



# National Mock Exams 2025

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## CNAT 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 2025 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 potential educational experiences of students in other schools/colleges.
- Finally, please use this paper together with the mark scheme and make sure you attend the 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 **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).

This 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.

*James Simms*



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

First name	
Last name	
Class	
Teacher	

Title	OCR Cambridge National Sport Studies <b>R184</b> : Contemporary issues in sport NME 2025
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Guidance	<ul style="list-style-type: none"><li>• The total mark for this paper is 70.</li><li>• You have 1 hour 15 minutes (plus additional time for those who have exam access arrangements).</li><li>• The marks for each question are shown in brackets (use this as a guide for how much time should be spent on each question).</li><li>• Read each question carefully and answer <b>all</b> questions.</li><li>• If the time reaches zero prior to you submitting your paper, the software will automatically submit your responses.</li><li>• Good luck!</li></ul>
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Total marks	70
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1. Look at the image. Which of the following does WADA stand for?

- ☐ A World Anti-Doping Agency
  - ☐ B World Anti-Doping Association
  - ☐ C World Anti-Drug Agency
  - ☐ D World Anti-Drug Association
- 

Marks: [1]

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

- ☐ A National
  - ☐ B One-off
  - ☐ C Regular
  - ☐ D Regular and recurring
- 

Marks: [1]

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

- ☐ A Confidence
  - ☐ B Resilience
  - ☐ C Leadership
  - ☐ D Fair play
- 

Marks: [1]

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

- ☐ A Media coverage
  - ☐ B Social acceptability
  - ☐ C Equipment
  - ☐ D Live spectator opportunities
- 

Marks: [1]

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

Type	Description	Example
One-off	A	Olympic Games
B	Held each year in a different host city	C
D	Held each year at the same venue	E

A: \_\_\_\_\_  
B: \_\_\_\_\_  
C: \_\_\_\_\_  
D: \_\_\_\_\_  
E: \_\_\_\_\_

Marks: [5]

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Marks: [3]

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

- A** Friendship
- B** Respect
- C** Courage
- D** Excellence

Friendship: \_\_\_\_\_  
Respect: \_\_\_\_\_  
Courage: \_\_\_\_\_  
Excellence: \_\_\_\_\_

Marks: **[4]**

8. Describe the following Paralympic values:

- equality
- determination
- inspiration

Equality: \_\_\_\_\_  
\_\_\_\_\_  
Determination: \_\_\_\_\_  
\_\_\_\_\_  
Inspiration: \_\_\_\_\_  
\_\_\_\_\_

Marks: **[3]**

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.

Role 1: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

Role 2: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

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

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

Explanation: \_\_\_\_\_

\_\_\_\_\_

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

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**

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

## Raymond



Raymond (66) has recently retired from a full-time job, which kept him active for long periods during the day. He walks to pick up his two grandchildren after school three times a week, but would also like to take part in more sport. He lives 15 miles from the nearest leisure centre.

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_

Marks: **[3]**

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

## Raymond



Raymond (66) has recently retired from a full-time job, which kept him active for long periods during the day. He walks to pick up his two grandchildren after school three times a week, but would also like to take part in more sport. He lives 15 miles from the nearest leisure centre.

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_

Marks: **[3]**



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

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Marks: [2]

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

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Marks: [2]

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

1: 

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2: 

---

3: 

---

Marks: [3]

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

1: 

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2: 

---

3: 

---

Marks: [2]

**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.



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_

Marks: **[3]**

**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.

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_

Marks: **[2]**

**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.

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_

Marks: **[2]**

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

- 1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

Marks: [3]

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

Describe the terms sportsmanship **and** gamesmanship.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Marks: [2]

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

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Marks: [2]

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

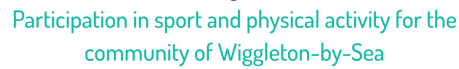


Figure 1

Year →	2022	2023	2024
Sport ↓			
Swimming	2,200	3,000	3,100
Pickleball	0	150	400
Tennis	800	500	375
Boxing	35	50	50

[illegible]

Marks: [4]

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

[illegible]

