



The EverLearner

# National Mock Exams 2024

POWERED BY ExamSimulator

## Mark Scheme

### Cambridge National in Sport Studies R184: Contemporary issues in sport

**Please read before distributing to students.**

#### Purpose of this document

This document and the associated question paper are based on the data analysis performed by The EverLearner Ltd. We are confident that:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a mark scheme for a predicted paper. No one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the model answers for this paper as well as the associated revision session in January.

#### This mark scheme contains:

- Copy of each question for reference
- Marking guidance where appropriate
- Marking points containing alternative acceptable responses plus relevant assessment objective

#### How should schools use this mark scheme?

The mark scheme has been constructed specifically for the exam paper used in The EverLearner's National Mock Exams from 2023. The model answers will be available on the 28th April and some of these questions will be discussed in the live revision show provided by James Simms (Wednesday, 3rd of January 2024, 15:45-16:45 [youtube.com/TheEverLearner](https://www.youtube.com/TheEverLearner)).

All questions/mark schemes are available on ExamSimulator. Please note, there are hundreds of additional questions and mark schemes on ExamSimulator covering the Cambridge National in Sport Studies R184 topics and skills. Within the platform, the teacher is assisted with the marking and full diagnostic feedback is also provided. ExamSimulator is a premium resource available via [TheEverLearner.com](https://TheEverLearner.com).

I hope this helps both students and teachers in their exam preparations.

*James Simms*





<b>Subject</b>	<b>Physical Education</b>
<b>Course</b>	<b>CNAT Sport Studies 2022: R184 Contemporary issues in sport</b>
<b>Time allowed</b>	<b>1 hour 15 minutes</b>

<b>Title</b>	<b>CNAT Sports Studies 2022 R184: Contemporary Issues in Sport, National Mock Exam January 2024</b>
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<b>Guidance</b>	<p>This is a full National Mock Exam designed to help support students taking the R184 exam in January 2024. The paper has been modelled on the 2022 SAMS. All questions and mark schemes are written with a thorough attention to detail by experienced exam writers. Instructions:</p> <ul style="list-style-type: none"><li>• Answer all questions.</li><li>• The final question of the paper is a synoptic assessment.</li><li>• Good luck!</li></ul>
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<b>Total marks</b>	<b>70</b>
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1. The table shows the values which can be promoted through sport. Complete the table.
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Marking points (maximum 4)

- (1) [AO 1] A is team spirit/A team spirit/Team spirit
- (2) [AO 1] B is learning the importance of adhering to rules/Not cheating whilst performing/Being fair to others through playing sport
- (3) [AO 1] C is tolerance and respect/C tolerance and respect/Tolerance and respect
- (4) [AO 1] D is to ensure equal opportunities for all social groups involved in sport/Underrepresented groups more involved in sport/More participation in sport from underrepresented groups

2. Which of the following is an emerging sport in the UK?
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Marking points (maximum 1)

- (1) [AO 1] Option B/B/Parkour

3. Courage is a Paralympic value. Identify **three** other paralympic values.
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Marking points (maximum 3)

- (1) [AO 1] Determination/Determined
- (2) [AO 1] Inspiration/Inspired
- (3) [AO 1] Equality/Equals

4. Identify **three** Olympic values.
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Marking points (maximum 3)

- (1) [AO 1] Excellence
- (2) [AO 1] Respect
- (3) [AO 1] Friendship

5. The following table shows the features of major sporting events. Complete the table.

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Marking points (maximum 4)

(1) [AO 1] A is it takes place once every four years/Only hosted once in a generation/Occurs on a four-year cycle

(2) [AO 1] B is an annual event that is held at the same venue/Annual event contracted to the same city for a number of years/Annual event that stays at the same venue for a fixed time

(3) [AO 1] C is regular/C regular/Regular

(4) [AO 1] D is Champions League final/The British Open/Europa League final

6. The image represents an international organisation.  
Identify the missing word.

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Marking points (maximum 1)

(1) [AO 1] Doping

7. Identify a method in which WADA tests for performance-enhancing drugs (PEDs).

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Marking points (maximum 1)

(1) [AO 1] Hair sample/Hair

(2) [AO 1] Blood sample/Blood

(3) [AO 1] Urine sample/Urine

(4) [AO 1] Whereabouts rule/Whereabouts

8. Identify the name of the strategy where WADA uses campaigns led by athlete role models to prevent the use of performance-enhancing drugs (PEDs).

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Marking points (maximum 1)

(1) [AO 1] Educational strategy/Educational/Education

9. Describe **two** practical examples of gamesmanship in sport.

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### Marking guidance

The list of answers is merely for guidance and **not** exhaustive. Accept any suitable description of gamesmanship.

### Marking points (maximum 2)

- (1) [AO 1] Time-wasting between goal kicks in football/Time-wasting between serves in badminton/Time-wasting during a penalty in rugby
- (2) [AO 1] Simulating injury in football/Diving in football to get a penalty/Faking injury in cricket to slow the over rate down
- (3) [AO 1] Damaging the playing surface in golf/Manipulating the seam on a cricket ball/Damaging the penalty spot in football
- (4) [AO 1] Distracting an opponent by slating in cricket/Distracting a golfer during a backswing/Distracting a tennis player by making loud noises
- (5) [AO 1] Toilet breaks in tennis matches/Toilet breaks in cricket to slow the opponents down/Timeouts in basketball to slow the opponents

10. An increase in direct tourism is a benefit of hosting a major sporting event. State **two** other benefits.

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### Marking guidance

The list of answers is merely for guidance and **not** exhaustive. Accept any suitable benefits of hosting a major sporting event.

### Marking points (maximum 2)

- (1) [AO 1] Improve social infrastructure/Better infrastructure/Accommodation developed
- (2) [AO 1] Improved sporting facilities/Better sport facilities
- (3) [AO 1] Improved national morale/Improved social cohesion/Society united
- (4) [AO 1] Increase in national status/National pride
- (5) [AO 1] Greater national interest in sport/Increase in sports participation
- (6) [AO 1] Increased media coverage/More media coverage
- (7) [AO 1] Indirect tourism/Visits to the site post event
- (8) [AO 1] Increase in short term employment/More employment

11. The risk of terrorism is a drawback of hosting a major sporting event. State **two** other drawbacks.
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### Marking guidance

The list of answers is merely for guidance and **not** exhaustive. Accept any suitable drawbacks of hosting a major sporting event.

### Marking points (maximum 2)

- (1) [AO 1] Risk of crime increases/Riots could occur/Lead to hooliganism
- (2) [AO 1] Increased cost of security/Need for a lot of security/Increased spending on security
- (3) [AO 1] Perceived relegation/Lack of investment in regional areas/Can lead to divisions in the country
- (4) [AO 1] Drop in morale if the host nation performs poorly/Event poorly organised can lead to reduced morale/Embarrassing if the event doesn't go well
- (5) [AO 1] Disruption to the local community/Overcrowding in the host city/Pollution issues in the host city
- (6) [AO 1] Negative media coverage of perceived deficiencies/Negative media coverage if infrastructure does not work

12. Big TV screens inside sports stadia are an example of technology enhancing spectatorship. Using sporting examples, explain **three** other roles of technology in sport.
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### Marking guidance

Three sub marks for identify the role of technology. Three further marks for explaining the role.

Explanations must include a suitable sporting example to be awarded the second mark.

The list of answers for A02 are merely for guidance and **not** exhaustive. Please accept suitable sporting examples of technology.

### Marking points (maximum 6)

- (1) [AO 1] Enhance performance
- (2) [AO 2] Lazer suits in swimming/LZR suits/Specialised running trainers
- (3) [AO 1] Increased safety/Higher safety
- (4) [AO 2] Cricket helmets to protect the head and neck/Composite gumshields/Improved hockey goalkeeper kit
- (5) [AO 1] Increase fair play and accuracy of officiating/Increase fair play/Increase accuracy of officiating
- (6) [AO 2] VAR in football to check offside/TMO in rugby union to see if the ball has been grounded/Hawkeye in tennis to see if the ball was in

13. Jean is 22 and a single parent working part-time.  
Identify **three** barriers that might prevent Jean regularly participating in sport.
- 

### Marking guidance

Barriers must relate to Jean. She is in the "single parent" and "people who work" user groups.

### Marking points (maximum 3)

- (1) [AO 1] Family commitments
- (2) [AO 1] Lack of time
- (3) [AO 1] Possible lack of disposable income/Low income
- (4) [AO 1] Lack of transport/Affordable transport
- (5) [AO 1] Lack of positive sporting role models
- (6) [AO 1] Lack of family role models/Lack of family support
- (7) [AO 1] Lack of appropriate activity provision/Inappropriate activities/Timing of activities
- (8) [AO 1] Lack of female media coverage/Gender inequality

14. Identify **two** barriers that might prevent a **person with a disability** from participating in sport.
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### Marking guidance

Do not accept lack of disabled/wheelchair access/ramps. This is a legal requirement of all sporting venues.

### Marking points (maximum 2)

- (1) [AO 1] Lack of transport to a venue
- (2) [AO 1] Lack of specialised equipment/Adapted equipment
- (3) [AO 1] Lack of disposable income
- (4) [AO 1] Lack of appropriate activity provision
- (5) [AO 1] Lack of sporting role models
- (6) [AO 1] Lack of coverage in the media



15.

Jean is 22 and a single parent working part-time.  
Identify **three** solutions that could help Jean participate in sport more often.

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### Marking guidance

Accept any other valid solutions specific to Jean.

### Marking points (maximum 3)

- (1) [AO 2] More information on benefits of exercise/More education on benefits of exercise/Information on benefits of exercise
- (2) [AO 2] More facilities available for participation/More facilities/Facilities
- (3) [AO 2] Facilities available for longer/Facilities longer
- (4) [AO 2] Facilities more accessible/Easy access to facilities/Facilities more local
- (5) [AO 2] Cheaper facilities/Facilities are more affordable/Facilities cost less money
- (6) [AO 2] Activities for age groups/Age group classes/Exercise classes
- (7) [AO 2] Provide childcare/Look after children/Childcare
- (8) [AO 2] Use of working mums as role models in sport/Working mums as role models
- (9) [AO 2] Activities targeted at single parents

16.

Handball is growing popular in the UK. Identify **and** describe **two** factors that can lead to an increase in the popularity of a sport such as handball.

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### Marking guidance

Sub max two marks for identifying the factors and a further two marks for describing each one. The description must be linked to handball.

### Marking points (maximum 4)

- (1) [AO 1] Number of people participating/Number of participants
- (2) [AO 2] More people are playing handball in school/More people looking for handball clubs
- (3) [AO 1] Provision of facilities/Facilities provided
- (4) [AO 2] Sport halls now equipped with handball courts and goals/Facilities have a handball court/Facilities have the correctly sized handball goals
- (5) [AO 1] Live spectator opportunities
- (6) [AO 2] Being able to watch handball at the London Olympic Games
- (7) [AO 1] Amount and range of media coverage/Increased media coverage
- (8) [AO 2] Handball is shown on Eurosport/Live games televised
- (9) [AO 1] High level of success
- (10) [AO 2] Success of teams in the Olympic Games
- (11) [AO 1] Social acceptability
- (12) [AO 2] Handball is now perceived in schools as a suitable alternative to other invasion games/An acceptable team sport/Alternative to basketball or netball

17. This Girl Can is an initiative that encourages all women and girls to become more active. State **one** other national sporting initiative.
- 

### Marking guidance

Accept any other suitable initiative. The example must be recognised nationally.

### Marking points (maximum 1)

- (1) [AO 1] Rainbow laces/LGBTQ+
- (2) [AO 1] Kick It Out
- (3) [AO 1] Sporting equals
- (4) [AO 1] The Great British Tennis Weekend
- (5) [AO 1] Chance To Shine

18. Rainbow laces is a national sporting initiative. Describe the target group **and** aim for Rainbow laces.
- 

### Marking points (maximum 2)

- (1) [AO 1] Target group is LGBT+ community/LGBT+ performers/LGBT+ spectators
- (2) [AO 2] Aim is to promote equality and diversity in sport/Promote equality and diversity
- (3) [AO 2] Ensure all performers and spectators feel welcome irrespective of sexual orientations and gender identity
- (4) [AO 2] Promote acceptance of all sexual orientations

19. A damaged reputation is a negative impact of using PEDs in sport.  
Outline **three** other ways in which the use of performance-enhancing drugs could affect a sport negatively.
- 

### Marking guidance

The answers must relate to sport.

### Marking points (maximum 3)

- (1) [AO 1] Creates negative role models/Provides poor role models/Children have no positive role models
- (2) [AO 1] Mistrust of the sport/Sport becomes known for cheating/Sport is not trusted
- (3) [AO 1] Creates negative media coverage/Attracts a lot of negative media coverage/Media is drawn to negative stories
- (4) [AO 1] May reduce the sport's sponsorship/Reduces the level of sponsorship/Fewer sponsors interested in the sport
- (5) [AO 1] Reduction in spectatorship/Fewer people participating in the sport/Fewer viewers of the sport

20. A community centre is trying to encourage more retired people (over the age of 60) to use their sports facilities.  
Describe **four** reasons why over 60s may not use sports facilities.
- 

### Marking guidance

The answers must relate to the user group "retired people/people over 60".

### Marking points (maximum 4)

- (1) [AO 1] Lack of access to get into the facility/Lack of appropriate facilities/Not suitable facilities
- (2) [AO 1] Lack of suitable provision/Lack of over-60s sessions/Lack of specialist sessions
- (3) [AO 1] Lack of transport/No transport/Transport issues
- (4) [AO 1] Lack of awareness of activities/No marketing for activities/Not aware of what is on offer
- (5) [AO 1] Health issues preventing participation/Lack of mobility/Unable to physically participate
- (6) [AO 1] Lack of disposable income/Equipment can be expensive/Cost of sessions too high
- (7) [AO 1] Lack of time/No free time/No time to participate

21. National Governing Bodies play a wide range of roles.  
Using examples, explain how a National Governing Body of your choice fulfils the roles provided in the image.
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### Marking guidance

All answers should be made in relation to the named NGB. For example, if a student states FA and later states "raise participation levels", the latter point achieves no mark as it is not linked to the FA without reference to football or grassroots or women's football etc... All answers must be applied to the NGB.

### Marking points (maximum 6)

- (1) [AO 2] Rule changes/Citing/Doping control
- (2) [AO 2] Safety guidelines/Risk assessment
- (3) [AO 2] Level 1 2 and 3 courses/Beginners referee's course/Officiating up to doctorate level
- (4) [AO 2] Talent ID/Raise participation
- (5) [AO 2] FA/RFU/England Hockey
- (6) [AO 2] Sport England funding/Government funding

22.

Explain **one** barrier to participation that could prevent Noah from taking part in a high-intensity exercise class.

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### Marking guidance

Sub max one mark for explaining the solution and a further one mark for explaining the impact this would have on Noah. The solutions and the impact must be linked to the scenario.

### Marking points (maximum 2)

- (1) [AO 1] School commitments
- (2) [AO 2] Compulsory school age so at school during the day in the weekdays
- (3) [AO 1] Family commitments
- (4) [AO 2] No time due to caring for his mum
- (5) [AO 1] Lack of family role models
- (6) [AO 2] Sister and mum may not be interested in sport/Sister may not participate in sport/Lack of interest in the family home
- (7) [AO 1] Lack of appropriate activity provision
- (8) [AO 2] Lack of high-intensity classes at the weekend/HIIT classes only in the daytime/Strength and conditioning class at a time when he may be caring for his mum

23. Identify **one** solution to a barrier to participation for Noah.  
Explain the impact this solution would have on Noah.
- 

### Marking guidance

Accept any other suitable solutions with related impact. The marking points are **not** exhaustive. The answers must relate to Noah. The impact must be on Noah and not on the leisure centre.

### Marking points (maximum 2)

- (1) [AO 2] Leisure centre does some promotional classes in school/Access to the high-intensity classes in school
- (2) [AO 3] Noah will feel stronger for hockey/Noah will feel more confident about his hockey development/Support with academic development
- (3) [AO 2] Noah can access some carer-support initiatives/Carer support with the NHS
- (4) [AO 3] He will feel supported in his carer role/Be able to talk with others/Access exercise programmes targeted at carers
- (5) [AO 2] Add HIIT classes to the evening timetable/More HIIT classes
- (6) [AO 3] Endorphin release from an exercise class/Better aerobic and anaerobic fitness for hockey

Sport can be enhanced by the development of technology. Using sporting examples, discuss the use of technology for a performer in sport.

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## Marking guidance

### 8 Mark Level Descriptors

The answer should include both positive **and** negative uses of technology. The examples of technology should be applied to a relevant sporting example.

### Marking points (maximum 8)

- (1) [AO 1] Technology can enhance performance
- (2) [AO 2] For example, using video analysis on techniques/Video analysis/LZR suits to swim faster
- (3) [AO 3] It is easier to plan training programmes/Analyse opposition in order to establish own strategies/Increase confidence from better performances
- (4) [AO 1] Technology can be used for rehabilitation/Quicker recovery from injury/Faster recovery from injury due to technology
- (5) [AO 3] Less injury leads to more training and performance time/Prolong the career/A quicker recovery rate leads to fewer injuries in order to maximise performance
- (6) [AO 1] Technology can lower the risk of injury/Less risk of injury
- (7) [AO 2] Composite gumshields in hockey protect the teeth/Cricket helmets protecting the head and neck
- (8) [AO 3] Performers feel more safe/Fewer injuries maximises performance/The performer feels more protected by increased technology in protective equipment
- (9) [AO 1] Technology can be used for more accurate decisions/Support the decision-making process of officials
- (10) [AO 2] For example, Hawkeye in tennis determines if the ball was in or out to support decision-making/Ball-tracking software in tennis provides feedback to players and officials/TMO supports the on-field referee for correct application of the rules
- (11) [AO 3] Umpires are more confident with their decisions
- (12) [AO 3] Official seen in a positive light as there is a greater number of correct decisions
- (13) [AO 3] Pressure on officials is reduced as technology can help them make the right decision
- (14) [AO 1] Technology can be used for technical analysis
- (15) [AO 2] Slow motion apps to break down the skill/Force plates to assess elevation when jumping in the air/Capture technology such as slow-motion coaching apps can break down technique
- (16) [AO 3] Analysis software leads to better understanding of performance in order to set accurate goals



- (17) [AO 3] However, technology can still get a decision wrong leading to a lack of trust/Technology is not perfect for decision-making/Technology may not be the best interpretation of the rules
- (18) [AO 3] Potential reduction in the flow of the game/Players and spectators may feel frustrated with the official consulting over the correct decision
- (19) [AO 3] Technology provides insight to the coaching team
- (20) [AO 3] Over-reliance on technology causes the official and coach to be passive
- (21) [AO 3] The game is slowed down and spectators may take out their frustration on the official
- (22) [AO 3] May lead to spectator abuse of the official
- (23) [AO 3] In some games, technology is only available with a player review or referee request
- (24) [AO 3] Opportunity to miss key decisions
- (25) [AO 3] Technology for officials is expensive and not available in all levels of the sport/Technology is exclusive/Technology is elitist
- (26) [AO 3] A performer may be less frustrated with an official, which lowers the chances of aggression
- (27) [AO 3] Trying to keep up with technology advancements can cost money/Technology may not be available/Affordability leads to money not being spent elsewhere in the sport
- (28) [AO 3] Finding the right performance technology can distract from a training programme
- (29) [AO 3] The type of technology may be forced on a performer through sponsorship deals