

OCR



Paper 2 Revision

Exam Wording

- **Using practical examples** – This means you have to relate to sport within your answer to get the mark – BE SPECIFIC e.g. football
- **Identify** – State the relevant points briefly
- **Give** – State the relevant points briefly
 - *You don't need to make a lengthy discussion or give minor details.*
- **Explain** - Give detailed reasons for an idea, principle or result, situation, attitude and so on. You may need to give some analysis as well.
- **Describe** - Give details of processes, properties, events and so on
- **Compare** - Put items side by side to see their similarities and differences
- **Justify** - Give reasons to support a statement – it may be a negative statement, so be careful!
- **Apply** – Using your knowledge to answer the question or problem you've been given

6 Mark Questions

Key points to remember

- Candidate gives relevant material that is **clearly structured (MAKE A PLAN BEFORE WRITING)** and using **appropriate terminology (USE KEYWORDS)** and technical vocabulary.
- **Practical examples** to reinforce points made
- **3 + valid and different** reasons given
- There are few if any errors in **grammar, punctuation and spelling**. – **CHECK & ADD**

Point, Explain, Example



- **Before you write an answer remember to PEE...**
- **Point** – definition or description
- **Explain** – answer or make appropriate to the question
- **Example** – give a practical example of how it applies

25* Describe an exercise programme which includes the training principles of:

Overload

Specificity

Progression

Reversibility.

Each principle is
Described and
Explained

A
Practical
example
for circuit
training
given for
each
principle

6/

6

Within circuit training you can use each of the training principles to improve specificity is making your training meet your own individual needs: this could involve certain muscle groups or types of exercises. E.g. choosing muscle groups to train strength for your sport.

Progression is making the training more difficult. e.g. in a bicep curl you could increase the weight.

Overload is where you work harder than you would usually do which makes adaptations to the body, this can be achieved by increasing the frequency, time, type or intensity of the activity e.g. working for 45 seconds each station instead of 35 seconds.

Reversibility is when your performance can decrease if you stop training e.g. if you miss a week of circuit training you may have to go back to 35 seconds as fitness has decreased. [6]

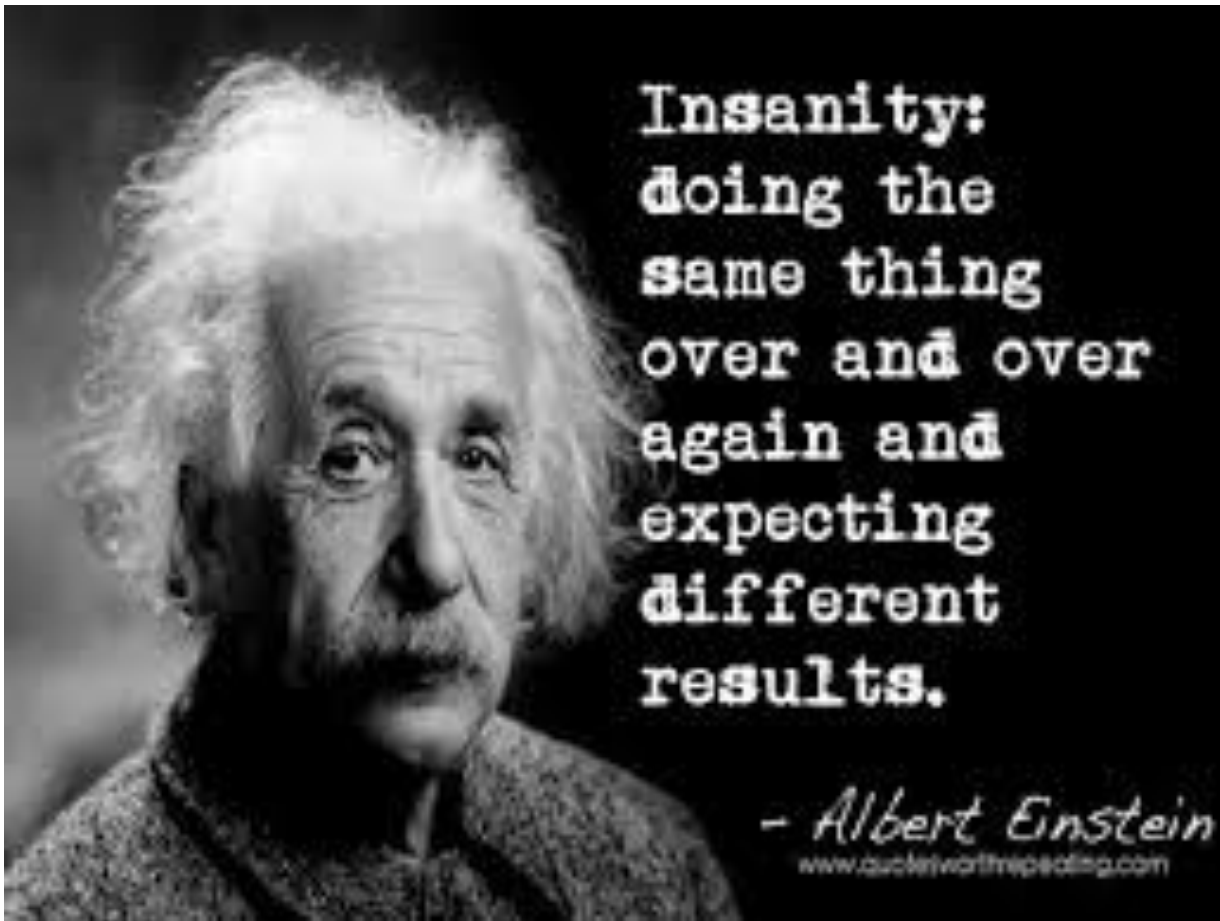


TOP TIPS

- Do not leave **anything blank** – try to write something even if you are not sure
- Check if you have included **specific practical examples**
- If you are stuck on a question, leave it till the end and **come back to it**
- **Make notes** on the side then cross them out
- **Go back to the question** within your answer to make sure you have answered it properly.

Revise for the test

- Be prepared!



**Insanity:
doing the
same thing
over and over
again and
expecting
different
results.**

- Albert Einstein
www.quoteoftheday.com

Section A – Shorter answers
Section B – Longer answers

Paper 2 Revision

- Physical activity and sport in the UK
- Participation in physical activity and sport
- Commercialisation of sport
- Ethics in sport
- Drugs in sport
- Violence in Sport
- Characteristics of skilful movement
- Classification of skills
- Goal Setting
- SMART goals
- Mental Preparation
- Types of Guidance
- Types of Feedback
- Nutrition
- Well being

You are expected
to attempt to
answer all
questions

6 mark questions
will be graded by
the quality of your
answer as well as
content

Engagement Patterns of Different Social Groups

1. **Department of Culture, Media and Sport** – the government department responsible for sport provision



Funding from the government and national lottery

2. **Sport England** – national organisation to increase sporting participation



Funding filters down into the sports

3. **National Governing Bodies** – organisation responsible for a specific sport in England e.g. FA (Football), RFU (Rugby), England Netball



Clubs, Individuals receive the funding

Participation Levels

- Can you give reasons for HIGH, MEDIUM and LOW participation Levels

HIGH E.g. Swimming/Cycling/Football – Access to facilities, cheap, availability, easy for all ages, little equipment, important skills (survival in swimming), easy to learn, media interest, role models

LOW E.g. Cricket/skiing – not many girls play, large grounds, expensive, climate, exclusive, lack of role models

Most popular sports for ADULTS?

- Walking 46%
- Swimming 35%
- Keep Fit/Yoga (Aerobics/Dance) 22%
- Cycling 19%
- Cue Sports (Billiards, snooker, pool) 17%

Regular exercise – current government recommendations

Adults –

- A minimum of 30 mins moderate physical activity on five or more days a week.

Children and young people aged 5-18 –

- Should participate in physical activity of moderate intensity for one hour every day

Sedentary Lifestyle -

- Being physically active (moderate intensity) for less than 30 minutes a week
 - Often too much TV/video games
 - Overdependence on transport
 - Less physical job e.g. office/school

Participation Rates

Participation rates falls with:

- **Age** (as you get older)
- **Gender** (men participate more than women)
- **Disability** (less disabled participate but increasing)
- **Ethnicity** (less ethnic minorities participate)
- **Socio-Economic Status** (type of job/money/class)



Factors Affecting Participation in Sport

Age

Gender

Ethnicity, Religion

Family

Education

Cost/Disposable Income

Disability

Opportunity/Access/Climate

Media Coverage

Role Models

Factors Affecting Participation in Sport

Factor	Description
Age	<p>The Opportunity and Provision of physical activity is the greatest for school aged children</p> <p>Adults have less free time, think they are less fit and have less choice</p> <p>Older Adults can lack confidence</p>
Gender	<p>Increased opportunity (more clubs), funding and media attention for MALE sports</p>
Family	<p>If your parents are active you are more likely to be active</p> <p>Family support, money, transport and time commitment for you to play.</p> <p>These are essential for participation in children.</p>
Education	<p>Schools provide extracurricular opportunities</p> <p>Some schools provide more time than others. EG Private School</p> <p>Depends on staff skills as to what is offered.</p> <p>Exams can cause a decrease in participation, due to study</p>

Factors Affecting Participation in Sport

Factor	Description
Ethnicity, Religion	Worship commitments. EG church and games on Sunday's Restrictions on diet EG Ramadan. Stop you from participating
Cost	Memberships , facility hire, equipment cost etc. Can limit some people's participation .
Disability	Lack of specialist equipment, facilities or coaches, Restricted access, Lack of confidence , <u>Discrimination- Treating a person differently</u>
Opportunity / Access / Climate	What you can do depends on what is available to you. Rock climbing, sailing skiing are popular sports but participation is restricted to certain places. EG: You need a lake to sail.
Media Coverage	Largely based around male sport EG Football, Rugby, Tennis and Athletics
Role Models	Few role models promoted in Minority Sports this limits participation.

Strategies to Improve Participation

1. Promotion

- Increase **awareness** of sporting opportunities, choices and **role models**.



2. Provision

- Ensuring that the appropriate facilities, **equipment**, and coaching **are available**.



3. Access

- Ensuring that people can **actively engage** with physical activity and sport.

National Campaigns

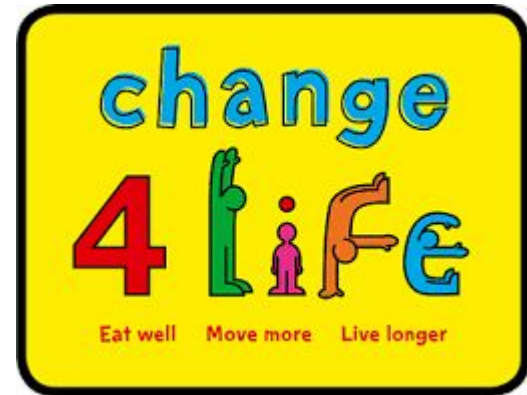
Sport England – This Girl Can

- To raise female participation



Department for Health: “Change 4 Life”

- Promotes Healthy eating and an active life



Sainsbury's “Active Kids”

- Donate sports and cooking equipment to schools to increase participation.

Sainsbury's



Drugs in Sport

Why sports performers uses drugs?

- To **improve Physical Function** such as, build muscle, train harder, lose weight or reduce pain.
- To **improve Psychological Function** such as, steady nerves, increase motivation, alertness or aggression.
- To **win at all costs** as a result of the fear of losing, money, glory or fame OR to gain these things.
- A **belief** that other performers are doing the same thing and that they are getting away with it.

The types of drugs used and their effect on the performer?



Anabolic Steroids

Sports Taken In	Effects on Performance	Negative Side Effects
<ul style="list-style-type: none">➤ Weight lifters➤ Throwers➤ Sprinters➤ 50 metre swimmers	<ul style="list-style-type: none">➤ Increased muscle mass➤ Increased speed of recovery➤ Increased intensity and duration of training➤ Mask injury	<ul style="list-style-type: none">➤ Aggression and mood swings➤ Acne and hormonal problems➤ Liver damage and heart failure

The types of drugs used and their effect on the performer?

Beta Blockers

Sports Taken In	Effects on Performance	Negative Side Effects
<ul style="list-style-type: none"> ➤ Snooker ➤ Archery ➤ Shooting 	<ul style="list-style-type: none"> ➤ Decreased blood pressure, ➤ Heart rate, muscle tremors and anxiety 	<ul style="list-style-type: none"> ➤ Dry mouth ➤ Dizzy spells ➤ Tiredness ➤ Stomach problems

Stimulants

Sports Taken In	Effects on Performance	Negative Side Effects
<ul style="list-style-type: none"> • Motor sport drivers • Sprinters • Long distance cyclists 	<ul style="list-style-type: none"> • Increased alertness, focus and concentration • Increase use of fats as energy and endurance performance 	<ul style="list-style-type: none"> • Sleep problems and anxiety • Stomach Problems

Violence

Reasons for player Violence:

- **Anger or Frustration**
 - Poor officiating
 - Lack of Time
 - Poor Performance
- **Emotional Intensity**
 - Importance of the game, local derby
 - Pre-match hype/rowdy crowd
- **Abuse or Provocation**
 - Hostile crowd
 - Retaliation from other gamesmanship
- **Lack of Discipline**
 - Lack of punishment
 - Copying behaviour of role models
- **Nature of the Game**
 - Contact sport
 - Sports with equipment
 - Kit that dehumanises players



Sportsmanship



- This is behaviour that shows **fair play, respect** for opponents, umpires and spectators.
 - E.g. Shaking hands with an opponent and the referee after a tennis match.

Sportsmanship is really important because it helps to:

- Make the activity **enjoyable**
- Encourage a **good atmosphere and friendliness**
- Supports the officials and umpires and **helps the game flow.**
- Raises the status of the sport and provides **good role models**

Ethical and Social Cultural issues in Physical Activity

Gamesmanship

- This is bending the rules to gain an **unfair advantage** in a sport.
 - E.g. Keep stopping to tie your shoelace when your opponent is serving in tennis or delaying play



Deviance

- This is **CHEATING, breaking the rules** and often involves illegal behaviour
 - E.g. a high tackle in rugby



The Golden Triangle

How does it work?

Sporting success brings media attention which attracts Sponsorship

Media attention and sponsorship increase funding for Sport.

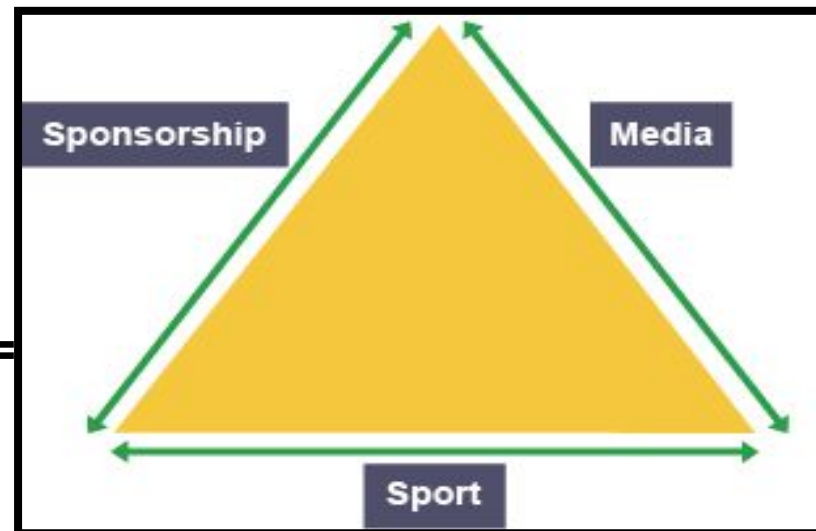
Examples: The Premier League Football

The money invested through sponsorship and the media enables the following to be the best:

- Standard of players
- Facilities
- Coaching and management

Together Sport + Media + Sponsorship =

The Golden Triangle



Positives & Negatives of Sport Commercialisation of Sport

Sponsorship

The funding of individuals, teams or kits to make profit.

Positives	Negatives
Increased funding	Bad image for sport if linked to fast food or alcohol
Allows full time training	Pressure of Sponsors demands
Gives players and clubs Financial Security	Only top teams or sports get sponsorship
Pays for competitions or facilities	Sponsorship can be easily lost
Example	Example
Arsenal sponsored by Emirates Airlines. Kit and Stadium named after Emirates. This provides Arsenal with additional income 150 million over 5 years.	Olympics sponsored by McDonalds. Many thought this put a negative image on the games.

Positives & Negative Commercialisation

Media

The mass communication of information about sport e.g. radio, TV

Positives	
Increased Participation	Increased participation in sport
Generates funding/invest in sport	Pay per view limits access to all
Makes sport more entertaining	Poor Role models highlighted
Makes games fairer	Damaging press coverage of a player
24hr coverage	Pre match hype towards an Opponent
Increase National Pride	Minority Sports get limited coverage
Promotes Minority Sports	Controls or changes Sport and its rules.
Promotes Roles Models	
Breaks Stereotypes	
Creates Sports Stars on and off the field	
Examples	Examples
<ul style="list-style-type: none"> Wimbledon fortnight everyone plays tennis!! Sky sports news is 24 hours National Success 	<ul style="list-style-type: none"> Sky sports is a monthly subscription Rooney drink driving Table Tennis gets little coverage

Classification of Skill

- A **Motor skill** is a learned movement response
- Classification makes it clearer about what is **required to learn and perform** a particular skill
- They are placed on 2 continuums
 - Environmental (OPEN/CLOSED)
 - Difficulty (COMPLEX/SIMPLE)



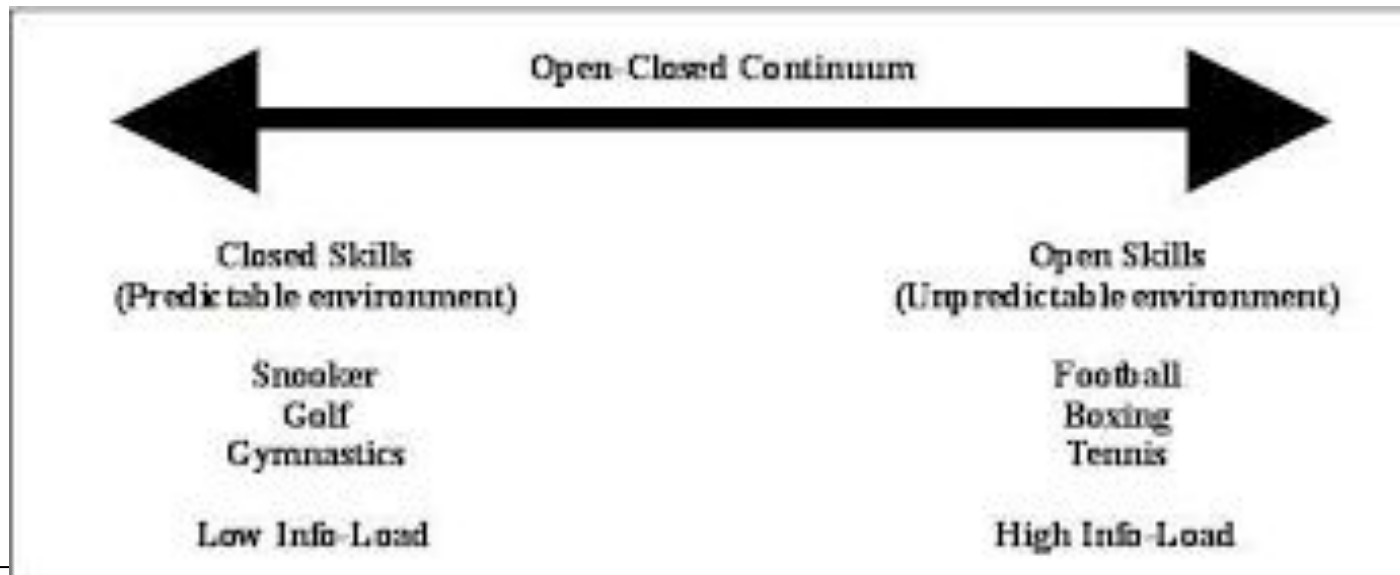
Environmental Continuum

Open Skill

- Affected by the environment
- Requires the performer to make perceptual decisions based on the surrounding
- Externally paced

Closed Skill

- Not affected by the environment
- Not many perceptual decisions
- Self paced



Difficulty Continuum

Complex Skill

- Many stimulus to process
- Many decisions and judgements to make
- More feedback & subroutines
- E.g. slip catch in cricket or pass by a midfield player in hockey



Simple Skill

- Limited stimulus to process
- Straightforward with hardly any judgements or decisions
- E.g. A sprint start for swimming



Simple

Swimming, Sprinting

Complex

Somersault, Tennis serve

Characteristics of Skilful movement

Skilful movement Characteristics: **CONSIDER OPPOSITES** if it asks for an **unskilled performer**

- | | | |
|-------------------------------------|---------------------------------|---|
| 1. Efficient | Non-efficient | 1. <u>N</u> o wasted energy when hitting a ball in tennis |
| 2. Co-ordinated | Uncoordinated | 2. The footballer can jump and do a 'bicycle kick' successfully |
| 3. Pre-determined | Confused | 3. The gymnast knows her routine well before she starts |
| 4. Fluent | Jerky, not smooth | 4. The rugby player picks up the ball and passes in one flowing movement |
| 5. Aesthetically Pleasing | Lack of aesthetic appeal | 5. The netball player shoots the ball using the correct technique that looks good |
| 6. Creative | Lack of creativity | 6. A footballer can disguise a pass |
| 7. Successful/Good Technique | Lack of technique | 7. A basketballer shows the correct shooting technique |
| 8. Speed | Slow | 8. A netball player passes with speed |
| 9. Confidence | Lacks confidence | 9. A cricketer shows confidence when playing a forward defensive shot |
| 10. Consistent | Inconsistent | 10. A tennis player serves well every time she serves |
| | | 11. A volleyball player controls a dig |

Skilled performer



- No waste of effort
- Has speed when needed
- Knows what they are doing
- Is smooth and fluent when moving
- Looks aesthetically pleasing and shows good technique
- Very Successful

Novice or beginner



- Wastes effort
- Is slow
- Don't know what they are doing
- Has jerky movements
- Looks awkward and uses incorrect technique
- Is rarely successful

Why Goal Set?

- For improved performance
- Adhere to Exercise/training
- Motivate



It also:

- Increases confidence
- Controls anxiety
- Show improvements
- Make goals relevant to the individual
- Increase your pride and satisfaction after goal completion





Write in the Table
on page 11

SMART

Goals

Starter

- What are

Specific

Measurable

Achievable

Recorded

Timed

Goals must be clear and relevant to your individual needs/sport

Goals are monitored to make you accountable

Goals can be achieved or within your control

Goals are recorded once achieved and checked off

Goals should be planned over a set period of time (short/long)

Add your own practical examples for each

Mental Preparation

To cope with high levels of anxiety and emotions when performing

Being mentally prepared will help to:

1. Improve performance
 2. Prevent injury
 3. Focus
 4. Control emotions
 5. Raise confidence
- **Techniques** to mentally prepare or control emotions include:
 - **Imagery** - Creation of **images in our mind**
 - **Positive Thinking/Self Talk** - Being positive about **past experiences, performances and future efforts** by talking to themselves or thinking through how successful they might be.
 - **Mental Rehearsal** - Mental rehearsal is a **form of imagery** and can involve both internal or external imagery (**picture yourself inside or outside**)
 - **Selective Attention** - **selecting only the relevant information** and ignoring the rest

Reasons why important to control emotions?

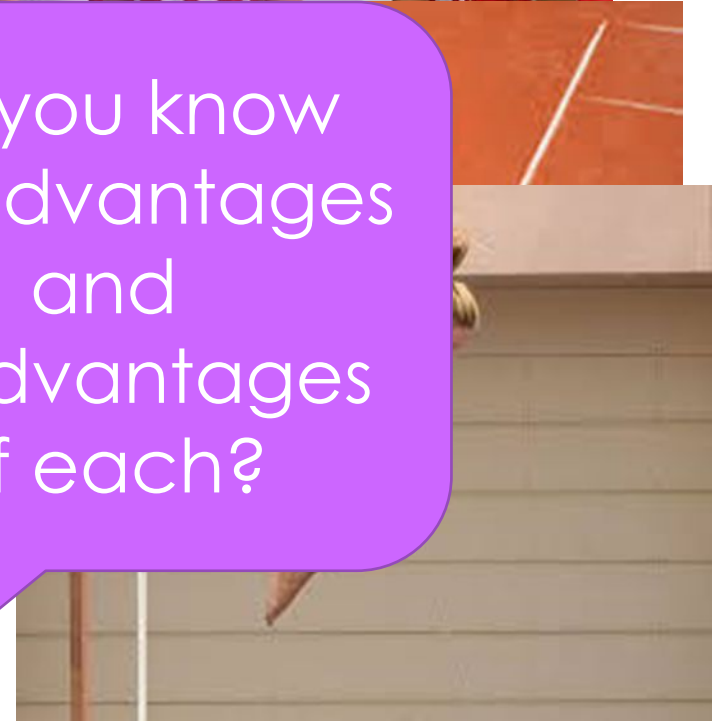
- Show Sportsmanship
 - E.g. shaking hands at the beginning/end of a game
 - E.g. stopping or kicking the ball out if someone is injured in football
- Avoid Punishment
- Avoid Aggressive behaviour
- More prepared/psyched up
- Control stress
- Better decisions

Types of Guidance

- **Visual** – demonstration, video, chart or visual aid
- **Verbal** – description and explanation
- **Manual** - the physical support often by the coach
- **Mechanical** - using equipment to support and guide the performer



Do you know
the advantages
and
disadvantages
of each?



Types of Feedback?

- **Intrinsic** – Within Performer (feeling)
- **Extrinsic** – Outside Performer (Coach, Vision, Sound)
- **Knowledge of Results** – External (Seeing the result)
- **Knowledge of Performance** – Internal (Feeling)
- **Positive** - Praise
- **Negative** - Criticism
- **Continuous** – Throughout/During
- **Terminal** - After

Nutrient	Best Source	What is it for?
Carbohydrates	Complex : Pasta, Rice, Bread Simple: Biscuits, Sweets	Main Energy Source Essential to the nervous system Determine Fat Metabolism
Protein	Meat, Eggs, Nuts	Grow and Repair Muscles, produce Haemoglobin
Fat	Saturated: Dairy, Meat, Cakes Unsaturated: Oily Fish, Nuts	Energy Source, Keep Body Warm and Protect Vital Organs, Cell production
Vitamins	Fruit, Vegetables	Vital for production of energy, metabolism and prevention of disease
Minerals	Macro-Minerals; Milk, Trace Elements: Vegetables	Calcium for strong bones, skin and teeth Iron for haemoglobin in red blood cells, carrying oxygen in the blood. Essential for effective growth/development
Water	Water	Hydration, helps with the removal of waste products & regulates body temperature
Fibre	Cereals, Vegetables	Keeps Digestive System working properly, healthy bowel, Reduces risk of bowel disease

What contributes to a healthy, balanced lifestyle?

Do you know the recommendations? E.g. BMI, calories, exercise, units of alcohol?

HEALTHY

- Healthy and balanced diet
- Regular exercise
- Maintaining a healthy body weight
- Not smoking
- Sensible alcohol consumption
- Minimising stress

UNHEALTHY

- Poor Diet
- Inactivity or lack of exercise
- Being Overweight
- Smoking
- Excess Alcohol consumption
- High Stress Levels

Maintaining a Healthy Body Weight

- BMI indicates how **fit** you are or if someone is **overweight**
 - $\text{Weight} / \text{Height}^2$
- **Inaccuracies** can also occur if you're an athlete/very muscly or pregnant
- Can indicate **how much exercise** should be done or is needed

BMI Categories:

- Underweight = <18.5
- Normal weight = $18.5-24.9$
- Overweight = $25-29.9$
- Obesity = BMI of 30 or greater (**SERIOUS HEALTH RISK**)

Benefits of an active lifestyle

Physical

- Improve Fitness
- Improve Posture
- Bone Density
- Reduce risk of Type 2 Diabetes
- Reduce risk of Coronary heart disease
- Reduced blood pressure
- Prevent Obesity
- Help with Injury

Emotional

- Reduces stress
- Improved self Image
- Self confidence

Social

- Belonging to a group
- Making friends
- Reduces Loneliness