



The EverLearner

**National Mock Exams 2024**

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# Model Answers

## Cambridge National in Sport Studies R184: Contemporary issues in sport Summer 2024

### This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing

### 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 April 2024. We strongly recommend that students learn these model answers in preparation for the summer exams 2024. The questions posed and the answers provided are based on significant analysis and model BOTH content and skills.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Monday, 29th of April 2024, 16:30-18:00), available via the Cambridge National in Sport Studies Revision page:

<https://pages.theeverlearner.com/2024-cnatsportstudiesrevision>

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*





<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: B- Families with children

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: C- Tolerance and respect

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: D- Pressure from a coach

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: C- Build facilities

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: People with disabilities

Other user group 2: Employed people

Marks: **[2]**

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

Olympic value: Friendship

Paralympic value 1: Determination

Paralympic value 2: Equality

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: Held in a different city each year.

B: Regular and recurring

C: Wimbledon

D: One-off

Marks: **[4]**

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

One factor that can affect the popularity of a sport is media coverage. Sports with lots of media coverage are more likely to be popular, as the public are more aware of them and the coverage can make the sport seem more attractive to take part in. A second factor is environment. Certain sports, such as sailing or skiing, require specific environmental conditions to be able to take part. Therefore, these sports will not be popular in areas where the environment is not suitable. This leads to the popularity of these sports being regionalised.

Marks: [4]

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

Drawback 1: Bidding for the event is very expensive and the bid might not be successful.

Drawback 2: A second drawback is that the revenue and infrastructure involved in the bid will only go to the host city and not to other parts of the country.

Marks: [2]



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

Positive impact 1: Hosting a major sporting event can increase tourism into the country as spectators travel to watch the event.

Positive impact 2: Secondly, hosting the event often leads to new and improved sports facilities being built. These facilities can be used after the event is finished.

Marks: [2]

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

Sportsmanship: Playing within the spirit of the game and adhering to the rules.

Sporting example: Shaking hands with your opponents before and after a football match.

Gamesmanship: The bending of rules to gain an advantage.

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.

Reduction in participation rates and negative media coverage for the 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: The WADA Whereabouts rule states that athletes have to inform their NGB of their whereabouts on a daily basis, so they can be

Other methods: available for random drugs testing.

Two other methods which can be used by WADA to deter athletes are educating athletes on the consequences of taking performance-enhancing drugs and increasing the length of bans for testing positive.

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: Lack of disposable income

Barrier 2: Lack of free time due to family commitments

Barrier 3: Lack of positive role models to inspire Diego to take part.

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: The sports club could provide activities at a reduced cost to make it affordable for Diego.

Solution 2: The club could also promote their activities through social media to raise awareness.

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: American football

Emerging sport 2: Lacrosse

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.

An effective strategy is to increase media coverage of the sport through live streaming of games and increased TV coverage. This will raise public awareness and lead to an increase in participation.

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: \_\_\_\_\_

Excellence is a performer striving to be the best they can be.

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

A sporting example of excellence is a middle-distance runner improving their personal best time in the 1500m.

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

Inclusion is all user groups having equal access to taking part in sport.

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

A sporting example of inclusion is the increased number of girls' football initiatives in place at schools and grassroots clubs.

Marks: **[4]**

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

Identify a sporting initiative to promote inclusion.

This Girl Can

Marks: **[1]**

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

The This Girl Can campaign is an initiative to get more women participating in sport. The campaign is inclusive, as advertising includes images of women of different ages and ethnicities to widen the reach of the campaign.

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.

The investment in infrastructure will improve transport links around host cities for local citizens. It will also lead to increased participation rates of citizens in the Ivory Coast post-event.

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 C

The example of role 2 is letter D

The example of role 3 is letter A

The example of role 4 is letter B

Marks: **[4]**

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

Example 1 GPS trackers are used in football to monitor the fitness of players.

Example 2 Streamlined swimsuits are used in swimming to improve performance through the water.

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 GPS trackers will allow coaches to monitor the intensity **thier** players are working at. It will, therefore, help them to decide if a player needs substituting due to fatigue.

Negative However, GPS tracker data can become an obsession for the player and not meeting targets could lead to the player becoming demotivated.

Example 2 - Positive Streamlined swimsuits will make the swimmer more streamlined through the water, reducing drag and, therefore, leading to quicker times.

Negative However, the technology may not be available to all elite athletes, as it's expensive. This leads to countries with bigger budgets gaining an advantage.

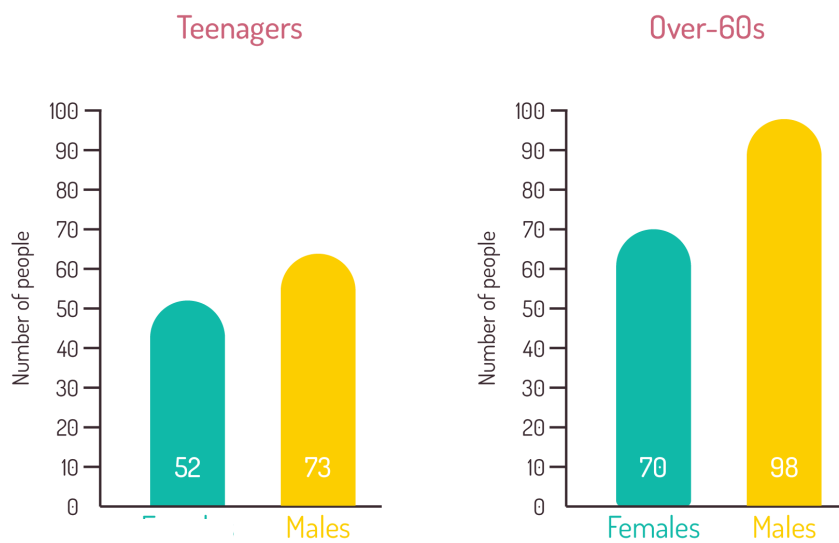
Marks: **[4]**

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:

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Possible solutions: One possible solution to encourage more teenagers to attend is to advertise initiatives on social media to raise awareness. A second possible solution is for the leisure centre to offer free or subsidised sessions for teenagers to make it affordable, as they are not in full-time employment and have less disposable income.

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Marks: **[4]**



**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.



One factor affecting the popularity of women's football is the recent success of the Lionesses national team. An example is the team winning the Euros in 2022. As a result of this, people have been inspired to play football and participation rates have increased. The success of the Lionesses has also led to increased media coverage of women's football. For example, Sky Sports and BT Sport have increased the number of club and international games broadcast. This increases the number of visible positive role models and will encourage young people to try and emulate their idols. It could be argued that women's football is increasing in popularity more rapidly than women's hockey. One reason for this is due to access to facilities. Hockey is now usually played on a specialist astro surface, whereas football can easily be played on both grass and astro. Funding for the provision of astro pitches in football is higher than that of hockey, so access to football clubs and facilities is greater. However, hockey is able to attract high numbers of spectators to live matches, as it's usually free or very cheap to watch. For example, some clubs in the premier division do not charge for children to spectate. This is more affordable than women's football spectatorship and is a positive in making hockey popular to new viewers or possible participants.

A series of horizontal dashed lines for writing.

Marks: **[8]**