




# Revision Checklist - Unit 184

Topic	Content			
<b>Topic Area 1: Issues which affect participation in sport</b>				
<b>User Groups</b>	<b>Know the different user groups that participate in the physical activity or sport:</b> Gender, Carers, Young children, Teenager, People with disabilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Possible Barriers to Participation</b>	<b>Know and understand the different barriers to participation in sport and exercise and how the barriers impact the different user groups:</b> <ul style="list-style-type: none"> <li>• Employment and unemployment</li> <li>• Family commitments</li> <li>• Lack of disposable income</li> <li>• Lack of transport</li> <li>• Lack of positive sporting role models</li> <li>• Lack of positive family role models or family support</li> <li>• Lack of appropriate activity provision</li> <li>• Lack of awareness of appropriate activity provision</li> <li>• The lack of equal coverage in media in terms of gender and ethnicity by the media</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Barrier Solutions</b>	<b>Know the solutions to barriers and be able to give examples for different user groups.</b> <ul style="list-style-type: none"> <li>• Provision of: Appropriate programmes, Sessions, Activities, Times for the different user groups.</li> <li>• Promotion strategies: The use of targeted promotion, Role models, Initiatives.</li> <li>• Increased and appropriate transport availability</li> <li>• Availability of appropriate user group facilities and equipment</li> <li>• Improved access to facilities for all user groups</li> <li>• Appropriate pricing for all user groups</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Factors that Positively &amp; Negatively Impact Popularity of Sport in the UK</b>	<b>Be able to apply examples of positive and negative factors, illustrating how those factors impact the popularity of the sport, for example:</b> <ul style="list-style-type: none"> <li>• The number of people participating</li> <li>• The provision of facilities</li> <li>• Environment/climate activity influences</li> <li>• Live spectator opportunities</li> <li>• The amount and range of media coverage</li> <li>• The high-level success of both individuals and teams</li> <li>• The number and range of positive role models available in a sport</li> <li>• Social acceptability</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Emerging/new sports in the UK</b>	<b>Be able to give examples of emerging/growing sports in the UK. Be able to discuss the development and opportunities to participate in these sports.</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**Topic Area 2: The role of sport in promoting values**

<p><b>Sport Values</b></p>	<p><b>Understand the different sporting values that can be promoted through sport:</b> Team spirit, Fair play, Citizenship, Tolerance AND Respect. Inclusion, National pride, Excellence</p> <p><b>Have an awareness of how the values can be seen in sport.</b></p> <p><b>Be able to give examples of each value in a sporting context.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>The Olympic &amp; Paralympic Movement</b></p>	<p><b>Know the following for the Olympics and Paralympics:</b></p> <ul style="list-style-type: none"> <li>• The Creed</li> <li>• The symbol</li> <li>• The values - The Olympic values of Excellence, Friendship and Respect. The Paralympic values of Courage, Determination, Inspiration and Equality</li> <li>• <b>Know the that the five interlocking rings represent the closeness between the five continents.</b></li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Sporting Values Initiative &amp; Campaigns</b></p>	<p><b>Know the other initiatives, campaigns and events which promote sporting values and be able to give examples of them:</b> Local, Regional, National.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>The Importance of etiquette &amp; Sporting Behaviour</b></p>	<p><b>Understand the importance of etiquette and sporting behaviour on performers:</b></p> <ul style="list-style-type: none"> <li>• The reasons for observing etiquette and sporting behaviour</li> <li>• Sportsmanship</li> <li>• Examples from sport</li> </ul> <p><b>Understand the importance of etiquette and sporting behaviour on spectators:</b></p> <ul style="list-style-type: none"> <li>• Appropriate behaviour when spectating</li> <li>• Safety</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Use of Performance Enhancing Drugs</b></p>	<p><b>Know the reasons why sports performers use PEDs.</b></p> <p><b>Know the reasons why performers should not use PEDs.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Be able to give examples of performers and the detrimental effect the use of PED's can have.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Know the role of WADA (World Anti-Doping Agency) in eradicating the use of PEDs: WADA's Whereabouts Rule, WADA testing methods.</b></p> <p><b>Know the sanctions to prevent the use of PEDs.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Understand the educational strategies to prevent the use of PEDs.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Know and be able to explain the impact of the use of PEDs on sporting performers.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**Topic Area 3: The implications of hosting a major sporting event for a city or country.**

The Features of a Major Sporting Event	<p><b>Know the types and scheduling of major sporting events:</b> Regular, 'One-Off', Regular and recurring</p> <p><b>Know the nature of the participants and spectators.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Positives &amp; Negatives of Hosting a Major Sporting Event</b></p>	<p><b>Positives and negatives pre-event:</b></p> <ul style="list-style-type: none"> <li>• Bidding for the event</li> <li>• Infrastructure and transport systems development</li> <li>• Financial/commercial investment/support</li> <li>• The potential for increased employment</li> <li>• Local/national objections to the bidding process</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>During the event:</b></p> <p><b>Positive aspects/benefits include:</b></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> <p><b>Negative aspects/drawbacks include:</b></p> <ul style="list-style-type: none"> <li>• An 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>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Immediate and longer term post-event:</b></p> <p><b>Positive aspects/benefits include:</b></p> <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> <p><b>Negative aspects/drawbacks include:</b></p> <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>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport.**

<p><b>National Governing Bodies (NGBs)</b></p>	<p><b>The be able to give examples of different NGBs.</b></p> <p><b>To understand what the NGBs do for their sport and be able to give examples:</b></p> <ul style="list-style-type: none"> <li>• Promote participation</li> <li>• Develop the sport’s coaching and officiating infrastructure</li> <li>• Organise tournaments and competitions</li> <li>• mend the existing rules and apply disciplinary procedures for rule breaking</li> <li>• Ensure safety within their sport</li> <li>• Provide support, insurance and technical guidance to members</li> <li>• Develop policies and initiatives</li> <li>• Lobby for funding</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Topic Area 5: The use of technology in sport**

<p><b>The Role of Technology in Sport</b></p>	<p><b>To understand and be able to explain the role technology plays in:</b></p> <ul style="list-style-type: none"> <li>• Enhancing performance in sport.</li> <li>• Increasing the safety of participants.</li> <li>• Increase fair play</li> <li>• Increasing the accuracy of officiating</li> <li>• Enhance spectatorship</li> </ul> <p><b>For each, be able to give sporting examples.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Be able to give examples of positive effects of technology in performance:</b></p> <ul style="list-style-type: none"> <li>• Enhanced performance</li> <li>• Lower risk of injury</li> <li>• Quicker recovery from injury</li> <li>• More accurate decisions</li> <li>• Technical analysis</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Be able to give examples of negative effects of technology of performance:</b></p> <ul style="list-style-type: none"> <li>• Unequal access to the same quality of technology</li> <li>• Increased cost of technological advances</li> <li>• Availability and affordability of technology</li> <li>• Potential reduction in the flow of the game through introduction of officiating technology</li> <li>• Officials’ decisions influenced by technology, which does not always apply the best interpretation of the rules</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>Understand the positives and negatives effects of technology on spectators experience.</b></p> <p><b>Be able to give examples in sport of positive/negative effects on spectators experience of sport.</b></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>