

Topic Area 1: Issues Affecting Participation

Q: What does 'participation' mean in sport?

A: The number and variety of people taking part in physical activity or sport.

Q: Name three groups that may face barriers to participation.

A: Women, disabled people, ethnic minorities.

Q: What is a social barrier to participation?

A: Something related to background or environment, such as lack of family support.

Q: What is a cultural barrier to participation?

A: Traditions or beliefs that prevent involvement, e.g., religious restrictions.

Q: What is an economic barrier?

A: Costs preventing participation, such as membership fees or equipment.

Q: What is a physical barrier?

A: Environmental issues, like lack of facilities or poor transport.

Q: What is a personal barrier?

A: Individual reasons, e.g., lack of confidence or motivation.

Q: What is a provision barrier?

A: Lack of appropriate clubs, equipment or coaches.

Q: Why might women have lower participation rates?

A: Stereotypes, childcare responsibilities, or lack of female-only sessions.

Q: What is an example of a strategy to increase women's participation?

A: Women-only classes.

Q: Why might disabled people face barriers?

A: Lack of adapted equipment or accessible facilities.

Q: What is an initiative designed to support disabled participation?

A: 'Parasport' or inclusive sporting programmes.

Q: Why might ethnic minorities face participation issues?

A: Cultural norms, lack of role models, discrimination.

Q: Why might older adults participate less?

A: Health concerns or lack of age-appropriate sessions.

Q: What is an initiative to increase youth sport participation?

A: School sports clubs or community programmes.

Q: Why do people from low-income backgrounds participate less?

A: High costs of equipment, travel and membership.

Q: Name a strategy to overcome economic barriers.

A: Subsidised memberships or free community sessions.

Q: What is the Sport England Active Lives Survey?

A: A study measuring participation rates in England.

Q: How do role models influence participation?

A: They inspire people to get involved in sport.

Q: What is an initiative based on role models?

A: Athlete ambassadors visiting schools.

Q: What is a mass participation event?

A: A large-scale event open to the public, e.g., Parkrun.

Q: Why do mass participation events help increase sport involvement?

A: They are accessible, social and low-cost.

Q: What does 'grassroots sport' mean?

A: Community-level sport, often run by volunteers.

Q: How does school PE impact participation?

A: It introduces young people to sport early on.

Q: What effect can media coverage have on participation?

A: More exposure can generate interest.

Q: Why is appropriate facility provision important?

A: It ensures everyone has somewhere local to take part.

Q: What is inclusive sport?

A: Activities that welcome and adapt for all participants.

Q: What is under-representation?

A: When certain groups take part less than others.

Q: Why is coaching availability important?

A: More coaches mean more opportunities to join sessions.

Q: What is an example of a national participation campaign?

A: 'This Girl Can' by Sport England.

Topic Area 2: Sport Promoting Values

Q: What is a value in sport?

A: A principle or standard that guides behaviour.

Q: Name three values promoted through sport.

A: Teamwork, respect, fair play.

Q: What does fair play mean?

A: Playing by the rules and respecting opponents.

Q: How does sport promote teamwork?

A: Through cooperation and shared goals.

Q: What is an example of respect in sport?

A: Shaking hands after a match.

Q: What value does following rules promote?

A: Discipline.

Q: How does sport promote inclusion?

A: By giving equal opportunities to everyone.

Q: What is sportsmanship?

A: Polite and fair behaviour in sport.

Q: What is gamesmanship?

A: Bending the rules to gain an advantage.

Q: How does sport encourage leadership?

A: Captains and coaches develop organisational skills.

Q: What is national pride in sport?

A: Support for country during international competitions.

Q: Give an example of national pride.

A: Supporting Team GB in the Olympics.

Q: What is initiative?

A: Making decisions independently during sport.

Q: How does sport reduce anti-social behaviour?

A: It provides structure and purpose for young people.

Q: What does the Olympic Movement promote?

A: Peace, unity, and global cooperation.

Q: What is an Olympic value?

A: Excellence.

Q: Name a Paralympic value.

A: Determination.

Q: How does sport build confidence?

A: Through skill mastery and positive experiences.

Q: What is role modelling in sport?

A: Athletes demonstrating positive behaviours.

Q: Why are rules important in sport?

A: They keep games safe and fair.

Q: What value does anti-doping promote?

A: Integrity.

Q: Why do schools use sport to promote values?

A: It teaches life skills in a practical way.

Q: Example of a value shown when losing a match gracefully.

A: Sportsmanship.

Q: What is resilience?

A: Continuing despite difficulties or failure.

Q: What value is promoted by respecting referees?

A: Respect.

Q: How does volunteering in sport promote values?

A: Encourages giving back and responsibility.

Q: Give an example of community cohesion through sport.

A: Local tournaments bringing people together.

Q: What is ethical behaviour in sport?

A: Acting honestly and responsibly.

Q: What is the purpose of sportsmanship awards?

A: To encourage positive behaviour.

Q: How does sport promote equality?

A: By offering accessible and inclusive programmes.

Topic Area 3: Hosting Major Sporting Events

Q: What is a major sporting event?

A: A large-scale competition attracting global attention.

Q: Name two global sporting events.

A: The Olympics, FIFA World Cup.

Q: What is a one-off event?

A: An event held once in a generation, e.g., the Olympics.

Q: What is a recurring event?

A: An event held regularly, e.g., Wimbledon.

Q: What is a regular season event?

A: Continual competitions like Premier League matches.

Q: What is a potential economic benefit of hosting?

A: Increased tourism.

Q: What is a potential social benefit?

A: Improved community spirit.

Q: What is a potential political benefit?

A: Increased national reputation.

Q: What is an economic drawback?

A: High cost of building infrastructure.

Q: What is a legacy?

A: Long-term benefits after an event.

Q: What is a sporting legacy?

A: Increased participation or new facilities.

Q: What is an economic legacy?

A: Improved transport systems or jobs.

Q: What is a social legacy?

A: Regenerated communities.

Q: Why is security important at major events?

A: To protect athletes and spectators.

Q: What is infrastructure?

A: Transport, venues, technology and services.

Q: What is an environmental impact?

A: Pollution or traffic from spectators.

Q: Give an example of a positive global impact of hosting.

A: Increased tourism worldwide.

Q: What is nation branding?

A: Promoting a country's image globally.

Q: Example of political impact.

A: Government gaining international recognition.

Q: What is a bidding process?

A: Countries apply to host an event.

Q: What is an example of an unsuccessful impact?

A: Facilities becoming 'white elephants'.

Q: Why is volunteer recruitment important?

A: Events rely heavily on volunteers.

Q: What is athlete village creation?

A: Housing and facilities built for competitors.

Q: Give an example of transport legacy.

A: New rail links.

Q: Why do major events promote sport participation?

A: Inspire people through role models.

Q: What is a sponsorship benefit?

A: Increased revenue for organisers.

Q: Why might local residents oppose hosting?

A: Noise, disruption, increased traffic.

Q: What is community regeneration?

A: Revamping run-down areas.

Q: What is the 'feel-good factor'?

A: National happiness during major events.

Q: Why do taxpayers matter in hosting decisions?

A: They often fund event preparation.

Topic Area 4: National Governing Bodies

Q: What is an NGB?

A: Organisation that manages a sport in a country.

Q: Name an example of an NGB.

A: The FA (Football Association).

Q: What is the role of NGBs in rules?

A: Creating and updating rules and regulations.

Q: What is talent development?

A: Identifying and supporting future elite athletes.

Q: What is a participation programme?

A: Schemes encouraging people to get involved in a sport.

Q: What are coaching awards?

A: Qualifications provided for sports coaches.

Q: Why do NGBs provide officiating pathways?

A: To train referees and umpires.

Q: What is a competition structure?

A: Leagues, tournaments and events.

Q: Why do NGBs promote fair play?

A: To ensure safe and ethical sport.

Q: What does governance mean?

A: Ensuring the sport is well-run and transparent.

Q: What is anti-doping work?

A: Detecting and preventing drug use in sport.

Q: How do NGBs support grassroots sport?

A: Funding local clubs and volunteers.

Q: What is an example of facility development support?

A: Funding grants for new pitches.

Q: What is an NGB strategic plan?

A: A long-term vision for improving the sport.

Q: What is the role of NGBs in discipline?

A: Handling misconduct or rule-breaking.

Q: Why do NGBs create talent pathways?

A: To develop athletes from beginner to elite.

Q: What is safeguarding?

A: Protecting children and vulnerable adults.

Q: What is a membership scheme?

A: Offering benefits to registered players/coaches.

Q: What is club accreditation?

A: Recognising quality and safety in sports clubs.

Q: How do NGBs support major events?

A: Organising or advising on competitions.

Q: What is lobbying?

A: Influencing government decisions about sport.

Q: Why do NGBs work with schools?

A: To grow participation.

Q: What is media engagement by NGBs?

A: Promoting the sport through press and social media.

Q: What is the purpose of national squads?

A: Representing the country internationally.

Q: What is anti-cheating policy?

A: Ensuring fairness in competition.

Q: Why do NGBs fund research?

A: To improve safety and performance.

Q: What is official equipment specification?

A: Standards for balls, nets, goals, etc.

Q: What is the role of NGBs in inclusion?

A: Making sport accessible to all groups.

Q: What is coach education?

A: Training and certifying coaches.

Q: Why do NGBs create rules of etiquette?

A: To maintain respect and sportsmanship.

Topic Area 5: Technology in Sport

Q: What is performance analysis technology?

A: Tools that track and assess athlete performance.

Q: Name a video analysis tool.

A: Dartfish or Hudl.

Q: What is the purpose of GPS trackers?

A: Monitoring movement, speed and distance.

Q: What is data analytics in sport?

A: Using data to improve performance or strategy.

Q: What is VAR?

A: Video Assistant Referee in football.

Q: What is Hawk-Eye?

A: Ball-tracking technology used in tennis.

Q: What is the purpose of goal-line technology?

A: To confirm whether the ball crossed the line.

Q: What is a heart rate monitor?

A: Device measuring cardiovascular effort.

Q: Why do athletes use wearable tech?

A: To track training metrics.

Q: What is the impact of technology on officiating?

A: Increases accuracy of decisions.

Q: What is performance-enhancing equipment?

A: Gear designed to improve results, e.g., carbon-fibre bikes.

Q: What is an example of technology improving safety?

A: Improved helmet designs.

Q: What is biomechanics?

A: Study of movement using scientific analysis.

Q: What is drag reduction in sport?

A: Using designs to minimise air/water resistance.

Q: What is a smart court?

A: Courts equipped with sensors and cameras.

Q: What is the disadvantage of technology in sport?

A: High cost excludes smaller teams or nations.

Q: How does technology assist coaching?

A: Enables detailed feedback using video and data.

Q: What is anti-doping technology?

A: Testing equipment detecting banned substances.

Q: What is virtual reality training?

A: Simulated practice sessions.

Q: How do spectators benefit from technology?

A: Better replays, graphics and viewing experience.

Q: What is live performance tracking?

A: Real-time monitoring during matches.

Q: What is smart clothing?

A: Apparel with integrated sensors.

Q: How is technology used in talent ID?

A: Testing fitness and performance metrics.

Q: What is a performance lab?

A: High-tech space analysing athlete movement.

Q: How does Hawk-Eye improve fairness?

A: Removes guesswork from line calls.

Q: Why is technology sometimes controversial?

A: Decisions may still be debated despite tech.

Q: What is motion capture?

A: Recording movement for analysis.

Q: What are digital scoreboards?

A: Tech-based displays showing live results.

Q: What is aerodynamic equipment?

A: Gear designed to reduce air resistance.

Q: How does technology help injury rehab?

A: Monitoring, scanning and tailored recovery programmes.

