



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 2025 infographics. Please, note the following:

- We believe this mark scheme has a very strong association with previous Cambridge National in Sport Science R184 exams 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 potential educational experiences of students in other schools/colleges.
- Finally, please make sure you attend the associated revision session 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 2025. Many of these questions will be discussed in the live revision show provided by James Simms on **Wednesday 30th of April 2025 at 15:30** (available to all subscribing schools live and on demand; a shorter version for non-subscribers will be available on YouTube after the live session).

The paper is available to be set, answered and marked online via [ExamSimulator](#). [ExamSimulator](#) is a premium resource available via [TheEverLearner.com](#) and provides immediate diagnostics of student writing performance after every exam answer. [Get in touch with us](#) to start a free trial.

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 NME 2025
-------	--

Guidance	<ul style="list-style-type: none">• The total mark for this paper is 70.• You have 1 hour 15 minutes (plus additional time for those who have exam access arrangements).• The marks for each question are shown in brackets (use this as a guide for how much time should be spent on each question).• Read each question carefully and answer all questions.• If the time reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck!
----------	---

Total marks	70
-------------	----

1. Look at the image. Which of the following does WADA stand for?

Marking points (maximum 1)

(1) [AO 1] A - World Anti-Doping Agency/World Anti-Doping Agency/A

2. The UEFA Champions League final is an example of which type of sports event?

Marking points (maximum 1)

(1) [AO 1] C - Regular/Regular/C

3. Look at the image. Which one is a value promoted through sport?

Marking points (maximum 1)

(1) [AO 1] D - Fair play/Fair play/D

4. Which of the following is **not** a factor affecting a sport's popularity?

Marking points (maximum 1)

(1) [AO 1] C - Equipment/Equipment/C

5. Complete the gaps in the table to show information about different types of sports event.

Marking points (maximum 5)

(1) [AO 1] A: Held once every four years in a different host city/Held in a host city once in a generation/Held in a host country once in a lifetime

(2) [AO 1] B: Regular

(3) [AO 1] C: UEFA Champions League final/Europa League final/Ryder Cup in golf

(4) [AO 1] D: Regular and recurring

(5) [AO 1] E: Wimbledon/FA Cup final/Carabao Cup final

6. People who work and unemployed people are two different user groups who may take part in sport. Name **three other** user groups.

Marking guidance

Do not accept people who work or are economically disadvantaged/unemployed, as they are included in the question. If there are more than three answers, mark the first three answers only.

Marking points (maximum 3)

- (1) [AO 1] Gender
- (2) [AO 1] People from different ethnic groups
- (3) [AO 1] Retired people/People over 60
- (4) [AO 1] Families with children
- (5) [AO 1] Carers
- (6) [AO 1] People with family commitments
- (7) [AO 1] Young children
- (8) [AO 1] Teenagers
- (9) [AO 1] People with disabilities
- (10) [AO 1] Parents (couples)/Single parents/Parents

7. Look at the image. Identify each of the values as either an Olympic **or** Paralympic value.

Marking points (maximum 4)

- (1) [AO 1] Friendship is Olympic/A is Olympic
- (2) [AO 1] Respect is Olympic/B is Olympic
- (3) [AO 1] Courage is Paralympic/C is Paralympic
- (4) [AO 1] Excellence is Olympic/D is Olympic

8. Describe the following Paralympic values:

- equality
- determination
- inspiration

Marking points (maximum 3)

(1) [AO 1] Equality is making sure that everyone can take part regardless of their disability/Making sure everyone in sport has opportunities/Treating everybody the same in sport

(2) [AO 1] Determination is not giving up during a race/Persevering to finish or succeed

(3) [AO 1] Inspiration is pushing yourself to the limits and inspiring others to take part in sport/Motivating others to take part by being a positive role model

9. One role of a National Governing Body (NGB) is providing support, insurance and guidance to its members.

State two other roles of an NGB and explain how each helps their sport.

Marking points (maximum 4)

(1) [AO 1] Role: Promote participation

(2) [AO 2] Explanation: Coverage on social media/Media coverage of a sport increases awareness and encourages more people to play or watch/Promotional schemes and initiatives, such as England Netball's 'Back to Netball' initiative gives more people an opportunity to be involved

(3) [AO 1] Role: Develop coaching and officiating

(4) [AO 2] Explanation: The FA running a Level 1 coaching course to increase the number of coaches and opportunities in the sport/FA referee course increases the number of officials in the sport/Provide an alternative pathway to being involved in the sport

(5) [AO 1] Role: Organise tournaments and competitions

(6) [AO 2] Explanation: More competitions in different areas raise awareness and increase participation

(7) [AO 1] Role: Lobby for funding

(8) [AO 2] Explanation: Increasing funding for clubs allows them to invest in better facilities/With increased income, clubs can employ more coaches and run more training sessions/Run more sessions for different age groups

10. Give **two reasons why spectators should behave appropriately at sporting events.**

Marking guidance

Answers must relate to spectators' behaviour and not performers' behaviour. Accept any other suitable answers.

Marking points (maximum 2)

(1) [AO 1] Ensure the safety of all/Safety of other spectators/Safety of players to protect them from pitch invasions

(2) [AO 1] Set a good example to younger fans watching

(3) [AO 1] Encourages a positive atmosphere during events/Allows performers to focus on playing

(4) [AO 1] Reinforces positive sporting values

11. Using **two different examples, explain why technology may be used by sports performers.**

Marking guidance

Answers must relate to performers and why they may use technology. Do not accept answers relating to officials or spectators. Award up to two marks for examples and up to two marks for explanations linked to each example.

Marking points (maximum 4)

(1) [AO 1] Carbon fibre tennis rackets/Carbon fibre golf clubs

(2) [AO 2] Players can perform more powerful shots/More accurate shots/Enhance performance

(3) [AO 1] Lazer suits in swimming/LZR swimsuits/Tech suits in swimming

(4) [AO 2] Reduces drag, which can contribute to faster times

(5) [AO 1] Hyperbaric chambers/Cryotherapy chambers/Oxygen tents

(6) [AO 2] Promote faster recovery from training and competition

(7) [AO 1] Heart rate monitors/GPS trackers

(8) [AO 2] Track their performance and improvements in training

12. State **three possible barriers to Raymond taking part in physical activity.**

Marking guidance

If there are more than three answers, mark the first three answers only.

Marking points (maximum 3)

- (1) [AO 1] Lack of time due to looking after grandchildren
- (2) [AO 1] Lack of transport
- (3) [AO 1] Lack of disposable income/Lack of money due to being retired
- (4) [AO 1] Lack of confidence
- (5) [AO 1] Lack of awareness of available activities for his age group at the leisure centre

13. Suggest **three possible solutions that could help Raymond to take part in more sport and physical activity.**

Marking guidance

If there are more than three answers, mark the first three answers only.

Marking points (maximum 3)

- (1) [AO 1] The leisure centre could use targeted advertising aimed at over-60s/Promote sessions through local media to raise awareness
- (2) [AO 1] Offer over-60s activity sessions
- (3) [AO 1] Provide discounted memberships for over-60s/Offer taster sessions to see if he enjoys the activity/Subsidised costs for activities
- (4) [AO 1] Provide a shuttle bus to transport him to and from the leisure centre/Subsidised transport/Free transport
- (5) [AO 1] Offer family sessions that he can attend with his grandchildren
- (6) [AO 1] Offer sessions at appropriate times, such as during the day or at weekends when he has more free time

14. Kick It Out is an initiative that aims to tackle discrimination in football. State **one other** sports initiative and describe its aim.

Marking guidance

Do not accept Kick it Out, as this is in the question. Award one mark for an example of an initiative and one mark for the aim. Accept any other suitable examples of a sporting initiative.

Marking points (maximum 2)

- (1) [AO 1] This Girl Can
- (2) [AO 1] Promote girls and women taking part in sport/Challenge stereotypes around female participation in sport
- (3) [AO 1] Rainbow Laces
- (4) [AO 1] Promote equality and diversity in sport/Raise awareness of LGBTQ+ inclusion in sport/Promote acceptance of all sexual orientations
- (5) [AO 1] Chance to Shine
- (6) [AO 1] Give more children the chance to learn about cricket/Prioritise children who may have fewer opportunities to play cricket/Inspire young people through cricket
- (7) [AO 1] Rugby Against Racism
- (8) [AO 1] Promote a supportive environment in rugby regardless of gender, race or age
- (9) [AO 1] Sporting Equals
- (10) [AO 1] Eradicate racism in sport
- (11) [AO 1] Show Racism the Red Card
- (12) [AO 1] Aims to challenge racism/Prevent discrimination in football/Increase awareness of diversity in football

15. Kick It Out is an initiative that aims to tackle discrimination in football. Identify and describe a sporting value it promotes.

Marking guidance

Award one mark for identifying a value and one mark for a description. Description marks can only be given if a value has been correctly identified. For point 3, tolerance **and** respect must both be mentioned for the mark to be awarded.

Marking points (maximum 2)

- (1) [AO 1] Inclusion
- (2) [AO 1] Making sure everyone has an equal chance to take part in sport/Making sure that everyone feels included in sport
- (3) [AO 1] Tolerance and respect
- (4) [AO 1] Gaining a better understanding of other cultures through sport/Showing an understanding of people from different backgrounds/Different cultures

16. The 2024 Olympic Games were held in Paris. Describe **three** positive effects for Paris **during** the event.

Marking guidance

If there are more than three answers, mark the first three answers only. Answers must relate to positives during the event. Do not accept answers related to bidding, pre-event or post-event.

Marking points (maximum 3)

- (1) [AO 1] Increase in indirect tourism/Increase in direct tourism/Increase in tourism
- (2) [AO 1] Increase in media coverage of the event/Increase in global attention for Paris/Increase in status for Paris
- (3) [AO 1] Increase in employment/Decrease in unemployment/More jobs created
- (4) [AO 1] Improvements in infrastructure/Improvements to sports facilities/Better transport links
- (5) [AO 1] Higher national interest in sport/Increase in sports participation

(6) [AO 1] Increase in morale of people in Paris/Increase in national pride/Improvement in social cohesion

17. The 2024 Olympic Games were held in Paris. Suggest **three** possible negative effects for Paris as the host city **during** the event.

Marking guidance

Accept the first three answers only. Answers must relate to negatives during the event. Do not accept answers related to bidding, pre-event or post-event.

Marking points (maximum 2)

- (1) [AO 1] Increased risk of terrorism/Higher risk of crime
- (2) [AO 1] Increased cost of security
- (3) [AO 1] Lack of investment in regenerating other areas outside Paris can lead to social divide
- (4) [AO 1] Decreased reputation if the hosts are not performing well/Lower morale of the nation with poor performances
- (5) [AO 1] Increased traffic/More litter/Noise
- (6) [AO 1] Negative media coverage of any issues happening during the event

18. CrossFit is an example of a sport that has grown in popularity in the UK over the last few years.

Outline **three** ways to further increase participation in CrossFit throughout the UK.

Marking guidance

If there are more than three answers, mark the first three answers only. Accept any other suitable answer.

Marking points (maximum 3)

- (1) [AO 1] Increase the number of clubs across the UK/Increase the number of local clubs
- (2) [AO 1] Offer taster sessions for people to try before signing up as a member
- (3) [AO 1] Provision of more facilities and equipment for CrossFit in local gyms
- (4) [AO 1] Provide a greater number of competitions in different areas

(5) [AO 1] Train more coaches and officials

(6) [AO 1] Increase in media coverage of CrossFit

19. WADA work with UK Anti-Doping (UKAD) to help prevent the use of performance-enhancing drugs (PEDs) in sport.

Identify **two** methods that UKAD use to deter athletes from taking PEDs.

Marking guidance

If there are more than two answers, mark the first two answers only.

Marking points (maximum 2)

(1) [AO 1] Whereabouts rule

(2) [AO 1] Regular drug testing/Urine testing/Testing

(3) [AO 1] Educational programmes

(4) [AO 1] Sanctions for athletes caught taking PEDs/Athletes caught are stripped of medals/Prize money

20. An athlete may choose to take performance-enhancing drugs (PEDs) to "level the playing field", as they believe others are taking PEDs. Describe **two other** reasons that an athlete may choose to take PEDs.

Marking guidance

If there are more than two answers, mark the first two answers only. Do not accept "level the playing field" or any reference to others taking PEDs, as this is included in the question.

Marking points (maximum 2)

(1) [AO 1] Pressure from a coach/Pressure from teammates/Pressure from nation

(2) [AO 1] Gain an advantage over other competitors/Increase their chances of winning/To win

(3) [AO 1] To maintain sponsorship/Gain sponsorship/Financial gain

(4) [AO 1] Quicker recovery from injury

(5) [AO 1] Physiological benefits/Fitness benefits/Increase strength

(6) [AO 1] Psychological benefits/Improve concentration/Increase alertness

(7) [AO 1] To mask an injury/To reduce pain

(8) [AO 1] To gain a better reputation within the sport/Increase chances of fame

(9) [AO 1] To increase training intensity

21. Describe **three ways in which performance-enhancing drugs (PEDs) can have a negative impact on a **performer**.**

Marking guidance

If there are more than three answers, mark the first three answers only. Answers must relate to a performer.

Marking points (maximum 3)

(1) [AO 1] Negative media attention for the performer can harm their reputation/Gives the performer a negative reputation/Damages the performer's reputation

(2) [AO 1] Loss of sponsorship/Prize money

(3) [AO 1] The performer will face sanctions/Can face a lifetime ban/Can be stripped of their medals

(4) [AO 1] Can cause long-term damage to health/Can be addictive

(5) [AO 1] The performer becomes a negative role model for other athletes

22. Tennis is a sport where both sportsmanship and gamesmanship are demonstrated by players.

Describe the terms sportsmanship **and gamesmanship.**

Marking guidance

Description of sportsmanship must reference following or respecting the rules. Description of gamesmanship must reference "bending" the rules. Do not accept breaking the rules, as this is deviance.

Marking points (maximum 2)

(1) [AO 1] Sportsmanship is playing according to the rules/Adhering to the rules/Following the rules

(2) [AO 1] Gamesmanship is bending the rules to gain an advantage/Manipulating the rules without breaking them

23. Tennis is a sport where both sportsmanship and gamesmanship are shown by players.

Give an example of **each** in tennis.

Marking points **(maximum 2)**

(1) [AO 1] Sportsmanship in tennis is shaking hands with an opponent before the game/Shaking hands with the opponent at the end of the game/Shaking hands with the chair umpire

(2) [AO 1] Gamesmanship in tennis is delaying a serve/Distracting an opponent by grunting during a point/Overusing toilet breaks in-between games

24. Look at the participation data in the image.

Explain **two** possible reasons for the data shown, using your knowledge of different factors affecting popularity.

Marking guidance

Award two marks for reasons linked to factors affecting popularity and two marks for explanations linked to reasons for the data in the table. Accept converse answers where they are correctly explained.

Marking points **(maximum 4)**

(1) [AO 1] Participation in swimming is higher/Increased participation in swimming compared to tennis

(2) [AO 2] Because swimming is more easily accessible than tennis due to provision of facilities and less equipment required to take part/There may be more opportunities to take part in swimming at local leisure centres or clubs

(3) [AO 1] More people take part in swimming compared to pickleball/More people took part in swimming compared to tennis

(4) [AO 2] Because media coverage of swimming and tennis is higher than pickleball

(5) [AO 1] More people are inspired or encouraged to take part in sports such as tennis

(6) [AO 2] Because there are more well-known role models in tennis compared to pickleball

(7) [AO 1] Fewer people take part in boxing compared to tennis, swimming or pickleball

(8) [AO 2] Therefore, boxing can be considered less socially acceptable due to the violent nature of the sport

25. The 2024 European Football Championships were hosted in Germany. Discuss the positive **and** negative **long-term impacts** of hosting a major sporting event.

Marking guidance

A01 relates to knowledge and understanding (KU). A02 relates to examples (EG). A03 relates to development of knowledge points and examples (DEV). [R184 OCR Cambridge National in Sport Studies \(8 Marks\)](#)

Marking points (maximum 8)

- (1) [AO 1] Improved sports facilities for the local community/Facilities can be used by the public after the event
- (2) [AO 2] Such as stadia being redeveloped/Upgraded stadiums
- (3) [AO 3] Leading to an increase in sports participation/More spectators following the sport/Increase in popularity
- (4) [AO 1] Improved infrastructure
- (5) [AO 2] Better transport links for locals to use
- (6) [AO 3] So the host cities can benefit from better transport and travelling to work or school more easily/Increased morale of locals due to investment in regeneration of areas/Positive impact on the environment due to less traffic and air pollution
- (7) [AO 1] Positive media coverage
- (8) [AO 2] The Euros being broadcast worldwide on TV and on social media/Women's 2022 Euros in England
- (9) [AO 3] Gives greater awareness of the host city, leading to increased profile/Increased reputation for Germany if the event was hosted well/Improved reputation
- (10) [AO 1] Increase in tourism after the event
- (11) [AO 2] Such as more tourists coming to Germany for holidays and visiting local businesses/Tourists going on stadium tours
- (12) [AO 3] Leading to economic boost/Increased revenue for local businesses
- (13) [AO 1] Facilities may be abandoned after the event
- (14) [AO 2] Some of the facilities being knocked down after the event

- (15) [AO 3] Such as some of the stadia that have been built going to waste/Becoming too expensive to run/Lack of staff to maintain
- (16) [AO 1] Bidding, planning and hosting may cost more than revenue generated
- (17) [AO 2] Spending more on staff wages than planned due to additional security needed
- (18) [AO 3] Which can lead to a country going into debt
- (19) [AO 1] Damage to reputation if the event was hosted poorly
- (20) [AO 2] Poor spectator behaviour such as fights between rival fans/Scandals emerging from the event
- (21) [AO 3] Leading to a decrease in the profile of the country/Lower spectator levels
- (22) [AO 1] Divide in regeneration of areas
- (23) [AO 2] Only some areas or cities will benefit from improved infrastructure or upgraded facilities
- (24) [AO 3] Leading to social unrest/Lower morale



OCR Cambridge National in Sports Studies: Unit R184

8 Mark Level Descriptors

Level	Marks	Description
3	7-8	A thorough discussion which: <ul style="list-style-type: none">- Shows detailed knowledge and understanding.- Analyses the points made, showing logical reasoning throughout.- Reaches a justified conclusion (where one is required).- Consistently uses appropriate terminology.
2	4-6	A response with adequate discussion. <ul style="list-style-type: none">- Shows sound knowledge and understanding.- Analyses the points made, may be some logical reasoning.- Uses some appropriate terminology.
1	1-3	A basic discussion which shows limited explanation. <ul style="list-style-type: none">- Shows limited knowledge and understanding; knowledge points are not developed.- Identifies positives and negative aspects.- Limited or no use of appropriate terminology.
0	0	No response or no response worthy of credit.