



# Subject: Cambridge National PE

## Exam Details

Date of resit exam: 24<sup>th</sup> May 2022 - Afternoon

Duration of exam: 60 minutes

Content:

LO1 – LO4 in RO51 Contemporary Issues in Sport

Worth 25% of qualification

## Revision at Home

- Flash cards
- Previous exam questions
- Mind maps
- Revision Guide/Booklets
- Post it notes
- Create a revision timetable to manage time – remember little and often!
- 2min talkathon – pick a topic and try about the topic for 2minutes – use examples and links to other content
- Practice exam questions within the given time limits for the Q
- Practice analysing extended questions – Plan how you would structure these using PEE method (Point, Explain, Example)

## Key Information

LO1 – User groups, solutions, factors affecting popularity of sports, emerging sports

LO2 – Values in sport, Olympic Values, Paralympic Values, Olympic Logo, Olympic Oath, Drugs in Sport, Sportsmanship, Gamesmanship, Spectator Etiquette.

LO3 – Key features of major sporting events – scheduling types, investment, legacy, benefits, and drawbacks of hosting a major event.

LO4 – The roles of National Governing Bodies – Promote, Develop, Infrastructure, Policies & Initiatives, Funding and Support.

Aim High 

Be Determined 

Be Brave 

Be Supportive 

Be Proud 

Achieving Excellence through a Values Driven Education

Cambridge Nationals  
Sports Studies  
Unit R051  
Revision Guide  
Contemporary Issues in Sport

# Learning Outcome 1

Understand the issues which affect participation in Sport.



## Different User Groups and Barriers to Participation

There are different user groups who may participate in sport.

They are a **key group of people in the community.**

□ Task 1 – Complete the table to identify each of the user groups.

				
1.	2.	3.	4.	5.
				
6.	7.	8.	9.	

□ Task 2 – Complete the table to identify each of the user groups.

	Lack of role models. Religious issues - Muslim faith includes for women to be covered at all times and avoid free mixing.
	Accessibility of facilities/equipment. Too expensive on low income/pensions.
	Lack of time due to looking after children.
	Work restrictions or family commitments. Lack of money due to raising a child alone.
	Lack of time due to school/part time work. Gender stereotyping (boys dance/girls rugby).
	Limited activities available with specialist coaches/equipment. Issues with transport.
	Lack of disposable income. Lack of motivation.
	Lack of free time due to working long hours. Lack of motivation/energy.

□ Task 3 – Look at the data below:

More than 50% participation
<ul style="list-style-type: none"> <li>● Families with young children</li> <li>● Working singles/couples</li> <li>● Children</li> <li>● Teenagers</li> </ul>

Less than 50% Participation
<ul style="list-style-type: none"> <li>● Disabled</li> <li>● Unemployed/low income</li> <li>● Retired/over 50</li> <li>● Ethnic minorities</li> </ul>

Why are participation rates higher in the first groups?

Why are participation rates lower in second groups?

□ Task 4 – Below is the list of barriers from the specification.

- Employment/time - not much free time available.
- Work restrictions and family commitments - women still seen as bringing up the family and not being involved in sport.
- Disposable income - cannot afford cost of participation.
- Accessibility of facilities/equipment - transport not available, no disabled access.
- Lack of role models - few ethnic role models, few female role models.
- Provision of activities - limited activities on offer which do not meet the requirements of the prospective participant.
- Awareness of activity provision - what is currently available.
- Portrayal of gender issues by the media - mainly male sports shown on TV/male presenters of sport programmes.

For each of the following people identify the potential barrier that prevents them from participating in Sport.

Description	Potential Barriers
Paul is an oil rig worker and works 12 hours a day in the middle of the North Sea.	
Gita is a practicing Muslim and has 3 young children.	
Johnny is visually impaired and is unable to drive.	
Jessica is unemployed and receives payment from the government to cover basic living costs.	
Jannah speaks limited English having just moved from Poland to England.	
Grace is 5 and her parents pay for her to go to dancing but she doesn't enjoy it. She wants to go to football like her brother.	

### Solutions to barriers which affect participation in sport.

□ Task 5 – For each factor, come up with an example.

**Provision** – What you provide for people can encourage more participation.

What activities you put on

When you put the activities on

Who is delivering the activity

	Example
1. Programming sessions for use by different user groups.	Including sessions with a programme for particular user groups. E.G. Sessions for wheelchair sports.
2. Providing appropriate activity options for specific user groups.	
3. Planning of times to suit different user groups.	

**Promotion** – Making people aware of an activity can encourage more participation.

Where you promote it

Who you use to promote it

Special offers

	Example
1. Targeted promotion	Advertise in specific places relevant to a user group E.G. On social media for teenagers.
2. Promotion using role models	
3. Initiatives involving free/reduced costs	

**Access** – improving access can encourage more participation.

How people can access facilities

How people can access equipment

How much people have to pay

	Example
1. Access to facilities	
2. Access to equipment	
3. Sensible pricing	



**Top Tip**

When talking about barriers and solutions, make sure you do not use ONE word answers. Transport is not a barrier. Lack of transport is! Also, make sure the solutions are what a sports centre/gym/sports club or organisation can do, not the individual trying to participate.

☐ Task 6 – Below are a list of solutions. Come up with the barrier that this solves.

Concessionary prices:  
OAP juniors even unemployed

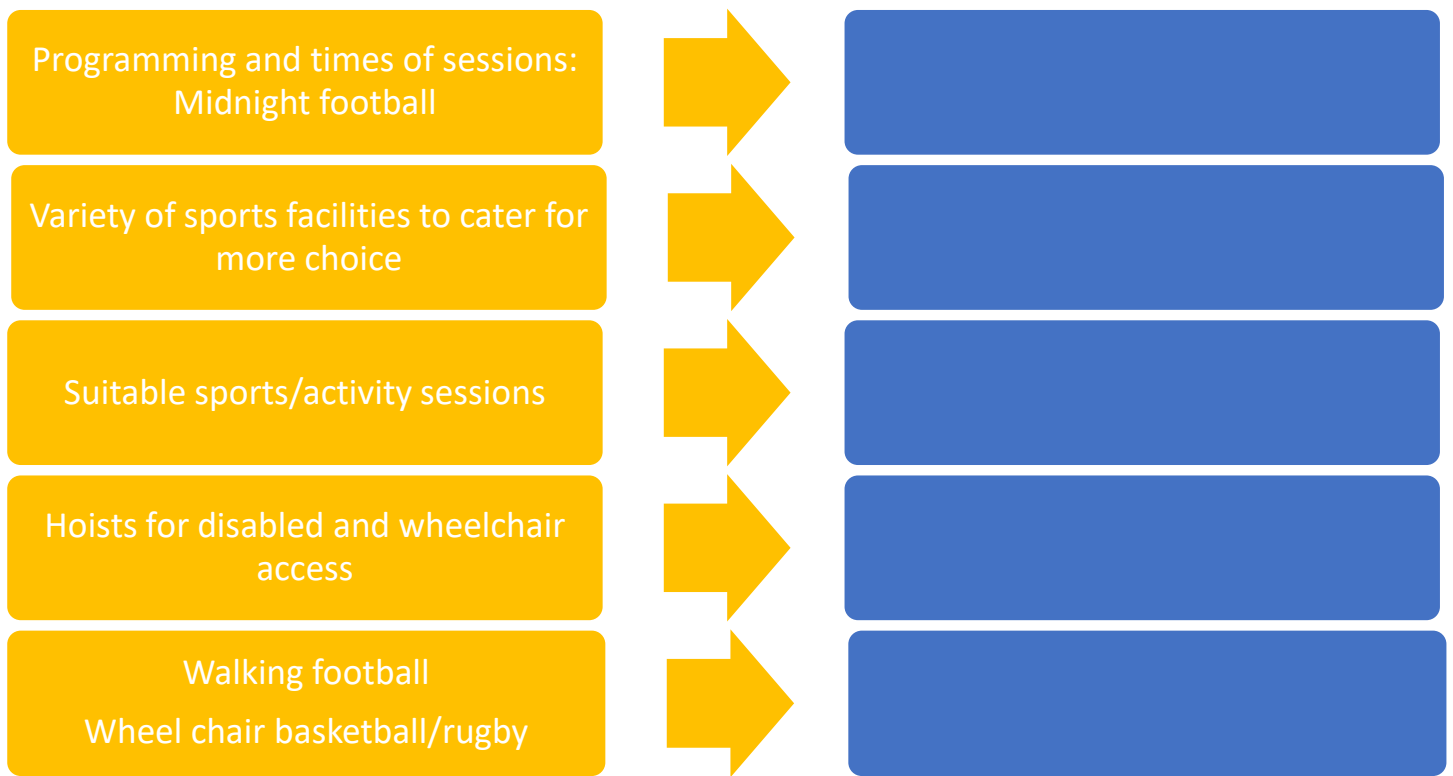



More facilities and improved facilities




Targeted advertising





## Factors that impact on the popularity of sport

☐ Task 7 – From the description identify the factors that affect the popularity of sports.

Description	Factor
Football has wide-spread mass participation due to strong infrastructure being in place. This means there are lots of opportunities to play.	
Tennis lacks easily accessible courts impacting on base level participation.	
Taking part in snow sports as a participant or a spectator either requires frequent trips abroad or the use of artificial slopes as most parts of UK do not have appropriate terrain or weather.	
Live professional rugby matches readily accessible and affordable.	
BBC1 has sole coverage of Wimbledon, so tennis fans can watch this easily. Other sports, e.g The Ashes in cricket are not on free to air TV.	
Sir Chris Hoy's success at the Olympics has increased participation in cycling.	
Lack of role models for particular groups in particular sports, such as British Asian footballers.	
Some people think that the aim of boxing is to 'hurt the opponent' and that it is not appropriate, especially for younger people. There is opposition to horse racing due to perceived animal cruelty by the use of whip.	

□ Task 8 – Current trends in the popularity of sports.

**Table 1: Once a week participation in funded sports (16 years and over)**

Sport England NGB 13-17 Funded sports	APS1 (Oct 2005-Oct 2006)		APS9 (Oct 2014 - Sep 2015)		APS9Q3 - APS10Q2 (Apr 2015 - Mar 2016)		APS10 (Oct 2015 - Sep 2016)	
	%	n	%	n	%	n	%	n
Swimming	8.04%	3,273,800	5.70%	2,505,700	5.68%	2,497,800	5.67%	2,516,700
Athletics	3.33%	1,353,800	5.29%	2,326,200	5.37%	2,354,800	5.01%	2,217,800
Cycling	4.14%	1,685,700	4.63%	2,035,500	4.59%	2,016,300	4.40%	1,950,300
Football	4.97%	2,021,700	4.17%	1,815,000	4.28%	1,851,500	4.21%	1,844,900
Golf	2.18%	889,100	1.68%	740,100	1.67%	738,200	1.64%	729,300
Exercise, Movement and Dance <sup>1</sup>	*	*	0.93%	407,800	1.02%	447,700	0.98%	437,200
Badminton	1.27%	516,700	0.98%	431,600	0.97%	421,600	0.97%	425,800
Tennis	1.12%	457,200	1.02%	445,200	0.98%	428,600	0.90%	398,100
Equestrian	0.77%	314,600	0.66%	289,400	0.66%	289,900	0.64%	282,400
Bowls <sup>2</sup>	2.21%	309,800	1.33%	206,700	1.30%	205,500	1.33%	211,900
Squash and racketball	0.74%	299,800	0.51%	224,200	0.48%	212,600	0.45%	199,500
Rugby Union	0.46%	185,600	0.44%	191,900	0.46%	196,900	0.46%	199,000
Netball	0.27%	111,700	0.36%	154,800	0.39%	164,100	0.42%	180,200
Boxing	0.28%	115,500	0.38%	166,400	0.37%	159,100	0.36%	159,000
Cricket	0.48%	195,200	0.41%	179,900	0.42%	179,700	0.36%	158,500
Basketball	0.39%	158,300	0.38%	163,800	0.33%	139,100	0.35%	150,800
Mountaineering <sup>3</sup>	0.16%	67,000	0.19%	85,100	0.24%	104,300	0.25%	110,200
Table Tennis	0.17%	69,400	0.21%	93,500	0.24%	102,600	0.24%	107,100
Angling <sup>4</sup>	*	*	0.22%	96,700	0.23%	100,600	0.24%	106,200
Snowsport	0.31%	127,400	0.26%	113,500	0.23%	101,800	0.23%	99,800
Hockey	0.23%	93,900	0.20%	88,200	0.20%	85,700	0.22%	92,700
Weightlifting <sup>5</sup>	*	*	0.22%	97,100	0.22%	97,600	0.20%	88,100
Rowing <sup>6</sup>	*	*	0.21%	89,900	0.16%	71,300	0.19%	83,400
Gymnastics	0.14%	58,900	0.12%	51,700	0.12%	49,800	0.15%	65,100
Shooting <sup>7</sup>	0.14%	58,200	0.09%	37,800	0.11%	47,500	0.13%	56,600
Sailing	0.16%	64,000	0.13%	59,100	0.14%	59,500	0.10%	45,600
Rugby League	0.18%	73,700	0.12%	49,700	0.12%	49,500	0.10%	44,900
Canoeing	0.09%	36,500	0.08%	36,400	0.10%	42,600	0.09%	41,900
Volleyball	0.08%	32,700	0.06%	24,200	0.07%	28,900	0.08%	33,800
Archery <sup>7</sup>	0.06%	23,400	0.08%	33,700	0.07%	32,800	0.07%	32,400
Taekwondo	0.05%	19,000	0.05%	21,100	0.05%	23,100	0.06%	23,900
Judo	0.04%	17,200	0.03%	14,500	0.04%	16,700	0.04%	18,900
Rounders	0.04%	16,500	0.03%	13,700	0.03%	13,100	0.03%	12,800

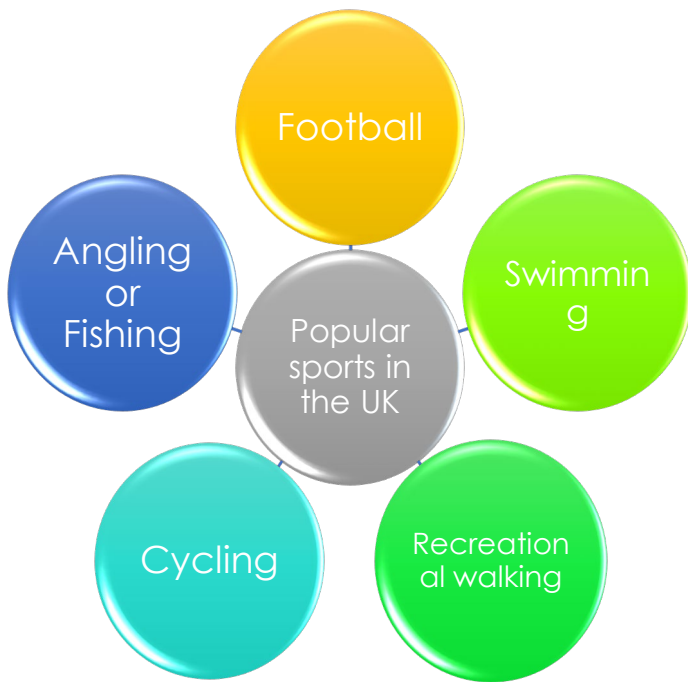
Source: Sport England's Active People Survey

This data is from Sport England. They completed the 'Active People Survey' in 2016. It gives information about how many people participate in different sporting activities.

The 3 most popular activities in the UK were \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.



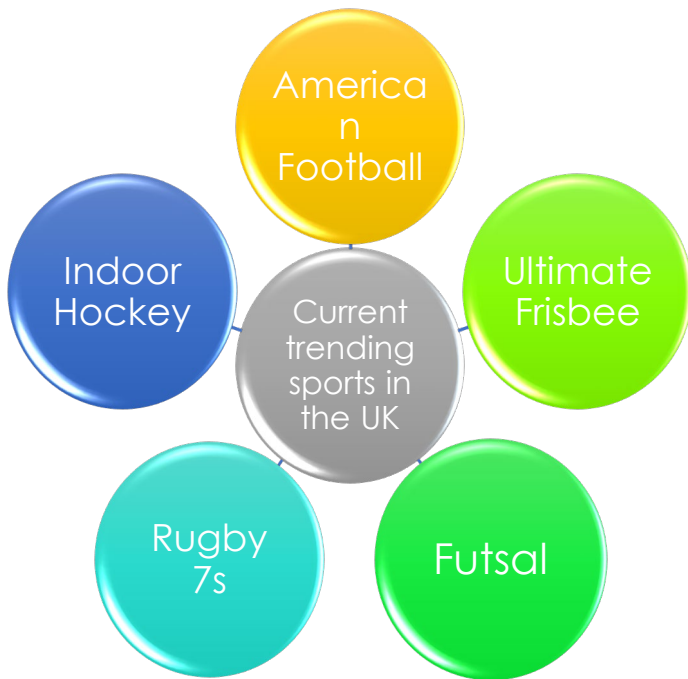
□ Task 9 – Current trends in the popularity of sports.



Reasons for these sports being popular:

- 1.
- 2.
- 3.

□ Task 9 – Current trends in the popularity of sports.



Reasons for these sports trending:

- 1.
- 2.
- 3.

Potential barriers to people participating:

- 1.
- 2.
- 3.

□ Task 10 – Emerging Sports in the UK

An emerging sport is a new sport in the U.K. that has enjoyed increased popularity and rising participation in recent years.

Different factors can affect the levels of participation in them. From the descriptions, identify the factor.

More popular or higher profile sports get more coverage and the general public are more aware of them so more people participate.	
Less places where the sport can be played. E.g A sports hall may not have the correct court marking or size goals for handball.	
Less availability of items such as wakeboards, skiing equipment or American Football kit.	
Memberships to clubs or special equipment may be too expensive.	
You can only participate for fun because there are no competitive opportunities.	
There are insufficient people with qualifications to deliver sessions in that sport.	
Schools stick to delivering traditional sports such as football and netball.	
Because not many people participate and there is a lack of coverage, there are not many people reaching the highest level of the sport and being celebrated by the media.	

# Exam Questions

1. Jason is single and has been unemployed for one year. He does not own a car.  
(a) Give three barriers that could make it harder for him to participate in sport.

1 ..... (1)

2 ..... (1)

3 ..... (1)

- (b) Suggest two ways a sports centre could help Jason to participate in sport.

1 .....  
..... (1)

2 .....  
..... (1)

2. Many parents and teachers are concerned that teenagers do not participate enough in physical activity.

- a) Give **three** possible barriers which can prevent teenagers from regular participation in physical activity and sport.

1 ..... (1)

2 ..... (1)

3 ..... (1)

- b) Give two strategies a school could use to enable teenagers to participate more regularly in physical activity and sport.

1 .....  
..... (1)

2 .....  
..... (1)

3. Tom is 66 years old and his partner Caroline is 59. Tom is retired but Caroline still works full-time. They only have one car. Both would like to get fitter by playing more sport. Describe two barriers to Tom's participation in sport and two possible solutions.

Barrier 1 .....

..... (1)

Solution .....

..... (1)

Barrier 2 .....

..... (1)

Solution .....

..... (1)

4. Which **one** of the following sports is the **most** popular in terms of participation rates in the UK?

(Circle your chosen option to indicate your answer)

a) Rugby League

b) Rugby Union

c) Cycling

d) Netball

(1)

5. Which one of the following would not be classed as an emerging sport in the UK?

(Circle your chosen option to indicate your answer)

(a) American Football

(b) Ultimate Frisbee

(c) Cricket

(d) Handball

(1)

6. American Football is an emerging sport in the UK. There are plans to start a professional team in London but the sport must become more popular first. Suggest **four** ways that American Football could be made more popular in the UK.

.....

.....

.....

.....

.....

.....

.....

..... (4)





## Mark Scheme

### 1. a) Three marks from:

- Lack of money/disposable income/cost of participation/cost of transport
- Lack of motivation/confidence/self esteem
- Spending time trying to find a job
- Lack of transport
- Lack of awareness of facilities/activities

**DO NOT ACCEPT** Lack of time (too vague)

### b) Two marks from

- Offer free/subsidised activities
- Offer free/discounted equipment
- Increased media coverage/advertising/promotion/using role models
- Offer schemes/activities specifically aimed at the unemployed
- Provide transport/link up with local transport subsidise

### 2. a) Three marks from:

- Lack of time (due to education)
- Lack of money/income
- No role models (in certain sports) to encourage participation
- Expense of equipment/participation charge
- No suitable programmed sessions/suitable activities
- Poor body image/lack of confidence
- Lack of motivation/can't be bothered
- Lack of transport
- Peer pressure/friends don't play sport/sport is not seen as being 'cool'

**DO NOT ACCEPT** - Lack of facilities or lack of awareness or role models on own

### b) Two marks from

- Providing appropriate activities that interest students
- Providing taster activities
- Suitable programming (e.g. after school clubs)
- Provide transport/subsidised transport (particularly for activities outside of normal school hours)
- Running gender specific sessions (e.g. female only tasters to overcome body image issues)
- Use role models (in schools)
- Increased advertising in schools

**DO NOT ACCEPT** – provide activities on own or role models on own

### 3. One mark for each correct barrier and one mark for each solution.

#### Barriers:

- Lack of mobility/fitness/ health issues (due to age)
- Lack of suitable activities that meet Tom's interests/needs
- Partner's work commitments
- Cost of transport/lack of transport (while partner is at work)
- Cost of facilities/equipment/membership
- Lack of role models
- Lack of awareness

#### Solutions

- Provide appropriate/adapted activities that meet physical needs/Tom takes part in/tries easier or adapted activities
- Provide activities that meet Tom's interests

- Programming of/number/timing of sessions to allow more options for participation
- Reduce/subsidise cost
- Provide transport/subsidise transport/use public transport
- Use (suitable) role models
- Targeted promotion/advertising

**Solution must match barrier to award mark**

**DO NOT ACCEPT** Cost on own or lack of income on own or Transport on own

4. Cycling

5. Cricket

6. One mark for each correct point from the following

- Encourage more people to participate.
- Provision of more facilities / American Football pitches
- Provision of more competitions
- Train more coaches and officials
- Increase number of clubs / sessions
- Use role models to encourage participation
- Advertising / promotion
- Spectatorship – make more matches available
- Increased media coverage
- Provide free / subsidised / coaching sessions / taster sessions
- Provide (specialist) equipment
- Adapt sport for different user groups e.g. non-contact version for schoolchildren
- Encourage schools to add to curriculum / extracurricular activity programme
- Sport development / grass roots initiatives / schemes



Push yourself because no one else is going to do it for you! Good Luck with your exams 😊



## Learning Outcome 2

Know about the role of sport in promoting values.



## Values which can be promoted through sport.

Values are principles or standards of behaviour. They are something of worth to someone and supports them to be a better person with more qualities. They can be encouraged through sport.

There are 8 values you need to learn from the specification:



□ Task 1 – For each description, select the correct value and give **another** example.

Value	Description	Example
	An understanding of different countries and cultures through sport.	1. Shaking hands with the opposition. 2.
	The ability to work as part of a team where everybody works together.	1. Sharing decisions as a team 2.
	The importance of adhering to rules and being fair to others through playing sport.	1. Being fair to the opposition if there's an injury 2.
	Striving to be the best you can be.	1. Representing your country. 2.
	Initiatives/sessions aimed at encouraging regular participation can get under-represented social groups involved in sport.	1. Inclusive sports 2.
	A feeling when watching/representing your country.	1. Wearing your country's colours or strip 2.
	Taking an opportunity to get involved in the local community.	1. Volunteering as a coach for a junior club. 2.

## The Olympics

The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, in a spirit of **friendship**, solidarity and fair play. Pierre de Coubertin was the founder of the International Olympic Committee (IOC) and wrote the Olympic Creed. The Olympic creed is designed to promote values that are shown in the Olympics.

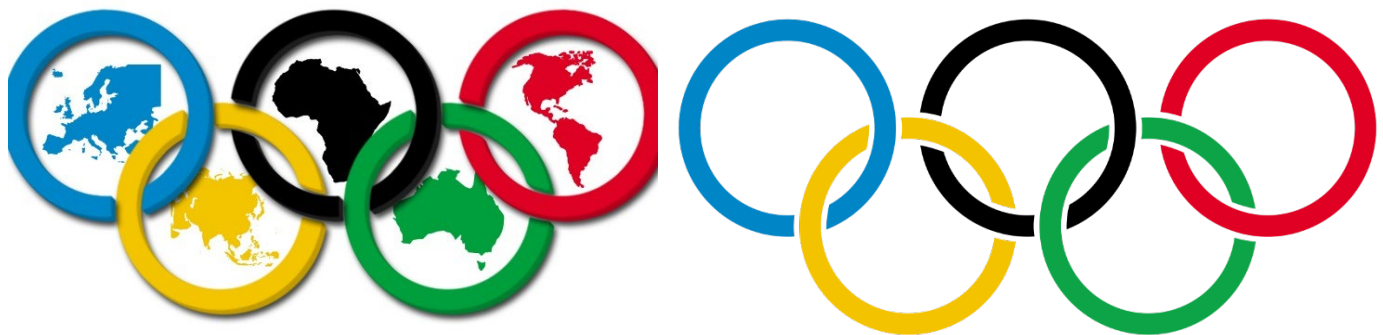
Task 2 – Fill in the gaps from the Olympic Creed.

The most important thing is \_\_\_\_\_, just as the most important

thing in life is not \_\_\_\_\_. The essential thing is not to have

conquered, but \_\_\_\_\_.

Task 3 – The Olympic rings are a symbol, with each ring representing a continent.



The interlocking rings represent the union of the 5 continents, coming together and working together as 1.

☐ Task 4 – The Olympic and Paralympic Movement have their own values.



### Top Tip

You need to learn these as a different list to the other values mentioned.

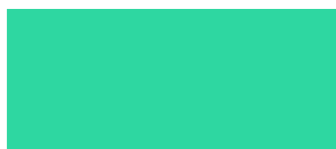
For each value, write a description and example.

Value	Description	Example
Respect		
Excellence		
Determination		
Inspiration		
Courage		
Equality		
Friendship		

☐ Task 5 – Spectators and fans can promote values too. Add some more examples to the diagram.

Quiet during the National Anthems

Applaud Fair Play



## Sporting initiatives which promote values

Governing bodies and business' often collaborate to run initiatives to help promote values in sport as well as increase participation. You need to know about the following;

	<p>FIFA's football for hope is a sporting initiative created to use football to achieve sustainable social development. Sporting Values promoted: Tolerance/Respect, Inclusion</p>
	<p>ECB's chance to shine is a sporting initiative created help young people acquire important skills, values and attitudes for their future lives in cricket. Sporting Values promoted: Tolerance/Respect, Inclusion, Excellence</p>
	<p>Premier league's creating chances is a sporting initiative created to provide opportunities that bring people together and change lives for the better using football. Sporting Values promoted: Tolerance/Respect, Inclusion</p>
	<p>Sport England's Sports relief is a sporting initiative to help people improve the quality of their lives. Sporting Values promoted: Inclusion, Citizenship</p>
	<p>Sport England's This girl can is a sporting initiative to encourage more women to participate in sport. Sporting Values promoted: Inclusion</p>

Task 6 – Match the description to the initiative.

Description	Name of initiative
It uses the world of sport and entertainment to raise money to help vulnerable people in the UK and across the world.	
Tells the stories of REAL women participating in sport to encourage participation.	
Creation and building of centres across Africa that include a shared community space and a football field. Young people are involved in the design and building of the centres to encourage ownership and sustainability.	
Encourages and empower clubs to bring people together and change lives. It focus' on community cohesion, education, health, sports participation and international activities.	
Pays qualified coaches to deliver sessions and matches in all primary schools. Encourages children to play at clubs.	

## The importance of sporting behaviours

Etiquette is polite, well-mannered socially respected behaviour.

There are certain unwritten rules that we should stick to: the actual rules of the game are fixed, but these unwritten rules are known as etiquette.

Each sport has its own code of behaviour.

□ Task 7 – For each sport give an example of etiquette by participants or the spectators.

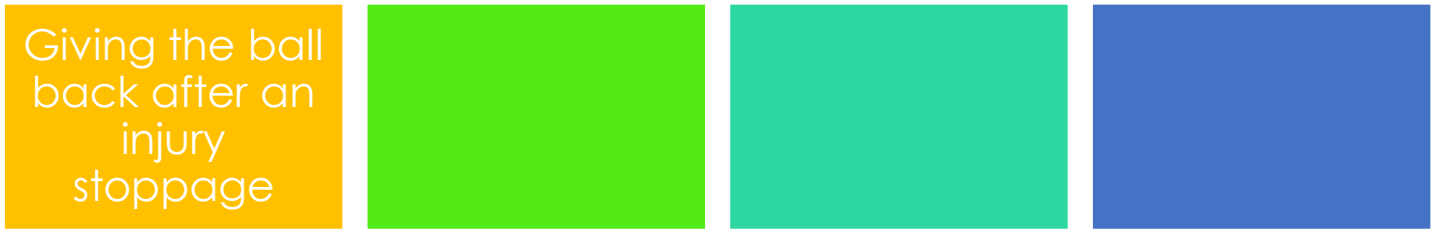
Golf		
Football		
Rugby		
Tennis		
Snooker		

## Sportsmanship

Sportsmanship involves behaving in an appropriate, polite and fair way while participating in sport.

Playing by the rules, being fair to opponents and losing graciously.

☐ Task 8 – Add 3 more examples of sportsmanship



Sportsmanship is playing \_\_\_\_\_ and \_\_\_\_\_ the rules.

## Reasons to show good sportsmanship



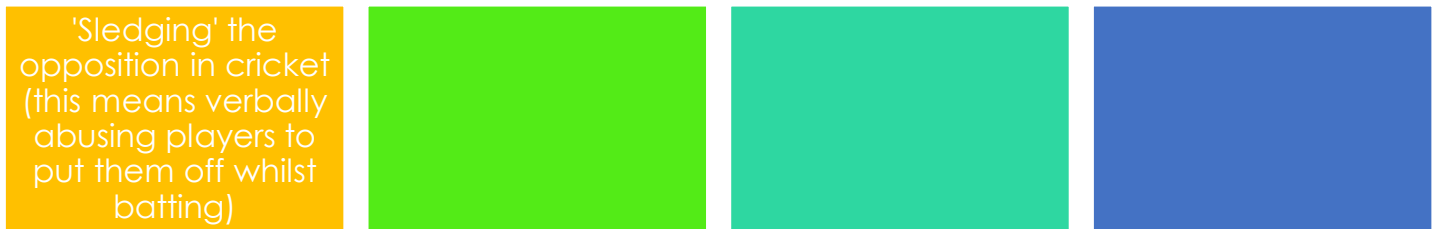
## Gamesmanship

Gamesmanship is psychological intimidation or disruption of concentration while playing within the rules.

Gamesmanship is attempting to gain an advantage by stretching the rules to their limit.

It is used to increase the chances of winning.

□ Task 9 – Add 3 more examples of gamesmanship



Gamesmanship is testing the \_\_\_\_\_ of the game and \_\_\_\_\_ the rules.

## Negative impacts of gamesmanship



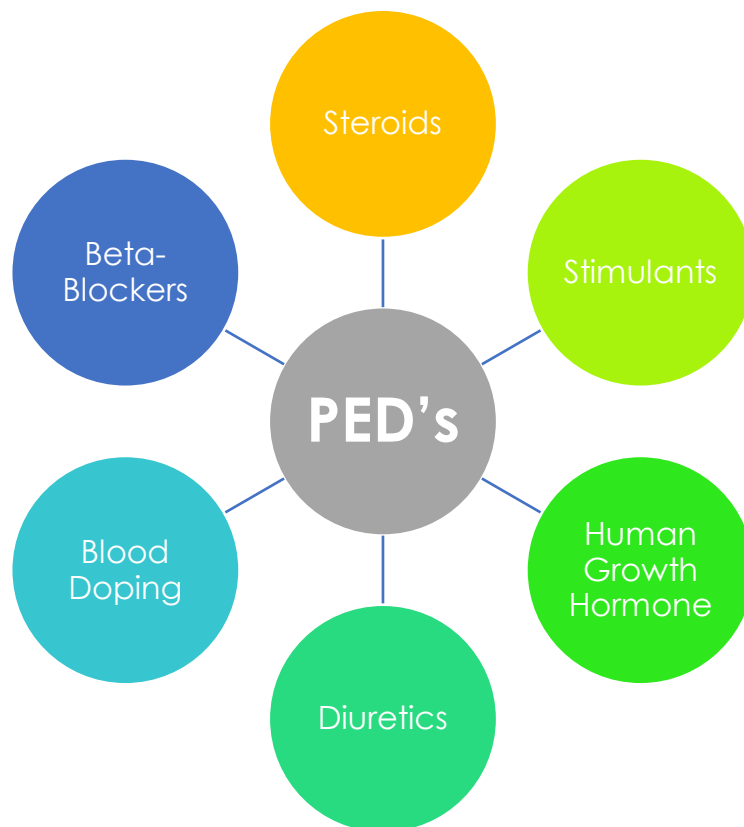


□ Task 11 – For each situation decide if it is sportsmanship or gamesmanship.

	<p>Maradona's 'Hand of God' moment where he scored against England in a World Cup.</p>	
	<p>Alistair Brownlee carries brother Jonny at the finish of the World Triathlon Series 2016.</p>	
	<p>The Australian cricket team using sand paper on the cricket ball.</p>	
	<p>Frank Lampard refusing to celebrate his equaliser when playing old team Chelsea.</p>	
	<p>Lance Armstrong being found guilty of taking performance enhancing drugs having won the Tour de France a record seven consecutive times from 1999 to 2005</p>	
	<p>Neymar diving after a gentle tackle in football.</p>	
	<p>India's Captain Dhoni, withdrawing his appeal for a run out.</p>	
	<p>Harlequins Tom Quinn caught out winking which exposed 'bloodgate'</p>	

## Performance Enhancing Drugs

Banned substances that alter the way the body works to give an advantage over your opponents.



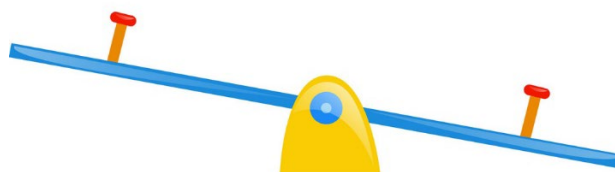
### Affect of PED's on the body:

- Builds muscle.
- Stimulates extra growth of red blood cells Promotes growth of bones
- Boosts efficiency of heart.
- Reduce amount of excess water = lose weight.
- Decrease an athlete's heart rate, steadying their nerves and reduce potential for shaking.

### Long Term Health Effects:

- Infertility
- Hair Loss
- Kidney or Liver Cancer
- Increased Risk of Heart Attack
- Stroke
- Organ Failure
- High Blood Pressure
- Reduced Circulation

## Whether to take PDA's.



Reasons to use them	Reason's not to take them
<ul style="list-style-type: none"><li>▪ Gain an advantage/to win/to reap financial awards/fame</li><li>▪ To improve training and fitness/train for longer/train harder/improve performance (e.g. faster running times)</li><li>▪ Pressure to succeed as an individual</li><li>▪ Pressure to succeed from the nation/personal pressure to fulfil national expectation</li><li>▪ Pressure from coach/other squad members/significant others</li><li>▪ Pressure from financial rewards from winning</li><li>▪ Perception that other athletes/performers are taking them</li><li>▪ Aid recovery from injury</li></ul>	<ul style="list-style-type: none"><li>▪ Unfair advantage/Sportsmen and women who take performance enhancing drugs may gain an advantage over those that do not/it's cheating</li><li>▪ Long term ill-health/ Taking performance enhancing drugs will have a negative impact on the health of those taking them/risk of addiction</li><li>▪ Mistrust of results/damage to the reputation of a sport/some sports have had repeated scandals which have damaged the reputation of the sport (such as cycling)/ damage the reputation of the performer</li><li>▪ Against the ethos of fair play/ breeds a 'win at all costs' attitude.</li><li>▪ Negative role models/breeds a win at all costs mentality</li><li>▪ Sanctions/bans/fines/loss of earnings/loss of place</li><li>▪ Breaking the law/illegal</li></ul>

□ Task 12 – The following athletes have all failed a drugs test or been banned for PED's.

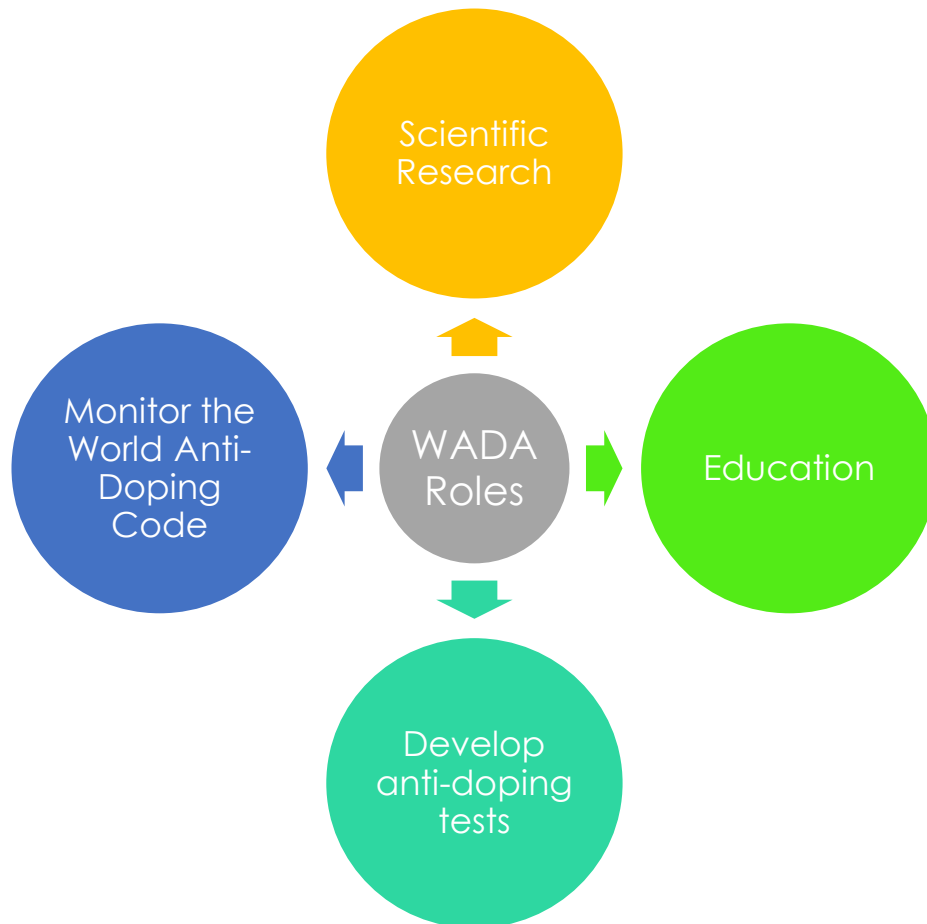
Identify why they may have done this and give a negative impact this had on the performer/sport.

		Reason taken	Impact on performer/sport
	Ben Johnson (Sprinter) Drug Offence: Anabolic Steroids		
	Dwain Chambers (Sprinter) Drug Offence: Steroids		
	Tyson Gay (Sprinter) Drug Offence: Steroids		
	Lance Armstrong (Cyclist) Drug Offence: Blood Doping		
	Rio Ferdinand (Footballer) Drug Offence: Banned for 8 months for missing a drugs test		
	David Millar (Cyclist) Drug Offence: Blood Doping		
	Ricky Hatton (Boxer) Drug Offence: Cocaine Use		
	Shane Warne (Australian Cricketer) Drug Offence: Banned for 2 years for using diuretics		

## The World Anti-Doping Agency = WADA

This serves as the independent international body responsible for coordinating and monitoring the global fight against doping in sport.

WADA was founded on the principles that athletes have a fundamental right to participate in doping-free sport and that doping endangers athlete health and the integrity of sport.



### Testing

- More effective/varied testing method will make detection more likely and therefore act as deterrent.
- Test via: Urine samples, Hair samples, Nail samples, Blood Samples
- Whereabouts rule/random testing.

### Sanctions/Bans

- Threat of sanctions and bans may act as a deterrent. Sanctions can include: Lifetime bans, Fines, Suspensions

### Education initiatives

- Education programmes that inform performers of the health risks of taking performance enhancing drugs.
- 100% Me-Educational anti doping programme

WHEREABOUTS RULE – Athletes have to give a one hour slot every day saying where they will be available for a random drugs test. This is to keep them on their toes and try to prevent cheating by taking PEDs or other ways.

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

☐ Task 13 – Come up with an example for each potential issue.

Impact of taking PEDs on the sport	
Mistrust of results	
Mistrust of events	
Implication that all participants in a sport are taking drugs	
Where a sport hasn't adopted WADA policy people are suspicious they are covering things up.	

☐ Task 14 – Come up with an example for each potential issue.

Impact of taking PEDs on the individual performer	
Improved performance but damages the health of the performer	
Further opportunities to participate will be limited/removed	
Damage to reputation	
After a ban they are viewed with suspicion	
When banned they have limited earning potential	

## Ethical Consideration

A problem or situation that requires a person or organisation to choose between alternatives that must be evaluated as right (ethical) or wrong (unethical).

Many people will debate over the legalisation of PEDs.

- Should all sports follow the WADA code? (eg. Football - Should someone be banned because they have taken recreational drugs which have not enhanced their performance?)
- Are current regulations fair?
- Should there be a distinction between recreational drugs and performance-enhancing drugs?
- Should all sports performers be allowed to take performance enhancing drugs?

It is cheating and cheating is wrong. End of!

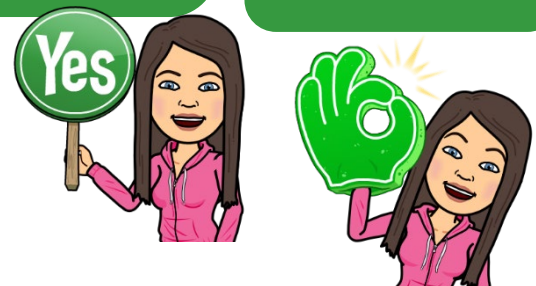
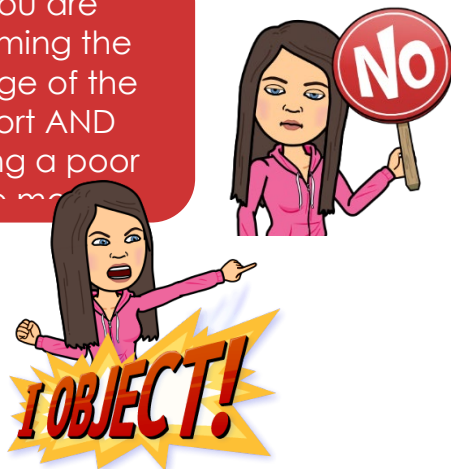
You are harming your body – short or long term!

You are harming the image of the sport AND being a poor role model

We will be able to see what the best performances possible really are.

Legalising drugs will give a fair playing field.

It will allow safer practice to occur.



# Exam Questions

1. Sport can be used to promote positive values. Write the correct value from those listed for each example given in the table below.  
Fair play; Excellence; Citizenship; Inclusion; Team spirit; Tolerance/respect

Value	Example
	Striving to be the best you can be
	Accepting and welcoming players from different social backgrounds
	Working together as a team to get more enjoyment from playing sport
	Playing according to the rules
	Making sure all community groups have an opportunity to participate in sport
	Volunteering to coach, officiate or help run a local community sports club

(6)

2. a) Name two performers who have been caught using performance enhancing drugs and the sports they perform in.

1 .....  
..... (1)

2 .....  
..... (1)

- b) Give three reasons why sports governing bodies should not allow the use of performance enhancing drugs.

1 ..... (1)

2 ..... (1)

3 ..... (1)

- c) Suggest one reason why sports governing bodies might consider a lesser penalty for performers found taking recreational drugs compared to performance enhancing drugs.

1 .....(1)



3. Which one of the following is not a reason why sports performers might take performance enhancing drugs? (Circle your chosen option to indicate your answer)
- (a) Financial benefits from successful sports performance
  - (b) To enable them to train harder
  - (c) To develop their technical sports skills
  - (d) To boost their physical performance
- (1)

4. Describe the 'whereabouts rule' used in testing for the use of performance enhancing drugs.

.....

.....

.....

..... (2)

5. Describe the following four values that are promoted through the Paralympics.

Friendship  
Description .....

..... (1)

Inspiration and equality  
Description .....

..... (1)

Courage  
Description .....

..... (1)

Determination  
Description .....

..... (1)

6. The international governing body for athletics has been criticised for not acting strongly enough to deal with the use of performance enhancing drugs by athletes.

a) Give two reasons why some athletes use performance enhancing drugs.

1 ..... (1)

2 ..... (1)

b) Suggest one impact on the sport of athletics of performers continuing to use performance enhancing drugs.

1 .....(1)

7. Suggest three different ways of testing for the use of banned performance enhancing drugs in athletics.

1 ..... (1)

2 ..... (1)

3 ..... (1)

8. Give three reasons why sporting etiquette is important as a performer.

1 ..... (1)

2 ..... (1)

3 ..... (1)

# Mark Scheme

1. One mark for each value.
  1. Excellence
  2. Tolerance/respect
  3. Team spirit
  4. Fair play
  5. Inclusion
  6. Citizenship
  
2. a) One mark for correct identification of a performer and sport.

Cycling

  1. Lance Armstrong
  2. David Millar

Athletics

  1. Dwain Chambers
  2. Ben Johnson
  3. Tyson Gay
  4. Asafa Powell

Credit other known examples.

Must have both sport and performer

Accept surname

**DO NOT ACCEPT** recreational drug takers

b) Three marks from:

1. To stop performers gaining an unfair advantage/prevents cheating/to make the sport fair
2. Protect sports performers from ill health/negative effects of use
3. Protect/maintain the reputation of the sport/maintains the spirit of the sport.
4. Could affect sponsorship for the sport

**DO NOT ACCEPT** the converse i.e. the negative effects on sport

**DO NOT ACCEPT** 'it is unfair'

c) One mark from

1. Performers may not gain a performance advantage
2. Not the concern of the governing body to police what is a social problem

**DO NOT ACCEPT** 'they do not affect your body'

3. One mark for correct answer  
(c) To develop their technical skills
  
4. Two marks for
  1. Performers must report their location (outside of competition)
  2. Must notify where they will be for at least one hour of every day (for a year)
  3. So that they can be random drug tested at any time
  4. Three missed tests (in a year) results in sanction
  
5. One mark for each description

- Friendship  
Develop friendship between participants
- Inspiration and equality  
Performers to try their best/inspire other disabled people to participate/ Performers work towards equality/recognise the achievements of other performers with disabilities
- Courage  
Performers work to overcome disabilities
- Determination  
Performers work to overcome barriers/train to succeed/don't give up

6. a) Two marks from:
1. To gain an advantage/to win/improve performance
  2. They perceive everyone else is doing it (and will not win without taking drugs)
  3. Peer pressure
  4. Pressure from coaches
  5. Financial rewards of winning
  6. Pressure to succeed from media/spectators
  7. Because of health conditions/issues/recover from injury [

**DO NOT ACCEPT** Train harder/gain muscle/get faster/improve stamina  
Must relate pressure to media/spectators/coaches

- b) One mark from:
1. Damage to reputation of the sport
  2. Reduced income/reduced sponsorship for the sport
  3. Negative media coverage
  4. Young athletes not taking up the sport/decrease in participation
- Responses must relate to the sport not the performer

7. Three marks from
1. Urine sample
  2. Blood sample
  3. Hair sample
  4. Nail sample

8. Three marks from:
1. Fairness among competitors/participants
  2. Promotion of positive values/ well-mannered/to care about the well-being of others/shows respect for other performers
  3. Act as a role model to others/sets a good example to others
  4. Safety of participants / to protect individuals
  5. So that the activity/game can be played effectively/flowing / so all can enjoy the activity
  6. Increase reputation of sport/performer

## Learning Outcome 3

Understand the importance of hosting major sporting events.



## Features of major sporting events.

### Regularity and Scheduling

- One-off – a sporting event that will be hosted by a city or country once in a generation.
- Regular event – An event which a city could host more than once in a relatively short period of time but it is shared around as a rule.
- Regular recurring – An event which would normally be annual and is contracted for a period of years to the host country/city

□ Task 1 – For each event, decide if it is a one off, regular or regular recurring event.

	<p>The Championships Wimbledon Tennis championship held every July at Wimbledon.</p>	
	<p>The Olympics Multi-sport event held every four years at a city that has successfully bid for it.</p>	
	<p>The Open Championship A gold competition held every July at various courses around the UK.</p>	
	<p>Cricket World Cup A cricket competition held every four years in a country that has successfully bid for it.</p>	
	<p>The Champions League Final A European football competition held annually. The UEFA have a lottery system where they decide who will host it.</p>	
	<p>The Ryder Cup Is a biannual golf competition that alternates between different courses in the USA and Europe.</p>	
	<p>The World Cup A football event held every four years at a city that has successfully bid for it.</p>	

## The International Element

An event can involve participation from different countries. This results in an international element in different areas:

- Participants
- Officials
- Supporters and fans
- The media

Task 2 – Which of the following events have a national element and why?

Grand National	
Olympics	
Netball World Cup	
Wimbledon	
FA Cup Final	
Le Tour de France	

## Level of Investment

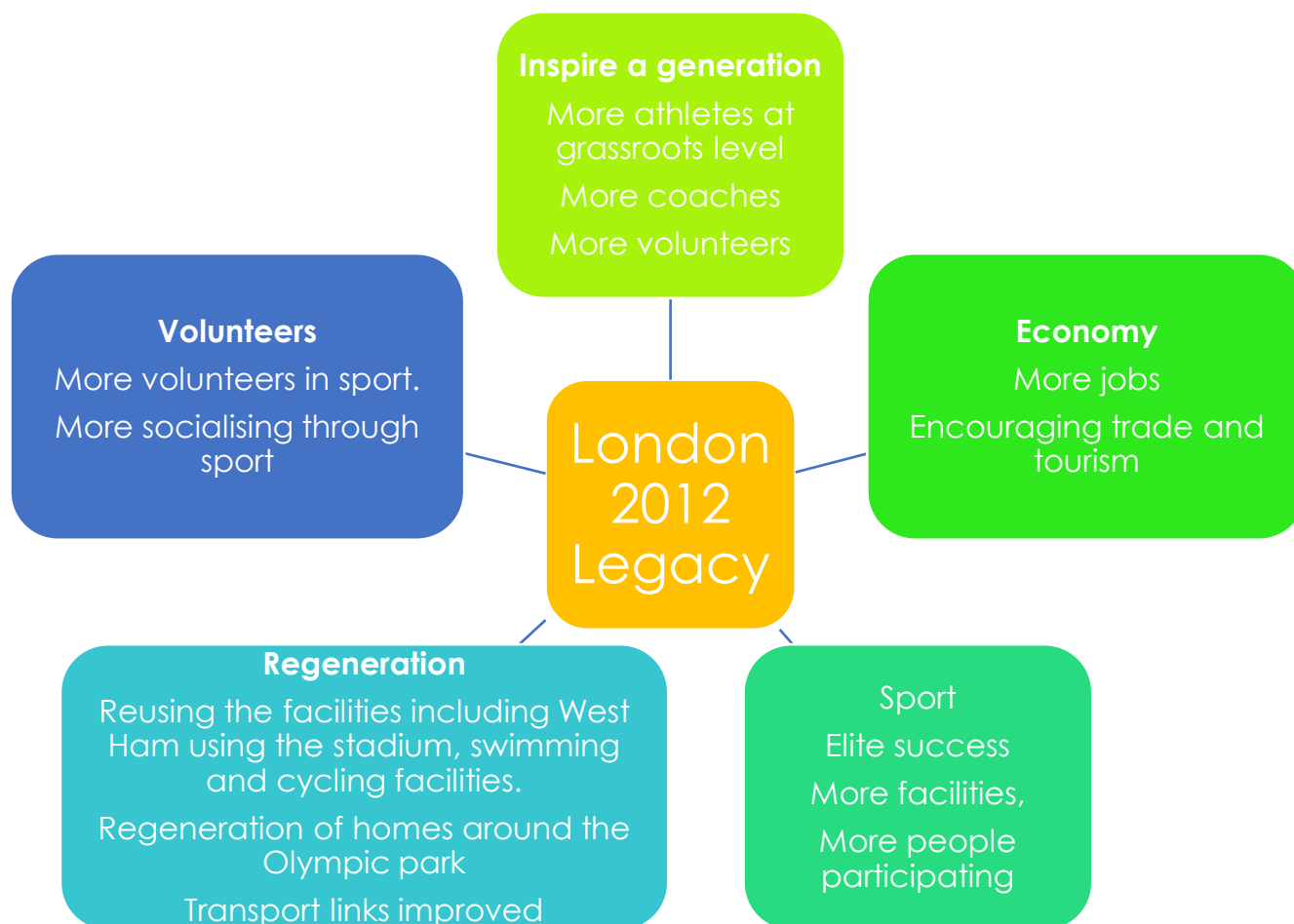
## Potential Legacy

- Sporting – inspires a generation to participate in the sport.
- Social – improves issues in society e.g. greater equality or opportunities.
- Economic – encourages economic growth after the event has finished.

Task 3 – Which legacy did each event leave behind?

## London 2012 Case Study



## Benefits of hosting a major sporting event

□ Task 4 – For each potential benefit and another reason why it is a positive.

Increased tourism	<ol style="list-style-type: none"> <li>1. More people visiting spend more money.</li> <li>2.</li> </ol>
Increased trade	<ol style="list-style-type: none"> <li>1. Shows other cities/countries that they are doing economically well.</li> <li>2.</li> </ol>
Boost to businesses	<ol style="list-style-type: none"> <li>1. More people staying in hotels.</li> <li>2.</li> </ol>
New facilities	<ol style="list-style-type: none"> <li>1. Upgrading old facilities.</li> <li>2.</li> </ol>
Make a profit	<ol style="list-style-type: none"> <li>1. Selling tickets to attend events.</li> <li>2.</li> </ol>



## Drawbacks of hosting a major sporting event

□ Task 5 – For each potential drawback and a reason why it could be negative.

Hugely expensive	1. Organising committees to find funds before money can be recouped. 2.
Might make a loss	1.
Security is a concern	1. Huge amount of money and massive security operations. 2.
Transport/Communication might not cope	1.
Disused stadiums afterwards	1.
Can attract criticism from voters	1.
Can attract criticism if there are problems	1.
Opportunity for protest	1.

# Exam Questions

1. Identify whether hosting the following major sports events is 'one off' or 'regular and recurring' by completing the table below.

<u>Event</u>	<u>One off or regular and recurring</u>
British Formula One Grand Prix	
Paralympics	
Wimbledon	
World Athletics Championship	

2. The Football World Cup is one of the largest sports events to organise yet many nations spend a lot of money bidding to host it. (4)

a) Suggest three reasons why a nation would bid to host the Football World Cup.

- 1 ..... (1)
- 2 ..... (1)
- 3 ..... (1)

b) Apart from cost, give three drawbacks for a country hosting the Football World Cup.

- 1 ..... (1)
- 2 ..... (1)
- 3 ..... (1)

3. The Olympic symbol of five interlocking rings is designed to represent which of the following statements? (Circle your chosen answer to indicate your answer.)

- a) The number of Olympic values
- b) The five continents that take part
- c) Five different ethnic groups that take part
- d) Five different categories of Olympic event
- (1)

4. Fill in the blanks to complete the statement below using the following words:

National Pride                      Social                      Sporting                      One-off

The football World Cup is normally only hosted by a country once every generation and is therefore

known as a ..... event. Hosting this type of event can have longer term benefits.





# Mark Scheme

1. Four marks from
  1. British Grand Prix – regular & recurring
  2. Paralympics – one off
  3. Wimbledon – regular & recurring
  4. World Athletics Championship – one off
  
2. a) Three marks from
  1. Investment or improvement of infrastructure/transport/facilities
  2. Direct/indirect tourism
  3. Raises status of the country/shop window effect
  4. Morale will be improved/generates national pride
  5. Commercial benefits to businesses/boost to the economy
  6. Increases employment [3] Must be some ref to what is being invested in  
b) 3 marks from:
  1. Facilities can end up not being used after the event (if not planned properly)
  2. Negative impact on country if event runs poorly
  3. Other sports may suffer at the expense of promotion of one sport (Football)
  4. Can cause divisions in the country if only a few cities benefit
  5. Reduce tourism in other parts of the country/tourism increase is short-lived
  6. Disruption to local community/overcrowding/litter or pollution
  7. Increased risk of terrorism/crime
  8. Employment is only short term

**DO NOT CREDIT** any comment relating to cost or debt = REP of question
  
3. b) the five continents that take part
  
4. One mark for each correct insertion  
The football World Cup is normally only hosted by a country once every generation and is therefore known as a one-off event. Hosting an event can have longer term benefits. These including increasing participation known as a sporting legacy. The feeling of well-being and national pride if the national team does well is often referred to as a social legacy.

## Learning Outcome 4

Know about the role of national governing bodies in sport.



## National Governing Bodies

□ Task 1 – State which sport each governing body is responsible for.

## Infrastructure

The Infrastructure of a sport is important to how well it is delivered and have certain roles within this.

- Improves and develops facility.
- Provides guidelines, support and insurance to members.
- Organise competitions for a different age ranges and abilities.
- Disciplinary procedures and rules made to follow.

## Development

An NGB is responsible for making sure there is a clear pathway for progression across 3 areas;

- Participants - develop elite training to produce National performance squads.
- Coaches - Organise and run coaching awards to improve the quality of sessions
- Officials - Trains officials to improve the quality of competition.

## Funding

An NGB get money to help their sports through different methods:

- Fundraising
- Lottery Funding
- Admission fees
- Membership fees
- Investments (private)
- New income
- Grants (government)

## Support and Advice

An NGB provides advice to participants, coaches, officials and manufacturers.

- Support given by providing location and contact details for local clubs.
- Information and advice on equipment and playing surface requirements to manufacturers.
- Provide health and safety regulations to prevent injury.

## Promotion

An NGB will try to encourage as much participation in their sport as possible.

- Participation increase through specific initiatives/schemes.
- Exposure in the media through press releases and public relations.
- Equal opportunities for all for all to take part.
- Popularity increases

## Policies and Initiatives

To support the aims of the NGB they will implement policies and initiatives.

- Promotes etiquette and fair play campaigns within the sport.
- Anti-doping policies include a list of substances which are banned.
- Information and guidance given on safeguarding children.
- Develop community programmes to promote the sport.

Task 2 – Give an example from a NGB for each of the responsibilities.

Infrastructure	Development	Funding
Support and Advice	Promotion	Policies and Initiatives



# Exam Questions

1. Identify two sources of funding available to a national governing body to help fund new sports facilities.

1 ..... (1)

2 ..... (1)

2. Identify three ways national governing bodies such as the English Basketball Association are involved in developing their sports and give an example for each.

1 .....

.....

..... (2)

2 .....

.....

..... (2)

3 .....

.....

..... (2)

3. Suggest two ways a national governing body might promote sport to women.

1 .....

..... (1)

2 .....

..... (1)

4. a) Providing elite training is one way a governing body such as the Football Association develops a sport. Identify two other ways in which a governing body develops a sport.

1 ..... (1)

2 ..... (1)

b) A governing body can assist with the building of sports facilities by providing advice on their design. Identify four other ways a governing body builds the infrastructure of a sport.

1 ..... (1)

2 ..... (1)

3 ..... (1)

4 ..... (1)

# Mark Scheme

1. Two marks from:
  1. Government grants
  2. Lottery funding
  3. Sport England funding
  4. Distribution of private donations
  5. Sponsorship/advertising revenues
  6. Membership/national affiliation fees
  
2. Six marks from:
  1. Organise elite training
  2. e.g. national performance squads (in basketball)
  3. Developing coaching awards/coaching qualification structure
  4. e.g. various levels of coaching qualifications such as (UKCC) Level 1
  5. Training of officials
  6. e.g. training and selecting officials to officiate at different levels (of basketball)Award one mark where factor identified but no example.
  
3. Two marks from:
  1. Exposure in the media
  2. Advertising/promotional campaign (e.g. This Girl Can)
  3. Equal opportunities policies (that actively enable women to have equal access to sports equipment and facilities)
  4. Taster sessions
  5. Women's only sport (sessions)
  6. Use of (female) role models
  7. Training female coachesAccept other appropriate initiatives
  
4. a) Two marks from
  1. Providing elite coaching
  2. Providing national performance squads
  3. Provides coaching awards at all levels/provides a framework for coaching awards
  4. Training of officials at all levels**DO NOT ACCEPT** training/elite training – question REP
  
- b) Four marks from
  1. Makes rules
  2. Makes disciplinary procedures/organises drugs testing
  3. Creates/organises (national) competitions/tournaments
  4. Provides a national directive and vision
  5. Provides guidelines/support to clubs/members