

# OCR Sport Studies Knowledge Organiser

## R184 TA1 Understand the issues which affect participation in Sport.

User Groups
<p><b>People from different ethnic groups</b> A group within a community which have different national or cultural traditions from the main population</p> <p><b>Retired people/people over 60</b> A person who has retired from working or a professional career/over the age of 60.</p> <p><b>Gender</b> sometimes different genders have different needs, goals and requirements for sport</p> <p><b>Families with young children</b> A group of one or more parents and their children living together as a unit.</p> <p><b>Carers</b> Adults or children, caring for relatives, elderly, parents or siblings.</p> <p><b>Young children</b> A young human from birth to the end of primary school</p> <p><b>Teenagers</b> A person aged between 13-19.</p> <p><b>People with disabilities</b> A person with a physical/mental condition that may limit movement, senses or everyday activities (not just wheelchair users)</p> <p><b>People with family commitments</b> A person who needs to do certain tasks for family.</p> <p><b>Parents (singles or couples)</b> A person/people bringing up a child/children with or without a partner.</p> <p><b>People who work</b> A person who works/has a professional career.</p> <p><b>Unemployed/economically disadvantaged people</b> A person/people living in a less favourable social and economic circumstance.</p>

Barriers to participation			
<ul style="list-style-type: none"> <li>- Lack of positive sporting role models</li> <li>- Lack of equal coverage in media in terms of gender &amp; ethnicity by the media</li> <li>- Negative portrayal by the media</li> </ul>	<ul style="list-style-type: none"> <li>- Employment and unemployment</li> <li>- Lack of leisure time</li> <li>- Lack of disposable income</li> </ul>	<ul style="list-style-type: none"> <li>- Family commitments</li> <li>- Lack of childcare</li> <li>- Lack of positive family role models or family support</li> </ul>	<ul style="list-style-type: none"> <li>- Lack of transport</li> <li>- Lack of specialist equipment</li> <li>- Lack of appropriate activity/ awareness of provision</li> </ul>

Possible solutions to the barriers which affect participation in sport
<p><b>Provision strategies</b></p> <ul style="list-style-type: none"> <li>- Appropriate programmes/sessions /activities</li> <li>- Times for the different user groups</li> </ul>
<p><b>Promotion strategies:</b></p> <ul style="list-style-type: none"> <li>- Use of targeted promotion</li> <li>- Promotion using role models</li> <li>- Initiatives (free/reduced costs)</li> <li>- Inclusive schemes to get into sport</li> </ul>
<p><b>Access strategies:</b></p> <ul style="list-style-type: none"> <li>- Increased and appropriate transport availability (free/car share)</li> <li>- Availability of appropriate user group facilities and equipment (provide free equipment)</li> <li>- Improved access to facilities for all user groups</li> <li>- Appropriate pricing for all user groups (sensible pricing/concessions)</li> </ul>

Factors that affect popularity of sport											
<p><b>Participation-</b> Number of people participating in the sport compared to other sports. <i>E.g football compared to hockey.</i></p> <p><b>Acceptability</b> -How people view the sport is it cruel/violent as people may be less likely to participate. <i>E.g horse racing/boxing.</i></p> <p><b>Media coverage-</b> Not all sports have live, catch up sport views, coverage changes for different sports. <i>E.g. football gets more live coverage than badminton.</i></p> <p><b>Provision-</b> certain types of sports have more available clubs than others. <i>E.g more football clubs than basketball.</i></p> <p><b>Environmental conditions</b> - Specific environmental conditions needed for some sport. <i>E.g. skiing requires snow/ mountainous terrain.</i></p> <p><b>Role models-</b> Performers who are positive in the media. <i>E.g Marcus Rashford.</i></p> <p><b>Success-</b> Performers whose success has increased the popularity for their sport. <i>E.g female football</i></p> <p><b>Spectatorship opportunities-</b> certain types of sports activities available for both watching and participating in sporting activities. <i>E.g rugby.</i></p>											
<p><b>Emerging sports in the UK</b></p> <table> <tr> <td>Korfball</td><td>Ultimate Frisbee</td><td>American</td></tr> <tr> <td>Football</td><td></td><td></td></tr> <tr> <td>Futsal</td><td>Paddleball/Pickleball</td><td>Crossfit</td></tr> </table>			Korfball	Ultimate Frisbee	American	Football			Futsal	Paddleball/Pickleball	Crossfit
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## R184 TA2 The role of sport in promoting values

Sporting values that can be promoted through sport
<p><b>Team Spirit</b> working together to achieve the same goal <i>E.g working together as a team to win a trophy.</i></p> <p><b>Excellence</b> Striving to be the best you can be. <i>E.g. beating a personal best or representing your country.</i></p> <p><b>National Pride</b> A feeling of being united when watching/representing your country. <i>E.g. wearing your country's strip to support.</i></p> <p><b>Tolerance/Respect</b> An understanding of different countries and cultures through sport. <i>E.g shaking hands with opposition or calling the referee sir in rugby.</i></p> <p><b>Fair Play</b> The importance of adhering to rules and not cheating. <i>E.g. helping up the opposition if they are injured.</i></p> <p><b>Inclusion</b> Initiatives/sessions aimed at giving equal opportunities to everyone to play sport. <i>E.g wheelchair basketball, blind football, women only sessions.</i></p> <p><b>Citizenship</b> Taking an opportunity to get involved in the local community. <i>E.g. helping at a local football club.</i></p>

Local/Regional/National Sports Initiatives
<p>Gallaghers Premier Rugby- Project Rugby (Local)</p> <p>England Netball- Open Active (Local)</p> <p>England Cricket Board-Chance to shine (regional)</p> <p>FIFA- Football for hope (regional, 6 bases in UK)</p> <p>UEFA-#Real scars (national)</p> <p>Sport England- Sport Relief (national)</p> <p>Sport England- This girl can (national)</p> <p>England Basketball- Projectswish (national)</p>

The Olympic Creed
<p>"The most important thing in the Olympic Games 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 to have conquered but to have fought well."</p>

Sporting etiquette and behaviour
<p>Observing etiquette and sporting behaviour such as fairness, the safety of fellow participants or the reinforcement of positive sporting values.</p> <p><b>Sportsmanship</b> - playing within the spirit of sport should be reinforced when participating. <i>E.g. shaking hands with the opponent after the match</i> <i>E.g kicking the ball out in football when a player is injured</i> <i>E.g promoting tolerance and respect by trying to avoid disagreements/tension with the opposition</i></p> <p><b>Spectator etiquette</b> - spectators have a responsibility to each other and the players to view the action in a manner that does not jeopardise fellow spectators or players. <i>E.g Being quiet when a point is being played in tennis</i> <i>E.g Being quiet when the kicker is kicking in rugby</i> <i>E.g.Applauding fair play within a match.</i></p>

The Olympic symbol
<p>The 5 interlocking rings represent the closeness between the 5 continents 5 interlocking rings represent the closeness between the five continents</p>

Olympic Values
<p><b>Respect-</b> This includes respect for yourself and your body, for other people, for rules and regulations, for sport and for the environment</p> <p><b>Excellence-</b> Giving your best, not only in sport but in life, and achieving your goals.</p> <p><b>Friendship-</b> Understanding each other through sport even though there may be differences.</p>
Paralympic Values

<p><b>Determination-</b> The drive and motivation to overcome both physical and mental barriers in order to achieve your goals.</p> <p><b>Inspiration-</b> To be motivated by the achievements and actions of others and to be a positive example to others.</p> <p><b>Courage-</b> Having the self-belief and confidence to show what can be achieved when testing your body to the absolute limits.</p> <p><b>Equality-</b> Showing respect towards all those around you by being inclusive and breaking down social barriers and discrimination towards people with disabilities.</p>
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<b>Lance Armstrong (Cyclist)</b>  Drug Offence: Blood Doping Stimulates extra growth of red blood cells To improve training and fitness/train for longer/train harder/improve performance (e.g. faster cycling times) Banned for life	<b>Dwain Chambers (Sprinter)</b>  Drug Offence: Steroids Helps to build muscle so that they can give more explosive power for sprint start Banned for 4 years and stripped of medals	<b>Maria Sharapova (Tennis Player)</b>  Drug Offence: Beta Blockers Decrease an athlete's heart rate, steadying their nerves and reduce potential for shaking. Banned for 15 months	<b>Types of Drugs</b>  Beta blockers Diuretics Anabolic Steroids Blood doping Human growth hormone
<b>The reasons why sports performers should NOT use PEDs</b>  <ul style="list-style-type: none"> <li>- Unfair advantage over other athletes</li> <li>- Long term ill-health affects such as; Increased risk of stroke/organ failure/heart attack/kidney &amp; liver cancer/infertility/high blood pressure</li> <li>- Risk of addiction</li> <li>- Against the ethos of fair play/ breeds a 'win at all costs' attitude.</li> <li>- Negative role models/breeds a win at all costs mentality</li> <li>- Sanctions/bans/fines</li> </ul>	<b>The reasons why sports performers use PEDs</b>  <ul style="list-style-type: none"> <li>- Gain an advantage/to win/to reap financial awards/fame</li> <li>- To improve training and fitness/train for longer/train harder/improve performance</li> <li>- Pressure to succeed as an individual</li> <li>- Pressure to succeed from the nation/ personal pressure to fulfil national expectation</li> <li>- Pressure from coach/team members/significant others</li> <li>- Pressure from financial rewards from winning</li> <li>- Aids recovery from injury</li> </ul>	<b>The World Anti Doping Agency = WADA</b>  <b>WHEREABOUTS RULE</b> – Performers must report their location (outside of competition). They must notify where they will be for at least one hour of every day (for a year). So that they can be random drug tested at any time. Three missed tests (in a year) results in sanction <b>WADA Testing methods</b> More effective/varied testing method will make detection more likely and therefore act as a deterrent. Tested via: urine samples, hair samples, nail samples, blood samples <b>WADA Sanctions/Bans</b> Threat of sanctions and bans may act as a deterrent. Sanctions can include; lifetime bans, fines, suspensions. <b>WADA Educational Initiatives</b> Education programmes that inform performers of the health risks of taking performance enhancing drugs. 100% Me-Educational anti-doping programme	
<b>The impact of the use of PEDs on the sport</b>  Mistrust of results/events as some sports have had repeated scandals such as cycling. Implication that all participants in a particular sport are taking drugs Where sports have not adopted the WADA policy people question whether or not that means the sport is hiding the fact that participants take drugs.	<b>Effects of PEDs on the body</b>  <ul style="list-style-type: none"> <li>- Stimulates extra growth of red blood cells.</li> <li>- Builds muscle/Promotes growth of bones.</li> <li>- Boosts efficiency of heart.</li> <li>- Reduce amount of excess water</li> <li>- Decrease an athlete's heart rate, steadying their nerves and reduce potential for shaking.</li> </ul>		

# OCR Sport Studies Knowledge Organiser

## R184 TA3 The implications of hosting a major sporting event for a city or country

Regular sporting events	Regular and recurring sporting events	One off sporting events	Nature of the event
<p>Held in a different city each year but could return after a few years.</p> <ul style="list-style-type: none"> <li>- UEFA Champions' League Final</li> <li>- Tour De France</li> <li>- 6 nations</li> </ul>	<p>Held each year at the same venue/city.</p> <ul style="list-style-type: none"> <li>- Wimbledon</li> <li>- Formula 1-Silverstone</li> <li>- FA cup final</li> </ul>	<p>Held in a host city once in a generation.</p> <ul style="list-style-type: none"> <li>- Olympics</li> <li>- Paralympics</li> <li>- Football World Cup</li> <li>- Rugby World Cup</li> <li>- Netball World Cup</li> </ul>	<p>The event is usually international: involving participants and spectators from two or more countries</p>

Positives of hosting a major sporting event-PRE-EVENT	Positives of hosting a major sporting event-DURING	Positives of hosting a major sporting event-POST EVENT
<p>Bidding for the event can create pre-event sponsorship</p> <ul style="list-style-type: none"> <li>- Improved infrastructure and transport systems development</li> <li>- Financial/commercial investment/support- social and economic attractiveness of a host city/country in securing investment</li> <li>- The potential for increased employment</li> </ul> <p>Local/national objections to the bidding process</p>	<ul style="list-style-type: none"> <li>- Improved social infrastructure</li> <li>- Improved national morale/social cohesion</li> <li>- Increase in national status</li> <li>- Greater national interest in sport</li> <li>- Increased media coverage of the sport(s)</li> <li>- A potential increase in direct and indirect tourism</li> <li>- An increase in short-term employment during the event</li> </ul>	<ul style="list-style-type: none"> <li>- A legacy of improved/new sporting facilities</li> <li>- An increase in the sports' participation</li> <li>- An increase in the profile of sports involved</li> <li>- A legacy of improved transport and social infrastructure</li> <li>- Raising of the city/nation's international profile/ status</li> <li>- An increase in future financial investment</li> </ul>
Negatives of hosting a major sporting event-PRE-EVENT	Negatives of hosting a major sporting event-DURING	Negatives of hosting a major sporting event-POST EVENT
<ul style="list-style-type: none"> <li>- Bidding can be expensive, especially if they don't win the event</li> <li>- Costs can be more than what is made by the event</li> <li>- Local/National Social objections - how money is used for bidding for an event, instead of being spent on perceived greater social needs and the impacts</li> </ul>	<ul style="list-style-type: none"> <li>- Increase in transport, litter and noise</li> <li>- The potential for an increase in terrorism and crime</li> <li>- Poor performance by home nation/team and the impact on national pride/morale</li> <li>- Perceived relegation/lack of investment in regional areas not involved in the national event</li> <li>- Negative media coverage of perceived deficiencies in the organisation or infrastructure/facilities</li> </ul>	<ul style="list-style-type: none"> <li>- The event might have costed more to host than the revenue generated</li> <li>- Sports facilities unused after the event</li> <li>- A loss in national reputation/status if the event was badly organised, the host nation's participants performed badly, or scandals emerged</li> </ul>

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## R184 TA4 The role National Governing Bodies (NGBs) play in the development of their sport

Examples of NGBs	Participation	Development	Policies and initiatives
<p>England Netball England Rugby England Cricket Board England Basketball England Athletics British Tennis (LTA) British Cycling British Gymnastics The FA</p>	<p><b>Promotion</b> through specific initiatives/ schemes. E.g. Back to netball, walking football and tag rugby.</p> <p><b>Exposure in the media</b> through press releases and public relations. E.g. Live matches on t.v during competitions.</p> <p><b>Equal opportunities</b> for all for all to take part. E.g. Futsal, 5 aside, 7 aside 11 aside, walking football, blind football.</p> <p><b>Participation for all</b> E.g. by organising tournament and competitions for all abilities through leagues etc.</p>	<p><b>Develop elite training</b> to produce National performance squads through high level coaching. E.g. Level 3 gymnastics coach to coach Team GB.</p> <p><b>Organise and run coaching awards</b> to improve the quality of sessions. E.g. Level 1 and Level 2 netball coaching awards</p> <p><b>Trains officials</b> to improve the quality of competitions as well as a starting point for a career in officiating. E.g. The FA referee levels go from Level 9 (trainee) to Level 1 Premier League)</p>	<p><b>Promotes etiquette and fair play</b> -campaign's within the sport. E.g Kick it out.</p> <p><b>Anti-Doping policies</b> Include a list of substances which are banned from the sport and the consequences if found doping. E.g (most follow WADA).</p> <p><b>Information on safeguarding</b> this is for children and young people within local clubs. E.g. a safeguarding officer at the club.</p> <p><b>Develops community programmes</b> promote the sport and improve participation at grassroots level. E.g Chance to shine.</p>
	Rules and apply disciplinary procedures	Funding	Support and Advice
	<p><b>Rules changed/updated</b> E.g. long corner in hockey is now taken from a different place to give the opposition a better attacking advantage.</p> <p><b>Ensuring safety within sport through rules</b> E.g. checking studs on football boots before the game</p> <p><b>Disciplinary procedures implemented by the NGB</b> E.g. Yellow and red cards in rugby to give when there have been fouls.</p>	<p><b>Fundraising</b> E.g charity matches.</p> <p><b>Lottery Funding</b> E.g. money is spent on grassroots and elite sport.</p> <p><b>Admission charges</b> E.g tickets bought to watch the game.</p> <p><b>Membership fees</b> E.g. from players that sign up &amp; pay subscriptions to their club/match fees.</p> <p><b>Investment</b> E.g. private sources donations.</p> <p><b>New income</b> E.g. From promotion in the media, sponsorships and advertising.</p> <p><b>Grants</b> E.g. government or non-government to help run a club.</p>	<p><b>Support with location and contact details</b> of local clubs. E.g where to find them etc.</p> <p><b>Information and advice on equipment</b> and playing surface. E.g. Requirements of equipment sizes and pitch size for each age categories.</p> <p><b>Provide health and safety regulations</b> -This is to prevent injury. E.g. shin pads and football studs have to be worn for football.</p>

# OCR Sport Studies Knowledge Organiser

## R184 TA5 The use of technology in sport

### Increasing fair play/accuracy

**Video referring** E.g. Television Match Official (TMO)– e.g. a referee in rugby will watch video replay on a TV monitor during the game to assist in making a decision.

**Facility developments** E.g. retractable roofs– most centre court tennis courts have open and closed roofs so the weather doesn't interfere with play.

### Increased Safety

**Increased safety clothing** E.g. cricket helmets where there is now a part at the back to protect the back of the head.

**Modified sports equipment** E.g. Lawn Darts– These have been developed so that it is safe for children to take part.

### Increasing Spectatorship

**Visual enhancement** Television – HD TV/3D TV improves viewing experience, multi-screen through 'red button'.

### Enhancing performance

**Fitness testing** E.g. A heart rate monitor allows performers to track their heart rate before, during and after exercise.

**Training aids** E.g. Golf simulators provide accurate distances and allow practice to be performed indoors.

**Improved equipment** E.g. Carbon fibre tennis rackets means players are able to hit the ball harder

**Improved clothing** E.g. Football boots that improve the curl that can be applied when kicking the ball.

**Injury prevention** E.g. Cold water therapy such as lumi pods.

### Positive Effects for spectators

**Increased fan base** E.g. supporters have instant access to in-play stats and fans also find it easier when purchasing tickets over internet or via mobile phone apps.

**See all the action** E.g. instant replays and multi camera angles watching at home is able to pause and rewind live TV.

### Negative Effects for spectators

**Decrease in live spectatorship** E.g. Sport is now available 24 hours a day which means less people going out to watch as they prefer to watch live sport from the comfort of their own home.

### Positive effects of the use of technology in sport

**Enhanced performance** E.g. equipment is easier to use- cavity back irons in golf were created so that it did not have to require a perfect strike to make an acceptable shot.

**Lower risk of injury** E.g. Shock absorbing footwear which limits strain on legs and joints when running a marathon.

**Quicker recovery from injury** E.g. Electrotherapy which limits reversal in fitness.

**Training aids to improve performance** E.g. Jockey training horse helps with jockeys technique and stamina

**More accurate decisions and results** E.g. Visual stopwatch helps improve accuracy of timings that have been awarded.

**Technical analysis** E.g. Analysing player stats such as goalkeeper stats helps improve accuracy of penalties taken

### Negative effects of the use of technology in sport

**Unequal access to the same quality of technology** E.g. F1 are constantly increasing how fast the cars go and don't all have access to the same technology.

**Increased cost of technological advances** E.g. not all teams can afford it, only premier league teams have goal line technology due to the cost goal line technology costs £10,000 per match

**Potential reduction in the flow of the game through introduction of officiating technology** E.g. TMO in rugby can take up to 5 minutes.

**Officials' decisions influenced by technology, which does not always apply the best interpretation of the rules** E.g. officials more reliant on the technology.