

Year 11 Sports Studies - Revision Guidance



Circulation	Year 11 students
Title	Year 11 revision checklist
Purpose	To provide a revision checklist for students to check against when revising

You will sit one paper for your formal exams. The paper will last 1hr and 15 marks and is out of 70 marks

There are 5 topics for you to revise from, and you will need to answer 1 8-mark question.

Topic 1: Issues Which Affect Participation in Sport

1.1 User Groups

- Disabled people
- Ethnic minorities
- Women
- Young people
- Elderly
- Low income / unemployed
- Families with young children

You must be able to:

- Describe each group
- Explain why they may participate less in sport

1.2 Barriers to Participation

Types of Barriers:

- Cost
- Access (location, transport, facilities)
- Time (work, education, childcare)
- Availability of activities
- Personal factors (confidence, motivation)
- Cultural / religious factors

☞ You must be able to:

- Link specific barriers to specific user groups
- Give clear sporting examples

1.3 Solutions to Barriers

Ways to Increase Participation:

- Funding / subsidies / reduced costs
- Improved access (better transport, local facilities)
- Facility adaptations (e.g. disability access)
- Targeted programmes (specific to user groups)
- Awareness campaigns
- Flexible sessions (time, childcare support)

☞ You must be able to:

- Explain how each solution helps
- Match solutions to the correct barrier

Topic Area 2: The Role of Sport in Promoting Values

2.1 Values Promoted in Sport

- Fair play
- Respect
- Inclusion
- Tolerance
- Teamwork



☞ You must be able to:

- Define each value
- Give a **sporting example** of each
- Explain why each value is important

2.2 Olympic & Paralympic Values

Olympic Values:

- Friendship
- Respect
- Excellence

Paralympic Values:

- Determination
- Courage
- Equality
- Inspiration

☞ You must be able to:

- Identify which values belong to each
- Apply them to real-life sporting situations
- Give examples of athletes/events showing these values

2.3 Sporting Behaviour

Positive Behaviour:

- Sportsmanship
- Following rules
- Respecting officials/opponents

Negative Behaviour:

- Cheating (e.g. diving, doping)
- Aggression
- Gamesmanship

☞ You must be able to:

- Describe both types
- Give examples
- Explain effects on sport

2.4 Impact of Behaviour on Sport & Society

Positive Impacts:

- Encourages participation
- Promotes role models
- Improves reputation of sport

Negative Impacts:

- Discourages participation
- Bad role models
- Damages reputation

☞ You must be able to:

- Explain how behaviour affects:
 - Sport
 - Performers
 - Spectators
 - Society

Topic Area 3: Hosting Sporting Events

3.1 Types of Sporting Events

- Local (school, club level)
- National (country-wide competitions)
- International (global events)

☞ You must be able to:

- Describe each type
- Give examples

3.2 One-off vs Recurring (Regular) Events ★

One-off Events:

- Happen once
- Large-scale planning
- High cost

Examples:

- A specific Olympic Games
- Major one-time tournaments

Recurring (Regular) Events:

- Happen repeatedly
- Set schedule (weekly, yearly, every few years)

Examples:

- League matches
- Annual competitions
- Tournaments held regularly

☞ You must be able to:

- Define both clearly
- Compare them

🔑 Key Differences:

- Frequency (once vs repeated)
- Planning
- Cost
- Short-term vs long-term impact

3.3 Aims of Hosting Events

- Increase participation
- Improve facilities
- Raise profile of sport
- Economic benefits

☞ You must be able to:

- Explain each aim
- Link aims to outcomes

3.4 Impacts of Hosting Events

Positive Impacts:

- Economic:
 - Jobs
 - Tourism
- Social:
 - National pride
 - Community cohesion
- Infrastructure:
 - New/ improved facilities

Negative Impacts:



- Economic:
 - High cost / debt
- Social:
 - Displacement of residents
- Environmental:
 - Pollution
 - Damage to land

Topic Area 4: The Impact of Sport on Wider Society

4.1 Positive Impacts of Sport

Economic:

- Job creation (e.g. coaches, event staff)
- Increased tourism
- Sponsorship and investment

Social:

- Improved physical health
- Improved mental health
- Reduced crime / anti-social behaviour
- Community cohesion

Environmental:

- Regeneration of areas (e.g. new facilities, improved spaces)

☞ You must be able to:

- Explain how sport creates these benefits
- Give real-life examples

4.2 Negative Impacts of Sport

Economic:

- High costs of events/facilities
- Debt for host areas

Social:

- Violence / hooliganism
- Negative behaviour from fans or players

Environmental:

- Pollution
- Litter/waste
- Damage to land

Topic Area 5: The Relationship Between Sport and the Media

5.1 Types of Media

- Television
- Radio
- Newspapers / magazines (print media)
- Social media
- Online streaming / websites

☞ You must be able to:

- Identify each type
- Give examples of how sport uses them

5.2 Positive Effects of Media on Sport

- Increased participation in sport
- More sponsorship and funding
- Raises profile of athletes and sports
- Creates role models
- Makes sport more accessible (live coverage, highlights)

☞ You must be able to:

- Explain how media benefits sport
- Use real examples (e.g. major events, famous athletes)

5.3 Negative Effects of Media on Sport

- Pressure on performers (expectations, scrutiny)
- Media bias (some sports/athletes get more coverage)
- Over-commercialisation (sport focused on money)
- Negative publicity for athletes
- Loss of privacy for performers

☞ You must be able to:

- Explain impacts on athletes, sport, and fans
- Give examples

5.4 Relationship Between Sport and Media ★

- Sport needs media for exposure and funding
- Media needs sport for content and audiences
- Both benefit financially from each other
- Media increases popularity of sport
- Sport provides entertainment for media platforms

☞ You must be able to:

- Explain the **two-way relationship** clearly
- Show how they depend on each other

- This paper is 1 hour 15 minutes

The papers will contain a variety of question types including:

- multiple choice
- short answer questions
- longer answer questions
- You must answer all questions in the paper.

You will need a black pen and pencil for the exam.

Further detail and revision materials can be found here:

Past Papers: [Cambridge Nationals - Sport Studies Level 1/Level 2 – J829](#)

Revision: [CNATs Sport Studies Revision Resources – The PE Classroom](#) and Via your teams pages