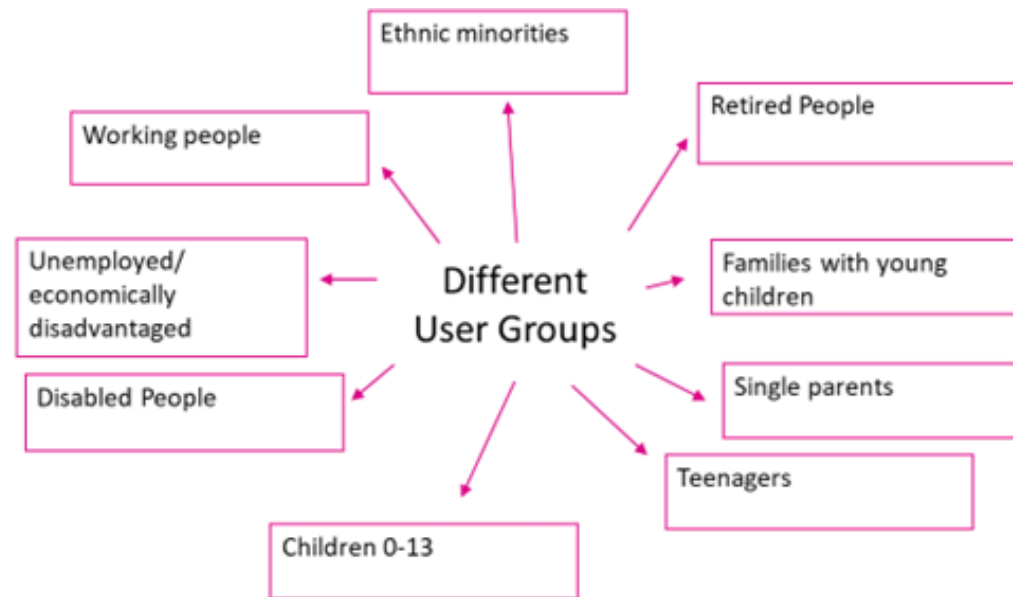




# Year 11 CNAT Sport Autumn Knowledge Organiser



## 3 Ways to overcome barriers: Provision, Access, Promotion (PAP)

### Provision:

- Programming sessions for use by different user groups (e.g. sessions for wheelchair sports)
- Providing appropriate activity options for the demands of specific user groups (e.g. different age groups want different options)
- Planning of times to suit different user groups (e.g. for parents with young children, midmorning after the school run)

### Access:

- Access to facilities (e.g. provision of transport in rural areas, ramps for wheelchair access to buildings)
- Access to equipment (e.g. a hoist for swimming pool access) - sensible pricing/concessions (e.g. reduction of charges for unemployed people or young children)

### Promotion:

- Targeted promotion (e.g. by advertising in appropriate places to increase visibility to different user groups)
- Using role models to encourage participation among different user groups
- Initiatives aimed at promoting participation and inclusion (e.g. free swimming for under16s and over-60s)

## Possible barriers which affect participation in sport

- Employment/time (e.g. not much free time available)
- Work restrictions and family commitments (e.g. women still seen as bringing up the family and not being involved in sport)
- Disposable income (e.g. cannot afford cost of participation)
- Accessibility of facilities/equipment (e.g. transport not available, no disabled access)
- Lack of role models (e.g. few ethnic role models, few female role models)
- Provision of activities (e.g. limited activities on offer which do not meet the requirements of the participant)
- Awareness of activity provision (e.g. what is currently available)
- Portrayal of gender issues by the media (e.g. mainly male sports shown on TV, mainly male presenters of sport programmes)



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## Factors that affect the popularity of a sport: MS RAPPERS

Make sure you are able to give an example of all

### Spectatorship



The more people are viewing sports will increase participation rates of those sports

### Media coverage



Some sports channels show sport 24/7, this increases participation in the sports that the media show

### Participation



More people participate in sports that have widespread mass participation

### Provision



Provision varies in the UK. People cannot participate with little or no provision or access to facilities

### Environment



Weather in the UK can impact upon participation rates. There is a lack of snow in the UK for skiing

### Roles models



Positive Roles models increase participation in the sport. A lack of role models has a negative impact

### Acceptability



Many people believe boxing should be banned as it's dangerous

### Success for teams



Sporting success inspires people to take part in the sports such as GB cycling

## Values promoted through sport:

- Team spirit
- Fair play
- Citizenship
- Tolerance and respect
- Inclusion
- National pride
- Excellence

## The Olympic Values: (FRED ICE)

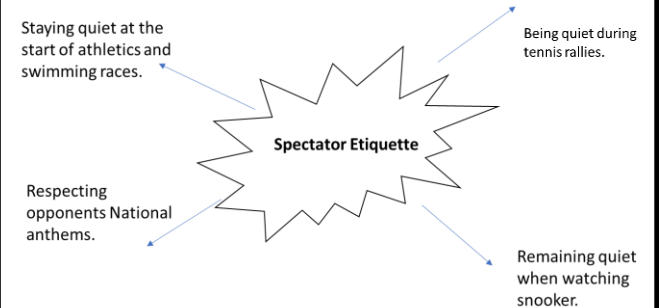
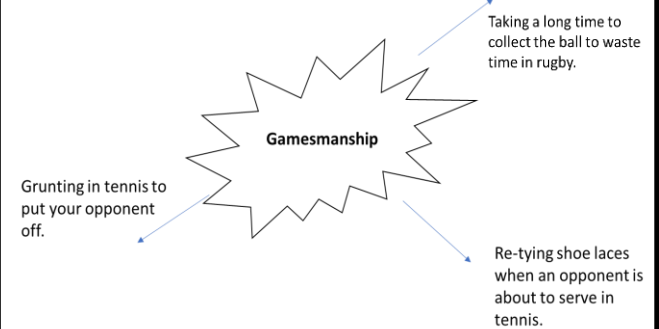
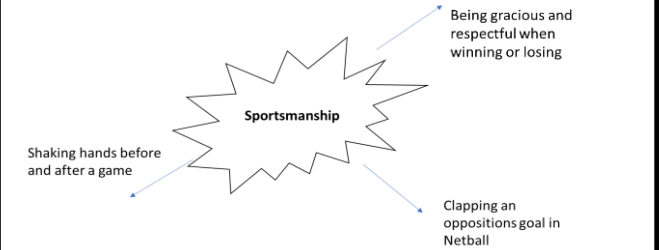
The Olympic Values are:

- ◆ Friendship
- ◆ Respect
- ◆ Excellence

## The Paralympic values are:

- ◆ Determination
- ◆ Inspiration
- ◆ Courage
- ◆ Equality

## Etiquette and Sporting Behaviour: Sportsmanship, Gamesmanship & Spectator Etiquette



## Why PED's are taken:

- Pressure to succeed as individual
- Pressure to succeed as a Nation
- Improved performance
- Improved strength/stamina or power
- Improved recovery time
- Increased ability to train
- To mask pain/ to relieve pain
- To lose weight
- Beliefs that others are taking drugs



## The Olympic symbol of five interlocking rings is designed to represent:

The five continents that take part





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Lance Armstrong – EPO is a type of blood doping that can help improve endurance.



Maria Sharapova - Meldonium – Increase blood flow to the heart, shortening recovery time.



Nesta Carter – Stimulant-They are used by athletes to reduce tiredness and fatigue, and to increase alertness, competitiveness and aggressiveness



Justin Gatlin – Anabolic Steroids- stimulate muscle tissue to grow and "bulk up" in response to training by mimicking the effect of naturally produced testosterone on the body



Dr Richard Freeman (Team Sky & British Cycling)– Ordered testosterone gels

## Reasons for taking drugs:

- Pressure to succeed as individual
- Pressure to succeed as a Nation
- Improved performance
- Improved strength/stamina or power
- Improved recovery time
- Increased ability to train
- To mask pain/ to relieve pain
- To lose weight
- Beliefs that other are taking drugs

## Reasons against taking drugs:

- Can lead to health problems.
- Can damage kidneys and liver.
- Potential dangerous side effects.
- It is cheating.
- Can become addictive.
- Athlete feels that they can't win without them.
- Dishonest – spectators feel cheated.

## Drug Testing:

### What is the whereabouts rule from WADA?

WADA need to know where you are at all times, if you leave the country / move house / change training facility you must inform them!

### How does the rule work?

All athletes must make themselves available to drug testers for one hour a day between 6 AM and 11PM

**The rule is important as you could be called at any time, you will be given a time to attend and you must attend, failure to attend could result in a ban.**

## Key words:

**Annually** – Happen every year – Champion League Final, Wimbledon

**Biennially** – Every second year – Ryder Cup golf event that alternates between Europe and the United States. Events that take place every 4 years the Olympics.

**Regular** – Happens often at set intervals – E.g. annually or biennially

**Recurring** – Periodically repeated in the same place – E.g. Formula 1 Grand Prix / Wimbledon.