



The EverLearner

National Mock Exams 2024

POWERED BY ExamSimulator

Model Answers

Cambridge National in Sport Studies R184: Contemporary issues in sport

This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing
- Marking for each of the model answers in order to guide teachers and students to credit-worthy elements of the answers

How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2024 and to prepare for the live revision session delivered by James in January 2024. We strongly recommend that students learn these model answers in preparation for the January exams 2024. The questions posed and the answers provided are based on significant analysis.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Wednesday, 3rd of January 2024, 15:45-16:45), available via the Cambridge National in Sport Studies R184 Revision page:

<https://pages.theeverlearner.com/2024-january-cnat-sport-studies-r184-revision>

All questions are taken from ExamSimulator. ExamSimulator is a premium resource available via TheEverLearner.com.

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

James Simms



National Mock Exams 2024

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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	James
Last name	Simms
Class	TEL24
Teacher	The World

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: Team spirit

B is: Not cheating whilst competing

C is: Tolerance and respect

D is: Equal opportunities for all groups

Marks: [4]

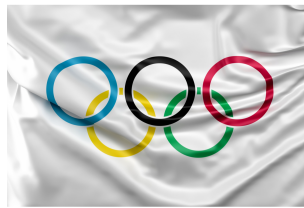
2. Which of the following is an emerging sport in the UK?

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

B - Parkour

Marks: [1]

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



Other Paralympic value 1: Equality

Other Paralympic value 2: Determination

Other Paralympic value 3: Inspirations

Marks: [3]

4. Identify **three** Olympic values.



Value 1: Excellence

Value 2: Respect

Value 3: Friendship

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: Once in a generation

B is: Annual event

C is: Regular

D is: Men's champions league Final

Marks: [4]

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



The missing word is: Doping

Marks: [1]

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

Urine samples

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).

Educational strategy

Marks: [1]

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

Example 1: Distracting an opponent with slating.

Example 2: Using unneeded toilet breaks in tennis.

Marks: [2]

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

Other benefit 1: Improved national morale.

Other benefit 2: Better facilities long term

Marks: [2]

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

Other drawback 1: Cost of security and surveillance.

Other drawback 2: Disruption the local community

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: Better performance such as extra-springy marathon trainers.

Role of technology 2: Better safety such as better gum shields in hockey.

Role of technology 3: Better officiating through video replay leading to fairer outcomes.

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: Lack of sporting-parent role model

Barrier 2: Lack of time

Barrier 3: Lack of female media coverage.

Marks: [3]

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

One is more "problematic" or challenging transport to a venue. Another is a tendency towards lower disposable income.

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: More accessible facilities.

Solution 2: cheaper sessions

Solution 3: childcare availability such as a crèche.

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: More people participating.

Description: more play in schools leads to greater demands in clubs.

Factor 2: TV coverage

Description: visible role models to follow and emulate.

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.

kick it out campaign.

Marks: [1]

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

Target group: LGBTQ+ community
Aim: promote acceptance of all sexual orientation.

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 role models for children.

Negative effect 2: Damaged reputation and mistrust.

Negative effect 3: loss of sponsorship.

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: Lack of access to facilities.

Reason 2: Lack of transport.

Reason 3: Lack of awareness due to little marketing.

Reason 4: Lack of disposable income.

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: FA

Coaching and officiating infrastructure: Provision of level 1 referees course.

Amend existing rules and apply disciplinary procedures: Dope testing in elite football

Ensure safety: Risk assessments of football stadiums.

Develop policies and initiatives: "Get into football" grassroots scheme

Lobby for funding: Lobby Sport England 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		

Noah is of compulsory school age so must meet his school commitments.

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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Sunday		9am - 10am		

Solution: Leisure centre could promote HIIT

Explanation: Noah may attend and then feel fitter during hockey training.

Marks: [2]

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

Technology can improve performance. For example a javelin thrower may use video analysis to help plan appropriate coaching and training. Other technology such as high-tensile foam rollers can improve rehabilitation and help a tennis player get back to training sooner and even avoid injury altogether. Performers like hockey players and cricketers feel confident and safer due to better helmets or gunshields. Officials are supported in making accurate decisions through HawkEye in tennis or TMO in rugby. Umpires feel confident in their actions but, moreover, they receive less pressure from players and coaches. Technical analysis through force plates^{which} can help a hurdler improve their technique and understand why their results are as they are.

However, technology is not all good. TMO and VAR slow games down and some decisions still seem to come out wrongly leading to even more criticism. Some sports become over-reliant on technology and technique and forget about flair and individuality. Tech is also super expensive

which, in turn, leads to exclusivity. Finally, technology often leads to distraction in training.

In conclusion, sport should embrace technology but always remember that, at heart, sport and movement is a human experience.

Marks: [8]

END OF PAPER