



# Revision 2025

## CNAT Sport Studies R184 Student Notes

# spotlight SESSION

Recommended



**Before the revision  
session**

Complete the 2025  
National Mock Exam

Essential



**During the revision  
session**

Complete the notes

Recommended



**After the revision  
session**

Review with your  
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### Hot Topic 10: Technology in sport

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

Example 1: \_\_\_\_\_ such as myZone  
 Explanation: *BECAUSE* performers can \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_ improvements.

Example 2: \_\_\_\_\_ padel for playing padel  
 Explanation: *BECAUSE* performers can increase the \_\_\_\_\_ and  
 \_\_\_\_\_ of their shots.

Marks: **[4]**

Complete the illustration below for either **performance enhancement**, **safety**, **fair play** and **officiating accuracy** or **enhancing spectatorship**. How does the table change each time?

#### Positive and negative effects of technology

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Let's look at this answer and let's mark it together. :

**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 their 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]**

 Pause the show if you need more time.



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## Hot Topic 8: Emerging sports

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

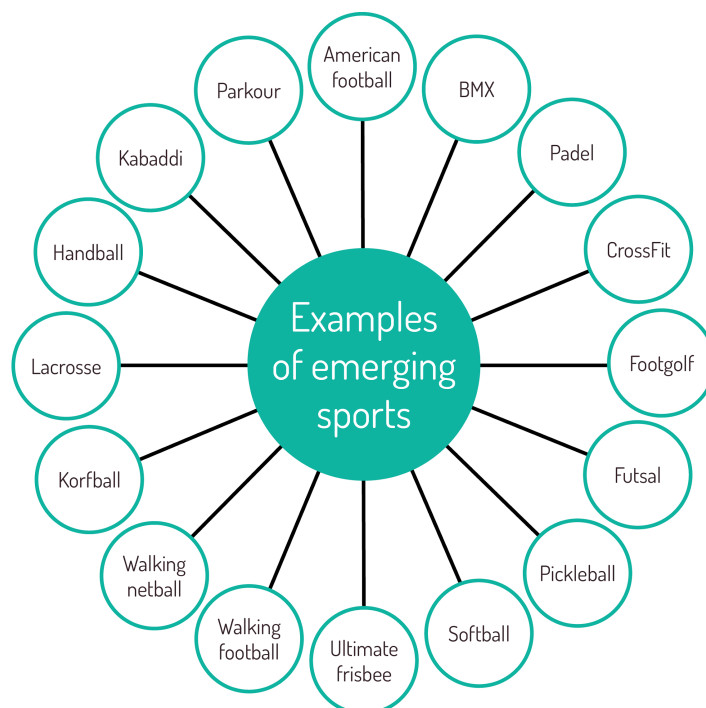
Outline **three** ways to further increase participation in CrossFit throughout the UK.



- 1: Offer CrossFit \_\_\_\_\_ in schools.
- 2: CrossFit UK could provide [\_\_\_\_\_].
- 3: CrossFit UK could \_\_\_\_\_ more \_\_\_\_\_.

Marks: **[3]**

To answer questions like these, a deep knowledge of CrossFit is not necessary. Rather, lean on your understanding of the factors affecting popularity (Hot Topic 4) and the role of NGBs (Hot Topic 9 - Organising tournaments and competitions, Promoting participation)



## Hot Topic 6: Reasons for and against PEDs

**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: *They use steroids to* \_\_\_\_\_.
- 2: *They also use them to increase* \_\_\_\_\_.

Marks: **[2]**

For	Against
Enhance performance/Gain an advantage.	
Decrease recovery time from training or injury.	
Improve fitness, e.g. increased stamina.	
Lose weight.	
Train at a higher intensity.	
Belief that other athletes are taking PEDs	
Financial gain/increased chances of sponsorship	
Increased fame	
Mask injury.	
Deal with pressure.	



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