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Answers

Exam-style questions

The pursuit of excellence (pp. 6–8)

Jonathan Stamford

1 Two from:

- The National Lottery money and direct funding from the government's chancellor of the exchequer are used by UK Sport.
- This money is directed by UK Sport to NGBs and the national institutes.
- Athletes can receive direct grants to pay for their living and performance costs called Athlete Performance Awards (APAs).
- Athletes with a direct chance of winning medals in the next Olympics and Paralympics receive the largest funding called Podium APAs.
- Athletes who have the potential to succeed in future Olympics and Paralympics after the present cycle receive Podium Potential APAs.

2 Two from:

- UK Sport provides funding for elite athletes to cover living costs so that athletes can train full-time, in the form of Podium and Podium Potential APAs.
- UK Sport provides grants for performance costs such as equipment, travel and training.
- UK Sport develops elite coaches.
- UK Sport helps NGBs to host world championships on home soil, which assists athletes with home-field advantage and motivates homegrown talent.
- UK Sport oversight of talent identification initiatives such as 'Home 2 The Games' can identify talent.

And two from:

- National institutes provide support to develop physiological elements of performance, such as fitness and skills training programmes. There is an emphasis on adaptation through training. Training methods develop fitness and energy systems.
- The national institutes support the psychological preparation of elite athletes through developing coaching skills in sports psychology, improvement of mental training skills, and improving focus and concentration. They aim to develop confidence, aptitude levels via attribution, motivational techniques and effective goal setting.
- Lifestyle support is provided by national institutes, for example how to cope with the media, so athletes can focus on performance.

3 Six from:

- world-class performance training facilities, for example, the Olympic swimming pool at Bath University
- research, for example, technological research into aerodynamic cycle helmets
- medical support, such as eye specialists, training and conditioning or physiotherapy/injury rehabilitation
- performance analysis, for example, using software and slow motion to improve a gymnast's routine
- performance lifestyle advice, including media coaching
- performance psychology, for example, a skeleton bobsled competitor who has recently been involved in an accident could be assisted in mentally overcoming their fears
- technological support, such as prosthetic development for an elite athlete aiming to compete in the Paralympic games

Other relevant points and examples can be accepted.

Codification mania in the nineteenth century (pp. 9–11)

Bill Williams

1 Four from:

- More **clubs** were being formed as sports such as football became increasingly popular. These clubs needed an organisation to affiliate to/join with.
- An organisation was therefore required to administrate and **control** the development of sports such as football or rugby.
- There was a need for an organisation to standardise the rules across the country, so everyone played to the same set of national rules (**codification**).
- The clubs being formed required regular **competitions**/fixtures against a range of different teams that could be organised by a NGB (e.g. FA and FA Cup).
- They formed to **control eligibility** and maintain their power as middle/upper class amateurs for as long as possible.
- Due to their interest/passion as public-school old boys they were keen to get involved in structuring/organising sport.

2 Four from:

- They feared losing to their social inferiors.
- They feared losing the high morality and sportsmanship codes of sporting ethics, which they were so protective of in the nineteenth/twentieth century.

- They feared that by allowing professionalism and monetary rewards it would lead to winning becoming all important as opposed to an emphasis on taking part.
- Once money and winning become important, negative or deviant acts become more likely in sport (for example, questioning referees' decisions or becoming violent and aggressive).
- Due to the middle and upper classes' desire to maintain control of sport.
- To maintain exclusivity. The middle and upper class did not want to mix with the working class.

Link each point to an example of an NGB, examples may include: rowing (ARA), athletics (AAA), rugby union (RFU).

Football training and recovery: an interview with Danelle Tan (pp. 12–15)

Adam Morton

1 Six from:

- recovery involves returning the body to its pre-exercise state
- excess post-exercise oxygen consumption (EPOC) is the volume of oxygen required, over and above that normal consumed at rest, to return the body to its pre-exercise state
- fast, alactic component
- excess oxygen is used for ATP and PC resynthesis
- haemoglobin and myoglobin re-saturation
- this takes around 3 minutes to complete
- slow lactic component
- excess oxygen is used for the metabolism of lactic acid
- the maintenance of an elevated heart rate and breathing rate
- this can take up to 1 hour

2

- Plyometric training is used to develop power.
- It involves an eccentric contraction, followed by a brief amortisation phase and then a rapid concentric contraction.
- Plyometric training examples include hopping and bounding exercises.
- A goalkeeper, for example, may be able to jump higher or dive further through lower limb plyometric training or throw the ball further through upper limb plyometric training.

3

- Intrinsic factors relate to the individual athlete and how well conditioned they are at any point in time (1), for example, strength, flexibility, history of injury, age and gender (1).
- Extrinsic factors are external to the athlete's body (1) and include poor technique (for example, when weight training), incorrect equipment and poorly planned training (for example, insufficient rest and progressive overload not adhered to) (1).

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