



# Sports Studies Work Booklet: R051

**Name:** \_\_\_\_\_

**Group:** \_\_\_\_\_

**Class teacher:** \_\_\_\_\_

## **What can you remember?**

Explain how facilities and equipment could be adapted to promote participation amongst disabled adults

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# LO1: Issues affecting participation in sport

## 1 Different user groups who may participate in sport

- Ethnic minorities
- Retired people
- Families with young children
- Single parents
- Children
- Teenagers
- Disabled
- Unemployed
- Working singles and couples



## 2 Possible barriers which affect participation in sport

- Employment/time
- Work restrictions and family commitments
- Disposable income
- Accessibility of facilities/equipment
- Lack of role models
- Provision of activities
- Awareness of activity provision
- Portrayal of gender issues by the media

## 3 Provision

- Programming sessions for use by different user groups
- Providing appropriate activity options for the demands of specific user groups
- Planning of timings to suit different user groups

## Solutions to barriers

### Promotion

- Targeted promotion
- Using role models to encourage participation among different user groups
- Initiatives aimed at promoting participation and inclusion.

### Access

- Access to facilities
- Access to equipment
- Sensible pricing/concessions

## 4 Factors which can impact upon the popularity of sport in the UK

- Media coverage
- Role models
- Spectatorship
- Participation
- Environment/climate
- Acceptability
- Provision
- Success for both teams and individuals

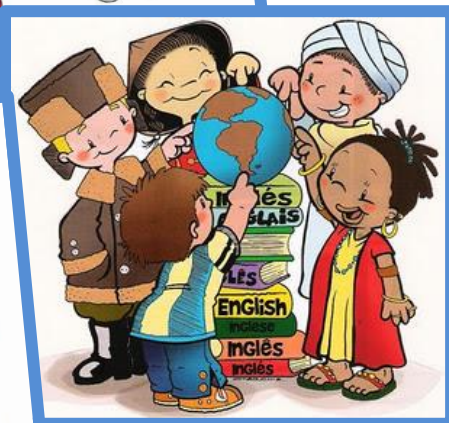


# Different user groups



**Task 1: Who can take part in sport or physical activity? Can you add the other groups without looking?**

<b>Working singles and couples</b>
<b>Children</b>
<b>Retired people</b>
<b>Ethnic minorities</b>



**Task 2: What could prevent these user groups from taking part in physical activity?**

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# Possible barriers to participation

**DETERMINATION**

## Task 3: What is a barrier?

**Think:** \_\_\_\_\_

**Pair:** \_\_\_\_\_

**Share:** \_\_\_\_\_

## Task 4: List the possible barriers which could affect participation in sport.

### Barriers to participation

Disposable income

Awareness of  
activity  
promotion

Provision

Lack of role  
models

**Task 5: Identify which user groups are most affected by the barriers to participation.**

**responsibility**

Barrier	User group affected
Lack of role models	Teenagers
Disposable income	Unemployed

## Solutions to barriers to participation

Solution	Description	Example
<b>Access</b>  <b>Provision</b>  <b>Promotion</b>	Making sure that user groups can get to facilities and into the activities run there.	
	Making sure that user groups have a range of options that will appeal to all.	
	Making sure that potential user groups are aware of what is on offer for them.	



# Factors which can impact upon the popularity of sport in the UK.

**The more popular a sport, the more people that participate. What makes sport popular? Complete the table below**

Factor	Description	Example
Media coverage	Wide spread coverage of high level sport allowing mass participation to view the chosen sport	Sky sports news
Role models		
Spectatorship	Seeing winning teams/individuals to inspire.	FIFA World Cup
Participation		
Environment/climate		
Acceptability	Does the sport meet the general ideas and views of the people observing it?	
Provision	Lack of available equipment and facilities impacting on base level participation.	
Success for both teams and individuals		



**Exam question** – Identify and explain why lack of role models could affect sports participation amongst teenage girls. (4 marks)




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## Extension tasks



**Research current trends in the popularity of different sports in the UK.**

**For example, has the popularity of football increased due to the FIFA World Cup? *Explain why in your answers.***

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**Research into new/emerging sports and activities in the UK.**

**For example, foot golf. *Identify and explain your answers.***

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### REMEMBER:

Connected:  
using  
conjunctions

Because  
(Why is it true)

But (U-turn)

So (Cause and effect)

How many points  
can you score?

# Retrieval grid



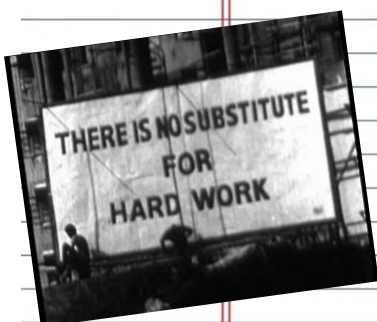
Name 2 different user groups who may participate in sport	What is a barrier?	How could access be improved?
List 3 barriers to participation	Identify 3 factors which can impact upon the popularity of sport in the UK	What is a need?
What new/emerging sports and activities are there in the UK?	What are the 3 solutions to barriers which affect participation in sport?	How can participation in sport be promoted?

**1 POINT**

**2 POINTS**

**3 POINTS**

**Exam style  
questions**



- List the different user groups who may participate in sport?

- Jake is a single parent with 3 children. He is currently unemployed. Jake is keen to try a new sport. Identify 3 possible barriers that may prevent this.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- What are the possible barriers which can affect participation in sport?

- Explain how role models can be used to encourage participation amongst teenagers. (3 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **LO2: Know about the role of sport in promoting values**

### **1) Values which can be promoted through sport**

- Team spirit
- Fair play
- Citizenship
- Tolerance and respect
- Inclusion
- National pride
- Excellence

### **2) The Olympic and Paralympic movement**

- The creed
- The symbol
- The Olympic and Paralympic values, i.e. **Respect, Excellence, Friendship, Courage, Determination, Inspiration and Equality.**

### **3) Initiatives and events which promote values through sport**

- FIFA's 'Football for Hope'
- ECB's 'Chance to Shine'
- Sport Relief
- Premier League's 'Creating Chances'
- £10m Sport England scheme to increase women's participation.

### **4) The importance of etiquette and sporting behaviour of both performers and spectators**

- Reasons for observing etiquette and sporting behaviour
- Sportsmanship
- Gamesmanship
- Spectator etiquette
- Sports initiatives to break down barriers (Kick Racism Out of Football)

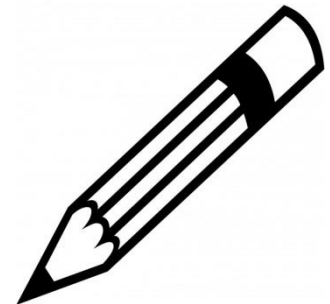


### **5) The use of performance-enhancing drugs in sport**

- Reasons why they are used
- Reasons against use
- World Anti-Doping Agency, i.e. testing methods (blood, urine, hair, nail samples)
- Current initiatives
- Drug offences by elite performers
- Impact of drug taking on the reputation of sport (Tour de France)

# Values which can be promoted through sport

**Task 1: What are the values that can be promoted through sport? Use the images to find the answers.**



T \_\_\_\_\_ S \_\_\_\_\_

F \_\_\_\_\_ P \_\_\_\_\_

C \_\_\_\_\_

I \_\_\_\_\_

T \_\_\_\_\_ A \_\_\_\_\_ R \_\_\_\_\_

N \_\_\_\_\_ P \_\_\_\_\_

F \_\_\_\_\_

**Task 2: Match the sporting value with its correct description.**

TEAM SPIRIT

Learning the importance of rules

FAIR PLAY

Learning to work with and support others

CITIZENSHIP

Getting involved in your local community

TOLERANCE  
AND RESPECT

Understanding different cultures, countries and religions.

INCLUSION

Supporters and performers unite behind their country.

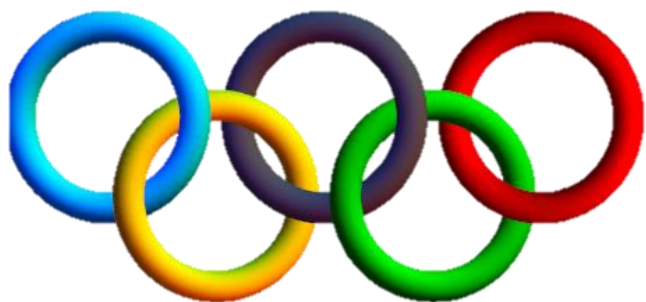
NATIONAL  
PRIDE

Initiatives to get those under represented involved in sport.

EXCELLENCE

Striving to be the best that you can be within your sport.

## **The Olympic and Paralympic movement.**



“The most important thing is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not too have conquered, but to have fought well.” – Pierre De Coubertin.

What is this? \_\_\_\_\_



# The Olympic Values

**Task 3: Complete the Olympic Values and provide an example from the games**

Olympic Value	Example
F	
R	
E	
D	
I	
C	
E	

**Initiatives and events which  
can promote values through  
sport**



**Task 4: Find the information about these initiatives.**

Define initiative: \_\_\_\_\_

FIFA's Football for Hope Campaign: \_\_\_\_\_

ECB's Chance to Shine: \_\_\_\_\_

Sport Relief: \_\_\_\_\_

Premier Leagues Creating Chances: \_\_\_\_\_

Sport England Women's scheme: \_\_\_\_\_

# The importance of etiquette and sporting behaviour of both performers and spectators

## Task 5:

**What are the reasons for observing etiquette and sporting behaviour?**

**F** \_\_\_\_\_

**P** \_\_\_\_\_ **v** \_\_\_\_\_

**S** \_\_\_\_\_ **o** \_\_\_\_\_ **p** \_\_\_\_\_

## Task 6:

**Provide 3 examples of spectator etiquette.**

**1)**

**2)**

**3)**

## Task 7:

**Name a sporting initiative that helps to break down barriers.**

\_\_\_\_\_

**Task 8: Colour sportsmanship examples green and gamesmanship examples red.**

Diving

Time  
wasting

Kicking the ball  
out when  
opponent is  
injured

Shaking  
hands at  
the end of  
the game

Respecting  
opponents  
national  
anthem

Pressuring  
the referee

Calling a  
decision which  
wasn't

# The use of performance enhancing drugs in sport

**Task 1: Complete the tables below.**



**Reasons why they are used**

**Reasons against use**



**What is the whereabouts rule?**

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**Testing methods**

**Current initiatives**

**Ethical issues**

**Task 2: Your task is to research the drug offences made by elite performers, and then analyse the impact of drug taking on the reputation of sport.**



Pe...mers, David Millar, Lance Armstrong.

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**REMEMBER:**

**Connected: using conjunctions**

**Because (Why is it true)**

**But (U-turn)**

**So (Cause and effect)**



**Exit ticket** – Describe two negative impacts of taking performance enhancing drugs on sport (2marks).



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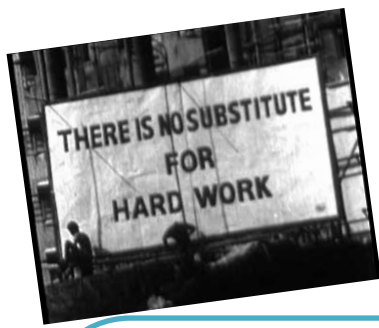
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# Exam style questions

Identify the 7 values which can be promoted through sport

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

Identify the 7 Olympic and Paralympic values

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

## Initiatives

Explain how Sport Relief helps to promote the values of sport. (2 marks)

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## Sporting behaviour

How could spectator etiquette have a negative impact on sport? (2 marks)

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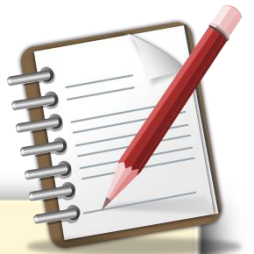
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## Sporting behaviour

Give 2 examples of poor sportsmanship

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

# Notes



# LO3: To understand the importance of hosting major sporting events.

## The features of major sporting events.

- Regularity/scheduling, i.e. 'one off' or regular.
- Regular and recurring
- International element
- Level of investment, i.e. required or which may be attracted
- Potential legacy, i.e. sporting, social or economic.

## Potential benefits of cities/countries hosting major sporting events.

- Investment in developing transport systems
- Commercial benefits
- Increased direct and indirect tourism
- Infrastructure can be used by people who live in the area
- Sports facilities will be improved
- Raise the status of the country
- Morale of the country is raised.

## The potential drawbacks of cities/countries hosting major sporting events.

- Bidding to host can be expensive
- Event can cost hosts more than it raises in revenue
- Facilities can end up not being used
- Can have negative impact on the status of the country if ran poorly.
- Other sports may suffer
- Can cause division in the country

## The links between potential benefits and drawbacks and legacy

- Many of the benefits and drawbacks are relevant to more than one of the legacy areas (sporting, social or economic) (e.g. sports facilities could have both sporting and social legacy).



# The features of major sporting events.

**Task 1: What are the 6 features of major sporting events?**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_



**Task 2: Identify 6 major sporting events and answer the following questions:**

- Where it happens
- When it takes place
- How often is it held
- What sport/s are involved
- Which countries are involved?

## The features of major sporting events.


**Task 3: For each of the definitions below, identify if it represents a sporting, social or economic legacy.**

Using major events to increase the participation in sport across all social backgrounds.

Using major events to increase the tourism, investment and economic growth of a country.

Using major events to help improve the day to day lives of local residents, e.g. housing and transport.

## The benefits of hosting major sporting events.

Potential benefit of hosting a major sporting event	Reason how or why this aspect may be of benefit
Improved sports facilities	
Increased tourism	
Investment in transport	
Commercial benefits	
Raise the status of the country	
Increased participation	
Morale of the country is raised	

**Task1: Explain why or how each element may be of benefit when hosting a major sporting event.**

# The drawbacks of hosting major sporting events.

Potential drawback of hosting a major sporting event	Reason how or why this aspect may be a drawback
Hugely expensive	
The event could lose in revenue	
Other sports may suffer from the highlighting of one specific sport	
Facilities can end up not being used	
Can cause divisions in the country	
Can have a negative impact on the status of the country if the event is ran poorly	
Security risks	

**Task1: Explain why or how each element may be a drawback when hosting a major sporting event.**

**Exit ticket** – Describe a link between potential benefits and the relevancy to one of the legacy areas (sporting, social,

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How many points can you score?



# Retrieval grid

Identify two features of major sporting events	What are the 3 aspects of potential 'legacy'	Identify a link between a potential benefit and sporting legacy.
Give an example of a regular sporting event.	How could cost impact a sporting event?	Give an example of an event with an international element.
Identify 2 potential benefits to hosting major sporting events.	Explain the term "morale of the country is raised"	Identify two drawbacks to hosting major sporting events.

[illegible]

**Task: Colour code the features and major event to its category.**

One off	Involves competitors from more than one country.	The Olympic Games
Regular	Can occur in the same place in a relatively short space of time	F1 Grand Prix
Regular and reoccurring	Occurs in the same place for a number of years	FIFA World Cup
International element	Will only happen in any given country/city once in a generation	The Champions League Final

**Discuss the positive and negative effects of hosting the FIFA World Cup**

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# Exam style questions

**List the main features of major sporting events.**

**Potential benefits**

**Explain how the status of the country could raise due to hosting a major sporting event. (3 marks)**

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**Potential drawbacks**

**Give two drawbacks of building a large stadium for a specific event like the Olympics.**

1) \_\_\_\_\_

2) \_\_\_\_\_



## Notes

**What are the potential benefits to cities/countries to hosting major sporting events?**

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# LO4: To know the role of the national governing bodies in sport.

## 1) Promotion

- Promoting participation (e.g. equal opportunities policies)
- Increasing the popularity of the sport (e.g. schemes for schools)
- Exposure in the media (e.g. press releases, public relations)



## 2) Development

- Elite training and development (e.g. national teams)
- Coaching awards (e.g. England Netball UK Level 1)
- Training of officials (e.g. Rugby Football Union has a young officials award)

## 3) Support

- Providing technical advice (e.g. England Hockey provides information about playing surfaces).
- Providing location and contact details for local clubs.



## 4) Infrastructure

- Competitions and tournaments
- Rule-making and disciplinary procedures
- Providing a national directive and vision
- Providing guidelines, support and insurance to members
- Assist with facility developments.

## 5) Policies and initiatives

- Anti-doping policies
- Promoting etiquette and fair play
- Community programmes
- Information and guidance on safeguarding.



## 6) Funding

- Lobby for, and receive, funding
- Distribution of funds:
- Grants
- Government
- Membership
- Subscriptions/match fees
- Lottery funding
- Income from media/sponsors
- Private investment
- Merchandising
- Admission charges
- Fundraising events



**Task: Gather the information and split in to the correct areas.**

**Promotion: Making the sport  
more popular**



**Link with schools by:**

**Using the media by:**

**Development: Improving the  
quality and successes of teams**



**Elite teams:**

**Coaching:**

**Facilities:**

**Rules:**



**Infrastructure: The general  
running of the sport**

**Competitions:**

**Rulemaking:**

**Insurance:**



**Policies: Keeping players safe  
and enjoying sport**

**Anti-doping:**

**Child protection:**

**Community/ inclusion  
policies:**

**Promote  
etiquette:**



**Support: Providing guidance  
for players and clubs**



**Helps for clubs:**

**Help for players:**

# Exam style questions

**Identify the 6 main roles of national governing bodies in sport**

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

**Explain how a national governing body could help to increase popularity of sport.**

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**Give an example of the term elite training and development.**

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**What national governing body role would this strategy belong to?**

**Create a new 5 or 6-a-side faster version of the game with different rules?**

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# Retrieval grid

What are the 6 roles of a national governing body	How could sport be promoted through the media?	What support can a national governing body give?
How can they help with infrastructure?	Identify 2 policies/initiatives	Give an example of a coaching award
Identify 3 types of funding	Give 2 examples of national governing bodies in sport	National governing bodies can provide information and guidance on _____?

