

TA		Barrier to Participation	Barrier 1	Barrier 2	Barrier 3	Solution to a barrier
Different User Groups	<div>1</div> <p>Describe one way to make it easier for disabled people to take part in swimming and provide an example...</p> <p>Access: wheelchair access, disabled facilities & specialist equipment</p> <p>Promotion: role models, inclusive V specialist sessions</p> <p>Provision: specialist coaches, specialist equipment,</p>	Retired People	Lack of transport	Lack of disposable income	Lack of role models	Free transport
Carers		Families with Young Children	Lack of child care	Lack of free time	Lack of disposable income	Provide creche facilities
Teenagers		Ethnic minorities	Language barrier	Lack of role models	Lack of awareness of information on sport and exercise	Promotion in community with flyers etc.
Ethnic minorities		Children and Teenagers	Lack of transport	Lack of disposable income	Lack of free time	Different timetabled sessions
Unemployed		Disabled People	Lack of transport	Lack of provision	Lack of sporting role models	Provide disabled only sessions
Retired people		Unemployed	Lack of disposable income	Cost of equipment	Other priorities for the use of leisure time	Provide free equipment
Young children						
People who work	<p>Factors which can impact upon the popularity of sport in the UK</p> <p><u>Participation levels</u></p> <p><u>A</u>ceptability</p> <p><u>M</u>provision</p> <p><u>E</u>nvironment</p> <p><u>R</u>Success</p> <p><u>S</u>pectators</p>					
Parents (single or couples)						
People with family commitments						
Name 2 emerging Sports						
Kabaddi						
Padel						
Footgolf						
Ultimate frisbee						

TA

Fill in the blanks to complete the Olympic Creed using the following words:

2

Struggle	Take Part	Triumph	Win
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"The most important thing is not to but to, just as the most important thing in life is not the but the The essential thing is not to have conquered, but to have fought well."

Pierre De Coubertin

Olympic & Paralympic Values
Highlight the Olympic Values

Friendship	Courage
Inspiration	Equality
Excellence	Determination
Respect	REF: Olympic Values DICE: Paralympic Values

Different Types of Performance Enhancing Drugs
2 Steroids
Stimulants
Beta blockers
Diuretics
Blood doping
Narcotic analgesics

Athlete Caught Taking PED's	PED Taken
Dwain Chambers	Steroids
Paul Pogba	Steroids
Maria Sharapova	Beta blockers

1. Hair	3. Blood
2. Nails	4. Urine

Describe three ways that being caught taking performance enhancing drugs might affect an athlete's sporting career.

1 [1]

2 [1]

3 [1]

Explain the 'whereabouts' rule in relation to drug testing.

Elite performers have to provide details about their location and give an hour-time slot every day where they will be available for testing

List four ways you can test for performance enhancing drugs...

Reasons Why Athletes Take PED's...	Reasons Why Athletes Should NOT take PED's...
Fame	Banned
Money	Bad reputation
Win at all costs	Stripped of medals

List as many MAJOR SPORTING EVENTS as you can...	How often is the MAJOR SPORTING EVENT held?	What type of MAJOR SPORTING EVENT are they?
FIFA World Cup	4 years	One off
Olympics	4 years	One off
Champions League Final	Every year	Regular
Wimbledon	Every year	Regular recurring
Grand Prix (Silverstone)	Every year	Regular recurring

TA

3



BENEFITS of hosting a MAJOR SPORTING EVENT (BEFORE)	NEGATIVES of hosting a MAJOR SPORTING EVENT (BEFORE)	BENEFITS of hosting a MAJOR SPORTING EVENT (DURING)	NEGATIVES of hosting a MAJOR SPORTING EVENT (DURING)	BENEFITS of hosting a MAJOR SPORTING EVENT (AFTER)	NEGATIVES of hosting a MAJOR SPORTING EVENT (AFTER)
+ jobs	Jobs only temporary	Direct tourism	Litter, pollution & noise	Improved facilities	Loss of money
+ infrastructure	Protests	National morale	Terrorism	+ reputation	- reputation
Invest from large companies	£££	+infrastructure	Negative media coverage	+ indirect tourism	Unused sports facilities

TA

4

What is a National Governing Body? Give an example of one and briefly state what they do...
FA, England Netball, England Badminton, British Gymnastics
NGB: manages a specific sport within a country

What are the 8 Main Roles of the National Governing Bodies?	
Organise comps	Provides support & guidance
Develops coaches & officials	Promote participation
Develops policies & initiatives	Lobby
Amend rules	Ensure safety

How do NGB’s promote/grow their sport? Pick 1 way and explain...

Develop initiatives with elite performers going into schools and promoting their sport. EG Chance to Shine

Can you provide an example and explain how NGB’s provide the infrastructure to sport?

Football: grassroots to elite level competitions
Football: grassroots to elite level facilities (St George’s Park)
Netball: Level 1 to elite coaching qualifications

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

National governing bodies:

(a) can set the rules of sports

True / False

[1]

(b) are responsible for mass participation but **not** elite athletes

True / False

[1]

(c) control more than one sport each

True / False

[1]

(d) do **not** organise disabled sports competitions

True / False

[1]

What are the different ways in which NGB’s are funded...	
Memberships	Sponsorships
Grants	TV rights
Ticket sales	Public donations
Merchandise	

TA

ACRONYM for TCEHNOLOGY

Analysis

Recovery

Clothing

Accessibility

Decision making

Equipment

Spectators

Safety

Sports equipment can be to improve its performance.
For example, changes to the of equipment can make it more
aerodynamic.

A piece of equipment that has been improved this way is the drive
The new shape creates less so the swing is more
..... and the ball will go

drag further shape golf redesigned powerful



Choose a sporting activity and describe the technology used
to officiate this sport effectively

Sport: **TMO (television match official in rugby)**

Extra official who watches video replays. The referee on the
pitch can consult with the TMO to help them make key
decisions

Give a sporting example for each:

Improved equipment ➡ Halo in formula 1, lighter equipment (carbon fibre), shape of equipment to reduce drag in golf

Improved clothing ➡ synthetic materials to be more aerodynamic in sports such as cycling

Improved ways to train ➡ Heat maps, running watches, GPS vests,

TA



Above, is a hockey goalkeeper. State 3 pieces of equipment seen in the image and how each provides protection

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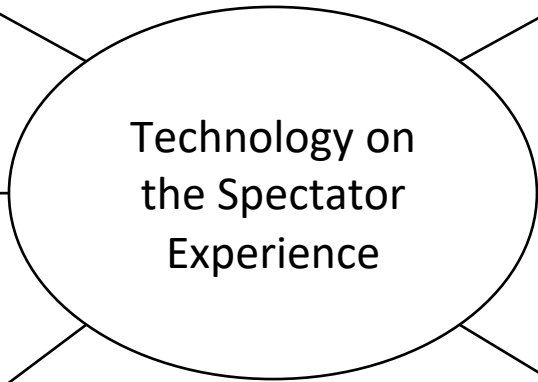
Negatives of Technology on the Performer	Positives of Technology on the Performer
1. Cost	Quick recovery
2. Unequal access	+ Analysis
3. Interrupting a game	+ Performance

Positives

Replays

Different camera angles

Punditry: better understanding



Negatives

State 3 positives and 3 negatives technology can have on spectators

ACRONYMS

Popularity in Sport	Sporting Values	Olympic Values	Paralympic Values	NGBs	Technology in Sport
Participation Accessibility Media coverage Provision Environment Role models Success Spectators	Inclusion National pride Fair play Excellence Citizenship Team work Tolerance	Respect Excellence Friendship	Determination Inspiration Courage Equality	Organise comps Develop initiatives Develop coaches Amend rules Provide support Promote partici Lobby Ensure safety	Analysis Recovery Clothing Accessibility Decision making Equipment Spectators Safety
PAMPERSS	INFECTT	FIERCED (REF)	FIERCED (DICE)	ODDAPPLE	ARCADESS

8 MARK QUESTION

Exam Series	Topic
June 2024	TA1: Emerging Sports
January 2024	TA5: Technology in Sport
Sample	TA3: Major Sporting Events
June 2023	TA3: Major Sporting Events
Jan 2023	TA1: Popularity of Sports
June 2022	TA2: PEDs
Jan 2022	TA1: Barriers to Participation
June 2021	TA3: Major Sporting Events

Remember:

K: make a knowledge point

E: explain your knowledge point

EG: give an example

Do this X3 to ensure 8 marks

Marks 1-3: basic

Marks 4-6: adequate

Marks 7-8: thorough

Explain, using examples, how the national governing bodies help to promote, support and fund sport in the UK.

Observations: January 2020 was the last time a NGB 8 mark Q was on a Sports Studies exam.
I would be prepared for this or TA1: Participation Issues or TA2 PEDs

Findings from the mock exam

(d) Which **one** of the following is a negative impact of the use of Performance Enhancing Drugs on sport?

Tick (✓) the correct answer.

(a) Damage to the performer's reputation

☐

(b) Increased positive media attention

☐

(c) Increased sponsorship

☐

(d) Reduced participation levels

☒

[1]

This question was poorly answered because many of you thought it was based on the performer but read the question...

- (b) Ensuring equal opportunities within their sport is one method a National Governing Body (NGB) uses to promote participation within their sport.

Suggest **three** other ways an NGB can help promote participation and explain how this might increase participation levels.

1

Explanation

.....

2

Explanation

.....

3

Explanation

.....

NGB's method of promoting participation		Explanation	
1	(Increasing) media coverage / advertising	2	More people will be aware of the sport helping to increase participation
3	Promotions / campaigns / initiatives	4	Increase awareness and encourage participation
5	Training coaches	6	Increasing the number of coaches allows more access to training increasing participation
7	Training officials	8	Increasing the number of officials allows more competitive games to be played
9	Organise tournaments and competitions	10	Increased opportunity to play competitive sport encouraging more participation
11	(Increase number of) role models	12	More people will be inspired to take part
13	Increase provision	14	More facilities allow more people to take part

(c) Other than respecting the sport and its participants, state **three** reasons why it is important for performers to demonstrate positive etiquette and sporting behaviour.

- | | |
|---------|---|
| 1 | 1. Maintain the sport's traditions |
| | 2. Reinforce positive sporting values |
| | 3. Demonstrate fair play |
| 2 | 4. Ensure the safety of themselves and other performers |
| | 5. Act as a positive role model for children and other participants / inspires younger children to copy behaviour |
| 3 | 6. Increases sport's reputation / positive attention / promotes sport |
| | |

[3]