



National Mock Exams 2024

POWERED BY **ExamSimulator**

Cambridge National in Sport Studies R184: Contemporary issues in sport

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd. Please note 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 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 mark scheme and model answers for this paper as well as the associated revision session in January.

This paper contains:

- Questions in the format of the Cambridge National in Sport Science R184 Paper 2024
- Multiple-choice questions
- Short-answer questions
- Extended writing

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms on **Wednesday 3rd of January 2024 at 15:45**.

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

James Simms



Subject	Physical Education
Course	CNAT Sport Studies R184: Contemporary issues in sport
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	CNAT Sports Studies R184: National Mock Exam January 2024
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Guidance	<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.</p> <p>Instructions:</p> <ul style="list-style-type: none">• Answer all questions.• The final question of the paper is a synoptic assessment.• Good luck!
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Total marks	70
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1. The table shows the values which can be promoted through sport. Complete the table.

Value	Description
A	Learning how to work together and support others by playing as part of a team
Fair play	B
Citizenship	Get involved in your local community through sport
C	Developing understanding of different countries and cultures through sport
Inclusion	D

A is:

B is:

C is:

D is:

Marks: [4]

2. Which of the following is an emerging sport in the UK?

- A Golf
- B Parkour
- C Athletics
- D Netball

Marks: [1]

3. Courage is a Paralympic value.
Identify **three** other Paralympic values.



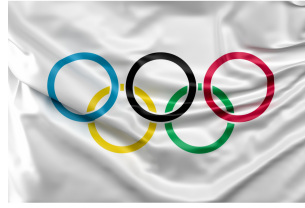
Other Paralympic value 1: _____

Other Paralympic value 2: _____

Other Paralympic value 3: _____

Marks: [3]

4. Identify **three** Olympic values.



Value 1:

Value 2:

Value 3:

Marks: [3]

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

Type of event	Description	Example
One-off	A	Olympics
Regular and recurring	B	Wimbledon
C	An annual event that is normally held in a different host city each year	D

A is:

B is:

C is:

D is:

Marks: [4]

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



The missing word is: _____

Marks: [1]

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

Marks: [1]

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).

Marks: [1]

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

Example 1:

.....

Example 2:

.....

Marks: [2]

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

Other benefit 1:

.....

Other benefit 2:

.....

Marks: [2]

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

Other drawback 1:

.....

Other drawback 2:

.....

Marks: [2]

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.

Role of technology 1:

.....

Role of technology 2:

.....

Role of technology 3:

.....

Marks: [6]

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

Barrier 1:

.....

Barrier 2:

.....

Barrier 3:

.....

Marks: [3]

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

Marks: [2]

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

Solution 1: _____

Solution 2: _____

Solution 3: _____

Marks: [3]

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.



Factor 1:

Description:

.....

Factor 2:

Description:

.....

Marks: [4]

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

.....

.....

.....

Marks: [1]

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

Target group:

Aim:

.....

Marks: [2]

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.

Negative effect 1:

.....

Negative effect 2:

.....

Negative effect 3:

.....

Marks: [3]

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.

Reason 1:

.....

Reason 2:

.....

Reason 3:

.....

Reason 4:

.....

Marks: [4]

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.

Some of the roles
of a national governing body:

- Coaching and officiating infrastructure
- Amending existing rules and disciplinary procedures
- Ensuring safety
- Developing policies and initiatives
- Lobbying for funding

Example NGB: _____

Coaching and officiating infrastructure: _____

Amend existing rules and apply disciplinary procedures: _____

Ensure safety: _____

Develop policies and initiatives: _____

Lobby for funding: _____

Marks: [6]

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

Scenario for Section C Paper 1

Noah is 16 and studying at school. He is keen to do extra high-intensity training in the gym to support his skill development in hockey. He also helps his sister care for their physically-impaired mum.

Figure 1

Leisure Centre class timetable

Class (Intensity)	Yoga (Low)	Circuits (Medium)	HIIT (High)	Strength & conditioning (High)
Monday	7pm - 8pm		11am - 12pm	
Tuesday	9am - 10am	11am - 12pm		4pm - 5pm
Wednesday			1pm - 2pm	
Thursday			10am - 11am	8pm - 9pm
Friday		10am - 11am		
Saturday	9am - 10am			
Sunday		9am - 10am		

Marks: [2]

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

Scenario for Section C Paper 1

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Saturday	9am - 10am			
Sunday		9am - 10am		

Solution:

Explanation:

.....
.....

Marks: [2]

Lined writing area consisting of 25 horizontal dashed lines.

Marks: [8]

END OF PAPER