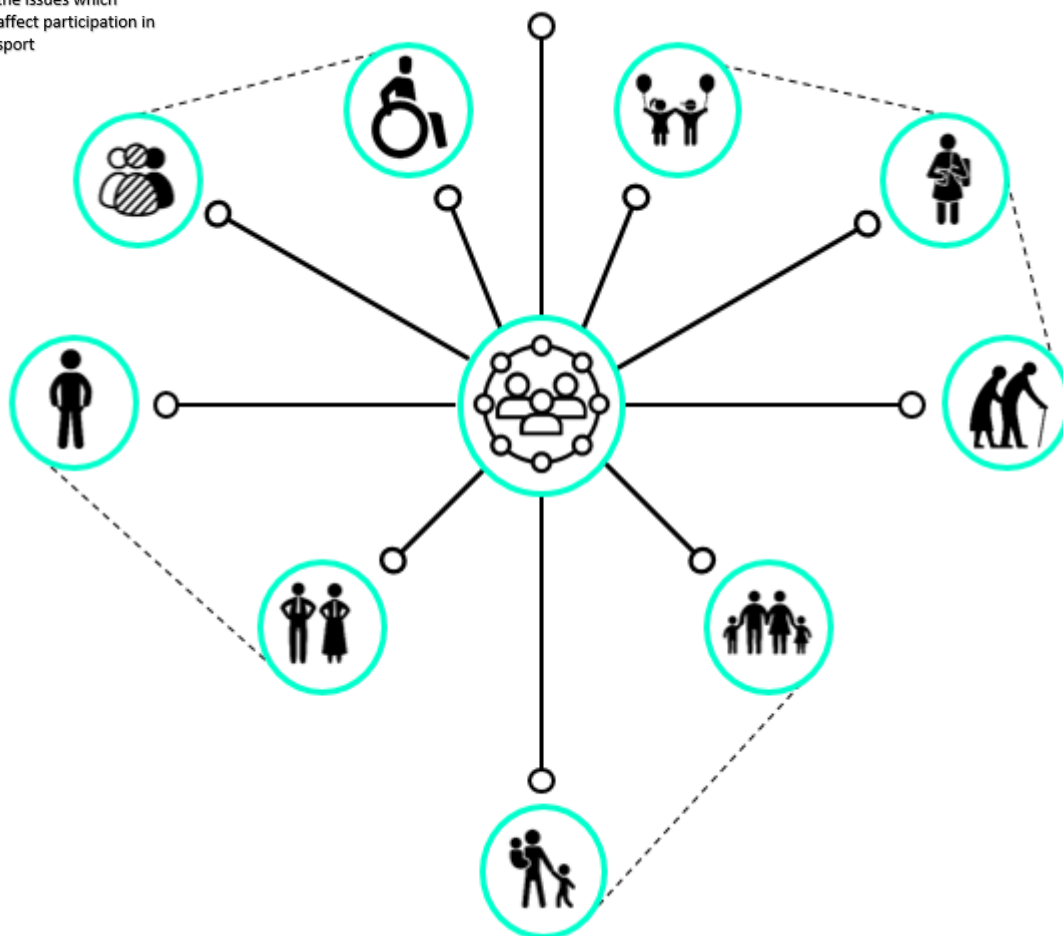
Read the question twice before answering – Read the question properly, for example:

- Give 3 examples, make sure you give 3 answers
- Highlight any key words**



LO1: Understanding
the issues which
affect participation in
sport

User Groups – Identify the 9 user groups





LO1: Understanding
the issues which
affect participation in
sport

Complete the table. Identify two user groups that might face the barrier, then explain how each barrier could affect each user group

Don't forget you can use your previous notes/ online textbook to help you if you have any gaps in your knowledge

Barrier	User Group	Explain
Employment/ Time	Teenager Working single/ couple	In school during the day, studying in evening so lack of time At work during the day so no time to participate in sport
Disposable Income		
Work restrictions/ Family commitments		
Accessibility of facilities/ equipment		
Lack of Role Models		
Provision of activities		
Awareness of activities		
Portrayal of gender issues		



LO1: Understanding
the issues which
affect participation in
sport

Explain the barriers of participation for each user groups

Unemployed

Disabled

There could limited provision of activities as a lot of clubs do not meet the requirements for disabled people. There could also be limited accessibility of facilities, for example no ramp to allow disabled access. A lack of role models could also prevent disabled people from getting involved in sport – if they have no one to look up to, there is a lack of inspiration to get involved.

Retired people/ People over 50

Single Parents

Single parents may have a lack of time as they may well be juggling a job as well as looking after their child. If they are a full-time parent, they may have a lack of disposable income as they will only have so much money to cover bills and childcare. Even in the evening they are limited in what they can do as they must remain in the house with the sleeping child unless they pay for babysitters or have family locally.

Ethnic Minorities



LO1: Understanding
the issues which
affect participation in
sport

Explain the barriers of participation for each user groups

Teenagers

This group may lack the motivation to engage in sports activities on a regular basis. This age group frequently prioritise other choices for use of their leisure time eg friends, music and entertainment. There may be a perceptual barrier of peer pressure especially where their peers are not involved in sport. Lack of time may constitute a barrier where older teenagers are studying and working part-time.

Children

Working couples/ Singles

Exam Question

Identify **three** potential barriers that might prevent children from participating in swimming.

1

2

3

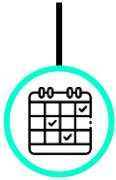
[3]



LO1: Understanding the issues which affect participation in sport

Solutions to barriers

Fill in the blank words for the 3 ways to overcome barriers



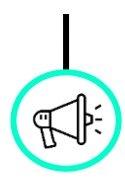
P

- programming sessions for use by different user groups e.g. over 50 sessions
- provide a variety of activities to suit different user/age groups
- planning of times to suit different user groups



A

- access to facilities, provision of transport to rural areas, ramps for wheelchair access
- access to equipment e.g. Hoist for swimming pool
- sensible pricing/concessions e.g. Reduced rate for children/ unemployed/ over 50's/ 60's



P

- targeted promotion e.g. advertising in places which will target specific user groups
- Using role models to encourage participation amongst different groups
- Initiatives aimed at participation e.g. free sessions for certain user groups

Exam Question

Rachel has a partner and two children. She would like to join a local running club which is 10 miles away. Rachel currently works full-time in the day and her partner works evening shifts Monday to Friday. The couple share use of the family car.

Suggest **two** solutions that could enable Rachel to participate in running.

Solution 1

[1]

Solution 2

[1]



LO1: Understanding
the issues which
affect participation in
sport

Solutions to barriers

Fill in the blanks in the table

Barrier	Solution
Lack of specialised equipment to enable physically disabled people to participate.	
Sports activity sessions are not available at a suitable time for people that work in the daytime.	
Lack of awareness of when sports activity sessions are available.	Targeted advertising
	Concessionary pricing
Lack of sports activity sessions for the more advanced.	Provision of suitable sessions that meet user needs

Exam Question

Salma is a disabled person who works full time and wants to take up wheelchair athletics.

Describe **three** ways an athletics club could make the sport more accessible for disabled performers.

1

[1]

2

[1]

3

[1]



LO1: Understanding
the issues which
affect participation in
sport

The factors which can impact upon the popularity of sport in the UK

Match up each solution to the example

Climate and environment

Football has widespread mass participation due to a strong infrastructure being in place

Participation

Increase popularity as people want to emulate role models

Provision

Good media coverage will result in increased popularity (e.g. FA cup shown by the BBC)

Acceptability

Good availability of facilities will help boost popularity

Success of individuals or teams

A suitable climate with ensure increase popularity (e.g. Snow/Skiing) / Appropriate climate and terrain

Schemes in schools/clubs in school

Can inspire participation

More people will participate in schools, resulting in increased popularity

Spectatorship

Readily available live matches

Media coverage

Some people think boxing is a dangerous sport and feel the aim is to 'hurt the opponent' and therefore not appropriate, especially for younger people

Sufficient role models



LO1: Understanding
the issues which
affect participation in
sport

The factors which can impact upon the popularity of sport in the UK

For each of the following factors, give a positive and negative impact it can have on the popularity of sport

Media Coverage

Positive – Can increase participation. More spectators increase the profile of the sport

Negative – Unprofessional conduct/ gamesmanship is shown in the media and could give the sport a bad reputation

Provision

Positive

.....

Negative

.....

Success of Teams

Positive

.....

/Individuals

Negative

.....

Exam Question

Explain how the following factors might impact on the popularity of tennis.

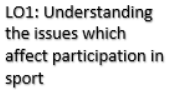
Media Coverage

.....

.....

.....

.....(2)



Exam Question

8 Marks means 8 points you need to make!

(8)



LO1: Understanding
the issues which
affect participation in
sport

The factors which can impact upon the popularity of sport in the UK

Exam Questions

Using a **practical example** for each, **explain** how each of the following factors can impact on the popularity of sport in the UK.

Environment

.....

.....

.....(2)

Spectatorship

.....

.....

.....(2)

Social Acceptability

.....

.....

.....(2)



LO1: Understanding
the issues which
affect participation in
sport

Current trends in the popularity of different sports in the UK

Growth of new and emerging sports

Current trending sports in terms of popularity in the UK include:

- Swimming
- Cycling
- Recreational Walking
- Fishing

A new and emerging sport is described as ‘a new sporting in the UK that has seen increased participation rates in recent years.

Write the following sports in the correct box if they are a new and emerging sport, or an established sport.

Football

Ultimate Frisbee

Footgolf

Netball

American Football

Rugby

Softball

Handball

Athletics

Hockey

ESTABLISHED

•

•

•

•

•

NEW AND EMERGING SPORT

•

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LO1: Understanding the issues which affect participation in sport

Current trends in the popularity of different sports in the UK

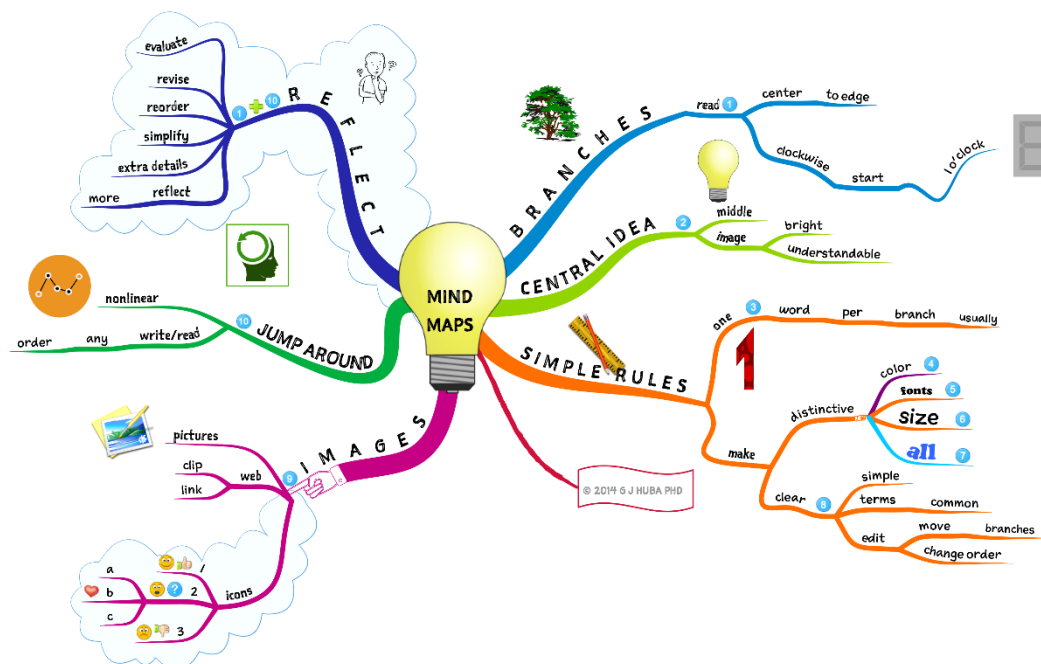
Growth of new and emerging sports

Tip - Factors that can affect the growth of emerging sports is linked with factors that affect popularity. The more positive factors the sport can get, the more popular the sport becomes.

Factors affecting growth of emerging sports

Create a mind map to help you remember them!

1. Amount of media coverage / advertising / awareness
2. Amount of provision / clubs/number of facilities
3. Requirement for specialist equipment
4. Cost of participation
5. Availability of competitions / leagues
6. Insufficient number / trained coaches
7. Availability in schools
8. Attractiveness to spectators / interesting to watch / amount of spectators
9. Attractiveness to sponsors
10. Sufficient role models





Task - Create revision cards for the following sporting values, their definition, and a sporting example.

Sporting Value	Definition	Sporting Example
Team Spirit	Can help develop the ability to work as part of a team	<ul style="list-style-type: none"> Learning how to work together e.g. team building during pre-season Supporting other members of a team e.g. cheering for your teammates working towards a common goal e.g. trying to win a cup final
Fair Play	Learning the importance of adhering to rules and being fair to others	<ul style="list-style-type: none"> Learning/ show the importance of adhering to rules e.g. taking a penalty drop in golf Ensuring you are fair to others while playing sport e.g. not taking performance-enhancing drugs
Tolerance & Respect	Sport develops an understanding of different countries and different cultures	<ul style="list-style-type: none"> Developing an understanding of different countries and cultures/ making friends from different backgrounds e.g. making friends at international events Being accepting of others (from different cultures) e.g. sport brings communities together
Inclusion	Initiatives / sessions aimed at encouraging regular participation can get under-represented social groups involved in sport	<ul style="list-style-type: none"> Allows underrepresented groups to participate in all sports e.g. Asian females playing football Allows participants from different backgrounds/user groups e.g. setting up a wheelchair session at the local basketball club
National Pride	Regular participation will generate national pride	<ul style="list-style-type: none"> Supporters and performers uniting behind country at international events e.g. increase morale during World Cup Performers being proud to represent their country e.g. singing the national anthem
Excellence	Striving to be the best you can be	<ul style="list-style-type: none"> Striving to be the best you can be e.g. Setting a personal best e.g. Trying to win, regardless of the opponent
Citizenship	Presents an opportunity to get involved in the local community	<ul style="list-style-type: none"> Get involved in your local community through sport e.g. going to your local community centre to help coach young people



LO2: Know about the
role of sport in
promoting values

Fill in the blanks of the sporting values and add the description of each value from the examples provided.

- Presents an opportunity to get involved in the local community
- Sport develops an understanding of different countries and different cultures
- Initiatives / sessions aimed at encouraging regular participation can get under-represented social groups involved in sport
- Learning the importance of adhering to rules and being fair to others
- Striving to be the best you can be
- Regular participation will generate national pride
- Can help develop the ability to work as part of a team

EXAM TIP – LEARN THESE DEFINITIONS

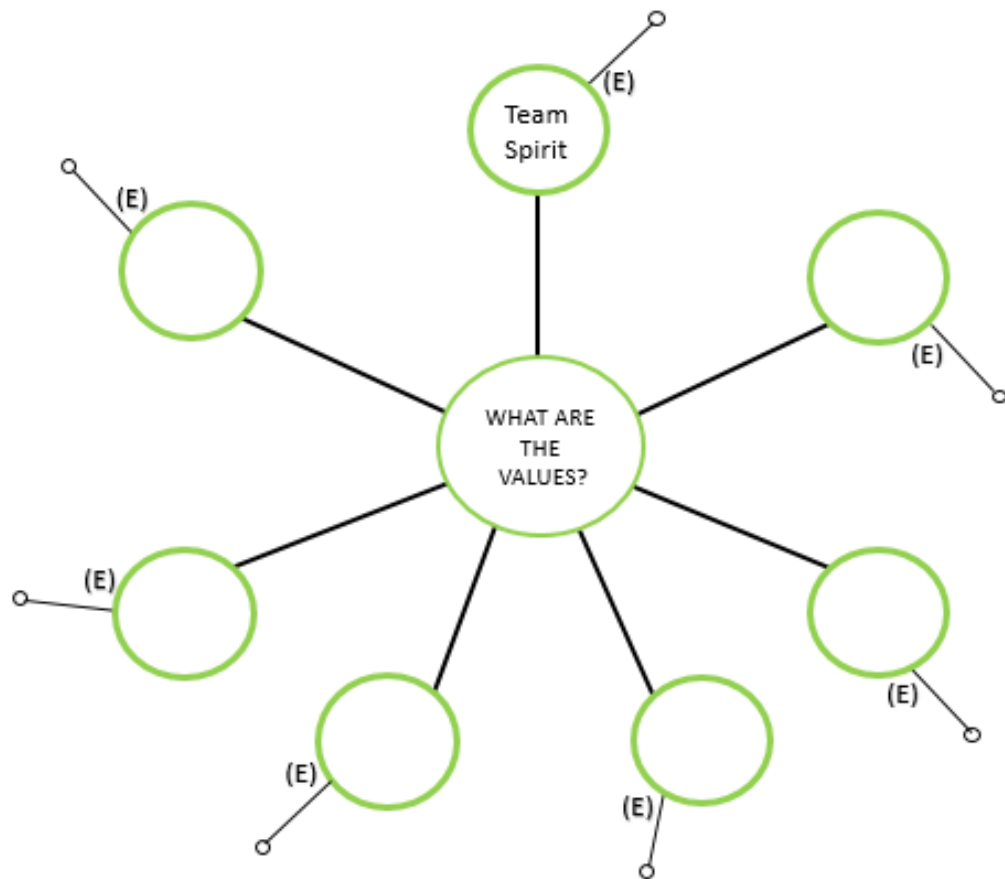
Sporting Values	Definition
Team Spirit
Fair Play



LO2: Know about the role of sport in promoting values

Complete the spider diagram using the following sporting examples

(E) – Sporting Example



Exam style question

Schools and colleges often use sport to promote team spirit and teamwork.

Give **three** ways that team spirit and teamwork can be promoted through participation in sport.

- 1
- 2
- 3



Fill in the Olympic and Paralympic values alongside the correct example.

1.

Example - respect for all different countries, cultures, individual / play within the spirit of the rules shows respect for other competitors participants

2.

Example - achieve to the best of your ability

3.

Example - promotion of friendly competition / bringing the nations of the world together through sport / creating team spirit

4.

Example - making personal sacrifice to achieve sporting goals / switch disciplines

5.

Example - perseverance to succeed despite obstacles / barriers

6.

e.g. role models inspire the next generation to participate in sport

7.

e.g. all nations have equal opportunities to enter competitors / inclusivity

Exam style questions

Which one of the following best describes the values that are promoted by the Olympics?
(circle your chosen option to indicate your answer)

- (a) To win at all costs
- (b) To become famous by taking part in the Games
- (c) To promote fair play, excellence and respect
- (d) To gain a new personal sponsorship deal

[1]

Which **one** of the following statements best describes the Paralympic value of Courage?

(Circle your chosen option to indicate your answer).

- (a) Achieve a personal best in an event
- (b) Congratulating an opponent after a race
- (c) Motivating others to take part in sport through a performance
- (d) Overcoming an injury to take part in an event

[1]

Complete this revision page – don't forget you can use your notes, online textbook and revision you have previously done to help you.

The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.

PIERRE DE COURBETIN



Identify an Olympic value associated with each of the examples below:

1. Overcoming an injury in the final of the 100m to finish second

Value

2. Joining in with the opening parade of nations at the opening ceremony

Value

3. Watching the other athletes on your rest day and applauding their performance

Value

4. Winning the long jump and giving your training shoes away to a young member of the crowd

Value

What does the CREED represent? ↑

What does the SYMBOL represent? ↓

Using an example for each, describe two values associated with the Paralympic movement

Value

Example

.....

.....

Value

Example

.....

.....





LO2: Know about the role of sport in promoting values

Identify the name and aim of each of the following initiatives along with which sporting value they promote – remember you can use your notes, past revision, and online textbook to help you.



Name

.....

Aim

.....

.....

.....

.....

A sporting value this promotes

.....



Name

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Aim

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A sporting value this promotes

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Name

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Aim

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A sporting value this promotes

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Name

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Aim

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A sporting value this promotes

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Name

.....

Aim

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A sporting value this promotes

.....



EXAM TIP – YOU WILL NEED TO KNOW THE DEFINITIONS , REASONS WHY PERFORMERS AND SPECTATORS SHOULD SHOW ETIQUETTE, POSITIVE BEHAVIOUR AND SPORTSMANSHIP ASWELL AS SPORTING EXAMPLES.

Identify the correct term for each of these definitions.

.....

Testing the spirit of the rules / bending the rules (e.g. aggressive play or deliberate time wasting)

.....

Fair play / playing within the spirit of the rules (e.g. putting the ball out of play when a player is injured or shaking hand of an opponent before or after an event)

Identify if the following examples are Sportsmanship or Gamesmanship

Intentionally making a ‘mistake’ which gains an advantage over an opponent _____

Giving the ball back to the opposition after a stoppage for an injury. _____

Showing respect for the opposition and others players. _____

Feigning injury (e.g diving in football) _____

Shaking hands before the commencement of the game / match. _____

Breaking the flow of an opponents play. _____

Applauding the winners of a sports match / competition _____

Timewasting / slow play / deliberately putting the ball out of play to waste time. _____

Causing a player to take the game less seriously or to overthink his / her position. _____

Define Gamesmanship

.....
.....

Define Sportsmanship

.....
.....



LO2: Know about the role of sport in promoting values

Revise the following information that you need you need to know for your exam. You could use revision cards or a mind map to help you revise.

Example of good etiquette

- Applauding the opposition / winners.
- Being quiet for the national anthem.
- Applauding good or skilled play.
- Being quiet for sports that involve concentration from the performer.
e.g. golf or snooker

Good spectators etiquette

- Applauding the opposition / winners.
- Being quiet for the national anthem.
- Applauding good or skilled play.
- Being quiet for sports that involve concentration from the performer.
e.g. golf or snooker

Good performer etiquette and sporting behaviour

- Giving the ball back to the opposition
- Shaking hands before / after competition.
- Playing within the rules
- Stopping due to injury
- Respecting referees decision

Examples of gamesmanship

- Asking the official to punish opponent
- Wasting time late in a game
- Pretending to be injured

Examples of sportsmanship

- Shaking hands before/after a match
- Congratulating opponent if they win/ play well
- Sending ball out of play in football when opposition is injured

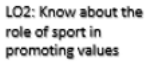
Poor spectators etiquette

- Booing the opposition / shouting at opposition
- Abusing the officials
- Using abusive language
- Throwing objects on to the pitch
- Distracting the participants
- Quiet during the playing of national anthems

Poor performer and sporting behaviour would be gamesmanship

Reasons/ Importance of good etiquette and sporting behaviour

- Fair play - creates level playing field
- Promoting values - tolerance, respect, team spirit, sportsmanship
- Safety of participants
- Be seen as good role models - inspire others & inspire next generation
- Raises reputation of the sport
- Encourages participation
- So that spectators / supporters are proud of them
- Prevent negative crowd behaviour / crowd violence
- So they do not get banned / disciplined



PEE Point, Example, Explain
8 Marks means 8 points you need to make!

Explain, using examples, why it is important for performers and spectators to show good etiquette and sporting behaviour.

..... (8)



8 Mark Question breakdown 8 Marks = 8 points need to be made

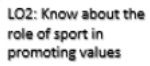
PPE – Point, Example, Explain

Read the question twice before answering. Highlight the key words within the question – what is the question asking? Breakdown of information needed to answer the question. Fill in the blanks using PEE.

Point is the factor affecting popularity of sport - **Example** – **Explain** your point, outcome this has on popularity of sport.

Explain factors which affect the popularity of different sports in the UK.

Factor	Example	Outcome
Environment/ Climate	→ Lack of snow for winter sports -skiing	→ Makes sport less popular
Media Coverage	→	→
Previous success of the sport	→	→
Strong infrastructure	→	→
Provision	→	→
Level of spectatorship	→	→
Role Models	→	→



Explain factors which **affect the popularity of different sports** in the UK.

(8)

This section of revision focuses on performance enhancing drugs. A brilliant way to revise this is to put all the key information on a mind map. Create 20 questions for someone to ask you from your mind map. Check at the front of the booklet for the best ways to create one!

Some experts think it would be better if all sports people were allowed to use performance enhancing drugs. Some arguments for allowing all sportspeople to use PED’s include:

- Fairer/ creates a level playing field
- Cheaper and easier as drug testing is not needed
- May improve performances
- May make sport more entertaining

However, there are multiple reasons why sports performers should not use performance enhancing drugs:

- It is cheating
- Means they have an unfair advantage when competing against people who have not taken performance enhancing drugs
- Can cause negative long term affects to health
- Performers will be banned if found guilty
- Poor role models for young people
- Brings the sport into disrepute/ bad reputation
- Reflects badly on their team/ country who they are representing

Performance
enhancing drugs

- Anabolic steroids
- EPO / Blood doping
- Stimulants
- Diuretics
- Beta Blockers

Task – Fill in the blanks

Reasons why athletes might take PED’s

- Gain advantage
- Improve training
-
-
-
-

Negative Impacts of PED’s

- Unfair advantage
- Long term ill-health
- Damage to the reputation of a sport
-
-
-

Exam Style Question

Describe the impact of taking performance enhancing drugs on:

A sports performer
.....

A sport
.....



LO2: Know about the
role of sport in
promoting values

Task – Match up the athlete, to the sport they participated in, to the performance enhancing drug offence that athlete committed.

Exam Tip – You need to know at least 3 of these

Athlete	Sport	PED Offence
Ben Johnson	Cyclist	Steroids
Lance Armstrong	Athlete	Amphetamine
Dwain Chambers	Cyclist	Blood Doping
David Millar	Sprinter	Anabolic Steroids
Tyson Gay	Athlete	Steroids

1. Athlete -
Sport -
PED offence committed –
2. Athlete -
Sport -
PED offence committed –
3. Athlete -
Sport -
PED offence committed –
4. Athlete -
Sport -
PED offence committed –
5. Athlete -
Sport -
PED offence committed –

The whereabouts rule

TOP EXAM TIP – THERE HAS BEEN A WADA QUESTION ON EVERY EXAM PAPER

Task – Fill in the blanks about the process of the whereabouts rule using the following statements

- Notification is via national organisation / NGB for the sport who inform WADA
- Random testing\Drug testers can then visit unannounced for testing to take place
- Performers must inform the authorities of their location to allow drug testing to take place
- Must notify of any change to normal location / routine (e.g. Athletes undertaking warm weather training/altitude training must inform authorities that they will be overseas
- Must notify of a one hour period in every 24 hours so that they can be tested



.....
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.....
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.....

The whereabouts rule involves information that must be provided to the authorities by select groups of elite athletes. Athletes must supply information about:

- Their location
- Accommodation being used
- 60 minutes timeslot every day when the athlete must be in a set place for testing
- Training schedule
- Competition schedule

Identify 4 ways in which a sample could be collected

1.

2.

3.

4.



Exam style questions

Outline **two** ways that the World Anti-Doping Agency prevents the use of performance-enhancing drugs in sport.

1

[2]

2

[2]

Which **one** of the following statements **best** describes the ‘whereabouts rule’ for drug testing in athletics?

(Circle your chosen option to indicate your answer).

- a. Athletes must let the authorities know where they are for drug testing during a competition
- b. Athletes must let the authorities know where they are for drug testing out of competition
- c. Athletes must let the authorities know when they will be available for drug testing
- d. Athletes must be contactable and available at all times for drug testing.

[1]

Some elite sports performers have tried to gain an unfair advantage through the use of performance-enhancing drugs.

Explain the ‘whereabouts’ rule in relation to drug testing

.....

.....

.....

.....

.....

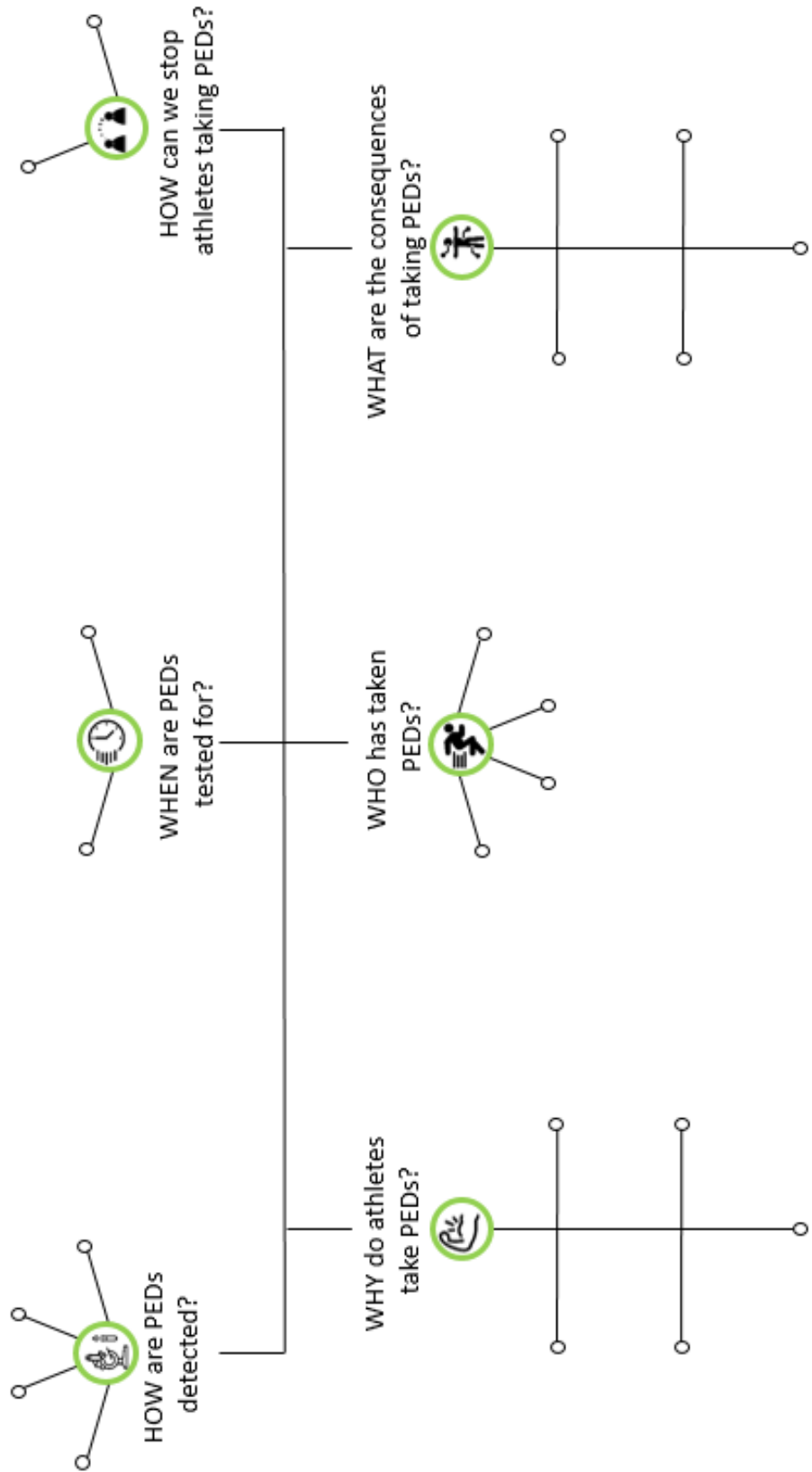
.....

..... (3)



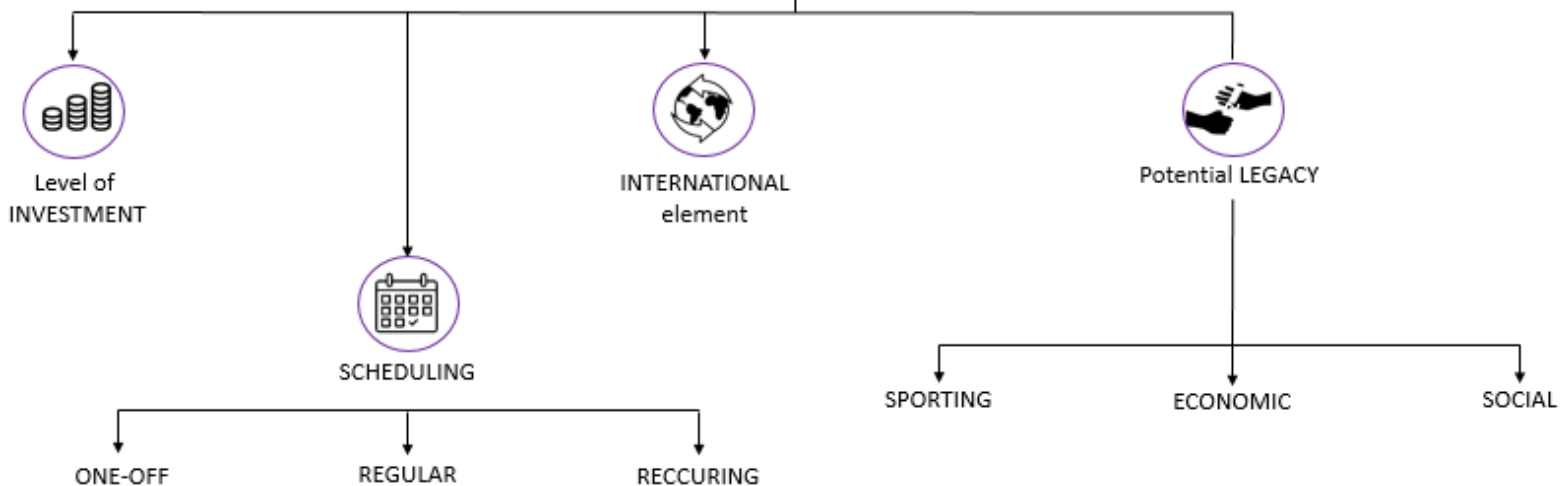
LO2: Know about the
role of sport in
promoting values

Complete the overview of performance enhancing drugs.





Features of a MAJOR sporting event



Name 6 examples of major sporting events:

-
-
-
-
-
-

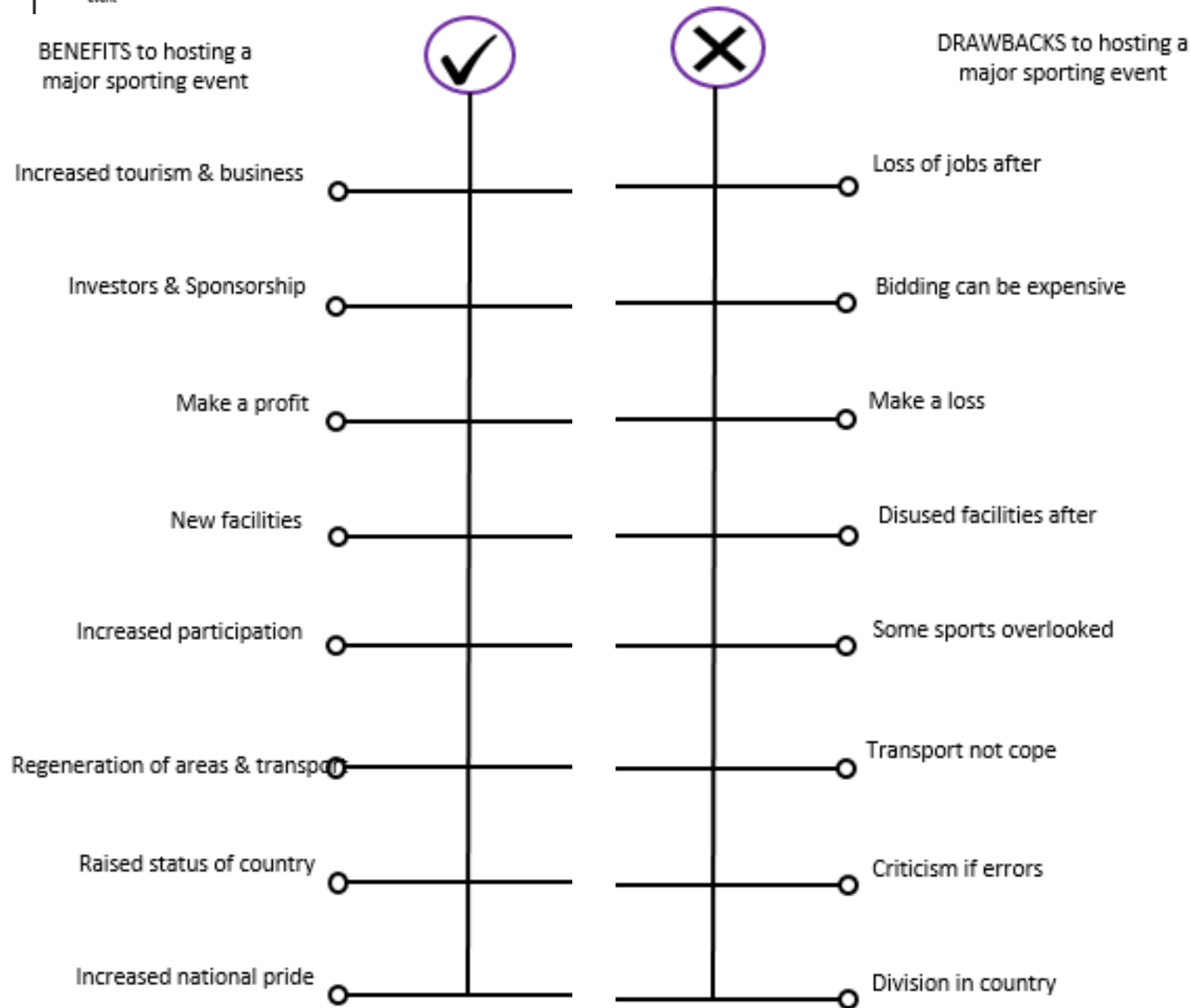
Exam style question

Give an example on an international sports event that occurs on an annual basis in the UK

.....



Create a quiz/ game to remember as many benefits and drawbacks to hosting a major sporting event as you can. Keep testing yourself and see how you improve!



Which one of the following is an example of hosting a 'one-off' sporting event?
(Circle your chosen option to indicate your answer).

- (a) Wimbledon
- (b) London 2012
- (c) British Formula 1 Grand Prix
- (d) FA Cup Final



Exam style questions

Identify whether the following benefits of hosting a major sporting event leave an **economic** or **social** legacy.

(Tick the correct column to indicate your answer for each benefit listed)

Benefit	Economic	Social
Increase in tourism		
Morale of the country is raised		
Increase in commercial benefits		
Improving transport systems		

[4]

Complete the table below about the features of major sporting events.

Type of event	Description	Example
(a)	(b)	FIFA World Cup
Regular and recurring	(c)	(d)
Regular	An annual event that is normally held in a different host city each year.	(e)

[5]

Identify **two** major sports events and give a feature of each.

Event [1]

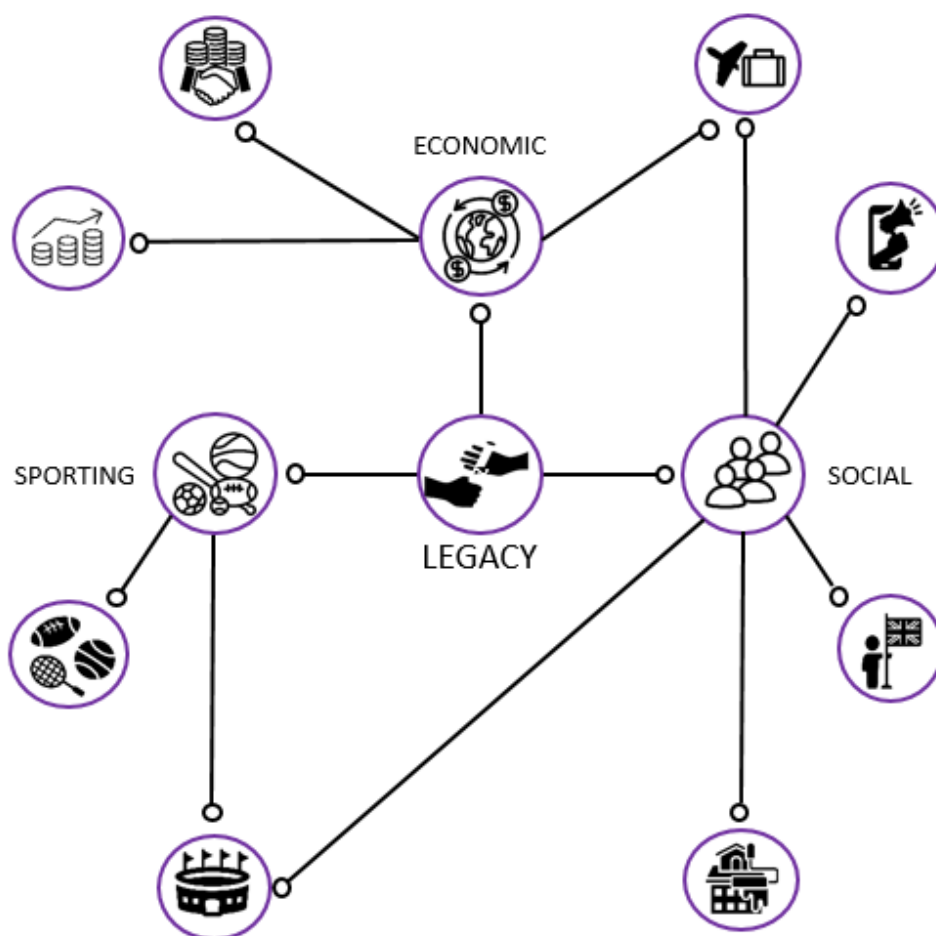
Feature [1]

Event [1]

Feature [1]



Fill in the mini mind map for the examples of each legacy that can occur with hosting a major sporting event



Exam style question

London hosted the World Athletics Championships in summer 2017 using a stadium originally built for the 2012 Olympic Games.

Identify **two** economic and **two** sporting benefits of hosting the World Athletics Championships.

Economic benefit

Economic benefit

Sporting benefit

Sporting benefit



LO3: Understand the importance of hosting a major sporting event

Look at the following example answer for the question. Highlight where you would give them a mark and in green pen add any other information you would put in your own answer.

Hosting a major sports event such as the Olympics can have a number of positive and negative effects on a host city and country.

Describe an example for each of the following:

Positive financial effect ... increase in tourism within the country can bring in revenue during and post the event as spectators visit ~~at~~ other attractions of the city.

Negative financial effect ~~in cost~~ The cost of hosting the event may exceed the amount raised by it, possibly resulting in debt.

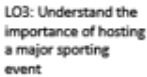
Positive effect on facilities ... With increased media coverage and spectatorship of certain sports comes increased participation, therefore sports facilities will be implemented and improved.

Negative effect on facilities ~~at~~ Certain facilities, sports clubs, or facilities used to host the event ~~at~~ may be left derelict as the local area has no use of them.

Positive social effect ... National pride and morale created in people as performers of the host city win medals and have successes.

Negative social effect ... Increased pollution and litter is generated from the event, as well as noise levels with tourists and spectators.

[6]



Complete the following exam question

Many cities and countries hope to gain economic benefits by hosting major sporting events such as the Olympic Games.

Explain the possible economic benefits and economic drawbacks for a country before, during and after hosting an Olympic Games.

..... (8)



LO4: Know about the
of national governing
bodies in sport

Examples of National governing bodies

The Football
Association



www.thefa.com/

The Rugby
Football Union



www.englandrugby.com/

England Netball



www.englandnetball.co.uk/

England Hockey



www.englandhockey.co.uk/

British
Gymnastics



www.british-gymnastics.org/

ROLE OF NGB's

Identify the roles of National Governing bodies and give an example for each.

D

Development

- Elite training – national performance squads and national teams across many sports

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P

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F

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•

Identify whether the following statements are true or false. **Circle your chosen answers.**

National governing bodies:

- | | | | |
|-----|--|--------------|-----|
| (a) | can set the rules of sports | True / False | [1] |
| (b) | are responsible for mass participation but not elite athletes | True / False | [1] |
| (c) | control more than one sport each | True / False | [1] |
| (d) | do not organise disabled sports competitions | True / False | [1] |

What national governing bodies in sport do

National governing bodies (NGBs) are independent bodies that have responsibility to govern and manage their sport within a country.

Promotion



Promotion involves any kind of marketing used to persuade a targeted audience

Promoting participation

- To increase participation
- NGBs must try and persuade people to play a particular sport
- Increase popularity through provision of further media attention
- Increase exposure in the media (TV, radio, newspaper)

Development



NGBs enable performers to develop. They also to develop coaches and officials

Training and development for elite performers, coaches and officials

- Has to be a programme for performers to follow
- This includes national performance squads and national teams
- Provide coaching awards
- Training of officials at all levels

Infrastructure



NGBs are responsible for the infrastructure of their sport

Competitions and rules

- Organise leagues for different levels of competitions.
- Decision making being rule changes
- Administer any breaches of discipline or rule breaking
- NGBs give advice as to what insurance is required for clubs, coaches and officials
- NGBs have a part in facility developments

Policies and initiatives



NGBs set many policies and procedures which set the direction and vision of that sport in the country

- NGBs will have anti-doping policies and guidance.
- Anti-doping refers to procedures taken to prevent sportspeople from taking PEDs
- The British Gymnastics website has a section which details banned drugs, doping procedures for testing
- NGBs promote appropriate etiquette, sporting behaviour and fair play
- Improve behaviour of coaches and parents to act as positive role models
- NGBs involve themselves and promote community engagement
- NGBs have a large role in ensuring advice is given on safeguarding children

Support



NGBs provide other forms of support via their websites and administration teams

- Technical advice refers to advice on equipment, venues and surfaces
- Advice on playing equipment, any banned equipment, advice on playing surfaces
- NGBs provide location and contact details for local clubs
- NGBs play a large role in encouraging participation
- Provide information on how to get started
 - Where your local club is
 - What age ranges are catered for
 - When starter events are being held

Funding



NGBs decide on how to spend the income that is generated

- NGBs lobby for funding from the Department of Digital, Culture, Media and Sport
- NGBs present to government of the need for funding and how it will be spent
- NGBs are also funded through different sources
 - Money from grants
 - NGB membership fees
 - Money from TV rights
 - Money from sponsorship
 - Money from merchandise sold
- NGBs decide how to distribute the money
- NGBs provide support to performers on how to apply for funding



Using the previous page of information – highlight any key points and create a revision card for each of the following roles that national governing bodies play:

- Promotion – promoting participation
- Development – training and development for elite performers, coaches and officials
- Infrastructure – competitions and rules
- Policies – policies and initiatives which set the direction and vision of that sport
- Support – support for clubs, athletes and coaches
- Funding – deciding how to spend the income that is generated

For example

Promotion – Aim to increase participation

- Promoting participation – for example, equal opportunities policies
- Increasing the popularity of sports – for example, schemes in schools to promote sports
- Exposure in the media – for example, press releases in the TV, radio and newspapers for sports

Exam Question

The England and Wales Cricket Board (ECB) are currently trying to increase participation through a variety of strategies.

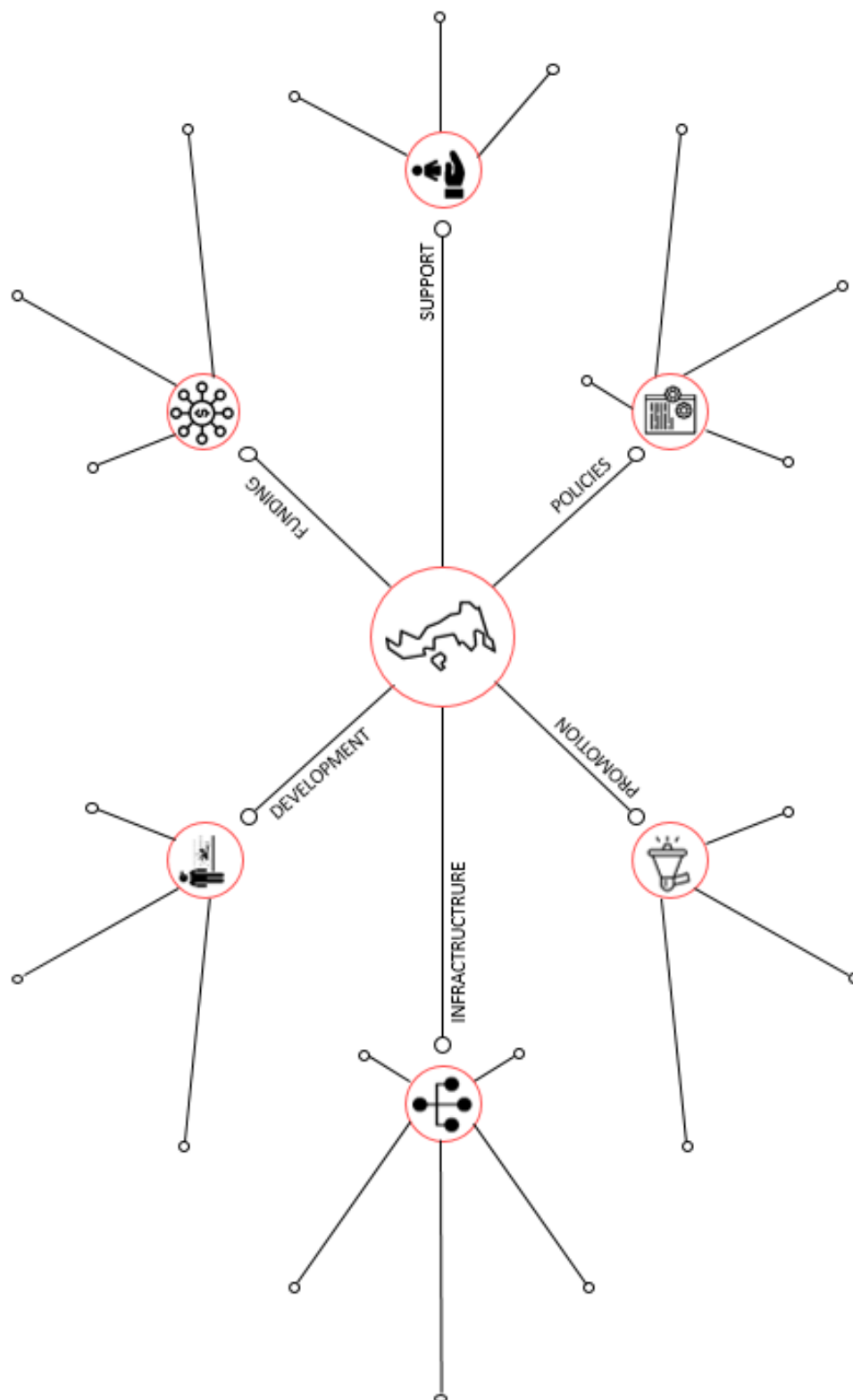
Match each strategy with the correct national governing body role by drawing a line to the correct answer.

Strategy	National Governing Body Role
Develop an ability based pathway to develop young children through to national elite level.	This is an example of the governing body funding sport.
Create a new 5 or 6-a-side faster version of the game with different rules.	This is an example of the governing body promoting the sport.
Increase popularity through training ‘teaching ambassadors’ to encourage children to participate.	This is an example of the governing body developing sports performers.
Invest in coaching, officiating, sports science and medicine.	This is an example of the governing body growing infrastructure.



LO4: Know about the role of national governing bodies in sport

Fill in the examples for each role of national governing bodies on the mind map, you may also want to create your own to remember them!





LO4: Know about the role
of national governing
bodies in sport

Exam Questions

Identify **three** sources of funding available to national governing bodies that can be given to amateur sports organisations to develop 'grass roots' participation.

- 1
 - 2
 - 3
- [3]

England Golf encourages participation amongst young females including the 'Junior Passport' scheme which provides coaching in golf skills.

Identify **four** ways the governing body can fund its initiatives to enable more participation by young females in golf.

- 1

[1]
- 2

[1]
- 3

[1]
- 4

[1]

Describe **one** policy of a national sports governing body and explain its impact on that sport.

[3]

8 Mark Question Practice

Question – Using **two** different examples, explain the importance of etiquette and positive sporting behaviour by professional sportsmen and women.

- Read the question twice before answering
- Highlight the key words

Question – Using **two** different examples, explain the importance of etiquette and positive sporting behaviour by professional sportsmen and women.

How many examples?

.....

What is it you need to explain?

.....

Who is the question about?

.....

Reasons for observing Etiquette and Good Sporting Behaviour

Fill in the blanks

Examples of etiquette and good sporting behaviour
<ul style="list-style-type: none">• Giving the ball back to the opposition
<ul style="list-style-type: none">•
<ul style="list-style-type: none">•
<ul style="list-style-type: none">•
<ul style="list-style-type: none">•

The importance of good etiquette and positive sporting behaviour
<ul style="list-style-type: none">• Fairness/ Fair Play
<ul style="list-style-type: none">•
<ul style="list-style-type: none">•
<ul style="list-style-type: none">•
<ul style="list-style-type: none">•

Using your breakdown tables/questions. Complete the following exam question

Using **two** different examples, explain the importance of etiquette and positive sporting behaviour by professional sportsmen and women.

(4)

Answer: Reasons for observing Etiquette and Good Sporting Behaviour

Examples

1. Giving the ball back to the opposition
2. Shaking hands before / after competition.
3. Playing within the rules
4. Stopping due to injury
5. Respecting referees decision.
6. Owning up to a rule infringement

Importance

7. Fairness \ fair play
8. Promoting values / respect
9. Safety of participants
10. Act as role models
11. Raises reputation of the sport
12. Encourages participation.

Guidance:

One mark for each correct answer.

Candidates can gain a maximum of 2 marks from explaining the importance without examples.

Use 'eg' icon where example given.

PEE – Point, Example, Explain

Read the question twice before answering. Highlight the key words within the question – what is the question asking?

Many countries want to hold major sporting events. Evaluate the potential benefits to the host country of holding a major sporting event.

Breakdown of information needed to answer the question. Fill in the blanks using PEE breakdown.

Many countries want to hold major sporting events. Evaluate the potential benefits to the host country of holding a major sporting event.

Point - Potential benefits of the host country holding a major sporting event:

1. Transport
- 2.
- 3.
- 4.

Example – Example/ Expand on your point:

1. Transport – improved transport system to host the event successfully
- 2.
- 3.
- 4.

Explain – Explain your point – the outcome of your point and example:

1. Improves the quality of life for residents long term
- 2.
- 3.
- 4.

Using your breakdown – answer the following exam question.

Many countries want to hold major sporting events. Evaluate the potential benefits to the host country of holding a major sporting event.

[illegible]

Answers. These points must be explained thoroughly.

Transport

1. Improved transport system is required in order to host the event successfully...
2. **...which will improve quality of life of residents in the longer term.**

Tourism & commercial

3. If the event has been successful tourism may increase...
4. **...this will have commercial benefits – more visitors shopping, eating out etc**

Legacy for community/participation in sport

5. In sports where medals are won participation might increase
6. Sports facilities will be improved or new facilities built...
7. **...which can be used by local people afterwards**
8. **Facilities which have been built to house the athletes might become accommodation for the people who live in the area where the games have been held**
9. **Hosting event can be a catalyst for other developments / projects to happen**

National pride

10. Raise the status of the country / shop window effect
11. Morale of the country is raised

Event can be a source of unity within the country which can help with other issues

PEE – Point, Example, Explain

Read the question twice before answering. Highlight the key words within the question – what is the question asking?

Breakdown of information needed to answer the question. Fill in the blanks using PEE.

Point is the factor affecting popularity of sport - Example – Explain your point, outcome this has on popularity of sport.

Explain factors which affect the popularity of different sports in the UK.

Factor	Example	Outcome
Environment/ Climate	→ Lack of snow for winter sports -skiing	→ Makes sport less popular
Media Coverage	→	→
Previous success of the sport	→	→
Strong infrastructure	→	→
Provision	→	→
Level of spectatorship	→	→
Role Models	→	→

Using your breakdown – complete the following exam question.

Explain factors which **affect the popularity of different sports** in the UK.

.....(8)

Answers. These points must be explained thoroughly.

Environment / climate

Lack of snow for winter sports such as skiing may make the sport less popular

Media coverage / advertising/awareness

Some sports get more exposure in media which boosts popularity

Previous success of the sport / sports performers

Sporting success of individuals / teams/sport will increase popularity

Strong infrastructure

Giving opportunities to participate / attain participation awards

Provision of facilities / activities/sessions

More provision / accessible provision boosts popularity. More football pitches than swimming pools allows opportunity to participate more in football.

Level of spectatorship

More opportunities to spectate both in person and via media such as TV, internet increase popularity of sports such as football and rugby.

Role models (or lack of)

Tom Daley has boosted popularity of diving

Legacy of previous sporting events

London Olympics helped boost the popularity of cycling

Tradition (or lack of)

Where a sport has been played for a long time such as football it is more popular

Inclusivity of the sport

Sports that enable all abilities / genders to participate together may become more popular. For example, long distance road running frequently have mixed gender sessions.

Social acceptability

Boxing is not social acceptable in some circles.

PEE – Point, Example, Explain

Read the question twice before answering. Highlight the key words within the question – what is the question asking? The following table shows some information about participation in sport in the UK.

Sport	Number of adults taking part at least once a month
Tennis	700 000
Golf	1 000 000
Football	2 600 000
Swimming	4 100 000

Discuss reasons why participation levels might be so different in each of these sports.

Breakdown of information needed to answer the question using PEE.

What do we need to know?

- Factors affecting participation
- Examples of why these factors could affect these sports

Using the examples, complete the explain and example points for the blank points.

Factors – Cost of Participation, Amount of specialised equipment, availability of facilities, availability of clubs and coaches, media coverage, role models, environment/ climate, reputation of the sport, success of teams/ athletes

1. **Point** - Cost of participation
Explanation of why – football/ swimming cheaper – meaning more people can participate
Example – can swim for free in the sea/ lakes. Can play football in the park for free
2. **Point** - Cost of participation
Explanation – Golf and Tennis are much more expensive meaning less people participate
Example – membership fees, cost of equipment, hiring specialist tennis court
3. **Point** –
Explanation

Example

4. **Point** –
Explanation

Example

5. **Point** –
Explanation

Example

Using your breakdown answer the following exam question

The following table shows some information about participation in sport in the UK.

Sport	Number of adults taking part at least once a month
Tennis	700 000
Golf	1 000 000
Football	2 600 000
Swimming	4 100 000

Discuss reasons why participation levels might be so different in each of these sports.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Answers. These points must be explained thoroughly.

1. Cost of participation

- Some sports cost more than others to take part in
- Football and swimming cheaper so more people participate
- E.g. swimming in the sea / football in a park are free
- Golf and Tennis more costly which may explain lower participation rates
- E.g. cost of purchasing golf clubs / hiring tennis courts / golf or tennis membership fees

2. Amount of specialist equipment

- E.g. Football and swimming require relatively **little** equipment which reflect the higher participation rates
- E.g. Tennis and golf require **large** amount of equipment, which could impact on participation rates

3. Availability of facilities / clubs / coaches

- E.g. Football is very accessible
- Lots of clubs, can be played anywhere, most teams have a coach
- E.g. Swimming pools are accessible for most so participation rates in swimming are high / swimming can take place in the sea or river where no specialist facility is needed
- E.g. Golf course / tennis courts are available in most areas
- However, golf and tennis tend to be more exclusive to their members which could impact on participation

4. Amount of participants required

- The amount of participants a sport needs can affect whether people play or not
- E.g. Swimming can be done alone (so that give more opportunity to participate)
- E.g. Golf is usually played with others it is possible to play alone
- E.g. Tennis needs at least one other player and so participation rates can be affected
- However, even though Football needs other participants it has the second highest participation rates

5. Media coverage

- The amount of media coverage can affect participation levels
- E.g. Media coverage for football is high and this can encourage participation
- However, golf and tennis media coverage is high but participation rates are lower than football
- However, media coverage for swimming is very low but this has the highest participation rates

6. School past experience

- Opportunities when at school can influence participation (as an adult)
- E.g. Football is played frequently at many schools
- Swimming not offered in many schools but has the highest adult participation rates
- Tennis and golf not experienced in many schools and participation rates reflect this

7. Role models

- The visibility / awareness of role models can affect participation
- Some sports are stereotypical in terms of gender
- E.g. Football, tennis and golf all have high profile role models which can encourage participation
- E.g. however, swimming has fewer visible role models but participation rates are the highest
- E.g. Tennis and golf viewed as more middle class

8. Environment / climate

- Some sports affected by the weather
- E.g. Football can be played in all weather
- E.g. Swimming not affected by the weather
- E.g. Tennis a 'summer' outdoor sport but also some indoor courts available
- E.g. Golf participation can be affected by poor weather

9. Reputation of the sport

- A positive reputation can result in higher participation rates
- E.g. swimming is drug free so may attract more participants
- E.g. football has a reputation of players arguing with referees so may affect people participation

10. Success of the sport

- Success in major competitions results in an increase in participation
- E.g. Andy Murray winning Wimbledon increased tennis participation
- E.g. Success in swimming in the Olympics increases participation