



# 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 the following:

- 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 April.

### This paper contains:

- Questions in the format of the Cambridge National in Sport Science R184 Paper
- 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 Monday 29th of April 2024 at 16:30.

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*





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

<b>First name</b>	
<b>Last name</b>	
<b>Class</b>	
<b>Teacher</b>	

<b>Title</b>	OCR Cambridge National Sport Studies R184 Contemporary Issues in Sport: National Mock Exam Summer 2024
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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 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. 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>	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?

- A** The unemployed
- B** Families with children
- C** Retired people
- D** Gender

My answer is: .....

Marks: **[1]**

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

Gaining a better understanding of other cultures through sport.

- A** Fair play
- B** Team spirit
- C** Tolerance and respect
- D** Inclusion

My answer is: .....

Marks: **[1]**

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

- A Loss of sponsorship
- B Banned from sport
- C Negative side effects
- D Pressure from a coach

My answer is: .....

Marks: [1]

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

- A Lobby for funding
- B Develop policies
- C Build facilities
- D Organise tournaments and competitions

My answer is: .....

Marks: [1]

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.

Other user group 1: .....

Other user group 2: .....

Marks: **[2]**

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

Olympic value: .....

Paralympic value 1: .....

Paralympic value 2: .....

Marks: **[3]**

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

Type	Description	Example
Regular	A	UEFA Champions League Final
B	Held annually at the same venue	C
D	Held once every four years in a different host city	Olympic and Paralympic Games

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

D: \_\_\_\_\_

Marks: **[4]**





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

Positive impact 1: \_\_\_\_\_

\_\_\_\_\_

Positive impact 2: \_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

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

Sportsmanship: \_\_\_\_\_

\_\_\_\_\_

Sporting example: \_\_\_\_\_

Gamesmanship: \_\_\_\_\_

\_\_\_\_\_

Sporting example: \_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**

**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.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

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

Whereabouts rule: \_\_\_\_\_

\_\_\_\_\_

Other methods: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[3]**

**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.

Barrier 1: \_\_\_\_\_

\_\_\_\_\_

Barrier 2: \_\_\_\_\_

\_\_\_\_\_

Barrier 3: \_\_\_\_\_

\_\_\_\_\_

Marks: **[3]**

**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.

Solution 1: \_\_\_\_\_

\_\_\_\_\_

Solution 2: \_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

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

Emerging sport 1: \_\_\_\_\_

Emerging sport 2: \_\_\_\_\_

Marks: **[2]**

**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.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

**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

Description of excellence: \_\_\_\_\_

\_\_\_\_\_

Sporting example: \_\_\_\_\_

\_\_\_\_\_

Description of inclusion: \_\_\_\_\_

\_\_\_\_\_

Sporting example: \_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**

**19.** Local, regional and national initiatives can help to promote sporting values.

Identify a sporting initiative to promote inclusion.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[1]**

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

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Marks: **[2]**

**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.

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Marks: **[2]**

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.

### Roles

### Examples

1 Organising tournaments and competitions

A Revenue from Sky Sports TV coverage

2 Developing coaching and officiating

B Fining players or clubs involved in racist behaviour

3 Lobbying for funding

C Players from eight teams across the UK taking part in The Hundred

4 Amending rules and applying disciplinary procedures

D ECB Support Coach programme

The example of role 1 is letter \_\_\_\_\_

The example of role 2 is letter \_\_\_\_\_

The example of role 3 is letter \_\_\_\_\_

The example of role 4 is letter \_\_\_\_\_

Marks: [4]

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

Example 1 \_\_\_\_\_

\_\_\_\_\_

Example 2 \_\_\_\_\_

\_\_\_\_\_

Marks: [2]

**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.

Example 1 - Positive \_\_\_\_\_

\_\_\_\_\_

Negative \_\_\_\_\_

\_\_\_\_\_

Example 2 - Positive \_\_\_\_\_

\_\_\_\_\_

Negative \_\_\_\_\_

\_\_\_\_\_

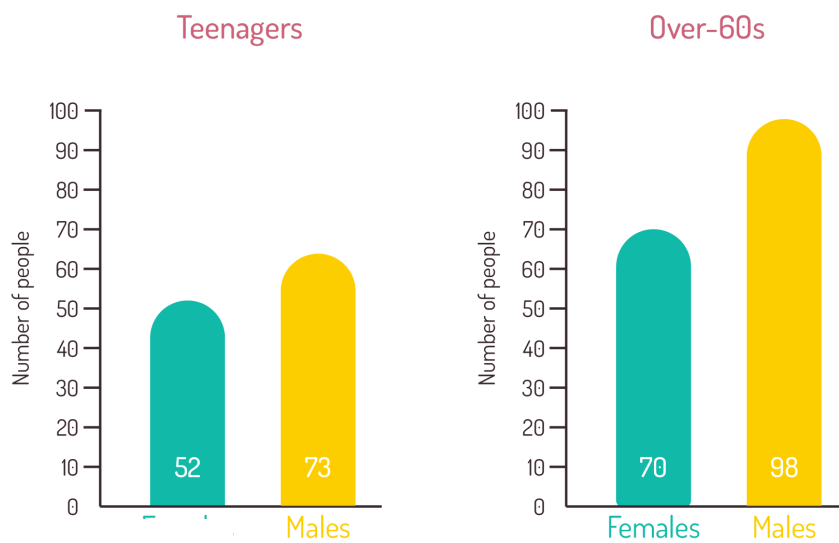
Marks: **[4]**

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.



Average weekly number of teenagers and over-60s attending Wiggleton Leisure Centre



Reasons for differences: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Possible solutions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**





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Marks: **[8]**