**BARRIERS**

<table>
<thead>
<tr>
<th>Lack of time due to school</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of time due to family commitments</td>
</tr>
<tr>
<td>Lack of time due to work commitments</td>
</tr>
<tr>
<td>Lack of money to take part in sport</td>
</tr>
<tr>
<td>Lack of transport / no transport</td>
</tr>
<tr>
<td>Lack of role models (e.g. females/ethnic minorities/OAP’s)</td>
</tr>
<tr>
<td>Lack of suitable activities (provision)</td>
</tr>
<tr>
<td>Lack of awareness – They might not know what is on offer in the area</td>
</tr>
<tr>
<td>Lack of accessible transport</td>
</tr>
<tr>
<td>Lack of equipment to take part in some sports</td>
</tr>
<tr>
<td>Lack of motivation</td>
</tr>
</tbody>
</table>

**SOLUTIONS**

<table>
<thead>
<tr>
<th>Have parent and toddler sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced / concessionary prices to make it cheaper</td>
</tr>
<tr>
<td>Advertise using role models (e.g. females and ethnic minorities)</td>
</tr>
<tr>
<td>Providing accessible transport for the disabled</td>
</tr>
<tr>
<td>Female only sessions</td>
</tr>
<tr>
<td>Advertising what is on offer in places where people go (e.g. community centres)</td>
</tr>
<tr>
<td>Timetabling activities for specific groups (e.g. walking football for OAPS, female only sessions for some religions)</td>
</tr>
<tr>
<td>Timetable activities at the right time (at lunch times / before or after work/ after school)</td>
</tr>
<tr>
<td>A mini bus to collect participants</td>
</tr>
<tr>
<td>Accessible facilities such as a ramp into a leisure centre</td>
</tr>
<tr>
<td>Have sessions just for ethnic minorities(e.g. the Jewish)</td>
</tr>
</tbody>
</table>

**USER GROUPS**

**An emerging sport – a new and upcoming sport**

**E.g. dodge ball and ultimate Frisbee**
<table>
<thead>
<tr>
<th>POPULARITY OF SPORT IN THE UK:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>M</strong> MEDIA COVERAGE</td>
</tr>
<tr>
<td>• The more coverage a sport gets, the more popular it will be.</td>
</tr>
<tr>
<td>• Positive coverage will make the sport popular.</td>
</tr>
<tr>
<td>• Negative coverage may make the sport less popular.</td>
</tr>
<tr>
<td><strong>R</strong> ROLE MODELS</td>
</tr>
<tr>
<td>• Children may be inspired to participate in sport if they have a positive role model</td>
</tr>
<tr>
<td>• There is a lack of role model for some groups e.g. British Asian footballers.</td>
</tr>
<tr>
<td>• There are lots of role models in athletics such as Jessica Ennis and Mo Farah.</td>
</tr>
<tr>
<td>• There are not many role models in badminton.</td>
</tr>
<tr>
<td><strong>S</strong> SUCCESS OF INDIVIDUALS AND TEAMS</td>
</tr>
<tr>
<td>• The more successful the UK is in a sport, the more popular it will be.</td>
</tr>
<tr>
<td>• Popularity of cycling and rowing has increased because of success at the Olympics.</td>
</tr>
<tr>
<td><strong>A</strong> ACCEPTABILITY</td>
</tr>
<tr>
<td>• Boxing may not be popular with girls as it is traditionally seen unacceptable for them to participate in due to its violent nature.</td>
</tr>
<tr>
<td>• Dancing may not be popular for boys as traditionally it is known as a female sport.</td>
</tr>
<tr>
<td><strong>P</strong> PARTICIPATION</td>
</tr>
<tr>
<td>• The more participants in a sport, the more popular it will be. A lot of people play football so it is popular.</td>
</tr>
<tr>
<td><strong>P</strong> PROVISION</td>
</tr>
<tr>
<td>• The more facilities available in the area, the more popular a sport will be. There are not many ski slopes or tennis courts in the area, therefore these sports are not very popular.</td>
</tr>
<tr>
<td>• There are lots of football pitches and fields therefore football is popular.</td>
</tr>
<tr>
<td><strong>E</strong> ENVIRONMENT &amp; CLIMATE</td>
</tr>
<tr>
<td>• In the UK, we do not have an appropriate climate and environment for skiing, snowboarding and surfing, therefore these sports are not popular.</td>
</tr>
<tr>
<td><strong>S</strong> SPECTATORSHIP</td>
</tr>
<tr>
<td>• The more opportunities to attend live games / competitions or watch them televised on TV will mean that the sport is more popular.</td>
</tr>
<tr>
<td>• There are not many opportunities to watch table tennis competitions therefore it may not be too popular.</td>
</tr>
<tr>
<td>• There are lots of opportunities to watch tennis, football and rugby fixtures therefore they may be popular sports.</td>
</tr>
</tbody>
</table>
VALUES IN SPORT:

- Joining a local club, getting involved with the community
- Respecting the referees decisions
- Respecting opponents
- Performing the best you possibly can
- Playing as part of a team
- Supporting and encouraging others
- INCLUSION
  - Allowing all user groups to participate in sport e.g. disabled, girls and ethnic minorities.
- NATIONAL PRIDE
  - Supporters unite and get behind their
- SPORTSMANSHIP

OLYMPIC VALUES IN SPORT:

I – Athletes inspire people with their outstanding performances.

C – Paralympic athletes are courageous in overcoming barriers to sport.

E – Athletes perform breaking records and winning medals with excellent performances.

F – Athletes build friendships with team mates and opponents.

R – Athletes respect each other and officials.

E – All athletes no matter their disability are able to compete for places.

D – Athletes have to be determined to complete strenuous training in order to qualify for Olympics/Paralympics.
The taking part not the winning

The Olympic creed:
“The most important thing in the Olympic Games 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.”

5 RINGS – 5 CONTINENTS

BEHAVIOUR IN SPORT:

The unwritten rules of a sport that performers are expected to

- playing fair
- following the rules of the game
- respecting the judgment of referees and officials
- treating opponents with respect
Bending/stretching the rules to gain an advantage over opponents.

Pushing the rules to the limit without getting caught, using whatever dubious methods possible to achieve the desired end.

SPECTATOR ETTIQUETTE

How spectators are expected to behave/act when watching live sporting events.

- Silent when performers are preparing for a dive
- Silent during rallies at Wimbledon
- Silent when someone is teeing off in golf
- Applauding and appreciating performances in dance
PERFORMANCE ENHANCING DRUGS:

Why do sports performers use performance enhancing drugs?

- The thought that most people take them anyway so it makes it a level playing field.
- Pressure to succeed as an individual.
- Pressure from coaches.
- Pressure to succeed from the nation.
- Want to win (win at all costs).
- To gain an advantage over opponents.

Reasons against performance enhancing drugs?

- Long term health problems.
- Consequences when found guilty.
- Unfair Advantage.
- Its cheating.

Ethical issues related to drug taking (e.g. should there be a distinction between use of performance enhancing

WHEREABOUTS RULE

- Sports performers select one hour 7-days a week where they are available for random drug testing.

Impact of drug taking on sport

- Results cannot be trusted e.g. Tour de France.
- Sports get a bad reputation.

TESTING METHODS
## MAJOR SPORTING EVENTS:

| ONE OFF EVENTS | An event which will happen in a country/host city once in a lifetime. | • Olympics  
|                |                                                                       | • Paralympics  
|                |                                                                       | • Football World Cup#  
|                |                                                                       | • World Gymnastics Championships |
| REGULAR EVENT  | An annual event which a country/city could host more than once in a short space of time. | • Champions league final |
| REGULAR AND RECURRING EVENTS | Annually and contracted to the same place for an agreed amount of years. | • F1  
|                                |                                                                       | • Wimbledon |

### POSITIVES
- Increased tourism to host city / country
- New jobs created
- New sports facilities built
- Improved transport system
- Money benefits
- Status of the country improves if the event is successful

### NEGATIVES
- Bidding to host major events is expensive and there is no guarantee you will be awarded the event
- Event can cost more than money raised
- Facilities may not be used after the event
- Small businesses are closed down for building facilities
- Terrorist threats

### HOSTING MAJOR SPORTING EVENTS

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<th>NEGATIVES</th>
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<td>Terrorist threats</td>
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<td></td>
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- International element (involves competitors and supporters from more than one country)
- Level of investment (required or which may be attracted)
- Potential legacy (sporting, social or economic)

- Links between potential benefits and drawbacks and legacy (e.g. sports facilities could have sporting and social legacy)
- Economic – money benefits
- Social – impact on society
- Sporting legacy –
NATIONAL GOVERNING BODIES:

PROMOTION
- National teams
- Training camps and national teams
- Coaches
- Coaching awards (e.g. FA Level 1)
- Referees
- Referee qualifications (youth umpire award in netball)

DEVELOPMENT
- Leagues, competitions and tournaments
- Rule making
- Creates rules of the sport
- Disciplinary procedures
- Deal with players breaking the rules
- Providing a national directive and vision
- Providing guidelines and support
- Assist with facility development

INFRASTRUCTURE
- Anti-doping policies
- Provide lists of banned substances
- Promote fair play and etiquette
- The FA RESPECT campaign
- Community programmes
- The Amateur swimming association ‘swimfit’.
- Information and guidance on safeguarding

POLICIES + INITIATIVES
- Try to get funding
- Give funding out to clubs
- Advice about funding
- Clubs can raise money through:
  - Grants, lottery funding, subscription fees, membership charges, match fees, fundraising, donations, admission charges, merchandising and sponsorship.

FUNDING
- Provide technical advice
- Pitch and goal sizes
- Provide information on local clubs

SUPPORT
**REVISION TIPS:***

**RE-WRITE**
- Write key bits of information out 5 times, cover and try to re-write from memory.
- Try small bits at a time and then whole sections.

**CHUNKING**
- Chunking is breaking up a big piece of information into smaller chunks rather like steps in a ladder.
- Use Bullet points to break up information.
- Remember 4 words/numbers at a time.
- Revision max 45 minutes.

**ASSOCIATION**
- Association helps a lot of people to remember, because it is much more powerful when we use our imagination.
- Link ideas to each other in the craziest way possible.
- An example – remember that MR SAPPES helps us to remember the things that affect the popularity of sport in the UK. You can remember this by – MR SAPPES is a popular man!

**TEST YOURSELF**
- Covering your work and then reveal answers.
- Use past exam papers / questions to test yourself.
- Write yourself a test when revising the information. When done, complete yourself made test.

---

Before you print any work you must check your work using the cups!!

- Check for capital letters
- Check you understand what you have written
- Check for punctuation
- Check your spellings