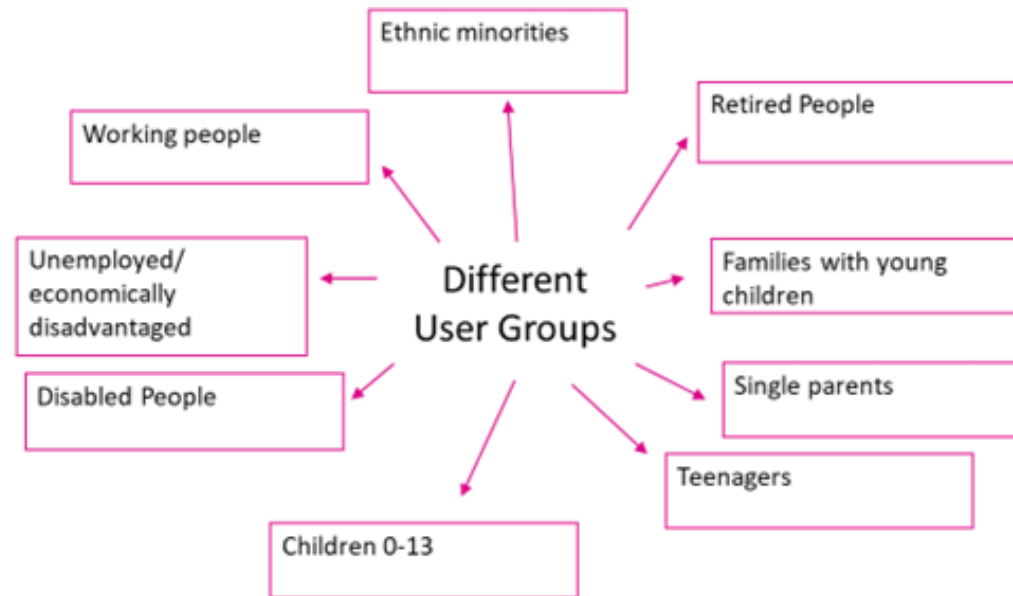




Year 11 CNAT Sport Summer Knowledge Organiser

Exam Revision
Resit



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 under-16s 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)



Year 11 CNAT Sport Summer Knowledge Organiser

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

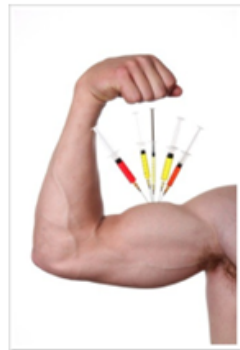
Success for teams



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

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



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:

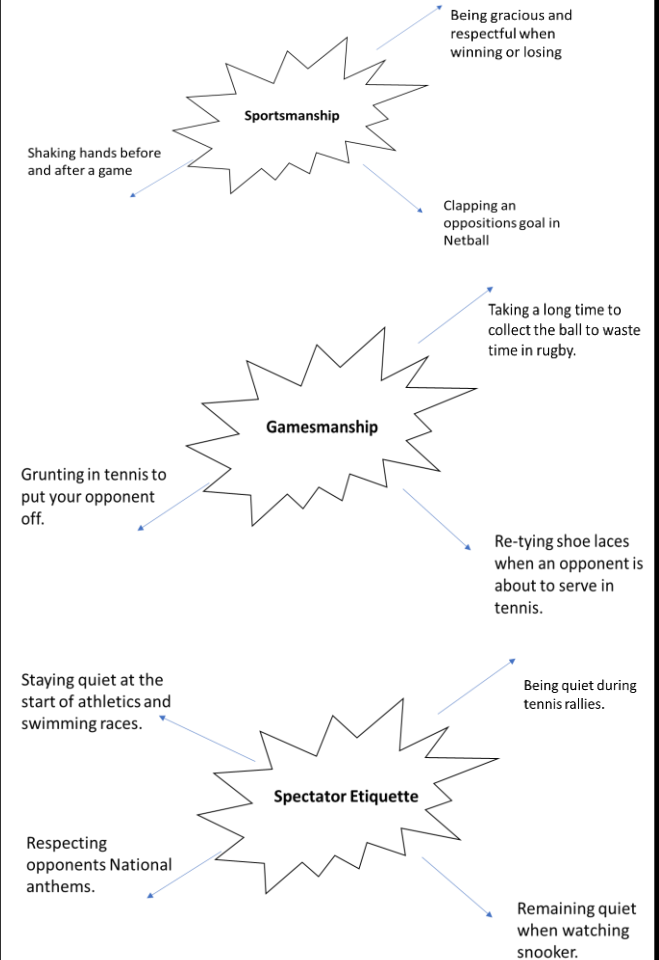
- ◆ Determination
- ◆ Inspiration
- ◆ Courage
- ◆ Equality

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

The five continents that take part



Etiquette and Sporting Behaviour: Sportsmanship, Gamesmanship & Spectator Etiquette





Year 11 CNAT Sport Summer Knowledge Organiser



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.



Year 11 CNAT Sport Summer Knowledge Organiser

Coursework Development

Review Practical Performance :

- **Review strengths and weaknesses**
 - Level of ability
 - Why skills are strengths/weaknesses
 - Type of skill
 - When these skills are important in the chosen sport
 - How they will impact on your performance or during training
- **Methods to improve**
 - Progressive practices/drills
 - Different types of practice, fixed/variable/whole or part practice
 - Could play with more or against better players
- **Measuring Improvement**
 - Video analysis
 - Activity tracker
 - Monitoring competition results over a period of time

Types of skills:

Open Skills:

An open skill is usually affected by the environment as this is something that can be ever changing, this meaning that how the skill is performed will have to be adapted when performing it.

Closed Skills:

Closed skills are skills that are predictable in a stable environment where it doesn't change.

Simple/basic skills:

Simple skills are those that don't require much processing or thinking about. The skill will only have a small number of parts.

Complex Skills

Complex skills are those that are made up of sub-routines and require lot of decisions to be made.



Year 11 CNAT Sport Summer Knowledge Organiser

There are 4 types of practices that will support your weaknesses when creating drills;

1. **WHOLE** – The whole skill is performed at once (e.g. triple jump)
2. **PART** - The skill is broken down into parts which are practised separately (e.g. front landing in trampolining)
3. **VARIABLE** – The skill is practised in the range of different situations that could be experienced in a performance (e.g. short corners in Football)
4. **FIXED** – Specific skill or technique is repeatedly practised in the same way.

