



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

Examined Assessment

Paper number: **Sample Assessment**

Date: **Sample 2022**

**9.30am–11.00 am**

Time allowed: 1 hour 30 minutes

## Learner instructions

- Use black or blue 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.
- 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.

Please complete the details below clearly and in BLOCK CAPITALS.

Learner name \_\_\_\_\_

Centre name \_\_\_\_\_

Learner number

Centre number

To be completed by the examiner			
Question	Mark	Question	Mark
1		14	
2		15 (a)	
3		15 (b)	
4		16	
5 (a)		17	
5 (b)		18	
6 (a)		19 (a)	
6 (b)		19 (b)	
7		19 (c)	
8		20	
9		21 (a)	
10		21 (b)	
11		22	
12		23	
13			
		TOTAL MARK	

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

## Section A

This section has a possible 20 marks.

You should spend about 22 minutes on this section.

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

- 1 Which **one** of the following is a benefit to physical wellbeing due to participating in sport? [1 mark]

- A Improved communication skills
- B Improved time management
- C Reduced blood pressure
- D Reduced stress

Answer \_\_\_\_\_

- 2 Which **one** of the following is where sprains occur in the body? [1 mark]

- A Bone
- B Joint
- C Ligament
- D Muscle

Answer \_\_\_\_\_

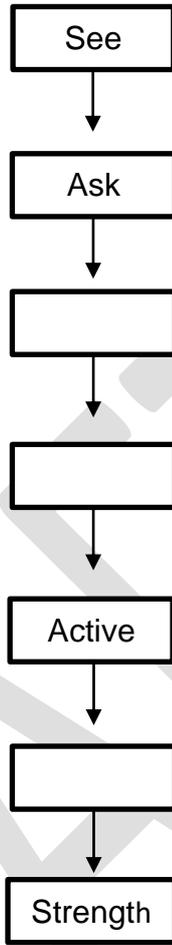
- 3 Which **one** of the following is an example of intrinsic motivation when taking part in a friendly rugby match? [1 mark]

- A Participating for enjoyment
- B Participating for recognition
- C Participating to gain praise
- D Participating to win trophies

Answer \_\_\_\_\_

4 Complete **Figure 1** to show the injury assessment routine.

**Figure 1**



[3 marks]

Please turn over for the next question.

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**5 (a)**

Cryotherapy is a form of rehabilitation for injured sports performers.

Jane requires cryotherapy for an ongoing knee injury that is causing swelling and pain when exercising.

Define cryotherapy **and** explain **two** procedures that Jane would receive.

**[3 marks]**

**Definition**

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**Procedures**

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**5 (b)**

Giving **two** examples, explain why cryotherapy would have a positive effect on Jane's injury.

**[2 marks]**

**1**

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**2**

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**6 (a)** Describe **one** feature of a closed skill **and** give **one** sporting example.

**[2 marks]**

**Feature of closed skill**

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**Sporting example**

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**6 (b)** Justify your sporting example.

**[3 marks]**

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**7** Identify **one** example of an activity that an introvert may be suited to.

Justify your choice.

**[4 marks]**

**Example of activity**

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**Justification**

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**Please turn over for the next section.**

**Section B**

This section has a possible 21 marks.

We recommend that you spend 24 minutes on this section.

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

**8** Which **one** of the following is the purpose of stimulants? **[1 mark]**

- A** To increase alertness and aggressiveness of a performer
- B** To increase the number of red blood cells in a performer
- C** To increase muscle mass of a performer
- D** To increase power and strength of a performer

**Answer** \_\_\_\_\_

**9** Which **one** of the following is an advantage of sponsorship for the spectator? **[1 mark]**

- A** Increased match-day experience
- B** Increased personal profile
- C** Increased publicity for product
- D** Increased sales and revenue

**Answer** \_\_\_\_\_

**10** Select **one** of the following statements to complete the sentence:  
\_\_\_\_\_ is an example of match fixing? **[1 mark]**

- A** Agreeing a start time for an event
- B** Agreeing to a date for a match to take place
- C** Agreeing to bat first in a game of cricket
- D** Agreeing to miss a penalty in a penalty shootout

**Answer** \_\_\_\_\_

11 Jacob is a marathon runner who is being pressured to consider blood doping.

State **one** reason why Jacob may use blood doping **and** explain **one** reason why blood doping may cause a negative side effect on him.

[2 marks]

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12 A rugby club is discussing the option of a sponsorship deal which would involve the naming rights of their new home ground.

Identify **one** advantage to the sponsor **and** explain your reason.

[2 marks]

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13 Identify **two** types of sports media **and** for each type, give **one** example of a disadvantage to sports performers.

[4 marks]

1

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2

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14

State **two** types of fitness monitoring technology.

[2 marks]

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

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15 (a)

A domestic football league is considering using new technology to help with game play enhancement.

State **two** ways technology may be used for game play enhancement within the football league **and** for each, describe how it would benefit the officials.

[4 marks]

1

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2

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15 (b)

Using your previous example, evaluate whether game play enhancement has been **positive** for officials in football.

[4 marks]

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**Section C**

This section has a possible 21 marks.

We recommend that you spend 24 minutes on this section.

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

**16** Which **one** of the following is a responsibility of a Programme Co-ordinator?

[1 mark]

- A Devising the event plan
- B Monitoring action plans
- C Producing a risk assessment
- D Securing revenues

Answer \_\_\_\_\_

**17** Which **one** of the following is the leadership style when a coach involves all players in the decision-making process around match tactics?

[1 mark]

- A Autocratic
- B Democratic
- C Emergent
- D Laissez-faire

Answer \_\_\_\_\_

**18** Which **one** of the following is an example of a combination sports competition?

[1 mark]

- A Diamond League Athletics
- B The Cricket World Cup
- C The FA Cup
- D UEFA Champions League

Answer \_\_\_\_\_

**19 (a)** A national netball competition is being organised and there is an entrance fee for teams to participate. The individual organising the event has received 59 entries.

Spectators who wish to attend the competition will have to pay for tickets.

There are 2 months until the competition commences, and all planning must be completed within 1 month prior to the date.

The planning team consists of:

- event director
- marketing officer
- health and safety officer
- officials.

State **one** responsibility of the event director and **one** purpose of their role for this competition

**Responsibility**

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**Explanation of purpose**

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**19 (b)** Explain **two** ways in which the marketing officer for the national netball competition can ensure that the competition does not run at a loss.

**[4 marks]**

**1**

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**2**

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**19 (c)**

Justify why a knockout competition would be the best format to use.

**[4 marks]**

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**20**

Outline the difference between an emergent and prescribed leader.

**[2 marks]**

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21 (a) State **two** roles of a sports coach.

[2 marks]

1

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2

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21 (b) Describe **two** coaching techniques that can be used to develop sports skills performances.

Use sporting examples in your answer.

[4 marks]

1

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2

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