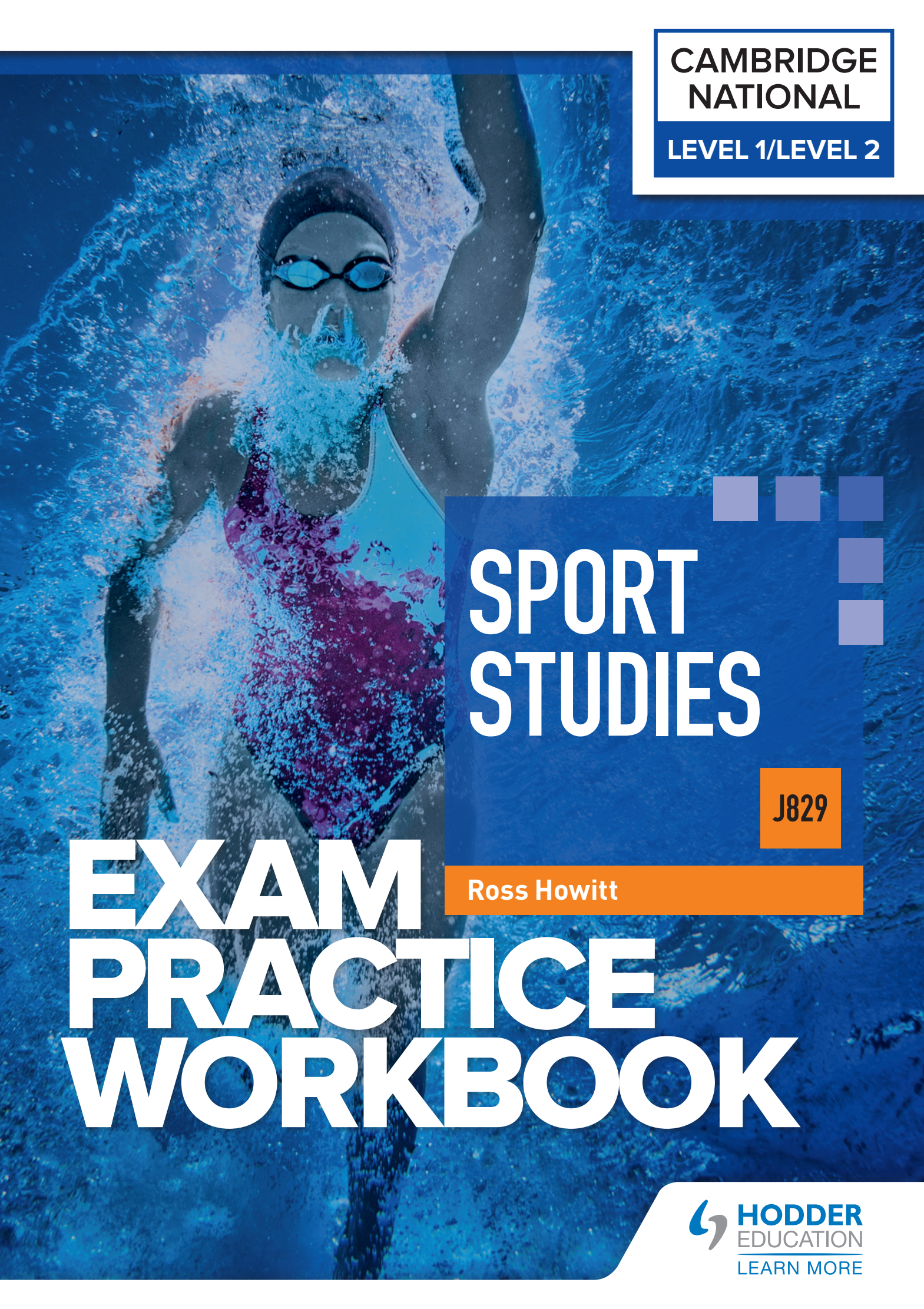


CAMBRIDGE
NATIONAL

LEVEL 1/LEVEL 2



SPORT STUDIES

J829

Ross Howitt

EXAM PRACTICE WORKBOOK

Topic Area 1: Issues which affect participation in sport

1.1 User groups

Recall activities

1 Fill in the gaps.

- a may be responsible for looking after relatives, elderly, parents, or siblings.
- b Those of a compulsory secondary school age are known as
- c Those of primary school age or younger are known as
- d People over 60 are often
- e Some people with may be wheelchair users.

2 Read the following extract about Marshall and identify which user groups Marshall belongs to:

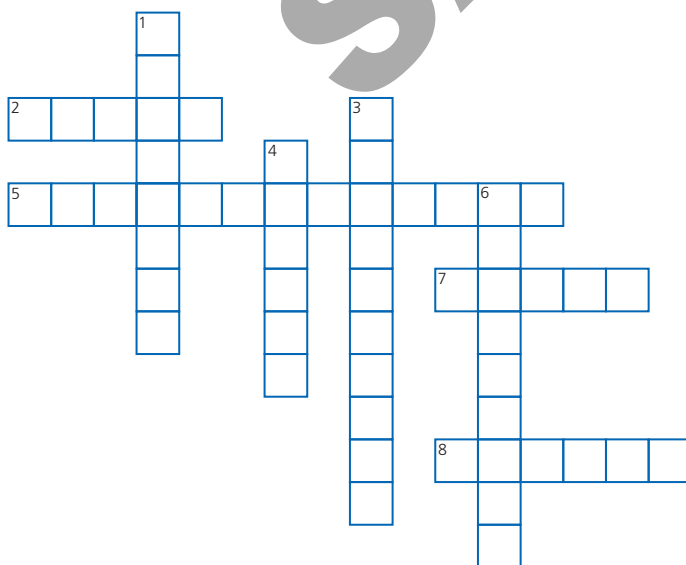
Marshall is a high school student who is keen to do well in his studies. His mother and father do not work due to health issues and rely on state benefits. Marshall comes straight home from school each day to help look after his parents.

User group

User group

User group

3 Fill in the crossword using the clues provided.



ACROSS

- 2 Someone who is responsible for looking after a relative, elderly family member or parent. (5)
- 5 A word used to describe someone who struggles in life, often due to a lack of disposable income. (13)
- 7 Someone of primary school age or younger. (5)
- 8 A parent who is not in a relationship. (6)

DOWN

- 1 Someone of secondary school age. (8)
- 3 Something that tends to happen after the age of 60. (10)
- 4 A group of people who live together and are usually related by blood. (6)
- 6 The identity given to a group, based on religion, culture or geographical location. (9)

1.2 Possible barriers

Recall activities

- Fill in the gaps.
 - A lack of disposable could provide a barrier to participation.
 - Gender or ethnicity may be portrayed in a manner by the media, which can act as a barrier to participation.
 - If there is a lack of for an activity, the members of a community will not know that the activity is available.
 - describes what is available for people to participate in, for example local clubs.
 - If a working single parent also has to for an elderly relative there will be large pressures on their time.
- State whether the links between user groups and barriers shown below are **true** or **false**.

| User group | Description of barrier | True or false |
|-------------------------------------|---|---------------|
| Disadvantaged people | Often disadvantaged due to low income levels | |
| Teenagers | This group attends primary school | |
| Gender | The media may stereotype this user group, which can lead to barriers forming | |
| Retired people | This user group is unlikely to be employed so may suffer from a lack of disposable income | |
| Carers | These people have significant amounts of free time so can choose to play a variety of sports | |
| Family with children | This group may prioritise children's sport over the time needed for the parents to attend physical activity or exercise | |
| People from different ethnic groups | All ethnicities have an equal number of sporting role models | |
| People with disabilities | People with disabilities may face access problems | |

Short-answer exam-style practice questions

- Which one of the following is **not** a barrier to participation for any user group?

| | |
|--|--|
| A Lack of role models <input type="checkbox"/> | C Excessive disposable income <input type="checkbox"/> |
| B Lack of media coverage <input type="checkbox"/> | D Excessive family commitments <input type="checkbox"/> |

[1]

- 2 Which one of the following is **unlikely** to be relevant for those aged over 60 or who are retired?

- | | | | |
|---------------------------|--------------------------|-----------------------|--------------------------|
| A A lack of role models | <input type="checkbox"/> | C Schoolwork/homework | <input type="checkbox"/> |
| B Caring responsibilities | <input type="checkbox"/> | D Transport issues | <input type="checkbox"/> |
- [1]

- 3 People from different ethnic groups may experience:

Hint

This question is unusual as it includes the option **all of the above**. You should therefore not simply choose the first answer you agree with, but check to see if there are any other answers you agree with before making a final choice.

- | | |
|---|--------------------------|
| A a lack of media coverage for their group | <input type="checkbox"/> |
| B a lack of local clubs to cater for their cultural needs | <input type="checkbox"/> |
| C a lack of awareness about what is available | <input type="checkbox"/> |
| D all of the above | <input type="checkbox"/> |
- [1]

- 4 Identify **two** possible barriers to participation faced by teenagers. Justify each answer.

Barrier:

Justification:

.....

Barrier:

Justification:

..... [4]

- 5 Eva attends high school and has homework to complete after school. Her netball club is situated 35 miles away and she sometimes finds it hard to travel to training as her mother has no car and the bus service is infrequent. Identify **two** possible barriers to participation that Eva faces.

Sample answer

Try to suggest the strengths, weaknesses and areas for improvement within the following answer:

Eva clearly has a lack of transport.

Analysis

This answer would only score 1 mark for identifying the barrier of 'a lack of transport'. The question requires two barriers to be identified to score the 2 marks available. Now try it yourself.

Barrier 1:

Barrier 2: [2]

- 6 The table shows details of a typical week for 15-year-old Soraya, who does **not** take part in regular physical activity.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---|---|---|---|---|--|---------------------------------|
| Morning | Help mum get dressed and washed | Help mum get dressed and washed | Help mum get dressed and washed | Help mum get dressed and washed | Help mum get dressed and washed | Help mum get dressed and washed | Help mum get dressed and washed |
| Afternoon | Attend school | Attend school | Attend school | Attend school | Attend school | Take mum to disabilities support group | |
| Evening | Complete homework. Help nurse put mum to bed | Complete homework. Help nurse put mum to bed | Complete homework. Help nurse put mum to bed | Complete homework. Help nurse put mum to bed | Complete homework. Help nurse put mum to bed | Cook dinner for family | Cook dinner for family |

- a Identify **two** barriers to participation that Soraya may face in a normal week.

Hint

Look at Soraya's weekly commitments and think about what these commitments may mean for her in terms of opportunities to get a part-time job or how easy it would be to attend a sports club.

Barrier 1:

Barrier 2: [2]

- b Soraya is unaware of anyone who manages to take part in physical activity and who also faces challenges similar to those that she faces on a weekly basis. Identify the barrier to participation that is being described.

..... [1]

Short-answer exam-style practice questions

1 Rainbow laces is a national campaign to promote the value of:

A tolerance and respect

☐

B excellence

☐

C fair play

☐

D citizenship

☐

[1]

Hint

Remember that a rainbow has many different colours and so every strand is different but included in the lace itself.

2 If a local club insists that its performers follow the rules and do not cheat, the club is promoting:

A excellence

☐

C citizenship

☐

B tolerance and respect

☐

D fair play

☐

[1]

3 Describe **one** named national sporting initiative.

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Hint

Three marks are available so you will need to break your answer down into parts. One mark for naming the initiative and two marks for two aspects that describe what the initiative does.

[3]

4 The Sport England campaign 'We are undefeatable' aims to inspire and support people with long-term health conditions to build physical activity into their lives. Describe how this campaign could inspire and support such people

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[3]

Sample answer

Try to suggest the strengths, weaknesses and areas for improvement within the following answer:

As people learn of the campaign, they may well gain knowledge. This may inspire them to be like others who have had long-term health conditions and who have started to exercise.

Analysis

Only two points are made so only 2 marks can be credited. The answer could have continued to describe how this knowledge could influence the actions of others. For example, it could prompt them to think: 'Well, if they can, maybe I can too.' This might then encourage them to start exercising more regularly.

- 5 As captain of her local netball team, Alexandra asks that her fellow players tolerate and respect the opposition in this week's fixture as they have travelled from a different country. Describe **two** factors that Alexandra could emphasise to her team to promote tolerance and respect.

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..... [2]

- 6 The 'This Girl Can' initiative aims to get women active. Explain how a national campaign like this can be promoted at a local level

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..... [2]

Hint

The command word is **explain**, therefore the points you make should be detailed and clear. Think about your local leisure centre, for example. What could it do to promote such a campaign and to ensure that local women start to take part in more physical activity?

2.4 The importance of etiquette and sporting behaviour

Recall activities

- 1 Fill in the gaps using the words provided.

sportsmanship putt rule injured behaviour furthest shout

Etiquette is seen as a convention or unwritten that is usually observed by performers who compete fairly. It involves appropriate that officials and spectators expect to witness. Acceptable sporting behaviour is sometimes referred to as This can be seen in all sports, for example, a player in football kicks the ball out of play to allow an player to receive treatment. In the sport of golf, you should not walk across the path of someone's and you should let the person who is from the hole play first. This is deemed to be good etiquette. Equally,