

NCFE Level 1/2 Technical Award in Sports Studies (603/7010/5)**Examined Assessment**Paper number: **Past paper**Time allowed: **1 hour 30 minutes**Assessment date: **Wednesday 18 June 2025**Time: **9.00am – 10.30am****Learner instructions**

- Use black ink.
- Answer **all** questions.
- Read each question carefully.
- You **must** write your responses in the spaces provided.
- You may do rough work in this answer book. Cross through any work you do not wish to be marked.
- If you use a supplementary answer booklet, you must add your learner name, learner number and centre number to the front cover of the booklet. Insert your supplementary answer booklet inside this question paper at the end of your test.
- All of the work you submit **must** be your own.

Learner information

- The marks available for each question are shown in brackets.
- The maximum mark for this paper is **80**.
- You may use a calculator.

Do not turn over until the invigilator tells you to do so.

Please complete / check your details below

Learner name:

Centre name:

Learner number:

Centre number:

Section A

This section has a possible **20** marks.

Answer **all** questions in the spaces provided.

- 1** Which **one** of the following is a characteristic of a professional sportsperson? **[1 mark]**

- A** Can be competitive or non-competitive
- B** Earning a living from a chosen sport
- C** Participating in sport on an unpaid basis
- D** Playing sport only for fun

Answer _____

- 2** Which **one** of the following is a symptom of an over-use injury? **[1 mark]**

- A** Dizziness
- B** Memory loss
- C** Nausea
- D** Tingling

Answer _____

3 Which **one** of the following is a symptom of arousal?

[1 mark]

- A Decreased muscle tension
- B Inability to concentrate
- C Lack of sleep
- D Narrow attention

Answer _____

4 Identify **three** benefits of technical sports performance analysis.

[3 marks]

1 _____

2 _____

3 _____

Please turn over for the next question.

- 5** Explain how the following nutrients in a diet can help improve the performance of a rugby player:

- carbohydrates
- protein.

[4 marks]

Carbohydrates _____

Protein _____

- 6 (a)** Define 'self-confidence'.

[1 mark]

- 6 (b)** Describe **one** way high self-confidence may impact the performance of a badminton player.

[2 marks]

- 7 (a)** A coach is designing a training session for a group of young tennis players.

Explain how the coach could use open skills when designing the training session.

[2 marks]

- 7 (b)** Discuss the importance of a coach understanding simple **and** complex skill classifications when designing a training session for a group of young tennis players.

[2 marks]

- 8** Discuss how having an extroverted personality could impact the performance of a basketball player.

[3 marks]

Section B

This section has a possible **21** marks.

Answer **all** questions in the spaces provided.

- 9** Which **one** of the following is an example of performance analysis technology? **[1 mark]**

- A** Hawk-Eye
- B** Pro suite
- C** Third umpire
- D** Video assistant referee (VAR)

Answer _____

- 10** Which **one** of the following is a core value of the World Anti-Doping Agency (WADA)? **[1 mark]**

- A** Accountability
- B** Education
- C** Fairness
- D** Integrity

Answer _____

11 Which **one** of the following is the definition of sportsmanship?

[1 mark]

- A Allowing your opponent to gain an advantage over you
- B Breaking the laws of a sport to win a match
- C Displaying fair and generous behaviour in a sporting contest
- D Using various ploys and tactics to gain an unfair advantage

Answer _____

12 State **three** responsibilities of a sports agent.

[3 marks]

1 _____

2 _____

3 _____

Please turn over for the next question.

- 13** A sports promoter could help an athletics event by marketing, organising the public relations (PR), and managing the media outputs.

State how a sports promoter could help in **each** role for an athletics event.

[3 marks]

Role	How the sports promoter could help
Marketing the event	
Organising the PR of the event	
Managing media outputs for the event	

14 (a) Identify **two** types of financial sponsorship in sport.

[2 marks]

Sponsorship type 1 _____

Sponsorship type 2 _____

14 (b) Explain **one** advantage of financial sponsorship for a professional footballer.

[2 marks]

15 (a) The internet is one type of media used in sport.

Identify **two other** types of media used to promote sports.

[2 marks]

Sports media type 1 _____

Sports media type 2 _____

15 (b) Explain **one** advantage for the spectator of the internet being used as a type of sports media.

[2 marks]

- 16** Discuss how sports media has impacted both the performer **and** the sponsor within a sport.

[4 marks]

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Section C

This section has a possible **21** marks.

Answer **all** questions in the spaces provided.

17 Which **one** of the following is a purpose of a cool-down?

[1 mark]

- A** To increase heart rate
- B** To lower the pulse
- C** To mentally prepare
- D** To warm the muscles

Answer _____

18 Which **one** of the following would be part of a risk assessment of a venue?

[1 mark]

- A** Correct footwear and clothing
- B** First aid equipment
- C** Number of competitors
- D** Weather conditions

Answer _____

19 Which **one** of the following is a type of competition format?

[1 mark]

- A Championship
- B Exhibition
- C Game
- D League

Answer _____

20 State **two** considerations involved in delivering a sports competition.

[2 marks]

1 _____

2 _____

21 (a) Personality is a quality needed to be an effective coach.

State **one other** quality needed to be an effective coach.

[1 mark]

21 (b) Describe how a coach having an outgoing personality could improve the performance of participants.

[2 marks]

22 (a) Researching promotion options is helpful when creating a sports competition plan.

Give **two other** areas of research that would support a sports competition plan.

[2 marks]

Research aspect 1 _____

Research aspect 2 _____

22 (b) A local hockey club is hosting a junior tournament for the first time.

Explain **one** way a detailed risk control plan would help the organisers ensure the tournament is conducted safely.

[2 marks]

23 (a) Specific, measurable and time-bound are principles of goal setting.

State the **two other** principles of SMART goal setting.

[2 marks]

S Specific

M Measurable

A _____

R _____

T Time-bound

23 (b) Suggest how the specific, measurable **and** time-bound principles can be used to help improve the performance of an athlete.

[3 marks]

Specific _____

Measurable _____

Time-bound _____

Please turn over for the next question.

24 John has recently started to play golf.

He wants to improve his golf skills.

Discuss how a combination of the following coaching techniques may be effective in helping John:

- technical instruction
- effective coaching demonstration.

[4 marks]

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Section D

This section has a possible **18** marks.

Answer **all** questions in the spaces provided.

- 25** Evaluate **three** effects of technology on the role of **officials** in sport.

[9 marks]

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- 26** Analyse the effects that **three** different performance-enhancing drugs (PEDs) may have on a track and field athlete.

In your response, you may want to consider:

- positive effects
- negative effects.

[9 marks]

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