

# 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:**

.....

**Gender:**

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**Disability:**

.....

**Ethnicity:**

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**Socio-economic status:**

.....

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:

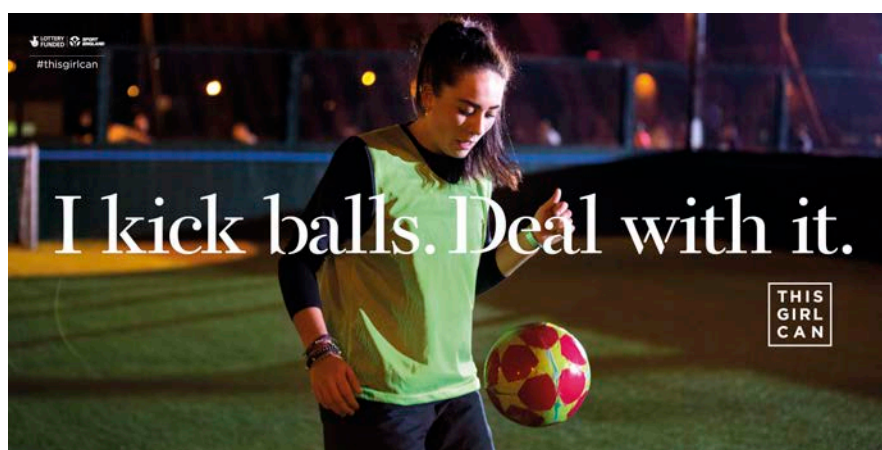
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Government:

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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.

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[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

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

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

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

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[1]

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

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6.

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

[illegible]

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[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.

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[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

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2. Discrimination

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3. Peer pressure

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[3]

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

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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

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

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(c) To sponsor football players to advertise health products

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(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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[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.

[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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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

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

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

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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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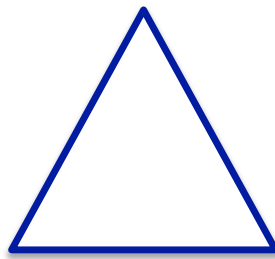
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## GOLDEN TRIANGLE

Explain the golden triangle.

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## POSITIVES OF COMMERCIALISATION

Give the positive effects of commercialisation:

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## 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.

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# 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

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(b) The government pays for a new swimming pool

☐

(c) A rugby club paying one of their players

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(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

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[1]

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

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[6]

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

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[3]

5. What is meant by the term sponsorship?

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[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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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: <ul style="list-style-type: none"> <li>The value of sportsmanship</li> <li>The reasons for gamesmanship and deviance in sport</li> <li>Be able to apply practical examples to these concepts.</li> </ul>			
Know and understand the reasons why sports performers use drugs.			
Know the types of drugs and their effect on performance: <ul style="list-style-type: none"> <li>Anabolic steroids</li> <li>Beta blockers</li> <li>Stimulants</li> </ul>			
Give practical examples of the use of these drugs in sport.			
Know the impact of drugs use in sport: <ul style="list-style-type: none"> <li>On performers</li> <li>On sport itself</li> </ul>			
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:

.....



## GAMESMANSHIP

What does this mean?

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Example:

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## DEVIANCE

What does this mean?



Example:

## PERFORMANCE ENHANCING DRUGS

Why would a performer take drugs?

1



2



3

4



## TYPES OF DRUGS

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

**Anabolic steroids:**

**Beta-blockers:**

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**Stimulants:**

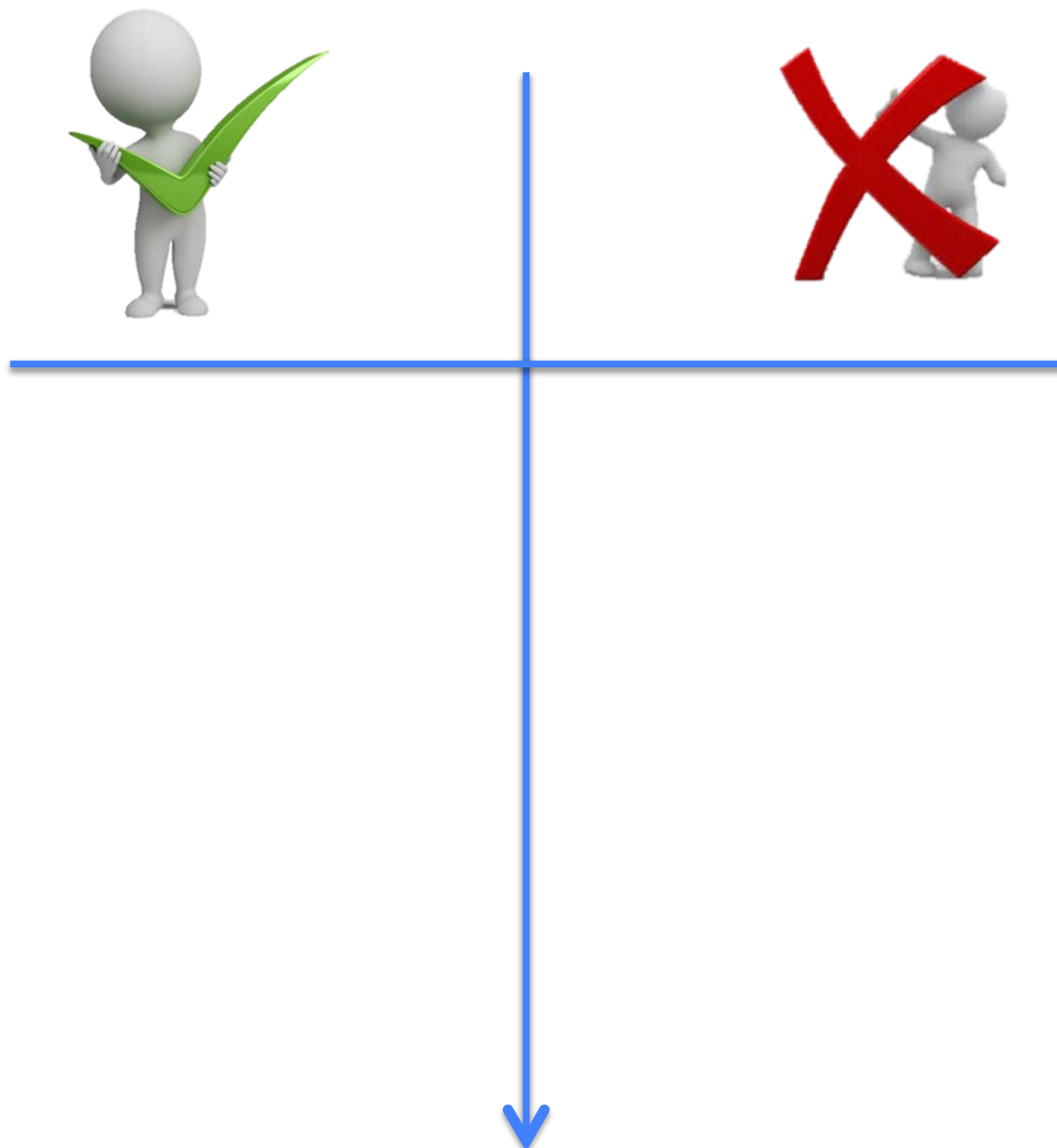
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### **EFFECTS OF TAKING PERFORMANCE ENHANCING DRUGS**

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



## VIOLENCE IN SPORT

### What are the reasons for player violence?

[illegible]

**Example of player violence:**

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## 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.

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[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

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2)

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3)

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Effects of blood doping

1)

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2)

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3)

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[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

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(b) A decrease in oxygen uptake in muscles

☐

(c) A decrease in the likelihood of blood infections

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(d) An increase in the temperature of muscles

☐

[1]

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

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[1]

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

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

1. Activity 1

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Example of sportsmanship

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Example of sportsmanship

2. Activity 2

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Example of sportsmanship

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Example of sportsmanship

3. Activity 3

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Example of sportsmanship

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Example of sportsmanship

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

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

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[1]

END OF QUESTION PAPER