

Cambridge Nationals Sport Studies Unit R184

Topic Area 1 Issues Which Affect Participation in Sport

Name: _____



Contents Page

Page 2 Introduction

Page 3-8 Part 1 - Barriers to Participation

Page 9-16 Part 2 - Improving Participation

Page 17-18 Unit Checklist



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**

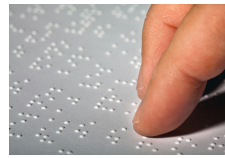


You will also be required to answer a number of exam questions throughout the booklet. Read each question carefully and pay close attention to the amount of marks available.





Limited _____
available to
participate



Examples of adapted sports
include goalball and boccia

_____ of
participation

Barriers to Participation in Sport

_____ equipment

Adaptations for Disabilities

Braille

Sound
systems

_____ hoists

Includes visual,
intellectual,
physical, hearing

Discrimination

Lack of
_____ or
accessibility



R184 TA1 Part 1 - Barriers to Participation



Raising a child

Categories

Different
opportunities

Increased chance of
mobility and health
issues

Depends on
income

Reduced
intensity

Cultural
background

Physical or
mental
impairments

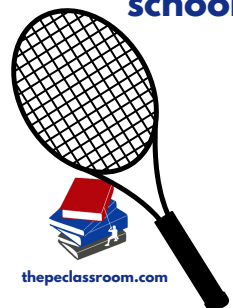
User Groups that may experience barriers to sports participation

Fun and
engaging

Before
and after
school

Lack of disposable
income for transport,
memberships etc.

Includes adult and
child carers



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
<p>Lack of disposable to pay for memberships. May have to spend free time finding work or working multiple jobs.</p> <p>Can only participate outside working hours. Shift workers can have irregular hours at unsocial times when provisions are available.</p>	<p>Caring for children can reduce the time and energy needed to participate. Especially for single parents, who need to organise a creche or babysitter.</p> <p>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.</p>
Lack of Disposable Income	Lack of Transport
<p>Lack of disposable to pay for memberships after buying essentials.</p> <p>Fully rely on parents or carers to pay for sporting activities.</p> <p>Needing to cover the cost of raising kids can reduce the disposable income to spend on their own sporting activities.</p>	<p>Some with physical disabilities limited to public transport which have provisions such as ramps.</p> <p>Fully rely on parents or carers as they cannot drive and too young to use public transport alone.</p> <p>Increasingly reliant on public transport which may not be convenient in terms of time and location.</p>
Lack of Positive Sporting Role Models	Lack of Positive Family Role Models and Support
<p>Fewer female sporting role models in the media from women to identify with than males.</p> <p>Lack of role models of a similar age because most professional sportspeople in the media will have retired.</p> <p>Lower media coverage for sports involving people with disabilities.</p>	<p>Rely on parents to be able and willing to take them to sporting activities</p> <p>They are less likely to take part in sport if their family do not take part in sport or think negatively towards it.</p>



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
<p>Some clubs may only have teams for a single gender. e.g. a cricket club with only male teams.</p> <p>Some clubs or gyms are adult only, or have a limited range of activities available/appealing to children.</p> <p>Some clubs or gyms may not have the specialist equipment for people to participation in sporting activities.</p>	<p>Adverts have target the wrong audience, so activities targeted towards teenagers are not seen by teenagers.</p> <p>Some immigrants who do not speak English might be unable to ascertain what sporting activities are available in their local area.</p> <p>People with visual impairments might rely on braille to access information about provisions, which is not often available in both advertisement and at facilities.</p>
Lack of Media Coverage	
<p>Less coverage of female sporting competitions.</p> <p>Sports in the media often categorised as 'male' or 'female'.</p> <p>Less media coverage of sportspeople and by pundits from ethnic minorities than other groups.</p> <p>Images in the media can reinforce stereotypes of which ethnic groups take part in different sports.</p>	



1 Markers

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

- A) Lack of Transport
- 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 lack of disposable income as a barrier to participation in sport? (1 mark)

- A) Swimming
- B) Running
- C) Netball
- 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
- 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)



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



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)

3 Markers

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



**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)**



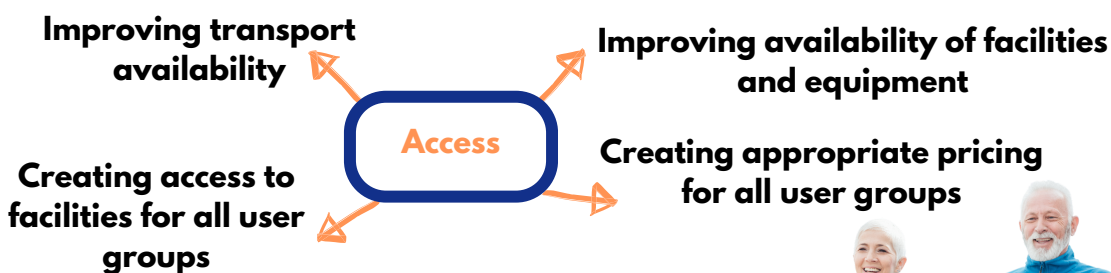
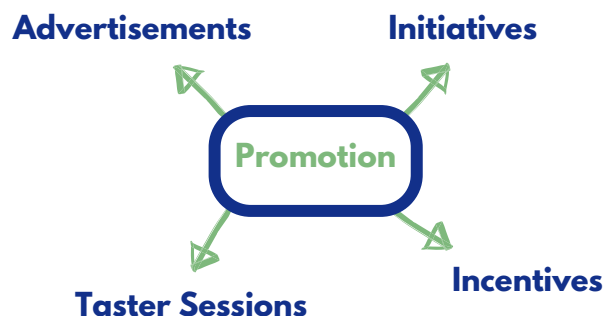
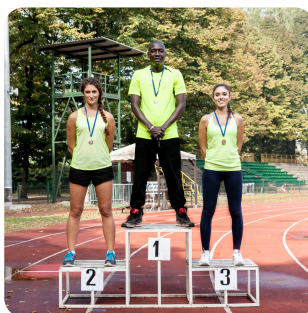
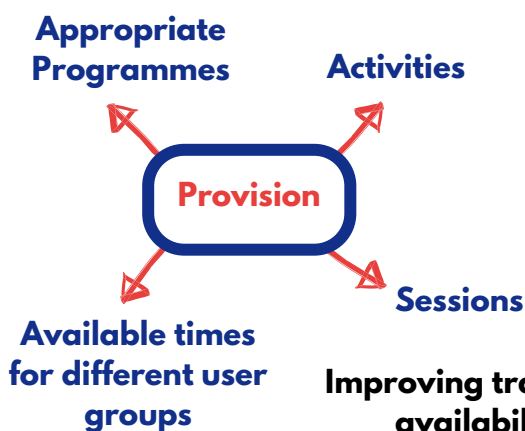
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Improving Participation in Sport

Provision → The _____ of sport

Promotion → The _____ and marketing of sports

Access → The _____ of sport to all people in society



R184 TA1 Part 2 - Improve Participation



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

The lack of optimal conditions can reduce participation

In towns and cities there are more facilities available than in small villages

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

Not all sports are seen as ethically acceptable

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

Sports with high numbers of participants will get lots of media coverage and grow even further

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

Some sports get more media coverage than others

Emerging Sports in the UK:



Overcoming Barriers

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

Provision	Promotion
Improving Access	Reducing Costs



Free parking



Wide range of activities



Concessions/
reduced prices for
specific user groups



Signs in different
languages



Online Exercise
Classes



Extend
opening
hours



Increased
transport links



Cycle lanes



Using role models
from different
user groups



Sporting initiatives to
promote physical
activity in user groups



'Parent and
child' activities



Creche
facilities



Free off-peak
bus travel for
over 60s



Target adverts where user
groups are most likely to
see them



thepeclassroom.com



Equipment hire



Offer women
only sessions



Clubs have a
diverse staff



Taster sessions

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 Acceptability



Positive Role Models



Success



More children take up swimming than ice skating 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
<div><div>Offer taster sessions</div><div>Organise more competitions for all ages and categories</div><div>Invest in more media coverage</div><div>Invest in training more coaches and officials</div><div>Invest in facilities and equipment across the country</div><div>Modify rules to make the sport for accessible for some user groups</div><div>Invest in schemes and sporting initiatives</div></div>	



1 Marker

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

- A) Online Exercise Classes
- 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
- 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)



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



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



3 Markers

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

8. Explain the importance media coverage and spectatorship opportunities in increasing the popularity of emerging sports. (3 marks)



8 Marker

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

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



UNIT CHECKLIST

Different User Groups who Participate in Sport

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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