

NCFE Level 1/2 Technical Award in Sports Studies (603/7010/5)

Examined assessment

Paper number: **Past paper**

Assessment date: **Wednesday 19 June 2024**

Time allowed: **1 hour 30 minutes**

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**.

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 describes massed practice?

[1 mark]

- A Continuous practice of a skill without any rest or intervals
- B Develops a skill without breaking it down into parts
- C Repeating the same practice / movement continuously
- D Skill development is interspersed with other training or rest

Answer _____

- 2 Which **one** of the following is an externally influenced cause of sports injury?

[1 mark]

- A Inappropriate clothing / footwear
- B Muscle imbalance / alignment
- C Poor technique
- D Repetitive actions

Answer _____

- 3 Which **one** of the following activities is most likely to suit a performer with an extroverted personality?

[1 mark]

- A Archery
- B Basketball
- C Golf
- D Snooker

Answer _____

- 4 (a) State **three** characteristics of an acute injury.

[3 marks]

Characteristic 1 _____

Characteristic 2 _____

Characteristic 3 _____

- 4 (b) Describe how the following parts of the 'PRICE' procedure would benefit someone who had suffered a sprained ankle:

- ice
- elevation.

[2 marks]

Ice _____

Elevation _____

5 (a) Describe **one** feature of an open skill.

Give **one** sporting example of an open skill.

[2 marks]

Feature _____

Sporting example _____

5 (b) Justify the sporting example you gave in **Question 5 (a)**.

[3 marks]

6 Define 'cognitive anxiety'.

Explain **two** ways cognitive anxiety may affect the performance of an individual participating in sport.

[3 marks]

Definition of
cognitive anxiety

Explanation 1

Explanation 2

7 (a) Give **one** example of extrinsic motivation.

[1 mark]

7 (b) Discuss the possible effects of using extrinsic motivation with a performer.

[3 marks]

Section B

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

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

- 8** Which **one** of the following is banned from sponsoring sporting events?

[1 mark]

- A** Fast food company
- B** Health food company
- C** Soft drinks company
- D** Tobacco company

Answer _____

- 9** Which **one** of the following is an example of goal line technology?

[1 mark]

- A** Hawk-Eye
- B** Hudl
- C** Television match official
- D** Third umpire

Answer _____

- 10 Which **one** of the following activities would a performer **most** benefit from blood doping?

[1 mark]

- A Archery
- B Long jumping
- C Marathon running
- D Weightlifting

Answer _____

- 11 State **two** sectors of sport marketing.

[2 marks]

Sector 1 _____

Sector 2 _____

Please turn over for the next question.

- 12 (a)** Sarah is a 1500 m runner. She plans to use performance analysis technology as part of her training.

State **two** types of performance analysis technology.

Describe how Sarah may use **each** to improve her performance.

[4 marks]

Performance analysis
technology 1

Description

Performance analysis
technology 2

Description

- 12 (b)** State **two** ways that technology has had a positive influence on spectators.

Describe how **each** has made spectators more engaged in sport.

[4 marks]

Positive influence 1

Description

Positive influence 2

Description

13 (a) Define gamesmanship **and** sportsmanship.

[2 marks]

Definition of
gamesmanship

Definition of
sportsmanship

13 (b) Explain **one** way anabolic steroids could help the performance of a 100 m sprinter.

[2 marks]

13 (c) Jack is an international cyclist. He is currently struggling to get the results he hoped for and is considering taking performance-enhancing drugs to improve his performance.

Assess the consequences for Jack and for the sport of cycling if Jack took performance-enhancing drugs and was caught doing this.

[4 marks]

Section C

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

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

- 14** Which **one** of the following is the main reason a pulse raiser is included in a warm-up?

[1 mark]

- A** Demonstrate a skill
- B** Remove lactic acid
- C** Stretch the muscles
- D** Warm the muscles

Answer _____

- 15** Which **one** of the following is a principle of SMART goal setting?

[1 mark]

- A** Accepted
- B** Meaningful
- C** Realistic
- D** Tangible

Answer _____

- 16** Which **one** of the following is the leadership style when a leader controls all decision making with no input from others?

[1 mark]

- A** Autocratic
- B** Democratic
- C** Emergent
- D** Prescribed

Answer _____

- 17 (a)** State **two** responsibilities of a sports event finance officer.

[2 marks]

Responsibility 1 _____

Responsibility 2 _____

- 17 (b)** Explain **two** ways a health and safety officer can make sure that a sports competition runs smoothly.

[4 marks]

Way 1 _____

Way 2 _____

- 17 (c)** A netball development officer has received 10 entries for a new competition that she has set up. The competition is to be played between September and May. The aim of the competition is to increase the amount of netball being played by all players.

Justify why a league would be the best format to use.

[4 marks]

- 18 (a)** State **two** ways that a coach could use verbal communication.

Explain how **each** may help improve the performance of their participants.

[4 marks]

Way 1

Explanation

Way 2

Explanation

- 18 (b)** State **two** methods that can be used to identify the strengths and weaknesses of a performer's skills.

Describe how **each** of these methods will be used to improve the performer's skills.
[4 marks]

Method 1 _____

Description _____

Method 2 _____

Description _____

Please turn over for the next question.

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[9 marks]

Past paper

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Juan is a 20-year-old gymnast who has recently been selected for the national squad. Various organisations want to sponsor him.

[9 marks]

Past paper

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Past paper

To be completed by the examiner			
Question	Mark	Question	Mark
1		12 (b)	
2		13 (a)	
3		13 (b)	
4 (a)		13 (c)	
4 (b)		14	
5 (a)		15	
5 (b)		16	
6		17 (a)	
7 (a)		17 (b)	
7 (b)		17 (c)	
8		18 (a)	
9		18 (b)	
10		19	
11		20	
12 (a)		TOTAL MARK	