OCR Cambridge National – Sport Studies – R051 Contemporary issues in sport – LO1

Different user groups – A range of people participate in sport, many face **barriers** that restrict usage.

User group	Details
Ethnic minorities	A group within a community with a different culture, religion or nationality. *i.e. Black, Asian or Arabic.*
Retired people/ people over 50	You can retire from work at any age. Most retired people received a state pension.
Families with young children	Raising young children requires a great deal of care often 24/7.
Single parents	This is any adult bringing up a child on their own.
Children/teenagers	A child is anyone under the age of 18. Teenagers are classified by the ages of 13 to 19.
Disabled	Physical or mental conditions that affect their ability to carry out movement. *i.e. Visual, hearing, autism or a physical disability.*
Unemployed/ economically disadvantaged	Unemployed = no job. Economically disadvantaged = not enough income to meet basic needs.
Working singles and couples	Individuals who work and struggle to find the time to participate in sport.

Barriers to participation

- **Lack of disposable income:** The amount of money people have available.
- **Lack of time:** Some jobs leave very little free time to take part in sport.
- **Commitments:** Family or job related leaves very little time for sport.
- **Accessibility:** Good public transport links, disabled access and parking means more people can access.
- **Provision of activities:** Local areas will offer different activities depending on location and surroundings.
- **Awareness:** Advertising and promotion is how we are made aware of the offering in an area.
- **Lack of role models:** Known people that others aspire to be like.
- **Stereotyping:** Viewpoints about an idea or a particular type of person.

Solutions to the barriers faced

- Promotion of positive role models.
- Increased media coverage.
- Improved accessibility.
- Increased provision of suitable activities.
- Subsidised costs (reduced rate covered by government)
- Targeted campaigns to engage users.

THIS GIRL CAN

Popularity of sport in the UK can be impacted by:

1. Participation:

Sports with widespread mass participation remain popular. Walking for leisure, football due to strong infrastructure and upcoming activities such as cycling.

2. Success for individuals and teams:

Positive outcomes during high profile events causes an increase in popularity. Gymnastics after Rio 2016.

3. Spectatorship/media coverage:

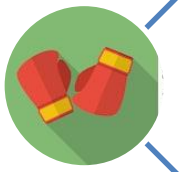
Some sport channels are available 24/7. Spectators viewing sports can be inspired to participate.

4. Role Models:

Sports with limited role models suffer from a lack of interest. Positive role models inspire future generations. *i.e. Netball*

5. Provision/Environment:

Access to the necessary facility, specialist equipment or coaching is required. Specific natural environments not found in the UK are often man made. *i.e. skiing.*



6. Acceptability:

Some sports are seen as less acceptable especially if they involve violence or cruelty to animals. *i.e. boxing.*

@PEResourcesbank

OCR Cambridge National – Sport Studies – R051 Contemporary issues in sport – LO2

Etiquette and Sporting Behaviour - Sport has unwritten rules or customs to uphold respect and fairness when competing. These help people to play in the 'spirit of the game'. *i.e. acknowledging that a ball was out in tennis or shaking hands with an opponent even if you lose.*

By observing the etiquette of sport participants are:

- Promoting positive values
- Safe
- Performing in a fair way
- Respectful to opposition
- Acting as a positive role model.

Sportsmanship – An unwritten code of behaviour that a player stands by when competing.

- Shaking hands of an opponent before and after a game.
- Gracious when winning or losing.
- Helping a player up after a foul.

Gamesmanship - Bending the rules to gain an advantage.

- Taking a long time to collect the ball in order to waste time.
- Fainting an injury
- Over appealing in cricket.

Spectator etiquette – Audiences have a similar expectation to behave in an appropriate sporting way. Some sports have a particular reputation for this.

Examples:

- Quiet during a National Anthem.
- Quiet during play - In golf, tennis or snooker when shots are being played out.
- Do not use abusive language - respectful should be shown to the other team.
- Applaud fair play/opposition – Crowds should demonstrate acts of sportsmanship.

Use of Performance-Enhancing Drugs (PEDs) in Sport – any substance that is used to improve athletic performance.

Reasons for taking PEDs	Reasons against PED use
Pressure to succeed as an individual.	Performers gain an unfair advantage.
Pressure as a nation.	Undermines the integrity of sport.
Rewards - Prize money/fame.	If found guilty – fines, bans & significant reputation damage.
To match competitors.	The health risks can be severe/long lasting.

World Anti-Doping Agency (WADA) - An independent organisation responsible for drug testing, anti-doping programs and research. WADA has a list of banned substances which is regularly updated in the light of new drugs being detected.

WADA introduced the whereabouts rule in 2004 as part of its out of competition testing procedures. Athletes are required to provide details of where they can be found for one hour every day.

Common testing methods include:

- Blood, urine, hair or nail sample.

Current initiatives from WADA include:

1. Education of coaches and athletes.
2. Use of both positive and negative role models.
3. Introduction of stricter punishments. Bans start at 4 years and a lifetime ban for a second offence.

Drug Offences by Elite Performers

Dwain Chambers: Failed an out-of-competition drug test in 2003, subsequently admitting to the use of THG (PED) He was stripped of the 100 m European title and a record he achieved that year.

David Millar: A British road race champion who served a two-year ban for use of EPO. He also admitted taken banned substances under a TUE (Therapeutic Use Exemption) certificate for a fake injury.

Impact of drug taking on the reputation of sport:

- Reputation of the sport may be tarnished.
- Negative press can cause sponsors to withdraw from current deals.
- Credibility affected – performances will be difficult to believe and will affect spectators numbers.
- Spectators may question whether they are viewing a clean and fair sport.

Ethical issues related to use of PEDs in sport:

- The use of drugs in sport is seen as immoral and unethical.
- Elite sport is traditionally seen as fair contest between individuals and is an opportunity to watch athletes perform at the highest level.

Is it fair that some performers get away with doping?
Should those that get caught be allowed to compete again?

@PEResourcesbank

OCR Cambridge National – Sport Studies – R051 Contemporary issues in sport – LO2

Role of Sport in Promoting Values - Values are principles or standards of behaviour that are judged to be of importance.

Sport encourages:

1. Team Spirit: Sport encourages working together with other individuals towards a common goal. *i.e. winning a match.*
2. Fair Play: Learning the importance of adhering to rules and being fair to others can be achieved through playing sport.
3. Citizenship: Sport creates a feeling of belonging and helps to create/maintain pride in surroundings and a desire to be socially responsible.
4. Tolerance and Respect: This is needed in order to cooperate and get on with other people. Developing an understanding of other people, countries and cultures.
5. Inclusion: Everyone has differing abilities/needs and society should accommodate these as best it can.
6. Excellence: Sport creates opportunity for individuals to strive to be the best they can be.
7. National Pride: Fosters positive self image, pride in achievements and surroundings. Supporters unite behind the country/team. *i.e. World Cup 2018 and England.*

The Olympic and Paralympic Movement – Held once every **four** years in a host city.

Modern Olympic Games begun in 1896.

The Olympic games was developed by **Baron Pierre de Coubertin**. He believed in a healthy/balanced mind and body and encouraging performers to strive to do their best.

The Olympic creed (message) was as follows:
"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"

The Olympic Games symbol - Five interlocking rings of the same size which represents the union of the five continents.
Values:

- **Friendship**
- **Excellence**
- **Respect**
- **Determination**
- **Inspiration**
- **Courage**
- **Equality**

Other Initiatives to Promote Values – Campaigns can be used to instil values amongst children and adults. Examples are:

Football for Hope campaign launched by **FIFA** – Encourages social projects for disadvantaged groups.

Chance to Shine programme from the **England Cricket Board (ECB)** – Aims to continue the development of cricket in schools especially those in inner-cities.

Sport Relief – This is run every two years and encourages the public to get active and raise money for vulnerable people.

Creating Chances from the **Premier League** – Works with local communities address education, health, cohesion and participation.

This Girl Can programme launched by **Sport England** and funded by the **National Lottery**. Promotes women taking part in physical activity irrespective of shape or size.

Initiative	Barrier
Kick it Out	Racism
Respect Campaign	Abuse of referees in football
Back to Netball	Age

@PEResourcesbank