

OCR Cambridge National Sport Studies 100 Recall based questions

LO1	Question	Answer
1	List the 9 different user groups	Ethnic minorities, retired people, families with young children, single parents, children, teenagers, disabled, unemployed, working singles and couples
2	Mainly men sports shown on TV or mainly male presenters of sport programs is an example of which barrier to participation?	Portrayal of gender issues by the media
3	Which of the following barriers is most likely to affect participation in sport by the unemployed?	Lack of role models / activities are only available at certain times / awareness of activity provision / cost of equipment
4	State the 8 barriers to participation	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
5	What are the three solutions to barriers which affect participation in sport	Provision, Promotion & Access
6	Give an example of how media coverage can impact popularity of a sport	e.g. BBC1 has sole coverage of Wimbledon and as a result avid tennis fans will watch this / The Ashes (Cricket tournament) is not on free to air TV so many people wont have access to this
7	Providing a hoist to a swimming pool would be an example of which type of solution to a barrier?	Access
8	Which of the following is most appropriate as a barrier to participation to an unemployed person?	Employment or time / work restrictions / portrayal of gender issues by the media / disposable income
9	How does employment and time have a negative impact on participation in sport?	As a result of being in employment or having a lack of time it can mean that participants don't have much free time available to participate in sport.
10	Having sensible pricing at a leisure centre (e.g. reduction of charge for unemployed people) would be associated with which solution to a barrier?	Access
11	How can the environment/climate affect participation in sport?	e.g regular involvement in snow sports as participant or spectator either requires freuent trips aborad or the use of artificial slopes as most parts of the UK do not have appropriate terrain/weather.
12	Give an example of how participation can impact popularity of a sport	e.g. football has wide-spread mass participation due to strong infrastructure being in place
13	State the 8 factors which can impact upon the popularity of sport in the UK	Participation / provision / environment or climate / spectatorship / media coverage / success for both teams and individuals / role models / acceptability
14	Which of the following statements is a definition of an emerging sport?	A new sport in the UK that does not have many participants / A traditional sport that has been played for a long time in the UK that has recently become more popular / A new sport in the UK that has enjoyed increased popularity and rising participation in recent years / A new sport in the UK with no tournaments or competitions in place of yet
15	Not knowing what sport or phsyical activity is currently available or on offer in your local area is a description of which barrier to participation	Awareness of activity provision

16	Suggest an emerging sport that someone might start playing	Ultimate frisbee, footgolf, triathlon, american football, Lacrosse, Korfball, Handball
17	Which of the following are three solutions to barriers which affects participation in sport?	Provision,promotion,opportunity / provision,participant,access / provision,promotion,access / programme,promotion,access
18	Providing appropriate activity options for the demands of specific user groups (e.g. different age groups want different options)	Provision
19	Provide an example for accessibility of facilities/equipment as a possible barrier to participation	Transport is not available or no disabled access
20	Using role models to encourage participation among different user groups would be which solution to a barrier?	Promotion
21	Not being able to afford the cost of participation is an example of which barrier to participation	Disposable income
22	Which of the following would not be classed as an emerging sport in the UK?	American football / ultimate frisbee / <u>cricket</u> / handball
23	Give an example of how role models can impact upon the popularity of a sport	e..g lack of role models for particular groups in particular sports, such as Britain Asian footballers
24	Initiatives aimed at promoting participation and inclusion is an example of which type of solution to a barrier	Promotion
25	Give an example of how success for both teams and individuals can impact upon the popularity of a sport	e.g. England Rugby teams successes at the Rugby World Cup 2019 will encourage participation in rugby
26	Planning the times to suit different user groups (e.g. for parents with young children, mid-morning after the school run) would be which solution to a barrier?	Provision
27	Providing transport to rural areas would be associated with which solution to a barrier?	Access
28	Programming sessions for use by different user groups such as sessions for wheelchair sports is an example of which solution to a barrier?	Provision
29	Limited activities on offer which do not meet the requirements of the prospective participant would be associated with which barrier to participation in sport	Provision of activities
30	Give an example of how acceptability can impact upon the popularity of a sport	e.g. Boxing still has vocal opposition who feel that the aim of the sport is to 'hurt the opponent' and that it is, therefore, not appropriate, especially for younger people / Opposition to horse racing due to perceived animal cruelty by use of whip

LO2	Question	Answer
31	The Olympic symbol of five interlocking rings is designed to represent which of the following statements?	The number of Olympic values/ The five continents that take part /Five different ethnic groups that take part/Five different categories of an Olympic event
32	In South Africa, supporters make sure that all ethnic groups are fairly represented. Of which value is this an example?	Citizenship/Fair Play/ Inclusion /Excellence
33	A teenager spends his spare time volunteering as a coach at his local swimming club. Of which value is this an example?	Excellence / Citizenship / Team spirit / Tolerance and respect
34	Which one of the following is the best example of gamesmanship in football?	Arguing with the referee / Time-wasting by kicking the ball out of play / Pulling the shirt of an opponent / Tripping an opponent in the penalty area
35	Which one of the following is NOT an example of gamesmanship?	Asking the official to punish an opponent / Shaking hands at the end of a match / Wasting time late in a game / Pretending to be injured
36	Which one of the following statements best describes the 'whereabouts rule' for drug testing in athletics?	Athletes must let the authorities know where they are for drug testing during a competition / Athletes must let the authorities know where they are for drug testing out of competition / Athletes must let the authorities know when they will be available for drug testing / Athletes must be contactable and available at all times for drug testing
37	Which of the following best matches the Olympic creed?	Breaking a world record / Winning a gold medal / Finishing a race after falling badly / Finishing 1st in a relay race
38	Which one of the following is not a value that is promoted by the Olympics?	It is the taking part that counts / it is important to gain success and world recognition / it is important to represent your nation / all nations compete on an equal basis
39	Which of the following is not an example of a value which can be promoted through sport?	team spirit / role model / citizenship / national pride
40	Learning how to work together and support others by playing as part of a team is defined as which value?	Fair play / Team spirit / Inclusion / Citizenship
41	Which one is not an example of a reason why performers take performance enhancing drugs?	long term ill health / pressure to succeed as an individual / pressure to succeed as a nation / financial gain
42	Which of the following performers has not tested positive for performance enhancing drugs?	Justin Gatlin (Athletics) / Dwain Chambers (Athletics) / Lance Armstrong (Cycling) / Usain Bolt (Athletics)
43	Which one of the following is not a reason why sports performers might take performance enhancing drugs?	Financial benefits from successful sports performance / To develop their technical sports skills / To enable them to train harder / To boost their physical performance
44	Identify whether the following statement is true or false.	The Olympic Creed states that winning is more important than taking part. True / False
45	Identify whether the following statement is true or false.	The Olympic Creed states the struggle to achieve your best is more important than the triumph True/False
46	Identify whether the following statement is true or false.	The Olympic Creed states it is important to have fought well in sports competition. True/False
47	The athletes' parade during the opening of the Olympics best demonstrates which one of the following Olympic values?	It is an example of excellence / It is an example of determination/ It is an example of inspiration / It is an example of courage

48	Which one of the following tests is not a method of detecting illegal use of drugs in sport? (a) taking a urine sample (b) taking a skin sample (c) taking a hair sample (d) taking a blood sample	Taking a urine sample/ <u>taking a skin sample</u> /taking a hair sample /taking a blood sample
49	Identify a negative impact of taking performance enhancing drugs in sport.	1.Damage to (physical/ mental) health of the performer/addiction 2.Be banned from performing/dropped from the team 3.Mistrust of results 4.Performers gain an unfair advantage 5.Damage to reputation of the sport 6.Damage to reputation of the performer 7.Team could be punished/banned/fined/teammates penalised 8.Financial penalties/loss of sponsorship/loss of winnings/loss medals or trophies
50	Identify one way to prevent illegal drug use in sport.	1.(Random) drug testing/ Whereabouts rule 2.Bans/suspensions 3.Educating performers on risks to health 4.Withdrawal of funding/sponsorship/educating performers on financial impact
51	Give three values associated with the Paralympics.	1.Respect 2.Friendship 3.Courage 4.Excellence 5.Determination 6.Inspiration 7.Equality
52	Give an example of etiquette for a parent watching their son or daughter play football.	1. Applaud good play 2. Applaud the opposition/be respectful to the opposition 3. Encourage the players 4. Encourage positive play/don't encourage negative play 5. Respect officials/coaches decisions 6. Don't shout at opposition/own child 7. Don't swear/use bad language 8. Don't be aggressive in behaviour (e.g. towards officials or opposition) 9. Don't go on the pitch/playing surface
53	Identify one way that a young footballer can show good sportsmanship.	1.Kicking the ball out of play when a player is injured/giving the ball back to the opposition when it is kicked out due to an injury (to a member of your team). 2.Shaking hands before the games starts/shaking hands after the match 3.Congratulating the opposition on good play (during or after the match) 4.Positive play e.g. no timewasting 5.Showing respect for the referee/officials 6.Clapping (opposition) when a substitution is made
54	Give an example of good spectator etiquette at a cricket match.	1. Applauding the opposition 2. Applauding fair play 3. Not shouting abusive language/ abusing the opposition 4. Applauding outstanding achievement 5. Remaining quiet during national anthems
55	Suggest three different ways of testing for the use of banned performance enhancing drugs in athletics.	1. Urine sample 2. Blood sample 3. Hair sample 4. Nail sample
56	Apart from team spirit, identify four values that can be developed through participation in team sport.	1. Fair play 2. Citizenship 3. Tolerance/respect 4. Inclusion 5. Excellence
57	Give one example of sportsmanship in a tennis match	1. Shaking hand of your opponent before/after a match 2. Congratulating your opponent if they win/play a good shot 3. Calling a ball out/in if it is outside the line.
58	Give one example of gamesmanship in a tennis match.	1. Wasting time (when serving) 2. Feigning injury 3. Extending time allowed between games/sets/matches 4. Grunting when playing the ball to put the other player off 5. Deliberately aiming at the opponents body 6. Calling for a bathroom break at a crucial point
59	Identify the Olympic value associated with winning the long jump and giving your training shoes away to a young member of the crowd.	Inspiration
60	Identify the Olympic value associated with watching other athletes on your rest day and applauding their performance.	Respect

LO3	Question	Answer
61	What is a major event that will be hosted by a country once in a generation called? Give an example.	One-off. Examples such as World cup, Olympic games, world athletic championships. Hosting 'usually' once in a generation e.g, London Olympics 1908, 1948 and 2012.
62	A regular sporting event is an annual event which a city can host twice in a short period of time, give an example.	Champions league final. Change host city every year but may return 'frequently' every 5-10 years or so.
63	What is an annual event that is contracted for a period of years called? Give an example.	Regular and recurring. Examples such as FA cup, Wimbledon and Formula one as they have the same venue every year.
64	Host nationals aim to use sporting events to create a legacy. What does legacy mean?	A major sporting event can have a large impact on the country and city once the event is long over. This is known as a legacy.
65	What sporting legacy is this definition referring too? 'To use the money to stabilise the country'	Economic (Investment in infrastructure, regeneration, new jobs created, increase in tourism).
66	What sporting legacy is this definition referring too? 'To increase the moral of the nation'	Social
67	What definition would you give for the 'sporting' legacy?	Left a legacy to inspire others to take part in sport. Participation increases, role models are created, elite programmes develop as well as grassroots. Profile of the sport is raised.
68	State three benefits of hosting a major event on these cities or countries?	Increased tourism this could be direct tourism such as coming to watch the event or indirect tourism which means coming to the country after the event. commercial benefits, increased participation in sport, moral of the country is raised, investment in improving transport, new sporting facilities and more jobs.
69	State three negatives of hosting a major sporting event on these cities or countries?	Really expensive to host (Montreal Olympics 1976 left debt of 1.3 billion dollars which was finally paid off in 2016. may lose money overall, facilities can end up not being used, negative effect on country if the event is not ran properly, increase threat of terrorism.
70	Identify an economic benefit of hosting the World Athletics Championships	Increase in tourism will mean more money boosting the economy.
71	Income for local businesses is an example of what type of legacy?	Economic
72	Increase in national pride is an example of what type of legacy?	Social
73	Increase participation in some sports is an example of what type of legacy?	Sporting
74	Identify two reasons why countries choose not to host major sporting events?	Cost to bid for the event, may lose money overall and end up in debt, increased threat of terrorism, many people think the money should be spent on the NHS or on other areas, facilities end up not being used afterwards.
75	How can national morale be boosted whilst hosting a major sporting event?	The 'feel good factor' after success in events such as London 2012 Olympics, 'Super Saturday'
76	Give a positive of hosting an event on facilities?	New stadiums and others upgraded that can also be used after the event
77	Give a negative of hosting an event on facilities?	If poorly organised can be left unused and derelict after, huge cost on country.

78	How can hosting an event leave divisions within the country?	Main investment may be in one area and what about other areas of the country? This needs to be fair to all areas but this is hard to achieve and causes divisions in the country.
79	What are the three main types of sports events?	One-off, regular and regular and re-occurring.
80	The 'shop window' effect is an example of what type of legacy?	Economic
LO4	Question	Answer
81	Give two types of advice that a national governing body can give to a local sports club	1.Technical advice (of building design/playing surfaces) 2.Advice on funding 3.Advice on coaching/officiating awards 4.Advice on leagues and competitions 5.Advice on disciplinary matters 6.Advice on policies (e.g. safeguarding) 7.Advice on promotion
82	Identify three sources of funding available to national governing bodies that can be given to amateur sports organisations to develop 'grass roots' participation	1.Grants 2.Lottery funding 3.(National governing body) affiliation fees/subscriptions 4.Income from media 5.Income from sponsorship/advertising 6.Income from private investors/donations 7.Money from (national) fund-raising events
83	Identify three ways national governing bodies such as the English Basketball Association are involved in developing their sports and give an example for each	1.Organise elite training 2. e.g. national performance squads (in basketball) 3. Developing coaching awards/coaching qualification structure 4. e.g. various levels of coaching qualifications such as (UKCC) Level 1 5. Training of officials 6. e.g. training and selecting officials to officiate at different levels (of basketball)
84	Suggest two ways a national governing body might promote sport to women.	1. Exposure in the media 2. Advertising/promotional campaign (e.g. This Girl Can) 3. Equal opportunities policies (that actively enable women to have equal access to sports equipment and facilities) 4. Taster sessions 5. Women's only sport (sessions) 6. Use of (female) role models 7. Training female coaches
85	Providing elite training is one way a governing body such as the Football Association develops a sport. Identify two other ways in which a governing body develops a sport.	1. Providing elite coaching 2. Providing national performance squads 3. Provides coaching awards at all levels/provides a framework for coaching awards 4. Training of officials at all levels
86	A governing body can assist with the building of sports facilities by providing advice on their design. Identify two other ways a governing body builds the infrastructure of a sport.	1. Makes rules 2. Makes disciplinary procedures/organises drugs testing 3. Creates/organises (national) competitions/tournaments 4. Provides a national directive and vision 5. Provides guidelines/support to clubs/members
97	National governing bodies can set the rules of sports T/F	TRUE
98	National governing bodies are responsible for mass participation but not elite athletes T/F	FALSE
99	National governing bodies control more than one sport T/F	FALSE
100	National governing bodies do not organise sports competitions T/F	FALSE
91	Identify two sources of funding available to a national governing body to help fund new sports facilities.	1. Government grants 2. Lottery funding 3. Sport England funding 4. Distribution of private donations 5. Sponsorship/advertising revenues 6. Membership/national affiliation fees

92	Identify four ways the governing body can fund its initiatives to enable more participation by young females in golf.	1. Grants 2. Lottery funding 3. Donations/private investment 4. Sponsorship 5. Income from media rights 6. Income from advertising 7. Merchandising 8. Subscription/club affiliation fees/membership fees 9. Admission charges 10. Organises fund raising events
93	Which one of the following is an example of a national governing body policy. A - issuing coaching awards, B - Training officials, C - Providing insurance for players, D - Rules on performance enhancing substances	D - Rules on performance enhancing substances
94	One way national governing bodies develop the infrastructure of a sport is by building facilities. Using examples, describe two other ways a national governing body can develop the infrastructure.	1. Develops competition/league/tournament structure 2. E.g. creation of national league structure in football 3. Rule-making/disciplinary procedures 4. E.g. rules on size of the playing area/standard equipment/regulation clothing/penalties and sanctions for performer misconduct 5. Provides a national directive and vision 6. E.g. implementation of a strategy to increase grass roots participation 7. Provides guidelines/support/insurance to members 8. E.g. provides advice on where to play the sport at different levels.
95	Identify 3 ways a national governing body can promote a sport.	1. Promoting participation 2. Promote volunteering/coaching opportunities 3. Coverage in the media/advertising 4. Targeted initiatives (such as promotion of sport in school) 5. Funding sports specific development officers 6. Find sponsorship/attract sponsorship
96	Give 3 ways national governing bodies provide support for local communities	1. Organise competitions and tournaments/organise league/competition structure 2. Provide funding to clubs 3. Provide resources/ guidance on coaching 4. Supply advice on facilities/funding sources /safeguarding 5. Provide officials 6. Provide insurance to members 7. Provide handbook/contact details for local clubs
97	Describe one policy of a national governing body and explain its impact on sport.	1.Rules 2.Fairness 3. Ensure all participants are treated in the same way/keep the sport safe\ensure even competition 4. Anti-doping policy 5. Equality 6. Less people taking drugs\ level playing field 7.Rules on dealing with player misconduct 8.Fairness\Safety 9. Fewer incidents/injuries/reduced damage to sports reputation\consequences of misconduct.
98	What are the 6 main roles of a governing body?	promotion, development, infrastructure, policies and initiatives, funding and support
99	A village cricket team is planning to build a new clubhouse and install an artificial cricket pitch. Identify two ways a national governing body can help this club.	1. Providing funding (e.g. grant contribution) 2. Offering technical advice 3. Offering advice and guidance on sources of funding 4. Providing legal advice
100	Give 1 form of development from a national governing body.	Elite development, coaching awards, officials training