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Answers

Exam-style questions

Jonathan Stamford, Erin Griffiths, Sarah Powell and Phil Miller

Check your answers to the questions in this issue.

Sport and gambling: has the fun stopped? (pp. 2–5)

1 Match fixing is when a sporting event is illegally played to achieve a pre-determined result. It requires contact to be made between corrupt players, coaches or officials.

Sporting examples: Association Football, cricket and snooker.

2 Spot betting is betting on an isolated incident in a sporting event such as when the first yellow card might be given in a football match.

Spot fixing is when specific events in a sports game are manipulated deliberately by performers so that bookmakers or gambling syndicates can make a profit, for example, deliberately bowling a no ball in cricket.

They threaten sport's integrity because:

- Isolated events require less people to influence than bribing a whole team to lose a game.
- A one-off incident is easier to fix than influencing the outcome of a whole event.
- The random nature of minor events in sport means that it is harder to detect match-fixing and it is harder to prove that malpractice has occurred.
- Spot betting can easily be encouraged and facilitated on illegal and unregulated markets. If these markets thrive it will provide a financial incentive for spot fixing to corrupt professional sport.

3 Discussion of the benefits and drawbacks of the relationship between gambling and modern sports.

Benefits:

- Betting on sport can increase the emotional involvement of spectators increasing the tension, excitement and enjoyment.
- Gambling sponsorship and advertising bring millions of pounds into professional sport that can be used to improve performance.
- Some sports such as horse racing have developed because of their association with gambling.

Drawbacks:

- The rise of illegal betting and spot betting has increased the likelihood of match-fixing.
- Increased chance of deviance such as match-fixing will destroy sport's credibility.
- Players may break gambling laws or develop gambling problems.
- Sports betting can contribute to gambling addiction in society, leading to mental health problems and debt.
- The sheer number of adverts normalises gambling and may have a detrimental effect on younger audiences, as well as being a distraction to the sporting event for non-gamblers.
- The ease of online gambling may lead to supporters making impulse bets, which they may regret.

Injury prevention: technology in football (pp. 26–28)

AO1: give knowledge of the injury prevention methods (2 marks)

AO2: examples (3 marks)

AO3: explain how this prevents injury (3 marks)

Injury prevention methods:

Screening:

- Screening can help identify those at risk of complications from exercise, prepare performers for their sport, enhance performance and reduce injury. It can be used to detect a problem early before any symptoms occur.
- Screening can be used to identify a current or past injury.
- Screening can highlight any muscle imbalances or assess any posture weaknesses in the musculoskeletal system.
- Screening can also save lives, for example, many young elite performers have CRY (cardio risk in the young) heart screening.
- Screening can identify a suitable rehabilitation programme.

Warm-up:

- Warm-up reduces the possibility of injury by increasing the elasticity of muscle tissue/greater range of movement. Muscle temperature increase will also reduce injury.

Protective equipment:

- Protective equipment can help reduce injuries in sport. This equipment needs to fit correctly and follow NGB regulations. In football, ankle and shin pads are worn to prevent injury.

Flexibility training:

- Flexibility training should involve the joints and muscles that will be most active during the activity. By increasing flexibility of these muscles, injury can be avoided.

Taping:

- Taping a weak joint can help with support and stability to reduce the risk of injury. Kinesiology tape is used on muscles because it is more elastic than the tape used on joints. It is applied directly to the skin to provide controlled support as it expands as the muscle contracts. Bracing is much more substantial than taping and often involves hinged supports. It is used to give extra stability to muscles and joints that are weak or have been previously injured.

Pelé: the first football media darling (pp. 32–33)

1 Three from:

- Pelé was a footballer and football was undergoing massive growth as the most popular sport in the world during this time.
- Pelé was one of the best, if not the best, footballer in the world admired for his talents.
- Pelé was media friendly — a key sponsorship requirement.
- Pelé was seen as a great asset to boost product sales and increase profits.

2 Four from:

- Social class is no longer a barrier to success.
- Performers are highly respected for their talents.
- High rewards are available for top-level performers in sports such as association football.
- Professionals are full-time athletes who train to maximise their talents and fitness levels.
- Many have celebrity status as high-profile or highly recognisable individuals in society.
- They are seen as role models to many in the general population.

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