

The English Martyrs Catholic School and Sixth Form College

Year 11 Knowledge organiser

PE (CNAT)



Name:



Limited time available to participate



Cost of participation



Lack of provision or accessibility



Discrimination



R184 TA1
Part 1 - Barriers to Participation



Parents (Singles or Couples)



Females



Retired People



Ethnic Minority Groups



People Who Work



Unemployed People



Carers



People with Disabilities

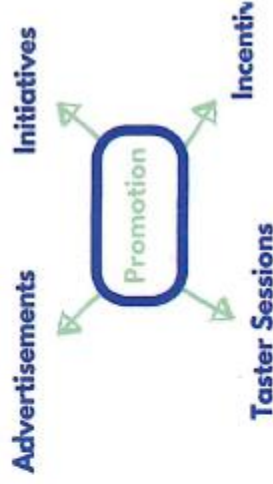
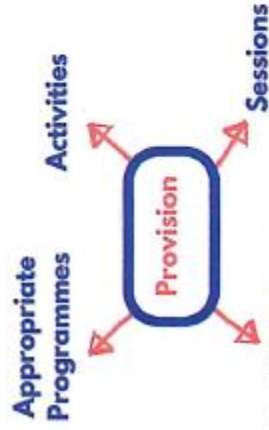


Improving Participation in Sport

Provision → The availability of sport

Promotion → The advertising and marketing of sports

Access → The accessibility of sport to all people in society



Available times for different user groups

Improving transport availability

Improving availability of facilities and equipment



Creating access to facilities for all user groups

Access

Creating appropriate pricing for all user groups



R184 TA1 Part 2 - Improve Participation

The popularity of sports in the UK depends upon a number of factors:

Environment

The lack of optimal conditions can reduce participation

Success

If an individual or team are successful at an event such as the Olympics, the sport will grow in popularity

Provision of Facilities

In towns and cities there are more facilities available than in small villages

Spectatorship

A sport will become more popular if there are opportunities to spectate live or on TV.

Social Acceptability

Not all sports are seen as ethically acceptable

Media Coverage

Some sports get more media coverage than others

Role Models

Role models, who are highlighted in the media, can increase the number of people wanting to participate in a certain sport

Emerging Sports in the UK:



Women's Cricket

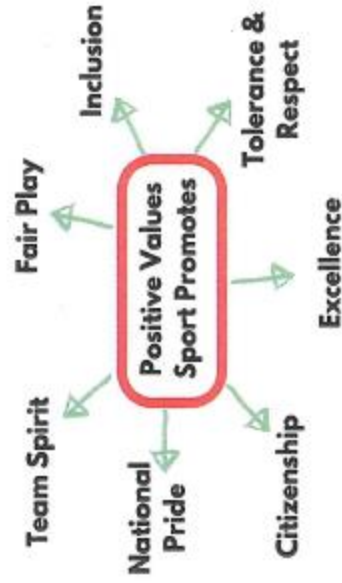


Ultimate Frisbee



Women's Football





The Olympic Values:

- Respect
- Excellence
- Friendship



The Paralympic Values:

- Courage
- Determination
- Inspiration
- Equality



Clapping an opponent when they reach 50 runs in cricket



Etiquette: The unwritten rules concerning player behaviour



Sportsmanship: Playing within the letter and spirit of the sport



Shaking hands at the end of a match in football

Gamesmanship: Bending the rules, making use of dubious methods that are not strictly outside of the rules to gain advantage



Deliberately grunting loudly in tennis



R184 TA2 Part 1 - Promoting Values Through Sport

Not only do performers need to show good etiquette during events, but so do spectators. Good etiquette can be shown by...



Staying quiet during national anthems

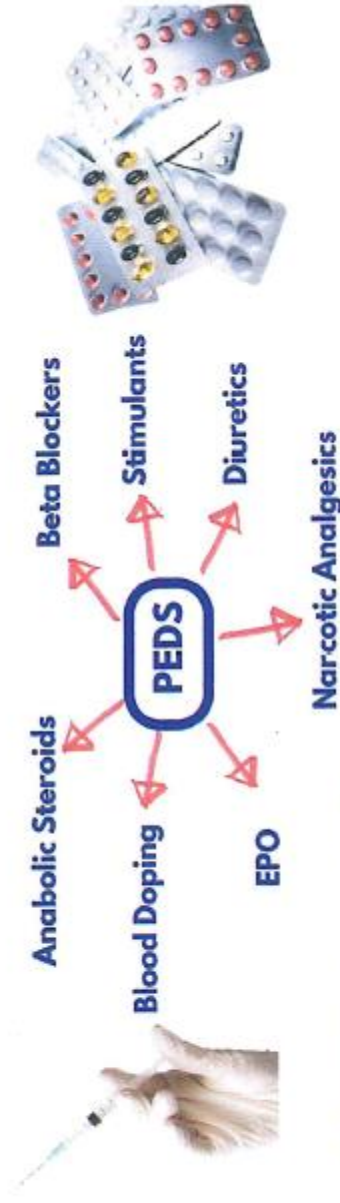


Applauding the opposition

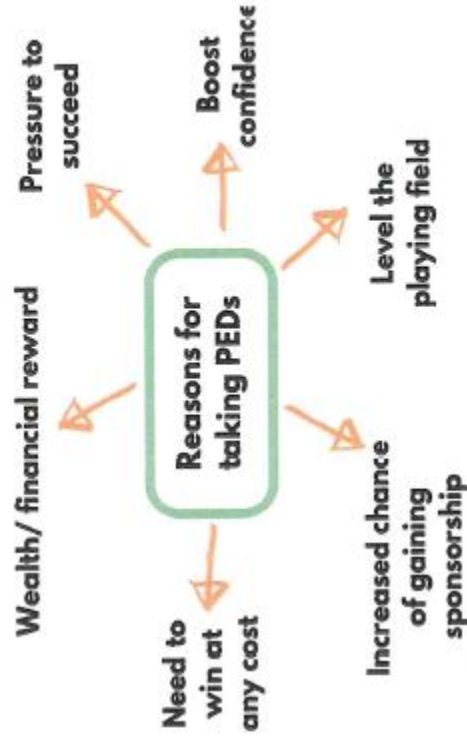


Not booing players or officials





Narcotic Analgesics



R184 TA2 Part 2 - Performing Enhancing Drugs

The World Anti-Doping Agency (WADA) prevents the use of drugs through various procedures:



Drug Testing – Testing for drugs can be through samples of hair, urine, blood and nails.



Sanctions/Penalties – Those caught taking PEDs are given lengthy bans from sport



The 'Whereabouts' Rule - Athletes need to inform governing Body of where they will be at all times so that tests can be conducted at random



Education Initiatives - Athletes are educated about harmful effects that PEDs can have on their bodies

Disadvantages of taking PI



Cheating/Immoral



Illegal



Health Risks



Fines/Bans



Reputational Damage



The Olympic Games



One-Off

A 'One-off' event is when hosting an event in any given country will only happen once in a generation.

Champions League Final



Regular

A 'regular' event is held in a different city each year but could return after a few years.

Wimbledon Tennis Championships



Regular & Recurring

A 'regular and recurring' event is annual and contracted to the host country.

Positives of Hosting a Major Sporting Event:

- ✓ Improved national morale
- ✓ Increase in employment
- ✓ Improved transport and infrastructure

- ✓ Increase in tourism
- ✓ Increase in participation



Negatives of Hosting a Major Sporting Event:

- ✗ Potential for terrorism/crime
- ✗ Money could be better spent elsewhere
- ✗ Increase in litter/noise
- ✗ Sports facilities unused after the event

R184 TA3 & TA4 - Major Sporting Events & NGBs



NGBs - Lobbying for Funding

- ↑ Membership fees for all players across the country
- ↑ League fees for teams to take part in competitions
- ↑ Apply for funding from Sport England/UK government

Rules & Discipline

Ensure Safety within their Sport

Organise Tournaments and Competitions



Promote Participation/Bring in Policies & Initiatives

The Roles of NGBs

Develop the sport's coaching and officiating infrastructure

Provide support, insurance and technical guidance to members

Examples of NGBs

- Football Association (FA)
- Lawn Tennis Association (LTA)
- Rugby Football Union (RFU)
- England Netball
- England Hockey



Technology plays a vital role in sport, particularly at an elite level. Technology can be used to:



Enhance performance

Increase the safety of participants

Increase fair play and increase the accuracy of officiating

Enhance spectatorship

Increase fair play and increase the accuracy of officiating - officials are now supported by technology such as:

- TMO - Rugby
- VAR - Football
- DRS - Cricket
- Hawkeye - Tennis



Enhance performance - a range of equipment and clothing can be used to enhance performance in sport such as cycling:

- Streamline helmets and clothes
- GPS devices
- Power meters
- Lightweight bikes with gears



Increase the safety of participants - technology can be used to create and check safety equipment, e.g.

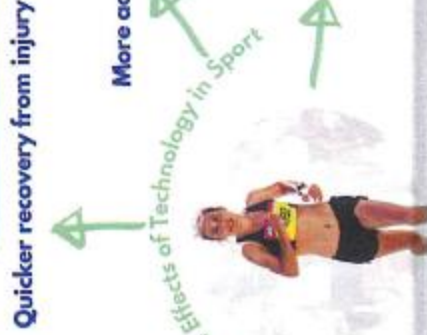
- Technology is used to create helmets that prevent concussion and injuries in cricket



Enhance spectatorship - Big screens mean fans can see live replays of important action

- Can help spectators understand decisions being made
- If fans see decisions they don't agree with could lead to abuse of referees

R184 TA5 The Use of Technology in Sport



Enhanced performance

Lowers risk of injury

More accurate decisions

Technical analysis



Increased cost of technological advances

Potential reduction in the flow of the game through introduction of officiating technology

Unequal access to the same quality of technology



Officials' decisions influenced by technology which does not always apply the best interpretation of the rule

Negative Effects of Technology in Sport



Availability & affordability of technology

Tactics v Strategy



Tactics are the individual steps and actions that will get you there

A strategy is the action plan that takes you where you want to go



E.g. In rugby a **strategy** could be to play for territory whereas the **tactic** may be to use box kicks to pin the opposition back in their own half

Decision Making



Successful performers need to make timely and accurate decisions



Relate very closely to tactics and strategies and refer to how a whole performance is put together

E.g. Acceleration and deceleration of movements in dance

R185 TA1 Key Components of Performance



Individual Performance



When participating in individual sports it may be a challenge to stay focused when things don't go as expected



E.g. A 5000m runner needs to **decide exactly** when to implement a sprint finish in order to get away from the chasing pack

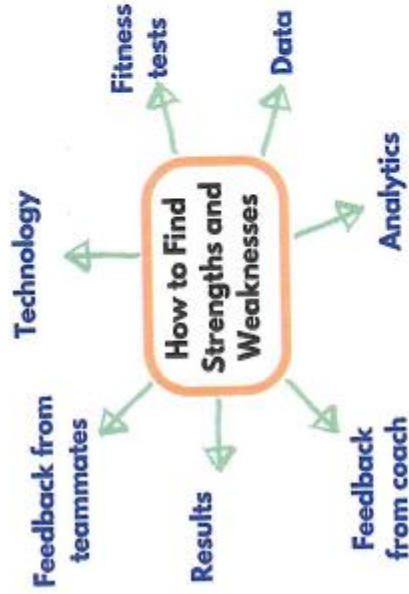
Team Performance



When participating in team sports, it is important to be able to adapt your role in order to help the team.



If a forward is sent to the sin bin in rugby, a back may be required to join the forwards in the scrum



Practice refers to how skills are learned and perfected:



R185 TA2 Part 1 - Applying Practice to Improve Sporting Activity

Progressive Drills can be used during training or practices to gradually increase pressure and make skills more difficult to perform. E.g. A beginner in **badminton** may start to serve the shuttlecock anywhere over the net, then may aim for the service box and then the back of court



Fixed practice is where the skill is practiced over and over again until it is perfected - **closed skills** are often learned through fixed practice

Variable practice involves practicing the skill in a variety of situations so that it can be adapted within matches - **open skills** are often learned through variable practice.



Whole practice is when the whole skill is performed at once - it is for more complicated phases that are difficult to break down and learn separately



Part practice is when the skill is broken down into parts which are practiced separately - skills such as triple jump can be broken down into the hop, skip and jump

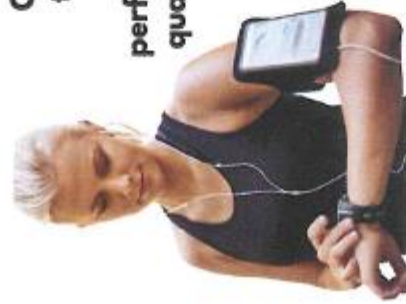


Altering the Context of Performance
Changing the setting of performance can make a session more challenging for an individual - this can help to improve performance



A young tennis player can play against an older opponent in order to challenge their performance

Video analysis - to identify weaknesses and how performance can be improved



Other assistive technology to improve performance, such as quantitative activity trackers

Tools used to Evaluate Performance in Sport

Monitoring Competition Results

Keeping individual logs of performance

R185 TA2 Part 2 - Applying Practice to Improve Sporting Activity



Video Analysis

Elite golfers will use video analysis to break down their swing and identify any areas for improvement



Monitoring Competition Results

Over the course of a season, a triathlete will know from their results whether they have made progress or not



Assistive Technology

Runners will use smart watches to evaluate their speed throughout a training session or race



Performance Logs

Weightlifters can use logs to record the number of sets and reps that they complete during training. They can also record the weight lifted during training and competitions



Factors to consider when organising a sports activity:



Venue



Equipment



Timing



Supervision



Contingency



As part of a session plan, a leader must consider:

- How to introduce and conclude the session
- Basic warm-up and Cool Down
- Skills and technique development



Emergency Procedures

Emergency procedures must be put in place in case of:

- Fire
- Serious Injury
- Very Extreme Weather (e.g. flood)
- Explosion



R185 TA3 Organising & Planning a Sports Activity Session



First Aid/Child Protection

Basic first aid and child protection should also be considered for all sessions



Safety Considerations

Prior to running a session, a risk assessment must be created

A risk assessment for a swimming pool will identify many hazards. For example:

- Non-swimmers
- Young swimmers
- Slippery surfaces
- Floats/equipment left on the side of pool
- Cleanliness of changing facilities



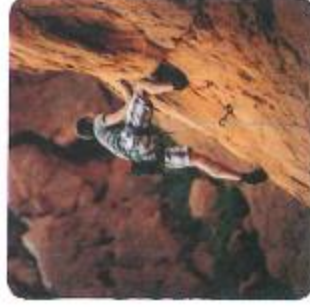
Autocratic Leader

Leadership Styles

Democratic Leader

Autocratic Leader

This is when **one person** is in charge and they make **all the decisions**. Autocratic leaders are important in potentially **dangerous** situations where direct instructions are required



Laissez-Faire Leader

The leader does not make all of the decisions and discuss ideas with the team/individual. Democratic leaders may be successful when working with elite performers who have their own ideas on how to perform



R185 TA4 & TA5 Leading a Sports Activity Session & Reviewing Leadership

After delivering your activity session, you must always consider:

- What went well?
- What did not go well?
- What could be improved for the future?

Motivation Techniques

Motivation techniques during and after activities is important to encourage participants, these can be:

- Verbal praise
- Extrinsic rewards e.g. medals

Activity-specific knowledge is vital as you need an understanding of current techniques and tactics in order to develop ability



Laissez-Faire Leader
This is where the leader doesn't instruct the players and instead they create their own tactics/strategies. Laissez faire leadership is only effective when the leader has complete trust in the team/individual

Delivery Style

Proactive - Creating or controlling a situation rather than just responding to it
Reactive - Acting in response to a situation rather than creating or controlling it

Clear verbal communication is important when leading or coaching a session. However, non-verbal communication can also be used.

Social Media

Fans can use social media to access updates, news and gossip from clubs, individual athletes and journalists



Print Media

Sporting print media includes newspapers, magazines and books

Newspapers

Broadsheet newspapers are thought to offer a more serious look at news and sport stories
Tabloids may focus on gossip, celebrities and less serious topics



thepeclassroom.com

Streaming Platforms

Streaming platforms may be the cheapest or most convenient way to watch a certain event live



Websites/Blogs
Sports websites can be accessed 24/7 and are often more reliable than social media for scores, news and updates



Broadcast Media
TV, radio and podcasts are seen as more traditional types of broadcast media

R186 TA1 Difference Sources of Media Covering Sport

Terrestrial TV

A lot of live sport is shown on subscription channels such as Sky Sports, however, certain events will always be shown on 'free-to-air' TV channels



Podcasts

Over the past 10 years podcasts have become hugely popular for a number of reasons such as: free to listen, easy access and can listen on the go

Radio
Radio can offer information about sports as well as live commentaries



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increase awareness



How media improves sport



Create and adopt role models



Inspire others to participate



The media increases participations levels by:

1. Increases profile of sports through broadcasting
2. Gives money to sport to gain broadcasting rights which can be given to grassroots sports

Social media influencers who post about sport encourage others to participate and can speak out about the benefits of sport and exercise



Orlando Robledo

https://www.instagram.com/orlandorobledo

https://www.youtube.com/channel/UC8v3p1P7...



The media has the ability to educate people on minority sports to encourage more people to watch, promote and participate in such sports



King Power Stadium



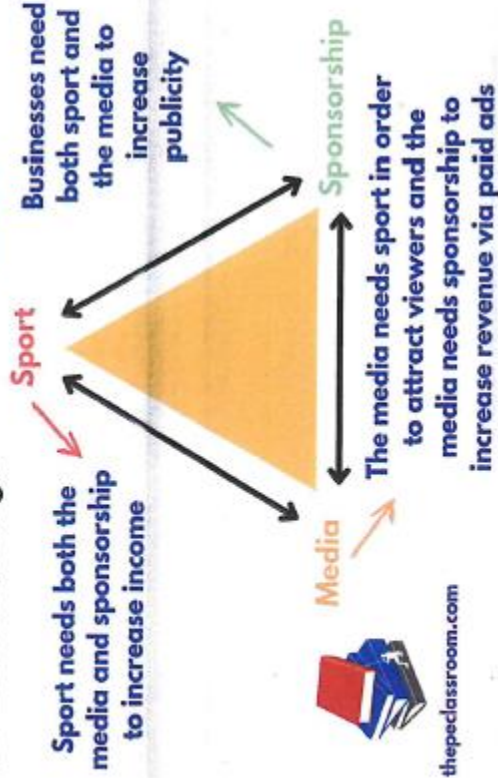
Sports teams can generate revenue by taking on a sponsor of their ground or stadium

R186 TA2 Positive Effects of Media in Sport

Sports performers can promote themselves and their sport using social media and make money to fund coaching, equipment and facilities



The Golden Triangle



Competitions can be sponsored to generate revenue for the governing body who have control of the sport



Negative Effects of the Media on Spectators



Some events can only be streamed live via subscription or pay per view channels.



Ticket prices are now much higher due to sport being heavily commercialised.



There are heavy links between attendees at sports events and gambling.



- Performers in sport will occasionally display **deviant** or poor behaviour
- This can be classified as 'on-field' or 'off-field'
- This behaviour will be highlighted and **scrutinised** by the media

Big businesses will give huge amounts of money to sports teams in order to increase their brand awareness, but some sponsors are seen as 'unethical'

Gambling



Cigarettes



Alcohol



Fast Food



R186 TA3 Negative Effects of Media in Sport

Performers, officials and leaders in sport can be portrayed negatively in the media - this can lead to them being harassed or abused on social media or in public



Prize money and pay in sport between males and females is a contentious issue

In sports such as football, cricket and golf, females get paid a lot less money to participate than men
This is known as the **Gender Pay Gap**



The 'ideal' body types highlighted in the media are not relevant for many sports - this is particularly relevant to female athletes



An outdoor activity is one that is undertaken in a natural, rural or urban space, and can be done **individually** or as part of a group



Snow sports such as **skiing** and **snowboarding** take place in mountainous areas with snowfall



Windsurfing is a technical sport which takes place in lakes or the sea

National Governing Bodies for Outdoor & Adventurous Activities have overall control of each sport in the UK

British Canoeing is the NGB for canoeing and kayaking in the UK



GB Climbing is the NGB for rock climbing in the UK



R187 TA1 Awareness of Outdoor & Adventurous Activities

There are three types of activity providers for outdoor and adventurous activities:



Local Providers

Local and commercial sports centres provide opportunities to take part in a range of activities for a session or a number of sessions e.g. GoApe



National Sports Centres

National Sports Centres provide a range of activities to groups of children or adults - people may visit for a day of activities or a residential period such as one week, e.g. Tollymore



Voluntary Organisations

Voluntary organisations often focus on a particular activity either as a one-off session or as a series of sessions e.g. Guides



Safety Equipment
Most outdoor and adventurous activities involve the use of safety equipment



Specialist Equipment

Specialist equipment includes any other equipment in addition to safety equipment

Clothing.
There are three types of clothing which are required in outdoor and adventurous activities



Safety Clothing
Worn to prevent injuries



Specialist Clothing
Required to aid performance in a specific activity



General Clothing
More general item of clothing that can be worn during various activities

Types of Terrain



Moorlands



Sea



Forest



Trail



Quarry



Canal



Gorge



Lake

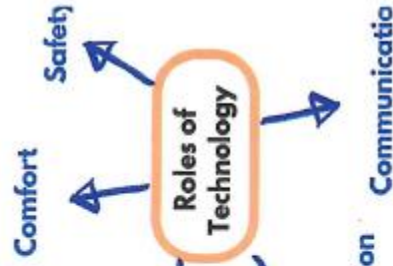


Mountain



River

**R187 TA2
Equipment, Clothing
& Safety in Outdoor
Activities**



GPS & Signalling Devices

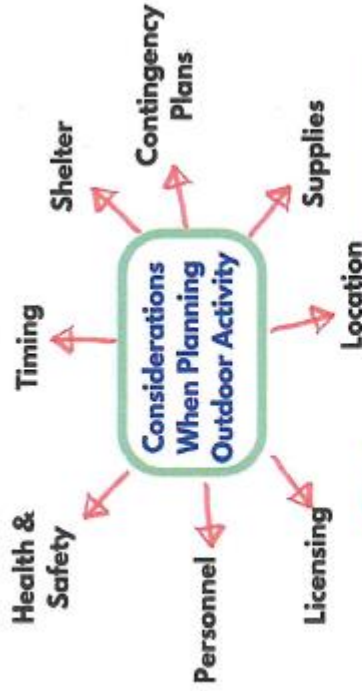
Electronic maps, personal location beacons, emergency position radio beacons

Light Weight Equipment/ Vehicle & Clothing

Transport – snow mobiles, quad bike
Clothing - Lycra, Gore-Tex

Waterproof Technology

Communication devices, smartwatches, activity trackers



Types of Hazard

- Poor/ Incorrect Equipment
- Personnel/ Supervision
- Unforeseen Weather Conditions
- Illness/Injury
- Getting Lost
- Unstable Terrain
- Animals & Insects
- Inappropriate Clothing
- Poor Organisation



First Aid

At least one member of the team should be first aid trained and be ready to deal with minor injuries:

- Cuts & Bruises
- Sprains
- Strains
- Concussion

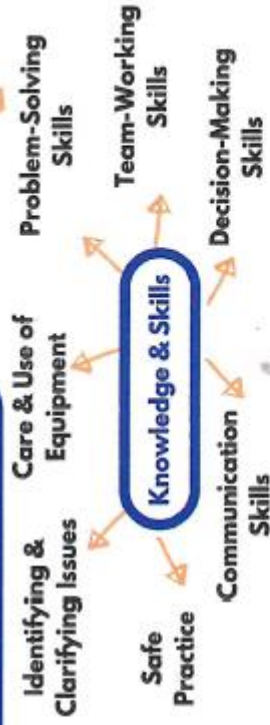
Rescue

- Mobiles should have full charge when setting out
- Emergency radios should be carried



R187 TA3 Plan & Participate in Outdoor Activity

For an activity to be a success, the group must be able to demonstrate a number of skills:



Problem-Solving Skills

Team members must be patient and diligent in finding a solution to problems that arise during outdoor activities

Decision-Making Skills

When faced with an issue the following steps should be followed:

- Gather facts about the issue and understand the cause
- Brainstorm possible solutions
- Compare pros and cons of options
- Select the best option



Team-Working Skills

Team members must be reliable, demonstrate commitment and work collaboratively



Care & Use of Equipment

Ropes, harnesses, carabiners and chalk are all essential pieces of equipment in climbing

Safe Practice

- A skier can ensure safe practice through:
- Equipment e.g. helmet
 - Planning e.g. checking snow conditions
 - Emergency Plan in case of an accident

Communication Skills

Both verbal and non-verbal communication should be used to instruct and work alongside team members

Following an outdoor activity, the participants must evaluate what aspects went well and what aspects could be improved



The value of taking part in outdoor and adventurous activities can be split into three areas:



Physical Health Benefits

The physical health benefits of taking part in outdoor and adventurous activities include:

- Improved Fitness
- Fresh Air
- Sunlight

R187 TA4 Evaluate Participation in Outdoor Activity



Mental Health Benefits

The mental health benefits of taking part in outdoor and adventurous activities include:

- Self-Confidence
- Enjoyment/Motivation
- Challenge



Social Health Benefits

The social health benefits of taking part in outdoor and adventurous activities include:

- Problem-Solving Skills
- Communication Skills
- Team-Work Skills





CNATs Sport Studies R184 Exam Overview



Paper Title: Contemporary Issues in Sport

What's Assessed:

- **Topic Area 1** - Issues which affect participation in sport
- **Topic Area 2** - The role of sport in promoting values
- **Topic Area 3** - The implications of hosting a major sporting event for a city and country
- **Topic Area 4** - The role NGBs play in the development of their sport
- **Topic Area 5** - The use of technology in sport

Types of Question

- **Match Up** - Draw lines between key terms and description
- **Multiple Choice**
- **Short Exam Questions**
- **1 x Extended Question: 8 marks**

How it's Assessed:

- **Written Exam: 1hr 15mins**
- **70 Marks**
- **40% of Qualification**



Multiple Choice Questions

For each multiple choice question, you will be given a number of options and asked to place a tick next to the correct answer. Take a look at the examples below.

Which one of the following is a barrier to participation in sport?
Tick the correct answer (1 mark)

(a) Motivation



(b) Lack of transport



(c) Education



(d) Respect



The Olympic creed states that...
Tick the correct answer (1 mark)

(a) Winning is all that matters



(b) Losing is the same as winning



(c) Taking part is more important than winning



(d) The Olympic Games are only about national pride



Which of these is a one-off scheduled major sporting event?
Tick the correct answer (1 mark)

(a) Rugby Champions Cup



(b) Commonwealth Games



(c) Wimbledon Tennis



(d) Champions League Final





Short Exam Questions

Short exam questions are worth between 1-8 marks. You should pay close attention to two aspects of short exam questions:

- Number of marks available
- Wording of the question

If you can learn how to decipher exam questions then this will massively improve your chances of succeeding in your exam.



1 Mark Questions

These questions can require 1 word or 1 phrase within the answer. There is no need for further explanation. Let's take a look at some examples:

Question: The 'FA' is the NGB for which sport in England? (1 mark)

Answer: Football



This question can be answered using one word only. There is no need to elaborate any further.

Question: 'Hawkeye' is a type of technology used in which sport? (1 mark)

Answer: Tennis



This is another example of a question that can be answered using one word only. No further explanation is required.

Question: What is the definition of a one-off major sporting event? (1 mark)

Answer: Hosting an event in any given country. Will only happen once in a generation



One word will not be enough to answer this question but a simple statement/definition is all that is required. There is no need to go into further detail.



Short Exam Questions

2-8 Mark Questions



2 - 8 mark questions might ask for the following:

- **Separate points**
- **One point, followed by an explanation**

Lets take a look at some examples:

Question: Give two examples of infrastructure that needs developing after a city is selected as the host for a major sporting event. (2 marks)



Answer:

- **Stadia**
- **Hotels**

'State 2' is the important phrase within this question. It is clearly asking for two points and no explanation or further information is required.

Question: Explain and give a practical example of 'national pride'. (2 marks)

This question can be split into two parts in order to gain the two marks:

- **Explain what is meant by 'national pride'**
- **Briefly give an example of 'national pride'**

There will be no benefit to giving further examples

Example Answer:

Mark One: National pride can be shown by supporting your national team

Mark Two: For example cheering for Team GB at the Olympics



Question: Identify three barriers that might prevent somebody from regularly participating in sport. (3 marks)

Example Answer:

Mark One: Limited time available for participation

Mark Two: Cost of participation

Mark Three: Discrimination



The marks can be achieved for this question by identifying three separate points



Short Exam Questions

Question: Technology has changed the way that spectators interact with sport. State two examples of sporting technology that have changed the way spectators interact with sport. For each example, provide a positive effect on spectators. (4 marks)

Example Answer:

Mark One: Screens in stadia

Mark Two: For example athletics spectators will be able to see a close-up of the finish line in order to see who wins a race

Mark Three: VAR

Mark Four: Spectators can also see replays which helps them to understand the decision of the officials

The question here clearly shows that 2 marks will be given for 'points' and another 2 for 'examples'



Question: Using sporting examples, explain how three different factors can increase participation in sport. (6 marks)

Although this question is worth six marks it can easily be broken down to three separate parts - each including a point and a sporting example

Example Answer:

Mark One: Provision of facilities

Mark Two: For example if a council installs a new 4G football pitch, this will have a positive impact on football participation in the local area

Mark Three: Environment / climate

Mark Four: The environment will have an impact on the types of sport people participate in. For example the UK has a lot of coast line which can increase participation in water sports such as canoeing

Mark Five: High level of success

Mark Six: Success at a major sporting event can create role models who will inspire others to participate. For example Team GB have won a number of cycling Gold Medals at recent Olympic Game and this has encouraged many people to take up this sport





Extended Exam Question



In your Sport Studies exam you will have to answer one extended question.

This extended question is known as a 'levels of response' (LOR) question. It will be the last question on your exam and will require **analysis** and **evaluation**.

Understanding how to answer this extended questions can make a huge difference to your overall grade.

The **LOR** question allows students to:

- 66 • Show their ability to construct and develop a sustained line of reasoning
- Pull together acquired knowledge and understanding into one cohesive narrative
- Produce extended prose in a specific context provided to frame the student's response
- Give responses in a logical and structured way
- Evidence their analytical and evaluative skills in relation to a given scenario ”



This is all very wordy so lets break it down into practical steps that you can take when answering the 8 mark question:

1. Include a 1 or 2 line **introduction** and also a **conclusion/summary**
2. Use **paragraphs** - the question will likely cover two (or more) sub-topics and you can use a separate paragraph for each topic
3. Every time you make a point ensure that you follow this up with an **explanation** and also an **example** when necessary
4. Try to make sure that your answer 'flows' - this means that it **links together in a cohesive way** rather than firing out random points
5. **Answer the question** - Although it may be appropriate to give your own opinion and thoughts, ensure that you are answering the question given

On the following page we will look at some sample answers and how they are structured



Extended Exam Question - 8 Marks

Question

A cyclist has been told by their coach that they should consider taking performance enhancing drugs.

Using appropriate examples, analyse reasons why a cyclist may take performance enhancing drugs. In your answer you should include:

- Reasons for taking Performance Enhancing Drugs
- Disadvantages of taking Performance Enhancing Drugs



When answering this question it can easily be broken down into 4 paragraphs:

1. 1 or 2 line introduction
2. Reasons for taking PEDs
3. Disadvantages of taking PEDs
4. Short conclusion/summary

Sample Answer - Level 1 Response: 1-3 Marks

A cyclist may take performance enhancing drugs because they want to increase their wealth via financial rewards. For example a cyclist who improves their performance and wins races will be more likely to be offered a new contract.

This answer makes a good start as it gives a **point** followed by an **example**. However it needs to provide **further reasons** as to why a cyclist may take PEDs

However the cyclist might decide that they shouldn't take PEDs because it is illegal and cheating.

The pupil starts a separate paragraph to discuss the disadvantages of taking PEDs - this is the right way to answer this question

The pupil can improve this answer by adding a **short introduction and conclusion**

Although they do give two reasons not to take PEDs, **neither reason is followed up with an explanation or example**



This answer is a **level 1 response** because it shows:

- Limited knowledge and understanding
- Limited positive and negative aspects
- Limited or no use of appropriate terminology



Question Reminder

A cyclist has been told by their coach that they should consider taking performance enhancing drugs.

Using appropriate examples, analyse reasons why a cyclist may take performance enhancing drugs. In your answer you should include:

- Reasons for taking Performance Enhancing Drugs
- Disadvantages of taking Performance Enhancing Drugs



Sample Answer - Level 2 Response: 4-6 Marks

There are a number of reasons why a cyclist may consider taking performance enhancing drugs but there are also a large number of disadvantages to such action.

A cyclist may take performance enhancing drugs because they feel a pressure to succeed. This pressure could come from a coach or teammate who is themselves under pressure to increase performance levels. Other reasons for taking PEDs could be to 'level the playing field', 'boost confidence' or to 'win at any cost'.

However the cyclist might decide that they shouldn't take PEDs because there are health risks associated with such action. For example, performance enhancing drugs have been known to increase blood pressure which can lead to heart attacks. This is a very drastic risk to take in order to be successful. Other disadvantages of taking PEDs include 'reputational damage', 'fines/bans' and the fact that this action is immoral.

This short introduction helps the answer to flow

The pupils uses separate paragraphs to identify the reasons for taking PEDs and the disadvantages of taking PEDs

The first point in each of these paragraphs is explained in detail with good use of appropriate terminology

However, the rest of the points are just made as a list and no explanation or examples are given

A short conclusion at the end of this answer would be highly beneficial



This answer is a **level 2 response** because it shows:

- An adequate discussion
- Sound knowledge and understanding
- An analysis of points and some logical reasoning
- Appropriate terminology



Question Reminder

A cyclist has been told by their coach that they should consider taking performance enhancing drugs.

Using appropriate examples, analyse reasons why a cyclist may take performance enhancing drugs. In your answer you should include:

- Reasons for taking Performance Enhancing Drugs
- Disadvantages of taking Performance Enhancing Drugs



Sample Answer - Level 3 Response: 7-8 Marks

There are a number of reasons why a cyclist may consider taking performance enhancing drugs but there are also a large number of disadvantages to such action.

A cyclist may make a decision to take performance enhancing drugs because they want to 'level the playing field'. Cycling is a sport that has a bad reputation for the use of PEDs. A performer may feel that it is unfair that they are competing against others who are enhancing their performance through taking PEDs, therefore they decide to take them as well. A cyclist may also take performance enhancing drugs because they feel a pressure to succeed. This pressure could come from a coach or teammate who is themselves under pressure to increase performance levels. Furthermore a cyclist may take performance enhancing drugs because they want to increase their wealth via financial rewards. For example a cyclist who improves their performance and wins races will be more likely to be offered a new contract or a lucrative sponsorship deal.

However the cyclist may decide against taking PEDs because of the increased chance of getting caught during routine drugs testing. The World Anti Doping Agency (WADA) have cracked down on drugs cheats in recent years. Pre and post competition tests are now frequently used and anybody caught cheating will face a lengthy ban and reputational damage. In addition to this, a cyclist might decide that they shouldn't take PEDs because there are health risks associated with such action. For example, performance enhancing drugs have been known to increase blood pressure which can lead to heart attacks. This is a very drastic risk to take in order to be successful. Other disadvantages of taking PEDs include 'reputational damage', 'fines/bans' and the fact that this action is immoral. Finally, a disadvantage of taking Performance Enhancing Drugs is that it is cheating and immoral. The values of sport represent honesty and integrity and the vast majority of performers will adhere to these values. Therefore fair play and following the rules will come ahead of winning at all costs.

In conclusion, although there are a number of reasons why a performer may take PEDs, the disadvantages (such as serious health risks and the likelihood of serious punishment) do appear to far outweigh any gains that can be made through such action.

Every point made throughout this answer is explained with appropriate examples

This answer also includes a relevant introduction and conclusion

This answer is a level 3 response

because it shows:

- A thorough discussion
- Detailed knowledge and understanding
- An analysis of the points made
- Logical reasoning throughout
- A justified conclusion
- A consistent use of appropriate terminology





Recap - How to answer the extended question - 8 marks

1. Include a 1 or 2 line introduction and also a conclusion/summary
2. Use paragraphs - the question will likely cover two (or more) sub-topics and you can use a separate paragraph for each topic
3. Every time you make a point ensure that you follow this up with an explanation and also an example when necessary
4. Try to make sure that your answer 'flows' - this means that it links together in a cohesive way rather than firing out random points
5. Answer the question - Although it may be appropriate to give your own opinion and thoughts, ensure that you are answering the question given

Further Questions



Have a go at the following questions in your own time. Make sure that you follow the points given above and structure your answer appropriately.

1. Using examples, explain how the behaviour of elite sportspeople can have a positive or negative influence on participants at a grassroots level. Your answer should consider acts

- Sportsmanship
- Gamesmanship

2. Discuss reasons why countries might want to bid for and host the Olympic Games.

Your answer should consider:

- Positive impacts on the host country
- Negative impacts on the host country

3. The World Anti-doping agency (WADA) prevents the use of drugs through various procedures.

Using examples where necessary, explain the reasons why athletes take drugs and the methods that WADA use to prevent drug taking.

4. Analyse the impact that technology has had on sport. Your answer should make reference to both the positive and negative impact of technology.