Cambridge Nationals Sport Studies Unit R184

Topic Area 1 Issues Which Affect Participation in Sport

Answers

Contents Page

Introduction

This revision work-booklet includes topic overview sheets and exam questions.

The topic overview sheets include a range of key information, images and diagrams in order to help you revise each topic. There are lots of gaps within these sheets which you will need to fill in. Lets look at an example.

As you can see, there are gaps in the description of types of sporting events shown below.

One-Off

A 'One-off' event is when hosting an event in any given country will only happen _____.

Regular

A 'regular' event is held in a different city _____ but could return after a _____.

You simply need to fill in the gaps in order to complete the definition.

One-Off

A 'One-off' event is when hosting an event in any given country will only happen **once in a generation**.

Regular

A 'regular' event is held in a different city **each year** but could return after a **few years**.

The example below shows that you need to complete the bullet points covering the reasons for aggression:

Technology plays a vital role in sport, particularly at an elite level. Technology can be used to:

➡ Enhance _____

➡ Increase the _____ of participants

➡ Increase fair play and increase the accuracy of _____

➡ Enhance _____

After filling in the answers, the bullet points will look like this:

➡ Enhance **performance**

➡ Increase the **safety** of participants

➡ Increase fair play and increase the accuracy of **officiating**
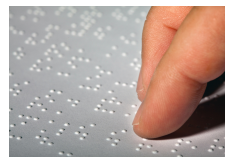
➡ Enhance **spectatorship**

You will also be required to answer a number of exam questions throughout the booklet. Read each question carefully and pay close attention to the amount of marks available.

R184 TA1
Part 1 - Barriers to Participation

Barriers to Participation in Sport

- £ Cost of participation
- Limited time available to participate
- Discrimination
- Lack of provision or accessibility

Adaptations for Disabilities

- Examples of adapted sports include goalball and boccia
- Specialised equipment
- Braille
- Sound systems
- Pool hoists
- Includes visual, intellectual, physical, hearing

User Groups that may experience barriers to sports participation

- Raising a child
- Parents (Singles or Couples)
  - Depends on income
- Categories
- Gender
  - Different opportunities
- Retired People/ Over 60s
  - Increased chance of mobility and health issues
  - Reduced intensity
- Ethnic Groups
  - Cultural background
- People Who Work
- Young children
  - Fun and engaging
  - Before and after school
- Teenagers
- Unemployed/ Economically disadvantaged
  - Lack of disposable income for transport, memberships etc.
- Carers
  - Includes adult and child carers
- Families with children
- People with Disabilities
  - Physical or mental impairments

Barriers to participation

User groups can share barriers to participation, but for different reasons. Identify the user group each description alludes to.

Employment and Unemployment	Family Commitments
Unemployment/ Economically disadvantaged Lack of disposable to pay for memberships. May have to spend free time finding work or working multiple jobs. **People who work** Can only participate outside working hours. Shift workers can have irregular hours at unsocial times when provisions are available.	**Parents (single and couples)** Caring for children can reduce the time and energy needed to participate. Especially for single parents, who need to organise a creche or babysitter. **Carers** Carers may not be able to leave the person they care for unattended/need to reserve time away from them to other life commitments such as work and shopping.

Lack of Disposable Income	Lack of Transport
Unemployment/ Economically disadvantaged Lack of disposable to pay for memberships after buying essentials. **Young Children** Fully rely on parents or carers to pay for sporting activities. **Families with children/Parents** Needing to cover the cost of raising kids can reduce the disposable income to spend on their own sporting activities.	**People with disabilities** Some with physical disabilities limited to public transport which have provisions such as ramps. **Young Children** Fully rely on parents or carers as they cannot drive and too young to use public transport alone. **Retired people/over 60s** Increasingly reliant on public transport which may not be convenient in terms of time and location.

Lack of Positive Sporting Role Models	Lack of Positive Family Role Models and Support
Gender/Females Fewer female sporting role models in the media from women to identify with than males. **Retired people/Over 60s** Lack of role models of a similar age because most professional sportspeople in the media will have retired. **People with disabilites** Lower media coverage for sports involving people with disabilities.	**Teenagers** and **Young Children** Rely on parents to be able and willing to take them to sporting activities They are less likely to take part in sport if their family do not take part in sport or think negatively towards it.

Barriers to participation

User groups can share barriers to participation, but for different reasons. Identify the user group each description alludes to.

Lack of Appropriate Activity Provision	Lack of Awareness of Provision
Gender Some clubs may only have teams for a single gender. e.g. a cricket club with only male teams. **Young children** Some clubs or gyms are adult only, or have a limited range of activities available/appealing to children. **People with disabilities** Some clubs or gyms may not have the specialist equipment for people to participation in sporting activities.	**Teenagers** Adverts have target the wrong audience, so activities targeted towards teenagers are not seen by teenagers. **Ethnic groups** Some immigrants who do not speak English might be unable to ascertain what sporting activities are available in their local area. **People with disabilities** People with visual impairments might rely on braille to access information about provisions, which is not often available in both advertisement and at facilities.

Lack of Media Coverage

Gender/Females
Less coverage of female sporting competitions.
Sports in the media often categorised as 'male' or 'female'.

Different ethnic groups
Less media coverage of sportspeople and by pundits from ethnic minorities than other groups.
Images in the media can reinforce stereotypes of which ethnic groups take part in different sports.

1 Markers

1. Which of the following barriers can be caused by not having a personal vehicle. (1 mark)

A) Lack of Transport - **Correct Answer**
B) Lack of Appropriate Provision
C) Lack of Appropriate Awareness
D) Family Commitments

2. Identify which one of the following is not a potential solution to a a lack of disposable income as a barrier to participation in sport? (1 mark)
A) Swimming
B) Running
C) Netball - **Correct Answer**
D) Tennis

2. Which of the following is an example of access to sport being limited? (1 mark)

A) Being unhealthy
B) Being able-bodied
C) Being unemployed - **Correct Answer**
D) Being unable to watch a sport on TV

2 Markers

4. Explain how being unemployed can act as a barrier to participation in sport. (2 marks)

Mark One – Being unemployed reduces someone's disposable income
Mark Two – This means that a person might be unable to afford the cost of participation

Accept other appropriate responses, such as it decreases levels of motivation.

5. Identify two users groups who are unlikely to be able to participate in a class at 11am Monday-Friday. (2 marks)

One mark for each of the following, up to a maximum of two marks:
- Young children
- Teenagers (in full time education)
- Families with young children
- Parents/People with family commitments
- Employed people

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6. Explain how cost can be a barrier to participation in swimming amongst over 60s at a gym. Give one solution that the gym could use which involves promoting sport in over 60s. (2 marks)

One mark for each of the following, up to a maximum of two marks:
- **Providing subsidised memberships/sessions/equipment for people over 60**
- **Organise more sessions/classes targeted at over 60s**
- **Provide transport to existing clubs/facilities**

Accept other appropriate answers

3 Markers

7. Identify three types of disability which can impact on participation in physical activity. (3 marks)

One mark for each of the following, up to a maximum of three marks:
- **Physical**
- **Sensory**
- **Mental**

Accept other appropriate answers

8. Chris is a single parent. He is currently not working in order to look after his three children.
Identify three barriers that might prevent Chris from taking part in a sport regularly. (3 marks)
One mark for each of the following, up to a maximum of three marks:
- **Lack of disposable income**
- **Family commitments**
- **Lack of childcare**
- **Lack of free time**
- **Lack of motivation**
- **Lack of role models for single parents**
- **Lack of awareness of facilities**
- **Lack of activities he can do with his children**

4 Markers

9. Describe and give examples of two ways a leisure centre could help people with physical disabilities to take part in swimming (4 marks)

One mark for each solution up to a maximum of two. Mark three and four awarded for an appropriate example of each:
- Provide specialist equipment
  - E.g. Hoists for the swimming pool
- Provide transport to the pool
  - E.g. Minibus/Taxis with wheelchair access
- Advertisements targeted to people with disabilties
  - E.g. Information in braille
- Improved access to buildings
  - E.g. wheelchair ramps, signs in braille
- User-specific sessions
  - E.g. providing specialist coaches, swimming session only for people with disabilites.

Accept other appropriate answers/examples

10. Mario is a 15 year old who is studying for his exams. He is looking to participate in more sport to help manage exam stress.

Identify two barriers that might prevent Mario taking part in sport and suggest two possible solutions that could help Mario take part in more sport. (4 marks)

One mark for each barrier ,up to a maximum of two marks:
- Lack of disposable income for equipment/memberships/sessions
- Lack of access to their own transport/reliant on parents for transport
- Lack of time due to exams
- Lack of role models
- Poor body image/self esteem
- Lack of motivation
- Lack of awareness of what provisions are available to them.

One mark for each possible solution, up to a maximum of two marks:
- Offer subsidise memberships/sessions for teenagers/concession
- Provide flexible memberships/session programming/evenings/weekends
- Arrange transport for family or friends
- Centres increase advertisement targeted at teenagers so they are aware of what provisions are available
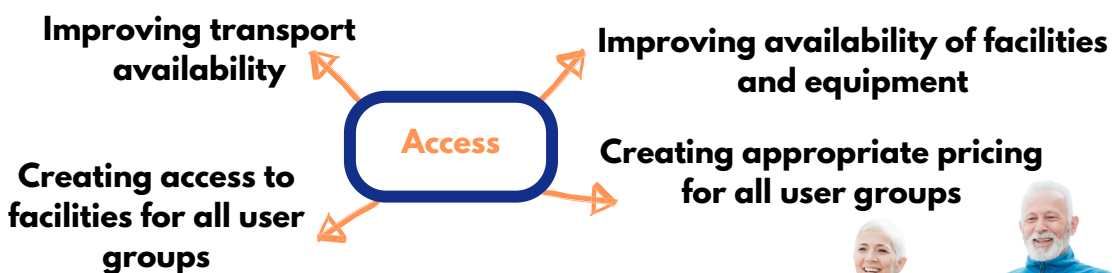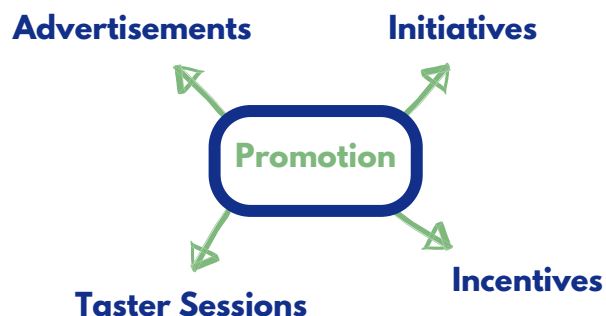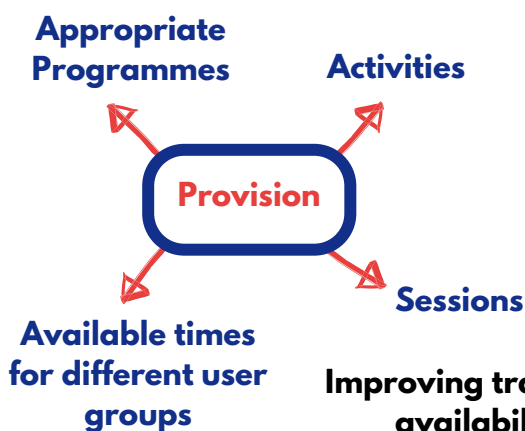- Offer interesting activities

Improving Participation in Sport

Provision → **The availability of sport**

Promotion → **The advertising and marketing of sports**

Access → **The accessibility of sport to all people in society**

Provision

Appropriate Programmes

Activities

Sessions

Available times for different user groups

Promotion

Advertisements

Initiatives

Taster Sessions

Incentives

Access

Improving transport availability

Improving availability of facilities and equipment

Creating access to facilities for all user groups

Creating appropriate pricing for all user groups

R184 TA1
Part 2 - Improve Participation

The popularity of sports in the UK depends upon a number of factors:

Environment
The lack of optimal conditions can reduce participation

Provision of Facilities
In towns and cities there are more facilties available than in small villages

Spectatorship
A sport will become more popular if there are opportunities to spectate live or on TV.

Social Acceptability
Not all sports are seen as ethically acceptable

Success
If an individual or team are successful at an event such as the Olympics, the sport will grow in popularity

The Number of People Participating
Sports with high numbers of participants will get lots of media coverage and grow even further

Role Models
Role models, who are highlighted in the media, can increase the number of people wanting to participate in a certain sport

Media Coverage
Some sports get more medica coverage than others

Emerging Sports in the UK:

Korfball

Ultimate Frisbee

Footgolf

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Overcoming Barriers

Group the strategies for overcoming barriers for sport into 'provision', 'promotion' and 'access'.

Provision	Promotion
Online Exercise Classes 'Parent and child' activities Extend opening hours Wide range of activities Offer women only sessions	Sporting initiatives to promote physical activity in user groups Using role models from different user groups Target adverts where user groups are most likely to see them Clubs have a diverse staff
Improving Access	**Reducing Costs**
Free off-peak bus travel for over 60s Increased transport links Creche facilities Signs in different languages Cycle lanes	Concessions/ reduced prices for specific user groups Free parking Taster sessions Equipment hire

Free parking

Wide range of activities

Concessions/ reduced prices for specific user groups

Signs in different languages

Online Exercise Classes

Extend opening hours

'Parent and child' activities

Increased transport links

Cycle lanes

Using role models from different user groups

THIS GIRL CAN

Sporting initiatives to promote physical activity in user groups

Creche facilities

Free off-peak bus travel for over 60s

Target adverts where user groups are most likely to see them
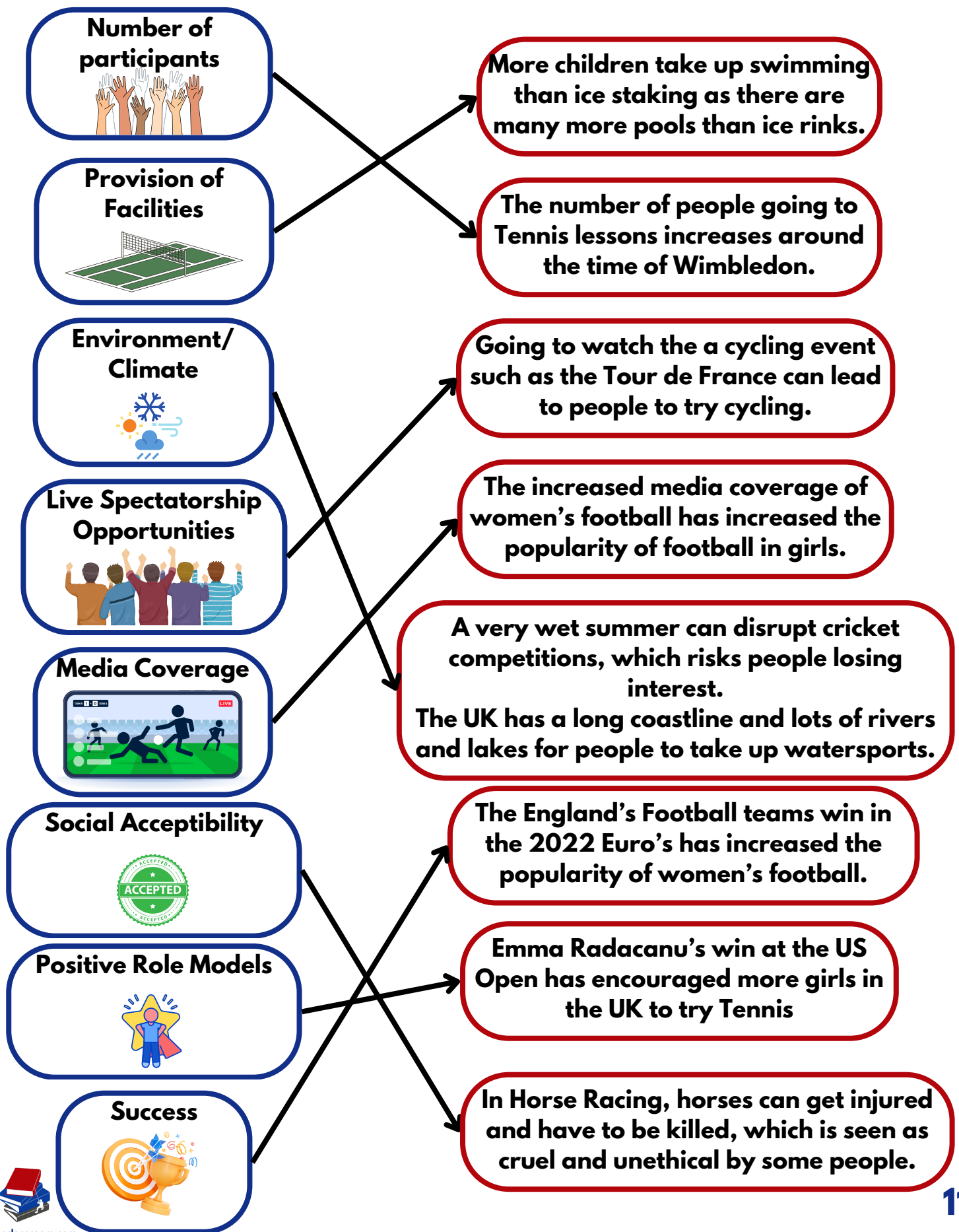
Equipment hire

Offer women only sessions

Clubs have a diverse staff

Taster sessions

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Popularity of Sports - Examples

Match up the factors which can influence the popularity of a sport to the correct example.

Number of participants

Provision of Facilities

Environment/ Climate

Live Spectatorship Opportunities

Media Coverage

Social Acceptibility

Positive Role Models

Success

More children take up swimming than ice staking as there are many more pools than ice rinks.

The number of people going to Tennis lessons increases around the time of Wimbledon.

Going to watch the a cycling event such as the Tour de France can lead to people to try cycling.

The increased media coverage of women's football has increased the popularity of football in girls.

A very wet summer can disrupt cricket competitions, which risks people losing interest.
The UK has a long coastline and lots of rivers and lakes for people to take up watersports.

The England's Football teams win in the 2022 Euro's has increased the popularity of women's football.

Emma Radacanu's win at the US Open has encouraged more girls in the UK to try Tennis

In Horse Racing, horses can get injured and have to be killed, which is seen as cruel and unethical by some people.

Emerging Sports

Emerging Sports are sports that had a low participation rate historically, but are growing increasingly popular.

In the UK, National Governing Bodies play a large role in increasing participation and developing the sport.

Organise the statements into strategies for increasing participation and developing the sport.

Increasing Participation	Developing the Sport
Invest in more media coverage Invest in schemes and sporting initiatives Offer taster sessions Invest in facilities and equipment across the country	Organise more competitions for all ages and categories Modify rules to make the sport for accessible for some user groups Invest in training more coaches and officials

Invest in training more coaches and officials

Offer taster sessions

Modify rules to make the sport for accessible for some user groups

Organise more competitions for all ages and categories

Invest in facilities and equipment across the country

Invest in schemes and sporting initiatives

Invest in more media coverage

1 Marker

1. Which one of the following a way to increase provisions for sport? (1 mark)

A) Online Exercise Classes **- Correct Answer**
B) Using role models from different user groups
C) Sporting initiatives to promote physical activity in user groups
D) Target adverts where user groups are most likely to see them

2. Which of the following sports could be described as 'socially unacceptable". (1 mark)

A) Tennis
B) Boxing **- Correct Answer**
C) Cricket
D) Gymnastics

2 Markers

3. Explain how climate can be a negative influence on the popularity of skiing in the UK. (2 marks)

Mark One - There are few areas in the UK which reliably get enough snow for people to participate in skiing outdoors/Only indoor and dry slops available in some larger towns and cities

Mark Two - This means people loose interest / Do not have the opportunity to get into skiing

4. Describe the potential impact of a sport being aired on terrestrial television instead of satellite channels. (2 marks)

Mark One - Free to air coverage of sports/catch up TV open it up to a much larger audience compared to channels which have to be paid for

Mark Two - This means people can follow a sport more easily and remain interested.

5. Suggest two ways a leisure could promote their facilities to increase participation rates amongst over 60s. (2 marks)

One mark for each of the following, up to a maximum of three marks:
- Create targeted advertisements towards over 60s/promote classes popular with over 60s
- Develop initiatives to get more over 60s physically active such as taster sessions
- Use over 60s in adverts to create role models to aspire towards.

Accept other appropriate suggestions

3 Markers

7. Identify three sports that are examples of emerging sports in the UK.

One mark for each of the following, up to a maximum of three marks:
- Futsal
- Ultimate frisbee
- Women's cricket
- Women's football
- Handball
- Footgolf
- Korfball
- Padel tennis

Accept other appropriate examples

8. Explain the importance media coverage and spectatorship opportunities in increasing the popularity of emerging sports.

Mark One - The number of opportunities for people to spectate (live and in the media) can influence the popularity of sports.
Mark Two - This is because it increases the awareness of new sports, such as the rules and competitions currently on, which can increase the interest of a sport.
Mark Three - Exposure to emerging sports can create role models of successful participants, which can encourage people to try out the sport.

Accept other appropriate examples

8 Marker

10. Discuss the factors affecting the popularity of different sports in the UK. (8 marks)

Level of Response	Guidance
Level 3 (7-8 marks)	• Detailed knowledge and understanding • Many, well developed points • Well structured and consistent use of appropriate technology • Few if any errors in SPaG
Level 2 (4-6 marks)	• Good knowledge and understanding • Some developed points • Somewhat well structured and some use of appropriate technology • Occassional errors in SPaG
Level 1 (1-3 marks)	• Limited knowledge and understanding • Some points but undeveloped • No structure and little to no use of appropriate terminology • Noticeable errors in SPaG

Indicative content likely to be seen within answers, but not limited to this list.

1. Level of spectatorship
The number of opportunities for people to spectate (live and in the media) can influence the popularity of sports.
For example, there are many grassroots to national football games available for people to watch and become invested
For example, there are few opportunities to watch rock climbing competitions in the UK.
Level of spectatorship is influenced by other factors affecting popularity, such as weather/climate (or any other listed factor)

2. Environment/climate
Winter sports which require lots of snow are less popular in the UK because there are fewer opportunities to try it out, compared to other sports such as grass-based sports.
Cold/Wet weather can make some summer sports less popular. For example cricket games may be delayed or cancelled due to weather which can decrease interest in the sport.
The UK climate is suitable for sports such as football and rugby, which contributes to their popularity.

3. Media coverage/awareness/promotion
- The more exposure a sport gets, the more popular is can become because it raises people's interest/investment in competitions and leagues
- Coverage on terrestrial TV can increase popularity compared to satellite TV because they have a higher viewership.
- For example, football and tennis get a lot of media coverage whereas hockey and badminton do not.

4. Previous success of teams/performers/Role models
- There is a trend for success by British teams or performers in a sport to be followed by raised interest and increased participation rates
- The reverse may happen too
- Role models/success can inspire people
- E.g. Women's football became more popular when the England Women won the Euros in 2022/Tour de France/Sir Bradley Wiggins increases the popularity of cycling.

5. Provisions/Access/Infrastructure
- Sports which can be played in more places/more easily, such as football are more popular than sports such as swimming (fewer swimming pools available)
- The easier to play a sport, the more popular is becomes.
- Infrastructure gives more opportunities to participate increases popularity (e.g. athletics track)

6. Legacy of previous sporting events
- For example, London 2012 has boosted the popularity of sports such as hockey, cycling and taekwondo

7. Tradition
- The strong national traditions of sports such as cricket and tennis help maintain their popularity in the UK

8. Inclusivity of the sport
- Sports open to all abilities/user groups will become more popular
- For example, Parkrun has increased the popularity of running

9. Social acceptability
- Some sports are less socially accepted
- For example, boxing is considered too aggressive and violent by some
- For example, horse racing is associated with controversies about the welfare of horses.

Different user groups who participate in sport:

- Gender - potential different needs, goals and requirements,
- People from different ethnic groups,
- Retired people/people over 60,
- Families with children,
- Carers - include adult and child carers, caring for relatives, elderly, parents or siblings,
- People with family commitments,
- Young children - birth to end of primary school,
- Teenagers - secondary school age,
- People with disabilities - awareness of a range disabilities, not physical physical disabilities or wheelchairs users,
- Parents (singles or couples),
- People who work,
- Unemployed/economically disadvantages people.

UNIT CHECKLIST
Possible Barriers which Affect Participation in Sport

Different user groups who participate in sport:

- Employment and unemployment
- Family commitments
- Lack of disposable income
- Lack of transport
- Lack of positive sporting role models
- Lack of positive family role models or family support
- Lack of appropriate activity provision
- Lack of awareness of appropriate activity provision
- The lack of equal coverage in media in terms of gender and ethnicity by the media

UNIT CHECKLIST
Possible Barrier Solutions

Provision of: ☐
- **Appropriate programmes**
- **Sessions**
- **Activities**
- **Times for different user groups**

Promotion strategies: ☐
- **The Use of targeted promotion**
- **Role models**
- **Initiatives**

Increased and appropriate transport availability ☐

Availability of appropriate user group facilities and equipment ☐

Improved access to facilities for all user groups ☐

Appropriate pricing for all user groups ☐

UNIT CHECKLIST
Factors which can impact upon popularity of sport in the UK

Positive and negative impacts on the popularity of sport in the UK includes: ☐
- **The number of people participating**
- **The provision of facilities**
- **Environment/climate activity influences**
- **Live spectator opportunities**
- **The amount and range of media coverage**
- **The high-level success of both individuals and teams**
- **The number and range of positive role models available in a sport**
- **Social acceptability**

UNIT CHECKLIST
Emergency/new sports in the UK

The growth of emerging/new sports in the UK ☐
- **Examples of current emerging sports**
- **The development and opportunities to participate in emerging sports**

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