



Sawtry Village  
Academy

# GCSE Physical Education → A-level PE

## *Bridging the gap*

Applied Anatomy and Physiology and Skill acquisition



### 3.1 Engagement patterns of different social groups in physical activity and sport



What is the aim of Sport England?

What is the Sport England target for participation in sport for people aged 14+?

What percentage of adults aged 26+ participate in sport once a week for 30 minutes or more?



What is the aim of UK Sport?

How do they achieve this aim?

What does the phrase 'participation rate' mean?

Country	% of adults exercising or playing sport once a week
United Kingdom	48.5%
Sweden	70%
Denmark	68%
Finland	66%
European average	41%

Factor	Trends in participation	
<b>Disability</b>	<i>Disabled = 17.2%</i>	<i>Able bodied = 39.3%</i>
<b>Ethnicity</b>	<i>BAME groups = 37.9%</i>	<i>White British = 35.1%</i>
<b>Age</b>	<i>Age 16-19 = 77%</i>	<i>Age 70+ =30%</i>
<b>Gender</b>	<i>Men = 51%</i>	<i>Women = 36%</i>
<b>Socio-economic status</b>	<i>Higher SE status = 38.7%</i>	<i>Lower SE status = 25.7%</i>

### 3.1 Engagement patterns of different social groups in physical activity and sport

#### The main factors affecting participation in sport:



Why is **disability** a factor which affects participation in sport?



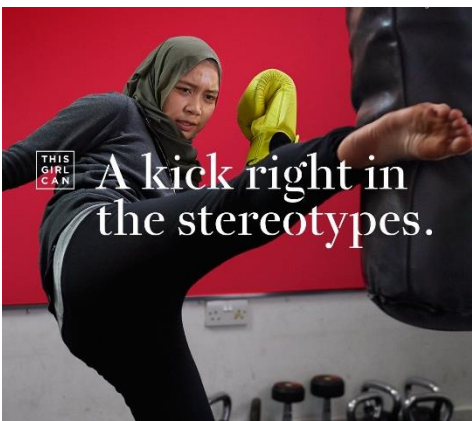
Why is **ethnicity** a factor which affects participation in sport?



Why is **age** a factor which affects participation in sport?



Why is **social-economic** a factor which affects participation in sport?



Why is **gender** a factor which affects participation in sport?

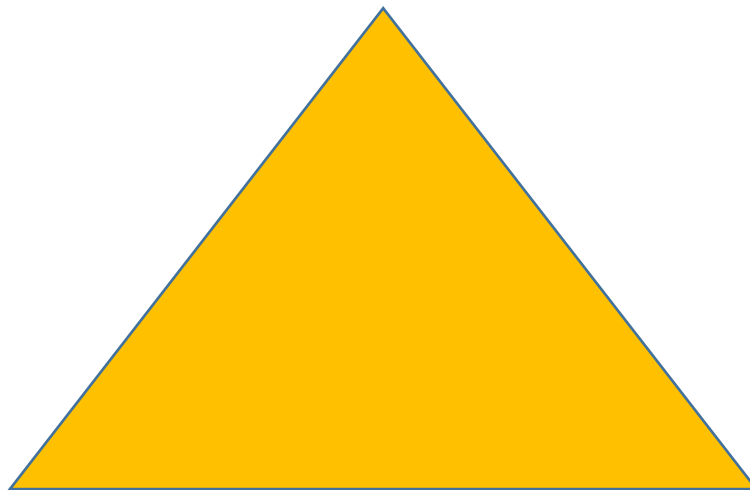
**Remember:**  
DEASE-G

<b><u>Barrier</u></b>	<b><u>Factors which can affect participation in sport</u></b>	<b><u>Solutions</u></b>
Disability		
Ethnicity		
Age		
Social Economic		
Gender		

## 3.2 Commercialisation of physical activity and sport

Define the key term 'Commercialisation'

Label the 'Golden triangle'







What does the 'Golden triangle' show us?

What does the term 'Sponsorship' mean?

Give 3 examples of the commercialisation of sport from your own knowledge. How does this help the team/sponsor make a profit?

### 3.2 The influence of the media

The 4 types of media:

			
TV and visual -	Internet -	Newspapers/ magazine -	Social –

	Positive effects	Negative effects
Influence of the <b>media</b> on sport		
Practical examples		

### 3.2 The influence of sponsorship

What does the term 'Sponsorship mean?

Name and explain the 3 types of sponsorship in sport:



1)

2)

3)

	Positive effects	Negative effects
Influence of <b>sponsorship</b> on sport		
Practical examples		

### 3.3 Ethical and socio-cultural issues in physical activity and sport

What is the definition of sportsmanship?

What is the definition of gamesmanship?

What is the definition of etiquette?

Practical examples of good sportsmanship:



Practical examples of gamesmanship:



Practical examples of bad sportsmanship:



### 3.3 Deviance in sport

What is the definition of deviance?

Name 4 types of deviance found in sport?

- 1)
- 2)
- 3)
- 4)

Violence in sport:

*Why do people become violent during sport?*

Use of Performance Enhancing Drugs (PED's):

*Why do some athletes choose to take PEDS?*

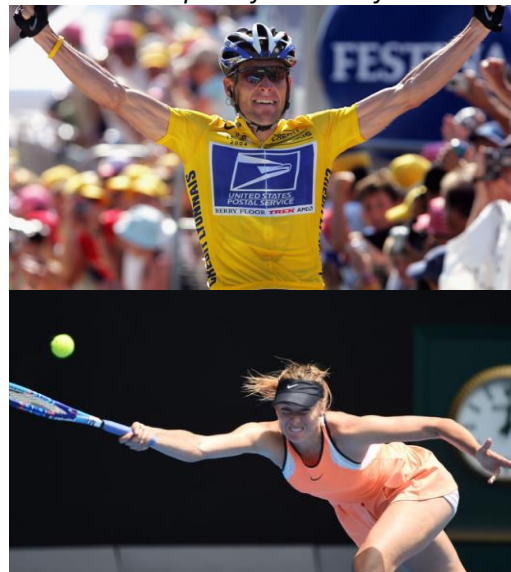
*What can be done to prevent violence in sport?*

*What can be done to prevent the use of PED's in sport?*

*Practical examples of violence in sport*



*Practical examples of the use of PED's*



Dylan Hartley Indiscipline record	
April 2007	26 weeks
Eye-gouging	
March 2012	8 weeks
Biting	
December 2012	2 weeks
Punching	
May 2013	11 weeks
Abusive language	
December 2014	3 weeks
Elbowing	
May 2015	4 weeks
Headbutting	



Performance Enhancing Drugs

The impact of taking PED's can be negative for both the athlete and the sport...

Athlete	Sport

What are the responsibilities of these 2 organisations below in regards to the use of PED's?



Name 3 reasons why the use of PED's is prohibited in sport.

- 1)
- 2)
- 3)

**Anabolic steroids:**

*What are the benefits of taking anabolic steroids?*

*What are the side effects of taking anabolic steroids?*

*Who would take anabolic steroids to improve their performance and why?*



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## Stimulants

*What are the benefits of taking stimulants?*

*What are the side effects of taking stimulants?*

*Who would take stimulants to improve their performance and why?*



## Beta blockers

*What are the benefits of taking Beta blockers?*

*What are the side effects of taking Beta blockers?*

*Who would take Beta blockers to improve their performance and why?*



## 4.3 Mental preparation

What is anxiety?

Explain the difference between somatic anxiety and cognitive anxiety?

Remember the acronym:

**PIMS**

**Positive thinking**

*What is it?*

How does it help?

**Sporting example**



**Imagery**

*What is it?*

How does it help?

**Sporting example**



**Mental rehearsal**

*What is it?*

How does it help?

**Sporting example**



**Selective attention**

*What is it?*

How does it help?

**Sporting example**

