

# ENGAGEMENT PATTERNS OF DIFFERENT SOCIAL GROUPS IN PHYSICAL ACTIVITIES AND SPORT (2.1A).

What do I need to know?	How do I feel about this?		
	Confident	Average	Unsure
Be familiar with current trends in physical activity and sport: <ul style="list-style-type: none"> <li>Using different sources such as (Sport England, NGB's and department for media culture and sport).</li> <li>Different social groups.</li> <li>Different sports.</li> </ul>			
Understand how different factors can affect participation including: <ul style="list-style-type: none"> <li>Age</li> <li>Gender</li> <li>Ethnicity</li> <li>Religion /culture</li> <li>Family</li> <li>Education</li> <li>Work commitments</li> <li>Cost / disposable income</li> <li>Disability</li> <li>Opportunity access</li> <li>Discrimination</li> <li>Environment / climate</li> <li>Media coverage</li> <li>Role models</li> </ul>			
Understand strategies that can be used to promote participation: <ul style="list-style-type: none"> <li>Promotion</li> <li>Provision</li> <li>Access</li> </ul>			
Be able to apply examples from physical activity / sport examples.			

## CURRENT TRENDS IN SPORT

Name some of the sources that are involved with sports participation:

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Name some of the different social groups and their sporting trends:

**Age:**

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**Gender:**

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**Disability:**

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**Ethnicity:**

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**Socio-economic status:**

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Name the most popular activities among adults in the UK:

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## FACTORS AFFECTING PARTICIPATION

Write down the factors that affect participation in these social groups:

**Age:**

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**Gender:**

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**Ethnicity:**

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**Family:**

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Education:

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Time/work:

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Disposable income:

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Disability:

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Opportunity:

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Media Coverage:

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Role models:

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## STRATEGIES TO IMPROVE PARTICIPATION

Write down the factors that affect participation in these social groups:

Promotion:

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Provision:

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Access:

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Examples from organisations improving participation:



Sport England:

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Government:

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# ENGAGEMENT PATTERNS OF DIFFERENT SOCIAL GROUPS IN PHYSICAL ACTIVITIES AND SPORT PRACTICE QUESTIONS

Answer **all** the questions.

1. Which one of the following is an example of the environment affecting levels of participation in the UK?

- (a) Very few people ski
- (b) Low numbers of boys participate in ballet
- (c) Many girls play netball
- (d) High numbers of older people can swim

[1]

2. Explain how the family can have a negative influence on whether a healthy lifestyle is followed.

[4]

3 Which one of the following is an example of a national governing body?

- (a) The Lawn Tennis Association
- (b) The International Olympic Committee
- (c) The David Lloyd Leisure Group

**(d) The Local Authority**

**[1]**

4. Which one of the following could have a negative effect on participation in physical activities?

**(a) Free swimming for children during school holidays**

**(b) Steps with no wheelchair ramp outside a sports centre**

**(c) A health screening questionnaire for new members at a gym**

**(d) A newspaper advertisement for a local exercise class for the elderly**

**[1]**

5. Give **four** reasons why a performer might participate in physical activities.

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**[4]**

6.

Explain how you might encourage a young person to participate in physical activities.

[6]

7. Which one of the following is an example of the media encouraging participation in physical activities?

- (a) Phoning into a local sports' radio station
- (b) Reading the sports' section in a newspaper
- (c) Following your team's results on the internet
- (d) Playing tennis after watching Wimbledon on TV

[1]

8. Which one of the following is an example of the best role model for learning physical activity skills?

- (a) A parent who is good at playing and teaching sports
- (b) A friend who is not into sports but is willing to try
- (c) A sports coach who wants to win by whatever means possible
- (d) A top quality newspaper's sports coverage

[1]

9. Using practical examples, explain how you might motivate a young person to participate in physical activities.

[6]

10. Which one of the following is an example of discrimination in physical activities?

- (a) A golf club preventing women from joining
- (b) An exercise class for beginners
- (c) A wheelchair ramp at the leisure centre
- (d) A crèche for children at the swimming pool

[1]

11. Which one of the following is an example of a good role model?

- (a) A teacher who smokes cigarettes
- (b) A friend who bullies others
- (c) A mum who regularly attends an exercise class
- (d) A sports performer who does not tell the truth

[1]

12. Which one of the following is an example of a cultural reason affecting participation in physical activity?

(a) More fans attending a rugby match against a rival team

(b) An athlete not getting in the team because they cannot always train

(c) A golf club not allowing female members

(d) Lacking confidence to join in an exercise class

[1]

13. Give a practical example for each of the following reasons for non-participation in physical activities:

1. Injury

2. Discrimination

3. Peer pressure

[3]

14. Describe **four** ways in which old age might affect participation in physical activities.

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[4]

15. Which one of the following shows how funding could be used to affect participation levels in physical activities?

(a) To increase prize money to motivate the best performers to compete

(b) To build new facilities to provide activities for people

(c) To sponsor football players to advertise health products

(d) To help pay for private medical care for athletes

[1]

16. The International Olympic Committee and the British Olympic Association are organisations that promote participation in physical activities.

Describe how **two** other organisations promote participation in physical activities.

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2

[4]

17. Which **one** of the following is **true**?

Put a tick (  ) in the box next to the correct answer.

(A) Professional female golfers earn more now than professional male golfers.

(B) Tennis is the most popular participant sport in the UK.

(C) As age increases the probability of sports participation decreases.

(D) Taking part in sport as a child has no significance to taking part as an adult.

[1]

18. The Cricket World Cup attracts prize money for men of about £2,500,000, whereas for women, the prize money is about £47,000.

Discuss possible reasons for this difference in prize money for men and women.

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[3]

19. Give **two** different practical suggestions that might lead to an increase in participation for 11–14 year old females. How might you assess whether your suggestions are successful?

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[4]

20. Describe **two** strategies which can be used to improve participation in sport by disabled people.

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[2]

21(a). Identify **one** recent trend in sports participation for women aged over sixteen.

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[1]

(b). Tick **two** of the following statements that are true for participation in physical activity and sport within the UK.

(i) Cycling and dance are the most popular physical activities for adults

(ii) Swimming and walking are the most popular physical activities for adults

(iii) Football is more popular with younger age groups than older age groups

(iv) Golf is more popular with those from an ethnic minority background

[2]

22(a). Levels of participation in sport in the UK have fallen since the London 2012 Olympic Games.

i. Give **two** ways in which media coverage could have affected the declining levels of participation in sport.

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[2]

ii. Give **two** ways in which families could influence young people to increase their levels of participation in sport.

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[2]

(b). Explain the current trends and reasons for participation rates for those in different socio-economic groups.

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[2]

23. Using practical examples, describe **four** effects of age when performing physical activities.

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[4]

24. Explain how the media might help to raise the levels of participation in sport.

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END OF QUESTION PAPER

# COMMERCIALISATION OF SPORT AND PHYSICAL ACTIVITY (2.1B).

What do I need to know?	How do I feel about this?		
	Confident	Average	Unsure
Understand the influence of the media on the commercialisation of physical activity on sport. Different types of media: <ul style="list-style-type: none"> <li>• Social</li> <li>• Internet</li> <li>• TV / Visual</li> <li>• Newspaper / magazines</li> </ul>			
Know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle): <ul style="list-style-type: none"> <li>• Positive and negative effects of the media on commercialisation.</li> <li>• Be able to apply practical examples to the issue.</li> </ul>			
Understand the influence of sponsorship on the commercialisation of physical activity and sport: <ul style="list-style-type: none"> <li>• Positive and negative effects of sponsorship on commercialisation.</li> <li>• Be able to apply practical examples to the issue of sponsorship.</li> </ul>			

## TYPES OF MEDIA

Write down the types of media that influence sport and activity:

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## COMMERCIALISATION

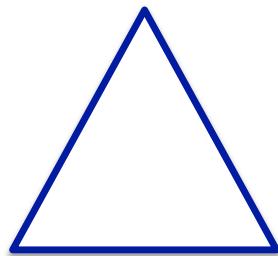
Write down the definition:

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# GOLDEN TRIANGLE

Explain the golden triangle.

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## POSITIVES OF COMMERCIALISATION

Give the positive effects of commercialisation:

## NEGATIVES OF COMMERCIALISATION

Give the negative effects of commercialisation:

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## SPONSORSHIP

Write down the definition:

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## POSITIVES OF SPONSORSHIP

Give the positive effects of sponsorship:

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## NEGATIVES OF SPONSORSHIP

Give the negative effects of sponsorship.

## COMMERCIALISATION OF PHYSICAL ACTIVITY AND SPORT PRACTICE QUESTIONS

Answer **all** the questions.

1. Which one of the following is an example of sponsorship?

- (a) Paying to watch a football match
- (b) The government pays for a new swimming pool
- (c) A rugby club paying one of their players
- (d) A local business pays to run a netball tournament

〔1〕

2. Which one of the following shows the influence of the media on participation in physical activities?

- (a) Advertising a product at rugby matches can increase product sales
- (b) Showing live football matches can increase the size of the audience
- (c) Radio commentary can inform everyone immediately about the scores in cricket
- (d) Coverage of the Wimbledon Championships can encourage people to play tennis

[1]

3. Explain the effects of reduced funding or sponsorship on participation in physical activities.

4. Describe **three** ways the media may promote sport.

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[6]

5. What is meant by the term sponsorship?

[1]

6. The Cricket World Cup attracts prize money for men of about £2,500,000, whereas for women, the prize money is about £47,000.

Discuss possible reasons for this difference in prize money for men and women.

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[3]

7. Which one of the following is not an example of sponsorship improving performance in sport?  
Put a tick ( ) in the box next to the correct answer.

- (a) Sponsorship can provide money for athletes to train full-time
- (b) Sponsorship can lead to scholarships for those who excel in sport
- (c) Sponsorship enables sports performers to purchase the best equipment
- (d) Sponsorship enables the development of community sports projects

[1]

8. What is meant by the golden triangle in sports funding?

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[3]

9. Explain how the media might help to raise the levels of participation in sport.

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[4]

**END OF QUESTION PAPER**

# ETHICAL AND SCOIO-CULTURAL ISSUES IN PHYSICAL ACTIVITY IN SPORT (2.1C).

What do I need to know?	How do I feel about this?		
	Confident	Average	Unsure
Know and understand: • The value of sportsmanship • The reasons for gamesmanship and deviance in sport • Be able to apply practical examples to these concepts.			
Know and understand the reasons why sports performers use drugs.			
Know the types of drugs and their effect on performance: • Anabolic steroids • Beta blockers • Stimulants			
Give practical examples of the use of these drugs in sport.			
Know the impact of drugs use in sport: • On performers • On sport itself			
Know and understand the reasons for player violence.			
Give practical examples of violence in sport.			

## SPORTSMANSHIP

What does this mean?

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Example:

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## GAMESMANSHP

What does this mean?

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Example:

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## DEVIANCE

What does this mean?

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Example:

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## PERFORMANCE ENHANCING DRUGS

Why would a performer take drugs?

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## TYPES OF DRUGS

What are the drugs athletes take and what is their effect on performance?

Anabolic steroids:

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**Beta-blockers:**

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**Stimulants:**

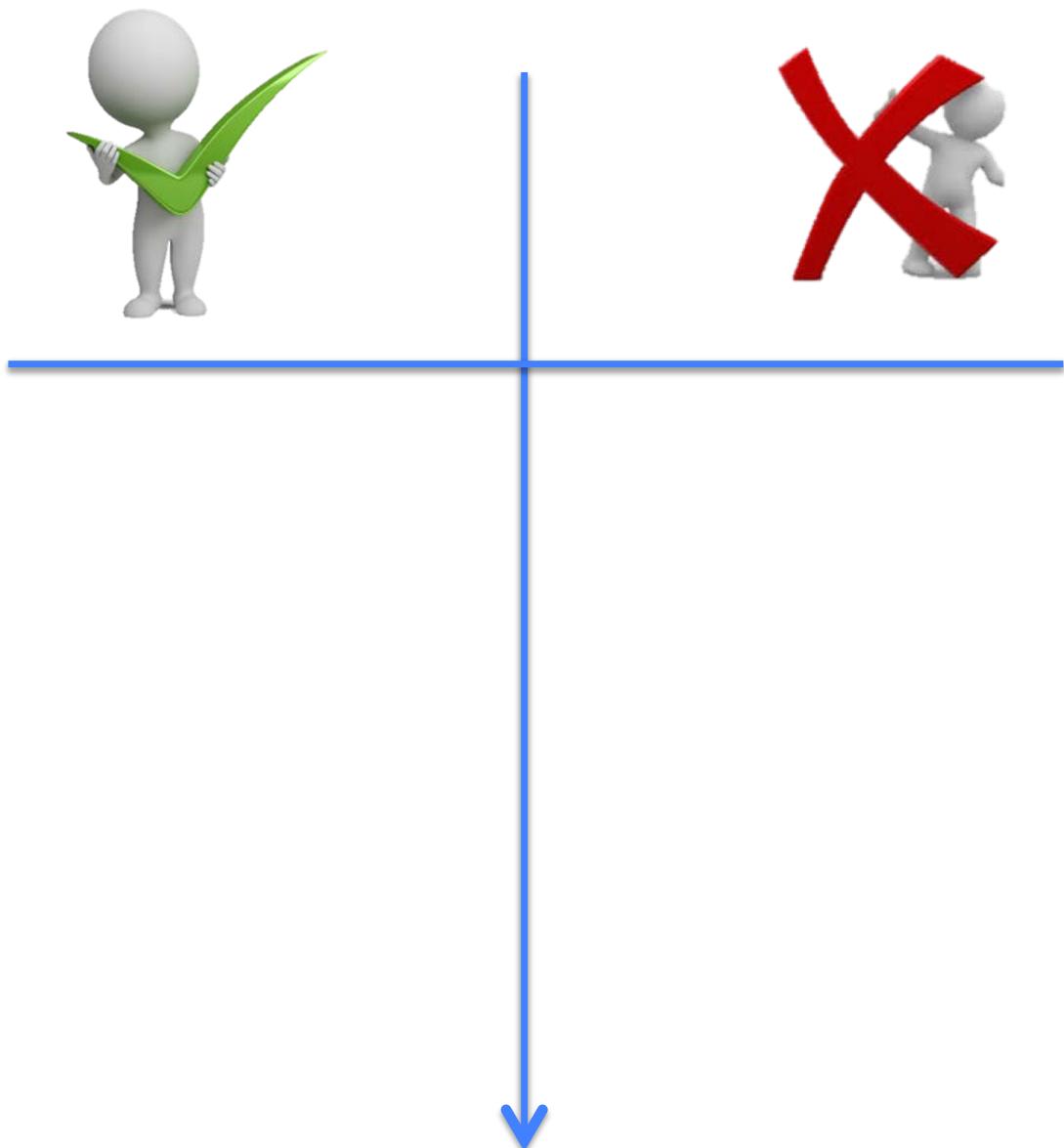
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## EFFECTS OF TAKING PERFORMANCE ENHANCING DRUGS

What are the positive and negative effects of taking drugs in sport?



# VIOLENCE IN SPORT

What are the reasons for player violence?

## Example of player violence:



# ETHICAL AND SOCIO-CULTURAL ISSUES IN SPORT PRACTICE QUESTIONS

Answer **all** the questions.

1. Which one of the following is a good example of sportsmanship when participating in a physical activity?

- (a) You stop playing when your opponent is injured
- (b) You celebrate when you win a competition
- (c) You always try to win even when you are tired
- (d) You wear fashionable kit for the activity

□ □

[1]

2. Explain the importance of sportsmanship and following codes of behaviour when participating in physical activities.

[6]

3. Describe **three** effects of using illegal steroids and **three** different effects of blood doping on performance in physical activities.

Effects of using illegal steroids

1)

2)

3)

Effects of blood doping

1)

2)

3)

[6]

4. Which one of the following is an example of an effect of blood doping?

- (a) An increase in the number of red blood cells in the body
- (b) A decrease in oxygen uptake in muscles
- (c) A decrease in the likelihood of blood infections
- (d) An increase in the temperature of muscles

[1]

5. Describe **one** practical example of sportsmanship.

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6. Describe **two** reasons why a player in a team sport might be violent.

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[2]

7. Is this statement true or false? Draw a circle around your answer.  
Gamesmanship is the use of unethical methods to try to win in sport.

True

False

[1]

8. Identify **one** illegal drug that is likely to increase strength and levels of aggression in sport.

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[1]

9. Give **one** practical example of sportsmanship during a sports competition.

[1]

10. a. Identify **three** different examples of sportsmanship in activities of your choice.

1. Activity 1

Example of sportsmanship

2. Activity 2

Example of sportsmanship

3. Activity 3

Example of sportsmanship

b. Explain why sportsmanship is so important when participating in physical activities.

11. Identify **one** reason why a sports performer might use anabolic steroids.

[1]

END OF QUESTION PAPER