

# Unit R051 – Contemporary issues in sport.

## Learning Outcome 1 – Understand the issues which affect participation in sport.



### EXAM QUESTIONS

NAME: \_\_\_\_\_

0113

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1 Give **three** possible barriers to participation in sport.

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.....  
..... [3]

2 Suggest **four** ways to raise participation in sport by ethnic minorities.

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.....  
..... [4]

3 Give **three** factors, **other than provision**, and describe how each can have an impact upon the popularity of sport in the UK.

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.....  
..... [3]

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0513

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1 Give **three** reasons why families with young children may not be able to participate in sport.

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.....  
..... [3]

2 Suggest **four** ways to raise participation in sport by families with young children.

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..... [4]

3 Give **three** factors **other than media coverage**, and describe how each can have an impact upon the popularity of sport in the UK.

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..... [3]

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14 (a) Explain why a lack of role models can be a barrier to participation in sport.

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..... [3]

(b) Give **three** ways in which the media might help to increase participation in sport for females.

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.....  
..... [3]

0114

1 There are many barriers which may affect participation in sport.

(a) Identify **three** reasons why disabled people may not be able to participate in sport.

1 ..... [1]  
2 ..... [1]  
3 ..... [1]

Learning Outcome 1 – Understand the issues which affect participation in sport.

(b) Describe **three** potential barriers to participation in sport for ethnic minority groups and **three** strategies for overcoming these barriers.

1 Barrier .....  
.....  
..... [1]

Strategy .....  
.....  
..... [1]

2 Barrier .....  
.....  
..... [1]

Strategy .....  
.....  
..... [1]

3 Barrier .....  
.....  
..... [1]

Strategy .....  
.....  
..... [1]

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(c) Which one of the following factors is a barrier to people over the age of 50 participating in football on a regular basis? (Circle your chosen option to indicate your answer.)

- (a) Lack of suitable facilities
  - (b) Limited specialist equipment
  - (c) Not a suitable climate in the UK
  - (d) Risk of injury
- [1]

(d) Give **two** effects that media coverage might have on participation in sport.  
.....  
.....  
.....  
..... [2]

Learning Outcome 1 – Understand the issues which affect participation in sport.

- 2 Using a practical example for each, explain how each of the following factors can impact on the popularity of sport in the UK.

Environment .....

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.....

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..... [2]

Spectatorship .....

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..... [2]

Social acceptability .....

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..... [2]



Learning Outcome 1 – Understand the issues which affect participation in sport.

0514

1 Paula and Steven are partners and have two young children. Both have full-time jobs.

Identify **three** barriers that might prevent Paula and Steven from regular participation in sport.

1. .... [1]

2. .... [1]

3. .... [1]

2 Which one of the following barriers is most likely to affect participation in sport by the unemployed?  
(Circle your chosen option to indicate your answer.)

(a) lack of role models

(b) activities are only available at certain times

(c) awareness of activity provision

(d) cost of equipment

[1]

3 Give **two** ways of encouraging regular participation in sport by women.

1. ....

..... [1]

2. ....

..... [1]

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4 A local sports centre would like to encourage more teenagers to use its sports facilities.

(a) Identify **one** potential barrier that might be preventing teenagers from participating in sport.

.....

..... [1]

(b) Describe **three** methods which the sports centre could use to encourage teenagers to participate in sport.

1. ....

..... [1]

2. ....

..... [1]

3. ....

..... [1]

5 Identify **two** positive effects and **one** negative effect of media coverage on the popularity of sport.

1. Positive effect ..... [1]

2. Positive effect ..... [1]

3. Negative effect ..... [1]

6 Explain how the following factors impact on the popularity of sport in the UK.

Role Models ..... [2]

Participation ..... [2]

Provision including facilities ..... [2]

7 Which one of the following sports would be classified as an 'emerging sport' in the UK? (Circle your chosen answer to indicate your answer.)

(a) table tennis

(b) football

(c) ultimate frisbee

(d) volleyball

[1]

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0115

1 Identify **two** reasons why single parents may not be able to participate in sport.

1 ..... [1]

2 ..... [1]

2 Identify **two** barriers that could prevent people with physical disabilities from participating in sport.  
Suggest a strategy to overcome each barrier.

Barrier 1 ..... [4]

Strategy ..... [4]

Barrier 2 ..... [4]

Strategy ..... [4]

3 (a) Identify **three** potential barriers that might prevent children from participating in swimming.

1 ..... [3]

2 ..... [3]

3 ..... [3]

(b) Give **three** reasons why more children might be taking an interest in swimming.

1 ..... [3]

2 ..... [3]

3 ..... [3]

Learning Outcome 1 – Understand the issues which affect participation in sport.

4 Which **one** of the following sports is the **most** popular in terms of participation rates in the UK?

(Circle your chosen option to indicate your answer).

- (a) Rugby league
- (b) Rugby union
- (c) Netball
- (d) Cycling

[1]

5 Describe how each of the following could have a **negative** impact on the popularity of sport:

Media coverage .....  
.....  
..... [2]

Acceptability .....  
.....  
..... [2]

Role models .....  
.....  
..... [2]

6 Give **four** reasons *why* outdoor and adventurous activities such as skiing or snowboarding have fewer participants than sports such as football or netball in the UK.

1 .....  
.....  
2 .....  
.....  
3 .....  
.....  
4 .....  
..... [4]

0515

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1 Raheem and Malika are a married couple. They moved from Pakistan to the UK six months ago. Both would like to be able to play sport more regularly.

(a) Identify **two** barriers which could affect Raheem and Malika's participation in sport.

1 ..... [1]

2 ..... [1]

(b) Suggest **two** strategies to overcome these barriers.

1 ..... [1]

2 ..... [1]

2 Regular participation in golf can help retired people maintain physical fitness. The majority of golf participants over the age of 50 are currently men.

(a) Describe **two** potential barriers that might prevent women over 50 from participating in golf.

1 ..... [1]

2 ..... [1]

(b) Explain **two** ways that women over 50 could be encouraged to participate in golf.

1 ..... [1]

2 ..... [1]

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- 4
- 3 Work commitments can be a barrier to participation in sports activities. Which of the following strategies would **most likely** address this barrier?  
(circle your chosen option to indicate your answer)
- (a) Increased variety of sports on offer
  - (b) Advertising using appropriate role models
  - (c) Reduced pricing
  - (d) Better programming of sessions
- [1]

- 4 Explain how the following factors might impact on the popularity of tennis.
- (a) Media coverage .....  
.....  
.....  
..... [2]
- (b) Social acceptability .....  
.....  
.....  
..... [2]
- (c) Success of professional tennis players .....  
.....  
.....  
..... [2]

- 5
- 5 Futsal is a version of football, played mainly indoors between teams of five players. A smaller, less bouncy ball is used than in association football. Games are in two 30-minute halves.
- Give **three** reasons why Futsal might be growing in popularity in the UK.
- Reason 1 .....  
..... [1]
- Reason 2 .....  
..... [1]
- Reason 3 .....  
..... [1]

0116

- 
- 1 Identify **three** reasons why teenagers might not participate in sport.
- 1 ..... [1]
- 2 ..... [1]
- 3 ..... [1]
- 2 Rachel has a partner and two children. She would like to join a local running club which is 10 miles away. Rachel currently works full-time in the day and her partner works evening shifts Monday to Friday. The couple share use of the family car.
- (a) How might the following be barriers to Rachel joining the local running club?
- Having two children ..... [1]
- Working hours..... [1]
- Transport..... [1]
- (b) Suggest **two** solutions that could enable Rachel to participate in running.
- Solution 1 ..... [1]
- Solution 2 ..... [1]
-

Learning Outcome 1 – Understand the issues which affect participation in sport.

3 A badminton club that uses the local village hall is trying to encourage more people over the age of 60 to play badminton.

(a) How might the following be barriers to people aged 60 and over playing badminton?

Cost ..... [1]

Accessibility ..... [1]

(b) For **each** of the following give **one** solution the club could use to promote badminton to the over 60s.

Cost ..... [1]

Accessibility ..... [1]

4 Describe **three** factors which can affect the growth of emerging sports.

..... [3]





0616

- 1 Nicola is a single parent with two children aged 5 and 7. She works full-time. A new sports centre has opened nearby and she would like to participate in some of the activities it provides.

(a) Identify **three** reasons why Nicola may not be able to participate regularly in sport.

1 .....

.....

2 .....

.....

3.....

.....

[3]

(b) Give **three** strategies the sports centre could use to enable more single parents to participate in sport.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

Learning Outcome 1 – Understand the issues which affect participation in sport.

2 Identify **three** barriers that may prevent visually impaired people from participating in sport.

Give a solution to each barrier.

Barrier 1 .....

Solution .....

Barrier 2 .....

Solution .....

Barrier 3 .....

Solution .....

[6]

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3

3 Ultimate Frisbee is an example of an emerging sport. Give **two** potential barriers to participation in an emerging sport.

Barrier 1 .....

.....

Barrier 2 .....

.....

[2]

Learning Outcome 1 – Understand the issues which affect participation in sport.

4 (a) Describe **two** ways in which a lack of media coverage can impact on the popularity of a sport.

.....  
.....  
.....  
..... [2]

(b) Apart from media coverage, describe a different factor which can affect the popularity of each type of sport given below.

Winter sports (e.g. skiing) .....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [3]

0117

(a) Identify **four** barriers that may make it harder for her to participate in wheelchair athletics.

1 ..... [1]  
2 ..... [1]  
3 ..... [1]  
4 ..... [1]

(b) Describe **three** ways an athletics club could make the sport more accessible for disabled performers.

1 ..... [1]  
..... [1]  
2 ..... [1]  
..... [1]  
3 ..... [1]  
..... [1]

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3 A local gym introduces a new exercise class at 11am on weekdays.

(a) Name **two** user groups that are likely to be able to take part in the class.

1 ..... [1]

2 ..... [1]

(b) Name a user group that is unlikely to be able to take part in the class.

..... [1]

In the first few weeks very few people take part in the exercise class.

(c) Describe **three** ways the gym could increase participation in the exercise class.

1 ..... [1]

2 ..... [1]

3 ..... [1]

4 American Football is an emerging sport in the UK. There are plans to start a professional team in London but the sport must become more popular first.

Suggest **four** ways that American Football could be made more popular in the UK.

1 ..... [1]

2 ..... [1]

3 ..... [1]

4 ..... [1]

Learning Outcome 1 – Understand the issues which affect participation in sport.

5 Explain, using an example, why a sport might be seen as socially unacceptable.

.....  
.....  
.....  
.....  
..... [2]

6 Stefan is a wealthy single parent who works full time and owns a car. He wants to participate regularly in football.

(a) Identify **two** barriers to his regular participation in football.

1 ..... [1]  
2 ..... [1]

The Football Association (FA) is the national governing body of association football in the UK.

(b) Give **two** ways the FA can obtain funding to invest in the sport.

1 ..... [1]  
2 ..... [1]

0617

2 Jason is single and has been unemployed for one year. He does not own a car.

(a) Give **three** barriers that could make it harder for him to participate in sport.

1 ..... [1]  
2 ..... [1]  
3 ..... [1]

(b) Suggest **two** ways a sports centre could help Jason to participate in sport.

1 ..... [1]  
..... [1]  
2 .....  
..... [1]

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3 Fill in the blanks to complete the statement below using the following words:

National Pride                      Social                      Sporting                      One-off

The football World Cup is normally only hosted by a country once every generation and is therefore known as a ..... event. Hosting this type of event can have longer term benefits. These include increasing participation, known as a ..... legacy. The feeling of well-being and ..... if the national team do well is often referred to as a ..... legacy. [4]

4 Cricket is a popular spectator sport.

Give **two** examples of good spectator etiquette at a cricket match.

1 ..... [1]

2 ..... [1]

5 England Golf encourages participation amongst young females including the 'Junior Passport' scheme which provides coaching in golf skills.

(a) Describe **two** barriers to young females participating in golf.

1 ..... [1]

2 ..... [1]

Learning Outcome 1 – Understand the issues which affect participation in sport.

5 England Golf encourages participation amongst young females including the 'Junior Passport' scheme which provides coaching in golf skills.

(a) Describe **two** barriers to young females participating in golf.

1 .....  
..... [1]

2 .....  
..... [1]

(b) Identify **four** ways the governing body can fund its initiatives to enable more participation by young females in golf.

1 .....  
..... [1]

2 .....  
..... [1]

3 .....  
..... [1]

4 .....  
..... [1]

8 Participation in recreational swimming tends to increase after major events such as the Olympics, partly due to the increased media coverage it receives.

Apart from media coverage, describe **three** factors which impact on the popularity of swimming in the U.K.

Factor .....

Description .....

Factor .....

Description .....

Factor .....

Description .....

..... [6]



Learning Outcome 1 – Understand the issues which affect participation in sport.

- 9 A health and fitness club runs the following sports and fitness activities at different times each Monday. No buses or trains run to the health and fitness club.

Activity	Time	Intensity of exercise	Cost per session
Spinning (group cycling)	6.00–7.00 pm	High	£7.50
Yoga (beginners)	7.00–8.00 pm	Low	£8.00
Aerobics	1.00–2.00 pm	Low	£3.50
Boxercise (cardio circuit using exercises from boxing)	4.00–5.00 pm	High	£4.00

Using examples from the table above identify **one** session that each group below might not be able to access. State your reason in each case.

Single parent who works in the daytime:

- 1 Session they might **not** be able to access ..... [1]  
 2 Reason ..... [1]

Retired married couple over 65:

- 1 Session they might **not** be able to access ..... [1]  
 2 Reason ..... [1]

- 10 Which of the following statements is a definition of an emerging sport?

(Circle your chosen answer to indicate your answer.)

- (a) A new sport in the U.K. that does not have many participants.  
 (b) A traditional sport that has been played for a long time in the U.K. that has recently become more popular.  
 (c) A new sport in the U.K. that has enjoyed increased popularity and rising participation in recent years.  
 (d) A new sport in the U.K. with no tournaments or competitions in place as yet.

[1]

0118

1 Which one of the following would **not** be classed as an emerging sport in the UK?

(Circle your chosen option to indicate your answer)

- (a) American Football
- (b) Ultimate Frisbee
- (c) Cricket
- (d) Handball

[1]

2 Many parents and teachers are concerned that teenagers do not participate enough in physical activity.

(a) Give **three** possible barriers which can prevent teenagers from regular participation in physical activity and sport.

1 ..... [1]

2 ..... [1]

3 ..... [1]

(b) Give **two** strategies a school could use to enable teenagers to participate more regularly in physical activity and sport.

1 ..... [1]

2 ..... [1]

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- 3 Tom is 66 years old and his partner Caroline is 59. Tom is retired but Caroline still works full-time. They only have one car. Both would like to get fitter by playing more sport.

Describe **two** barriers to Tom’s participation in sport and **two** possible solutions.

Barrier 1 ..... [1]

Solution ..... [1]

Barrier 2 ..... [1]

Solution ..... [1]

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15\* The following table shows some information about participation in sport in the UK.

Sport	Number of adults taking part at least once a month
Tennis	700 000
Golf	1 000 000
Football	2 600 000
Swimming	4 100 000

Discuss reasons why participation levels might be so different in each of these sports.

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