



The EverLearner

National Mock Exams 2024

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Mark Scheme CNAT 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 and published within the 2024 infographics. Please, note the following:

- We believe this mark scheme has a very strong association with previous CNAT Sport Studies R184 sample assessment material in relation to command terms, skills, 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 sessions in April.

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 2024. The model answers will be available in early April and many of these questions will be discussed in the live revision show provided by James Simms (Monday, 29th of April, 16:30-18:00 on [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 IGCSE PE 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.

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

James Simms



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

Title	OCR Cambridge National Sport Studies R184 Contemporary Issues in Sport: National Mock Exam Summer 2024
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Guidance	<p>This is a full National Mock Exam designed to help support students taking the R184 exam in Summer 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. Which user group is **most** likely to have a lack of free time to take part in physical activity?

Marking points (**maximum 1**)

(1) [AO 1] Option B/B/Families with children

2. Look closely at the image. Which value is being defined?

Marking points (**maximum 1**)

(1) [AO 1] Option C/C/Tolerance and respect

3. Which of the following may be a reason why an athlete chooses to take performance-enhancing drugs?

Marking points (**maximum 1**)

(1) [AO 1] Option D/D/Pressure from a coach

4. Which one of the following is **not** a role of a national governing body?

Marking points (**maximum 1**)

(1) [AO 1] Option C/C/Build facilities

5. Families with children, people who are unemployed, retired people and gender are examples of user groups. Name **two other** user groups who may take part in sport.

Marking guidance

Do not accept any of the user groups already identified in the question. If the response involves more than two answers, only mark the first two responses.

Marking points (maximum 2)

- (1) [AO 1] People from different ethnic groups
- (2) [AO 1] Carers/Young carers
- (3) [AO 1] People with family commitments
- (4) [AO 1] Young children
- (5) [AO 1] Teenagers/Teens
- (6) [AO 1] People with disabilities/Disabilities
- (7) [AO 1] Parents/Single parents
- (8) [AO 1] People who work/Employed people/Employed

6. State **one** Olympic value and **two** Paralympic values.

Marking points (maximum 3)

- (1) [AO 1] Olympic value of friendship/Respect/Excellence
- (2) [AO 1] Paralympic value of determination
- (3) [AO 1] Paralympic value of inspiration
- (4) [AO 1] Paralympic value of courage
- (5) [AO 1] Paralympic value of equality

7. Complete the gaps in the table about types of sporting events.

Marking points (maximum 4)

(1) [AO 1] A is held in a different city each year/Held annually in a different host city/Held in a different host city but could return after a few years

(2) [AO 1] B is regular and recurring

(3) [AO 1] C is Wimbledon/Formula 1 Silverstone/FA Cup final

(4) [AO 1] D is one-off

8. Explain how **two** factors could affect the popularity of a sport in the UK.

Marking guidance

Award one mark for each correctly named factor and one mark for each explanation. Only accept factors with the exact terms in the response. For example, media on its own or media exposure is vague. Only accept "**media coverage**" as written in the specification. Environment or climate can be awarded on their own. Explanations must reference an increase or decrease in the popularity (reference to participation and spectatorship should also be awarded).

Marking points (maximum 4)

- (1) [AO 1] The number of people participating/How many people participate
- (2) [AO 2] More people taking part will raise awareness and encourage other people to take part, increasing popularity/Participation/Spectator levels
- (3) [AO 2] If fewer people are currently taking part, other people may be less aware of a sport, decreasing popularity/Participation/Spectator levels
- (4) [AO 1] Social acceptability/Acceptability
- (5) [AO 2] If a sport such as netball is on the school curriculum and seen as mainstream, then people will be encouraged to take part/If a sport is viewed as acceptable then this will increase popularity
- (6) [AO 1] Media coverage
- (7) [AO 2] Some sports have a lot more coverage through the media, so people are more aware of these sports, increasing popularity/If people see sports covered frequently in the media, this will increase spectator levels
- (8) [AO 1] Provision of facilities/Provision of clubs
- (9) [AO 2] If there are more facilities or pitches available for certain sports, this will positively impact on popularity/More facilities available will mean that more people are able to participate
- (10) [AO 1] Environment/Climate
- (11) [AO 2] Sports that require specific conditions, such as sailing, may not be available for someone living far from water, reducing popularity/Participation/Spectator levels
- (12) [AO 1] Role models

(13) [AO 2] If there are more role models visible in a sport, more people will know about the sport and be inspired to participate/An increase in role models for a sport will mean that people may be encouraged to watch

(14) [AO 1] Success of teams/Success of individuals

(15) [AO 2] A lack of success within a sport for teams, e.g. GB badminton team never winning a gold medal may reduce popularity

(16) [AO 1] Live spectatorship

(17) [AO 2] Sports with more access to watch sports live that people can travel to may be more popular/Increased participation levels/Increased spectator levels

9. State **two drawbacks to a country when bidding to host a major sporting event.**

Marking guidance

Answers must relate to pre-event drawbacks.

Marking points (maximum 2)

(1) [AO 1] Bidding is very expensive and may not win the bid

(2) [AO 1] Local people may object to bidding as money spent on bidding could be invested elsewhere

(3) [AO 1] Building new facilities is very expensive/Building more infrastructure for more tourists will be very expensive

(4) [AO 1] Bidding process may be viewed as corrupt

(5) [AO 1] Cost of bidding and preparing to host may be more than the income generated/Bidding and preparation may lead to country going into debt

(6) [AO 1] If the event is in one area, other parts of the country may not benefit

10. Identify two positive impacts on the host country during a major sporting event.

Marking guidance

Answers must relate to benefits during the event.

Marking points (maximum 2)

- (1) [AO 1] Increase in tourism/Direct tourism/Indirect tourism
- (2) [AO 1] Increased media coverage of the event/Sports involved
- (3) [AO 1] Increase in employment during the event
- (4) [AO 1] Improvements in infrastructure/Transport
- (5) [AO 1] Improved sports facilities
- (6) [AO 1] Increased participation in sports being hosted/Local people inspired to take part
- (7) [AO 1] Increase in national pride/Morale/Social cohesion
- (8) [AO 1] More money invested into local businesses

11. Describe the terms sportsmanship and gamesmanship. Give a sporting example for each.

Marking guidance

Do not accept any form of rule-breaking as gamesmanship. For example, "diving" is cheating/deviance, whereas "exaggerating" is gamesmanship. Any example of gamesmanship involving rule-breaking should not be credited.

Marking points (maximum 4)

- (1) [AO 1] Sportsmanship is playing by the rules
- (2) [AO 1] Playing within the spirit of the game
- (3) [AO 2] Example of sportsmanship is shaking hands with an opponent at the end of a football match/Touching gloves with an opponent in boxing
- (4) [AO 1] Gamesmanship is bending the rules to gain an advantage
- (5) [AO 2] Example of gamesmanship is exaggerating a foul to try and win a penalty in football/Restricting open play by keeping possession in the corner towards the end of a football match/Grunting in tennis to try and distract the opponent

12. Sprinter Justin Gatlin tested positive for steroids and was banned from competing. State **two** ways in which athletes taking performance-enhancing drugs can harm the reputation of a sport.

Marking points (**maximum 2**)

(1) [AO 1] Spectators do not trust results

(2) [AO 1] Reduced participation/Spectator levels

(3) [AO 1] Negative role models in the sport

(4) [AO 1] Reduce sponsorship in the sport/Reduce funding in the sport/Reduce investment in the sport

(5) [AO 1] Negative media coverage

13. Describe the Whereabouts rule and suggest **two other** ways in which WADA can deter athletes from using performance-enhancing drugs.

Marking guidance

Award one mark for the description of the Whereabouts rule and one mark each for other suggested methods.

Marking points (**maximum 3**)

(1) [AO 1] Athletes need to tell NGBs of their location every day/One hour each day/One hour window each day

(2) [AO 1] Must inform them of any change to training or competition schedule/Schedule

(3) [AO 1] Inform authorities of their location so they can be randomly drug tested/Give a one-hour window where they are available for drug testing

(4) [AO 1] Random drug testing/Random testing/Testing after competition

(5) [AO 1] Sanctions/Bans/Lifetime ban

(6) [AO 1] Educating on the risks of performance-enhancing drugs/Education programmes for young athletes

14. Diego (43) is married with two young children and has recently lost his job. He enjoys watching sport but has not taken part regularly since he was a teenager. State **three** barriers to Diego taking part in sport.

Marking guidance

Barriers must be related to Diego and the scenario given in the question. Do not accept one-word answers.

Marking points (maximum 3)

- (1) [AO 1] Lack of free time due to looking after children
- (2) [AO 1] Lack of disposable income
- (3) [AO 1] Lack of transport/Cannot afford a car due to being unemployed
- (4) [AO 1] Lack of confidence
- (5) [AO 1] Timing of sessions unsuitable for him due to childcare
- (6) [AO 1] Not aware of activity provision available to him/Not aware of local facilities with activities available to him
- (7) [AO 1] Lack of role models to encourage him to take part

15. Diego (43) is married with two young children and has recently lost his job. He enjoys watching sport but has not taken part regularly since he was a teenager. Suggest **two** solutions that a local sports club could put in place to encourage Diego to take part more regularly.

Marking guidance

Solutions must refer to what the sports club could put in place to encourage Diego to take part. Do not accept one-word answers.

Marking points (maximum 2)

- (1) [AO 1] Sports club to provide sessions at appropriate times such as weekends
- (2) [AO 1] Provide subsidised activity sessions/Provide discounted activity sessions/Discounts
- (3) [AO 1] Provide family activities/Family sessions for all to participate
- (4) [AO 1] Promote sessions through local media to raise awareness
- (5) [AO 1] Provide transport

16. Handball is one example of an emerging sport in the UK. Apart from handball, name **two** other emerging sports in the UK.

Marking guidance

Accept any other relevant examples of emerging sports.

Marking points (maximum 2)

- (1) [AO 1] Lacrosse
- (2) [AO 1] Korfball
- (3) [AO 1] Padel
- (4) [AO 1] Pickleball
- (5) [AO 1] CrossFit
- (6) [AO 1] Parkour
- (7) [AO 1] American football
- (8) [AO 1] Ultimate Frisbee

17. For **one of** the sports that you have identified in your previous answer, explain a strategy to help the sport's growth and the impact it would have.

Marking points **(maximum 2)**

- (1) [AO 1] Increase media coverage by showing more games on TV/Social media
- (2) [AO 1] Increase the number of clubs/Teams across the UK by providing more facilities/Pitches
- (3) [AO 1] Increase use of promotional campaigns/Initiatives/Schemes
- (4) [AO 1] Increase the number of coaches through NGB training/Development to support teams
- (5) [AO 2] This would increase participation/Number of spectators/Popularity of the sport

18. There are a number of values that can be promoted through sport. Give a description and a sporting example for each of the values listed below:

- Excellence
- Inclusion

Marking points **(maximum 4)**

- (1) [AO 1] Excellence is a performer striving to be the best they can be/Beat a personal best/Work to the best of their ability
- (2) [AO 2] Reducing time in the 1500m by five seconds and achieving a new personal best/Improving finish position by 10 places in cross-country/Setting a world record
- (3) [AO 1] Inclusion is all user groups having an equal opportunity to take part in sport/Inclusion is all social groups having an equal opportunity to take part in sport
- (4) [AO 2] Someone in a wheelchair being included in a basketball club by lowering hoops/Girls being given the opportunity to play rugby/Football at school

19. Local, regional and national initiatives can help to promote sporting values. Identify a sporting initiative to promote inclusion.

Marking guidance

Accept any other suitable examples.

Marking points (maximum 1)

- (1) [AO 1] This Girl Can
- (2) [AO 1] Kick it Out
- (3) [AO 1] Rainbow Laces
- (4) [AO 1] We are Undefeatable
- (5) [AO 1] Rugby against Racism
- (6) [AO 1] Show Racism the Red Card

20. Describe the aim of the sporting initiative named in your previous answer and how it helps to promote inclusion.

Marking guidance

Accept any other suitable examples. Award one mark for the aim and one mark for how it helps to promote inclusion.

Marking points (maximum 2)

- (1) [AO 1] This Girl Can aims to encourage more females to get involved in sport
- (2) [AO 1] By casting females of different ages, sizes or ethnicities in their ads
- (3) [AO 1] Kick it Out aims to reduce racism in football
- (4) [AO 1] By working with clubs, players and supporters to raise awareness and tackle discrimination
- (5) [AO 1] By showing athletes from different ethnic groups in their adverts to raise awareness

21. The 2024 Africa Cup of Nations was hosted by the Ivory Coast. State **two** potential benefits to the Ivory Coast **after** hosting the AFCON.

Marking guidance

Answers must relate to benefits post-event.

Marking points (maximum 2)

(1) [AO 1] Increase in participation in sport

(2) [AO 1] Improved sports facilities

(3) [AO 1] Higher profile of the sport shown

(4) [AO 1] Improved transport for local citizens/Improved infrastructure

(5) [AO 1] Increased status of the country if hosted well/Increased reputation if the hosts performed well

22. The England and Wales Cricket Board (ECB) is an example of a sports national governing body. Match the roles of an NGB with the relevant examples.

Marking points (maximum 4)

(1) [AO 1] 1 is C

(2) [AO 1] 2 is D

(3) [AO 1] 3 is A

(4) [AO 1] 4 is B

23. Give **two** examples of technology that could be used by a coach or performer in different sports.

Marking guidance

Accept other appropriate examples of named technology. Answers should be linked to a specific sport.

Marking points (maximum 2)

- (1) [AO 1] GPS trackers/Heart-rate monitors/Activity monitors to track movement in football
- (2) [AO 1] Video analysis/VEO/Coach's Eye
- (3) [AO 1] Cryotherapy chamber/Hyperbaric chamber/Hypoxic chamber for a tennis player recovering from injury
- (4) [AO 1] Temperature-regulating clothing/Skintight clothing for a cyclist
- (5) [AO 1] Streamlined suit for a swimmer
- (6) [AO 1] Teardrop helmet for cyclists

24. For each of the examples that you have given in your previous answer, explain how they could have a positive and negative effect on performance.

Marking points (maximum 4)

- (1) [AO 2] Activity monitors inform a coach of player's statistics such as heart rate/Distance travelled, so can help with substitutions/Reduce chances of injury
- (2) [AO 2] Teardrop helmets in cycling reduce drag and make cyclists more streamlined, improving speed
- (3) [AO 2] Cryotherapy chambers redistribute blood flow/Flush out lactic acid so athlete can recover faster
- (4) [AO 2] Apps such as Hudl allow players/Coaches to analyse performance and adjust tactics/Look at opposition's strengths and weaknesses in preparation for a game

25. Using the data shown and your knowledge of user groups:

- Explain two possible reasons for the differences in attendance between user groups.
- Suggest two possible solutions that Wiggleton Leisure Centre could provide to encourage more teenagers to attend.

Marking points (**maximum 4**)

- (1) [AO 2] Reasons - Fewer teenagers than retired people due to having less time, as they are at school so cannot attend during the day
- (2) [AO 2] More retired or over-60s, as they may have more disposable income than teenagers, so can afford memberships
- (3) [AO 2] Some over-60s may still work, so will have more disposable income than teenagers and can afford the cost of sessions
- (4) [AO 2] Lower number of females attending, which may be due to lack of confidence/Fear of stereotyping
- (5) [AO 2] Lower number of females attending which may be due to a lack of female-only sessions
- (6) [AO 2] Fewer teenagers than over-60s may be due to a lack of sessions that are appealing to them
- (7) [AO 2] More retired people or over-60s may attend due to being aware of specific sessions/More time to try different sessions and find one they enjoy
- (8) [AO 1] Offer sessions targeted at females only to encourage more teenage girls or females over 60 to take part
- (9) [AO 1] Targeted advertising on social media or in local media to raise awareness of sessions
- (10) [AO 1] Subsidised activities/Discounted memberships for teenagers to encourage them to take part
- (11) [AO 1] Offer taster sessions for teenagers to try an activity before they sign up

26. Using the images shown, discuss the factors affecting the popularity of these two sports in the UK. You should include:

- Positive effects on popularity
- Negative effects on popularity
- Examples from each sport to support your discussion.

Marking guidance

[8-Mark Level Descriptors](#)



Marking points (**maximum 8**)

- (1) [AO 1] Success of women's football team/Individuals
- (2) [AO 2] England women's football team winning the 2022 Euros
- (3) [AO 3] Means that people are more aware and inspired to watch the sport/Play the sport/Increases popularity
- (4) [AO 1] Recent media coverage
- (5) [AO 2] Women's football shown more on mainstream TV channels/Shown more in the media than women's hockey/Hockey mainly shown on the BBC red button
- (6) [AO 3] Leading to more people being able to access live sport/Sport shown online or on TV and increasing popularity/Spectator levels
- (7) [AO 1] Provision of facilities/Provision of clubs
- (8) [AO 2] Possibly fewer clubs or facilities available due to specialist surfaces such as astro or water-based pitches, whereas football only requires grass pitches that are more easily accessible
- (9) [AO 3] More people may participate in football due to greater number of clubs or facilities/Football may be more popular than hockey as it may be easier to take part
- (10) [AO 1] Live spectatorship opportunities
- (11) [AO 2] Football easier to go and watch live due to more media coverage and clubs/Hockey easier to go and watch live due to clubs being free to watch
- (12) [AO 3] Meaning that football may be more popular/Increased spectator levels/Hockey may have a higher number of spectators than football