

Topic Area 1: The issues which affect participation in Sport

(12) User Groups

- Gender
- People from different ethnic groups
- Retired people / People over 60
- Families with children
- Carers
- People with family commitments
- Young children
- Teenagers
- People with disabilities
- Parents
- People who work
- Unemployed / economically disadvantaged

(9) Barriers to participation

- Employment / Unemployment
- Family commitments
- Lack of disposable income
- Lack of transport
- Lack of positive role models
- Lack of positive family role models or family support
- Lack of appropriate activities provision
- Lack of awareness of activity provision
- Lack of equal coverage of activity provision for gender or ethnicity

(10) Solutions to barriers

- Provision of appropriate activities
- Provision of appropriate sessions
- Provision of times for different groups
- Use of targeted promotion
- Use of role models
- Initiatives to increase participation
- Increase transport availability
- Improved access to facilities for all user groups
- Appropriate pricing / subsidies costs
- Availability of appropriate user group facilities and equipment

(8) Factors which affect the Popularity of Sport

- The number of people participating
- The provision of facilities
- Environment/climate activity influences
- Live spectator opportunities
- The amount and range of media coverage
- The high-level success of both individuals and teams
- The number and range of positive role models available in a sport
- Social acceptability

Examples

- The more people participate the more popular the sport is
- The more facilities available the more popular the sport is
- Skiing requires, cold, snowy, mountainous terrain
- More opportunities to watch the sport increases popularity
- More media coverage means the Sport is more popular
- Success will lead to an increase in the popularity (e.g. Cycling)
- The more positive role models a sport has means this increases the popularity of sport
- Some sports are seen as cruel or violent (e.g. Boxing)

Emerging Sports

- A new sport in the UK that has seen increased participation rates in recent years
- Handball
- Ultimate Frisbee
- Footgolf
- Korfball
- Lacrosse
- Softball

Topic Area 2: The role of Sport in promoting values

(7) Sporting Values

I N F E C T

- Inclusion
- National pride
- Fair play
- Excellence
- Citizenship
- Team Spirit
- Tolerance and Respect

Initiatives and Campaigns

- This Girl Can
 - Kick it Out
 - Sport Relief
- ECBs Chance to Shine
 - FA’s Respect campaign
 - Rainbow laces

Etiquette and Sporting behaviour

- Etiquette - Unwritten rules of the sport
- Sportsmanship - Good behaviour / following the rules
- Gamesmanship - Bending the rules to gain an advantage

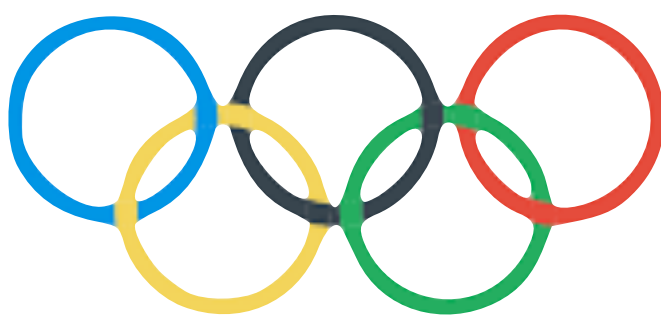
Olympic and Paralympic movement

The Creed

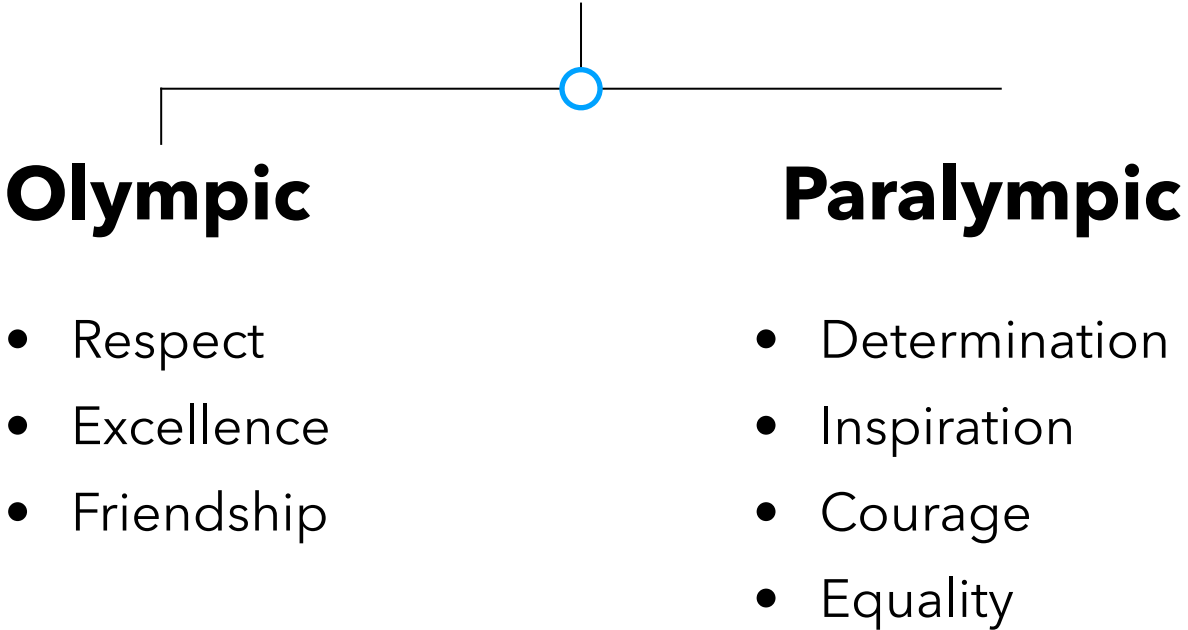
- “The most important thing is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered, but to have fought well”. Pierre De Coubertin

The Symbol

- The five interlocking rings represent the closeness between the five continents



The Values



R E F D I C E

Performance enhancing drugs

Why use them?

- Pressure to win
- Pressure from coaches
- To gain money
- To improve performance
- To lose weight
- Believe that others are using them

Why not to use?

- Long term ill health
- Long term ban|
- Lose sponsorship
- Unfair advantage
- It is cheating
- Poor role model
- Gives the sport a bad image

Sanctions to prevent use

- Creation of partnerships between WADA and NADO
- Random drugs tests
- WADA’s whereabouts rule
- Harsher punishments
- Loss of sponsorship
- Loss of medals

How to test?

- Blood sample
- Urine sample
- Hair sample
- Nail sample

Topic Area 3: The implications of hosting a major sporting event for a city or country

(3) Types and features of a major sporting events

Regular events

- Held in a different city each year but could return after a few years
- UEFA Champions league final
- Europa League final
- British Open Golf Championships

One-off events

- Held once at a particular time with a host city staging the sporting competition once in a generation
- Olympics
- Paralympics
- FIFA World Cup
- Rugby World Cup

Regular and recurring events

- Held annually at the same venue or host city
- Wimbledon Tennis championships
- FA cup final
- London Marathon
- Formula 1 British Grand prix

Pre-event



- Bidding countries receive increased status
- Increased investment and tourism
- Improvements in infrastructure and transport systems
- Building new sports facilities

During the event



- Improved infrastructure and local transport
- New sports facilities
- Increased media coverage of the sport
- Increase in tourism
- Increased commercial benefits for local businesses

Post-event



- Legacy of improved / new sporting facilities
- Increase in participation in sports
- Legacy of improved transport and social infrastructure
- Tourism may increase after the event
- Increase in future financial investment



- Bidding countries receive increased status
- Increased investment and tourism
- Improvements in infrastructure and transport systems
- Building new sports facilities



- Increase in transport pollution
- Increase risk of terrorism
- Jobs created are only temporary
- Poor performance by host nation can lead to decrease in national pride



- Event might cost more to host than revenue generated
- Sports facilities are unused after the event
- Loss of national reputation if the event was badly organised
- Increase in participation may be limited

Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their Sport

Promote participation

- Using promotional campaigns (e.g. This Girl can)
- Providing taster sessions
- Increasing awareness through media exposure
- Increasing awareness of where to play

Develop coaching and officiating

- Development of sport-specific coaching awards (e.g. England Netball Level 2)
- Development in training and selecting officials to officiate (e.g. RFU use ‘Young officials award’)

Organise tournaments

- Support and organise competitions from grassroots local club level to elite level
- E.g. County championships

Examples of National Governing Bodies (NGBs)

- Football Association (FA)
 - Rugby Football Union (RFU)
 - England Netball
 - England Hockey
- England Basketball
 - Lawn Tennis Association (LTA)
 - British Swimming

Rules and regulations

- Development of rules
- Organisation of drugs testing
- Enforcement of disciplinary procedures

Ensure safety

- Child protection policies to ensure the safeguarding of children
- England Handball recommend that any coach should have a valid DBS check, a minimum Level 1 coaching qualification and have completed a UK coaching Safeguarding and Protecting Children workshop

Provide support and guidance

- Number of NGBs have area on their website that only official members can access that provides legal advice, guidelines
- Location and contact details for local clubs and advice on how to get started / involved in the sport
- NGB advice given about equipment (e.g. safety equipment), venues and surfaces (e.g. information on artificial surfaces)

Funding

- NGBs and sports clubs require money in order to operate
- UK sport for elite performer investment
- Sport England
- National Lottery
- Media / TV rights
- Income from sponsorship
- Membership / affiliation fees

Topic Area 5: The use of technology in sport

Enhance Performance

- **Accessibility** to sport through adapted sports equipment (e.g. Lightweight wheelchairs)
- **Simulated environments** (e.g. hypoxic chamber for endurance athletes)
- **Equipment and clothing** - running shoes to improve marathon running
- **Monitoring of exercise** - wearable devices to track heart rates

Fair play & accuracy of officiating

- Helps officials to make fairer, accurate decisions (e.g. VAR, Third umpire, Hawkeye)
- Athletic events use laser technology to judge height of jumps and the distance of throws more accurately

Enhance Spectatorship

- Camera coverage give more angles and can track individual athletes
- Statistical information keeps fans well informed about the sport and performers
- Screens in the stadia allow spectators to view appeals

Use of Technology in Sport



- Enhances performance through GPS tracking (e.g. Strava)
- Lower risk of injury and speed up recovery
- Improved bone density
- Boosts metabolism
- Multiple camera views
- Slow motion replays



- Increased cost leads to inequalities and unfair advantage
- Decreased live attendance as cheaper to follow event on TV
- Reduction in flow of the game due to long delays and disruption whilst waiting for decision
- Increased pressure on officials decisions and constant media scrutiny of their decisions

Increase safety

- Gait analysis - helps identify errors in running style preventing injuries
- Wearable hydration devices reduces impact of dehydration
- Protective padding and guards in boxing, hockey and football

Effect on spectator experience



- Increased sense of crowd excitement
- Wider range of sports more accessible to spectators
- Instant replays can be used to help see what has happened
- Tracking player movement provides increased understanding on player and team performance
- Improved experience of watching sport at home



- Screens in stadia can cause unexpected spectators chanting and can distract from the actual play
- Media can highlight negative behaviour that occurs during sport
- Replays could lead to spectators questioning decisions
- Time spent making decisions interrupts flow of the game
- Information on players’ performance can lead to criticism
- Crowd may influence outcomes if giant screens in the stadium show replays
- Human error is still not eliminated as decisions may still be wrong