

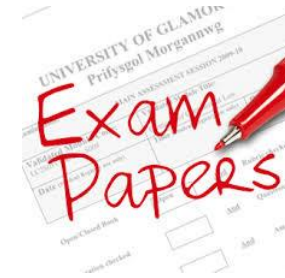


Paper 2: Socio-cultural influences and well-being in physical activity and sport

Making the most of your revision

1. Answering past paper exam question

- Don't just copy the answers! Try them without your notes!
- Mark your answers – learn from your mistakes!
- **ALWAYS** give practical examples.
- Check how many marks a question is worth – 8 marks means you make 8 points!
- Underline key words!



2. Chunking

- Chunking is breaking up a big piece of information into smaller chunks rather like steps in a ladder.
- It can be used for numbers and words.
- A good example is to make a list with either bullet points or numbers.

ch-un-k

3. Mnemonics

- Mnemonics help you to remember by using short words that stand for something to help you.
- E.g. SPORT or FIT



4. Re-writing or condensing your notes.

- Simply re-reading your notes is a very ineffective way to revise.
- Creating posters, drawing mind maps or discussing a topic with friends will help you remember what you've studied.

4. Using colour

- Create colourful A3 posters or mind maps.
- Your brain just adores **colour** and will **remember** things much more easily **if you use it.**
- E.g. put all the important words in **red**, the important concepts in green, important dates in purple etc

5. Key Words

- A list of key words is a great way to test knowledge
- Learn definitions
- Quick glance revision.



6. Flash Cards

- Good to condense notes.
- Helpful for key topics.
- Handy to use with friends and family!



7. Post – its

- Single words/ phrases to trigger information!
- Stick them around the house – revising will seem like less of a chore!
- Group various things together.
- Organise them into what you know and don't know – rearrange as you learn more.
- Follow trends or themes.

and remember to take a break!

CLASSIFICATION OF SKILLS AND INFORMATION PROCESSING



Open / Closed

Open – performed in a changing environment where a performer has to react and adapt to external factors. E.g. position of players during a football tackle.

Closed – Performed in the same predictable environment and is not affected by external factors. E.g. a break in snooker.

Basic / Complex

Basic – this is a simple skill and doesn't need much concentration.
E.g. running

Complex – a skill that requires a lot of concentration e.g. volley in football.

Self-paced / Externally paced

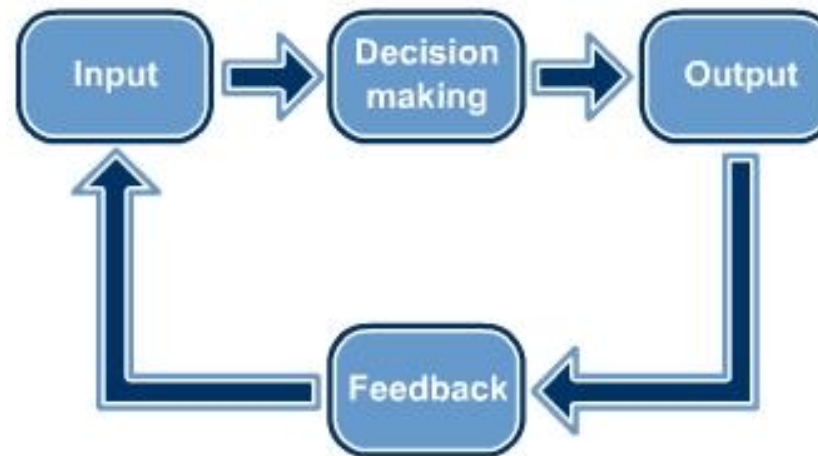
Self paced – Starts when the player decides. E.g. corner kick in football.

Externally paced – starts because of external factors. E.g. opponents closing you down in football may dictate when you make a pass.

Gross / fine

Gross – involves powerful movements performed by large muscles groups e.g. long jumps

Fine – uses smaller muscles groups to carry out precise movements that require accuracy and coordination. E.g. throwing a dart.



Input – the information you receive through your senses.

Decision making – deciding how to respond to the input. Will compare to what is happening at the time and past experiences.

Output – muscles react to the messages from the brain telling them what to do to perform the skill.

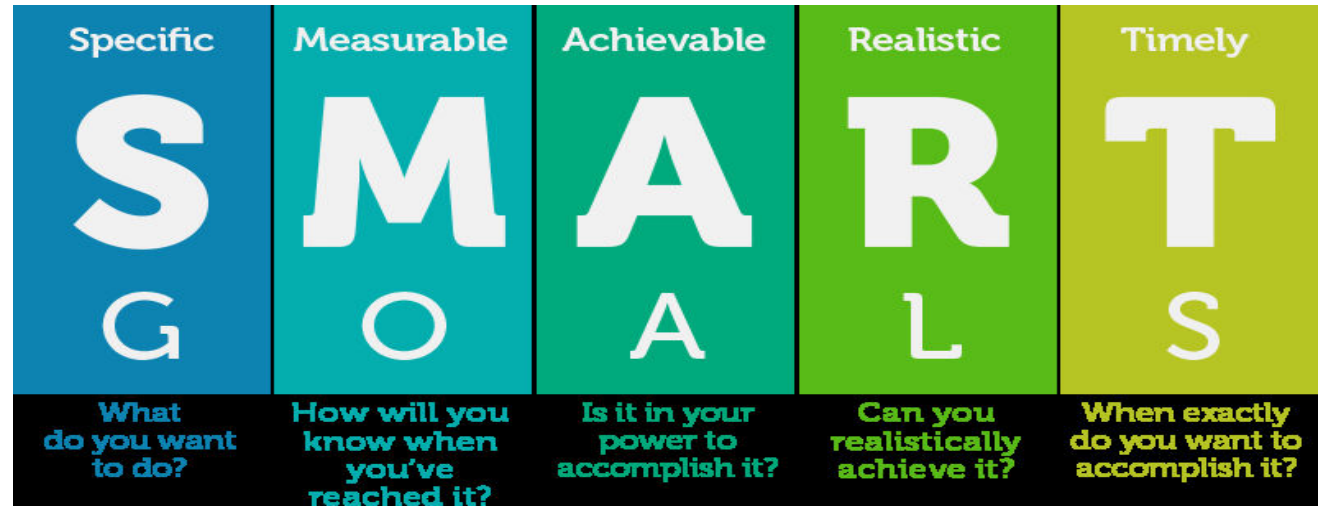
Feedback – receive extrinsic or intrinsic feedback which helps to improve the skill next time.

GOALS AND SMART TARGETS

Types of goals

Outcome – focused on performing better than other people e.g. winning. These are focused on the end result.

Performance – improving personal performance e.g. distance you can hit a golf ball.



FEEDBACK

Intrinsic/ Extrinsic

Intrinsic – feedback that comes from you based on how it felt. Works best for experienced performers.

Extrinsic – Someone tells you or shows you what happened and how to improve. Can be good for beginners as they can't assess their own performance.

Knowledge of performance/ results.

Knowledge of performance – whether you did the correct movement or skill. Works well for experienced performers as they can fine tune skills. Can be extrinsic or intrinsic.

Knowledge of results – Looking at the outcome. This is extrinsic and can include data. Useful for inexperienced performers as they need to be told whether or not they achieved the right result.

Positive / negative

Positive – Focus on what you did well. Helps you remember which bits of the movement you should try to repeat.

Negative – feedback focuses on what you didn't do well. This can be useful with experienced performers as it can motivate them to reach a goal. But this should be avoided too much with beginners as it can demotivate them and not want them to learn a new skill.

TYPES OF GUIDANCE

Verbal – an explanation in words.

Advantages

- Can be combined with other types of guidance
- Helpful for experienced performers
- Can give guidance during a performance

Disadvantages

- Difficult to teach high organisation and complex skills
- Can be confusing for beginners who don't understand the language

Visual – Visual clues to help perform a technique

Advantages

- Works well for beginners as they can copy the skill
- Used to teach low organisation skills – can show each part of the skill

Disadvantages

Less useful for teaching complex, high organisation skills as they are difficult to copy.

Manual – When a coach physically moves your body through a technique.

Advantages

- Get to feel the movement of the skill
- Can be used for all skill levels

Disadvantages

- Performer could rely on the coach and not be able to perform the skill without them.
- Difficult to use with big groups of learners.

Mechanical – guidance given using sporting equipment.

Advantages

- Useful for teaching beginners as they are safe while practicing skills
- Helpful to teach complex skills

Disadvantages

- May be unable to perform the skill without the equipment.
- Difficult to use for large groups of performers.



AROUSAL

The inverted U theory describes the relationship between arousal and performance. This theory states there is an optimum point of arousal where the athlete will perform at their best. As arousal increases so does performance until after this point where arousal then has a negative impact on performance.

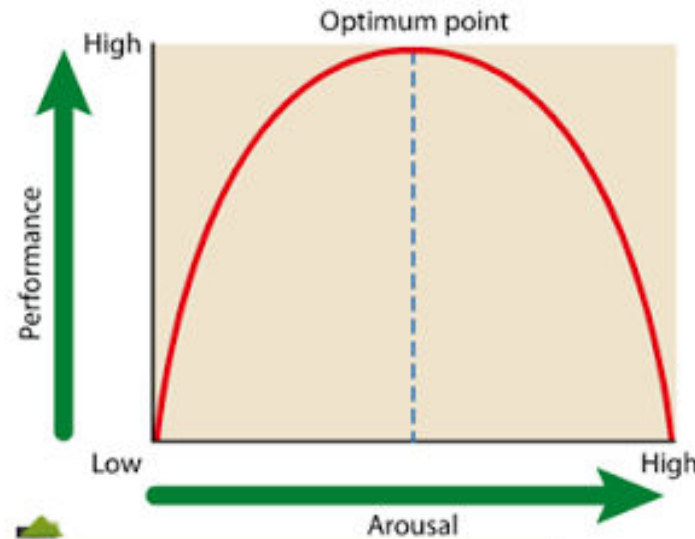


Fig 8.1.2 Inverted U hypothesis theory of arousal

Arousal: a physical and mental (physiological and psychological) state of alertness/readiness.

Methods to control arousal:

Deep breathing – Helps to slow heart rate, increase the supply of oxygen to the brain, limiting the impact of arousal.

Mental rehearsal - helps a performer to relax and focus by rehearsing a successful performance in your mind before doing it.

Positive self talk – developing positive thoughts about your performance.

MOTIVATION

Intrinsic motivation – where something is done for the enjoyment and good feelings. This is seen as the best type of motivation as you are more likely to continue participating and try hard. Not reliant on anything or anyone.

Extrinsic – gathered through rewards from other people or sources. Can be tangible (where you can touch it) or intangible (can't touch it). Less likely to maintain motivation with this type as it is less likely to heighten enjoyment and you may become reliant on the rewards.

PERSONALITY TYPES AND AGGRESSION

Direct aggression

Involves physical contact with another person.
e.g. tackle in rugby to get possession of the ball.



Indirect aggression

This is aggression towards an object to gain an advantage.
e.g. hitting the shuttle very powerfully to the floor to win the point.

Introverts

- Like being on their own and participate in individual sports.
- Tend to be shy and quiet.
- Like sports that use fine skills, high concentration and low arousal.
- E.g. snooker or archery



Extroverts

- Sociable individuals and prefer team sports.
- Like fast pace sports that consist of gross skills and low concentration.
- E.g. Rugby and football.

SOCIAL GROUPS AND ENGAGEMENT

Gender

- Boys are more likely to participate in sport
- Women's events have less coverage and lower profile
- Less role models for women
- Less sponsorship in women's sport
- Stereotypical ideas about which sport to participate in
- Women may have to look after children.

Ethnicity and religion

- Religious beliefs can influence activity
- People may stick to sports that are 'associated' with their ethnic group.
- Religious festivals can stop participation (e.g. fasting can make individuals physically weak)
- Racism can stop it
- Lack of role models

Disability

- Lack of opportunity
- Lack of facilities
- Limited number of coaches and teachers.
- Schemes set up to develop disability sports
- Gaining more media coverage e.g. Paralympics

Age

- Depending on age some sports are more popular
- Over 50s are physically limited/suffer from ill health
- Strength doesn't reach maximal level until 25 and decreases again at 40
- Age divisions in sport are there to combat this factor
- Skill levels can improve with age and experience
- Adults who work have less free time and disposable income

Family, friends and peers

- Family attitude to sport can either support or hinder participation
- Family will need to provide equipment and transport which they may not be able to afford.
- Peers can impact whether or not an individual participates. If your friends do it your more likely to.



COMMERCIALISATION



Is defined as the management or exploitation of a person, organisation or activity in a way designed to make profit.

The media

Covers a diverse range of technologies that act as a means of mass communication e.g. television, radio, internet, newspapers and billboards.

Sponsorship

Provision of funds or other forms of support to an event, activity, person or organisation in return for some kind of commercial return

Impacts on the audience/spectator

Positive

- Events scheduled so people can watch them
- Commentary educates the viewers at home
- Information from the media on results, fixtures and standings
- Improved viewing due to advanced technology
- More competitions means more opportunity to watch
- Can follow their role models through the media.

Negative

- More people watch sport at home on TV or internet
- Subscription and pay per view make sport expensive to watch
- Scheduling changes to make it easier to watch at home can make it harder to watch live
- More popular the sport the harder it is to get a ticket
- Sponsors can limit the choice of food and drink available at the event.



Impacts on the official

Positive

- Can become role models
- More likely to develop careers if there is money in the sport

Negative

- Pressure to make correct decisions can reduce enjoyment
- Mistakes are made very public.



Impacts on the sport

Positive

- Increased interest and more participation
- More money for grass-roots
- More money for coaches, kit, equipment, facilities and coaches
- Prize funds are bigger
- Technological developments due to money
- More role models are created.

Negative

- Rules may be changed to meet requirements of media and sponsors
- Over exposure can make people less interested
- Minority sports and women get less coverage
- Sport can become dependent on the money from sponsors.
- Sponsors may sell products/services that promote poor lifestyle choices.



Impacts on the performer

Positive

- Higher wages
- Become role models
- More money for technology, kits, equipment and facilities.
- Better coaching programmes due to money
- Increased number of competitions.

Negative

- Pressure to perform
- Mistakes are public knowledge
- Sponsors make demands and players have to maintain appeal to sponsors.
- Invasion on players private lives.
- More competitions and training can result in injury



TECHNOLOGY



Key terms

Hawkeye – tracks the flight and trajectory of the balls. Used regularly in cricket and tennis.

Performance analysis aids – wearable technology that can monitor performance or software such as Dartfish that use cameras to capture movement.

Television match officials – video referees are used in rugby football and cricket to check and review the decisions made on the pitch.

Impact of technology on the performer

Positive

- Performance analysis can help improve performance
- Use technology to ask officials to review decisions made against them

Negative

- Expensive to buy and install technology

Impact of technology on the sport

Positive

- Makes competition fairer because poor decisions can be reviewed.
- Makes sure correct decisions are made.

Negative

- Can disrupt play reviewing decisions.
- Makes sport slower which can annoy performers and spectators.

Impact of technology on the officials

Positive

- Provides additional help with decisions
- Can communicate via microphone with other officials
- Reinforces correct decisions.

Negative

- Undermine officials if decision is poor
- May become too reliant on technology and make less on field decisions.

Impact of technology on the audience/spectators

Positive

- Can see how decisions are made
- Provides confidence in that decisions are fair
- Can add tension and excitement.

Negative

- Cause unrest or poor behaviour if decision is not reviewed.
- Can cause problems if people online can access technology that officials do not have.

Sponsor/company

Positive

- Ensures fair play and helps project a good image which reflects well on the sponsor

Negative

- Not available at all levels of sport.

CONDUCT



Etiquette

- Is a convention or unwritten rule in an activity which is not enforced
- Performer displaying etiquette demonstrate respect for sport and opponents.
- E.g. kicking the ball out of play in football when someone is injured.



Gamesmanship

- Attempting to gain an advantage by stretching the rules to their limit.
- E.g. time wasting

Contract to complete

- Unwritten agreement between opponents to follow and abide by the written and unwritten rules of the sport.
- E.g. not arguing with officials or taking PEDs.

Sportsmanship

- Is conforming to the rules, spirit and etiquette of a sport.
- E.g. in cricket a batsman will be expected to walk when they know they have hit a ball that is caught, when the umpire doesn't indicate that they are out because they didn't hear the contact.

SPECTATORS AND BEHAVIOUR

Spectators

An individual or group of individuals who attend a sporting event.

Positive influences

- Create an energetic atmosphere
- A source of revenue for the club
- Give performers a home field advantage
- Increase the profile of the sport

Negative influences

- Can impact the performers due to increased pressure.
- Can scare away younger performers due to big crowds and a lot of pressure.
- Can cause crowd trouble and/or hooliganism.
- Cost a lot of money to manage large rowdy crowds and ensure events are safe.

Hooliganism

The disorderly, aggressive and often violent behaviour by spectators at an event.



Reasons for hooliganism

- Rivalries between opposing groups of supporters
- Media hype could increase tensions between teams
- Influence of drugs and alcohol
- Links between groups of supporters and gang culture.
- Frustrations at the events occurring in an event e.g. refs decisions.

Strategies to combat hooliganism and poor behaviour

Educating spectators: Promotional campaigns and high profile performers encourage good behaviour and condemn hooliganism.

Early kick offs : Reduce the amount of alcohol that is consumed prior to the match.

All-seater stadia: All fans are allocated seating to prevent crushes or pushing. Occurred due to Hillsborough disaster.

Alcohol restrictions: Strictly controlled or banned altogether depending on the stadium

Segregation of fans:

Rival supporters are kept apart in separate areas of the stadiums. Away fans can be escorted to the stadium by police and can be kept behind after games to allow home fans to leave first.

Travel restrictions and banning orders: Known troublemakers are banned from attending matches or travelling to away games. Extreme circumstances would be when the game is played behind closed doors and is done without spectators.

PHYSICAL, EMOTION AND SOCIAL HEALTH, FITNESS AND WELL-BEING



Fitness benefits to participating in physical activity

- Improve fitness
- Reduce the chance of injury
- Aid physical ability to work.

Mental benefits to participating in physical activity

- Reduce stress and tension
- Release of feel good hormones (serotonin)
- Able to control emotions

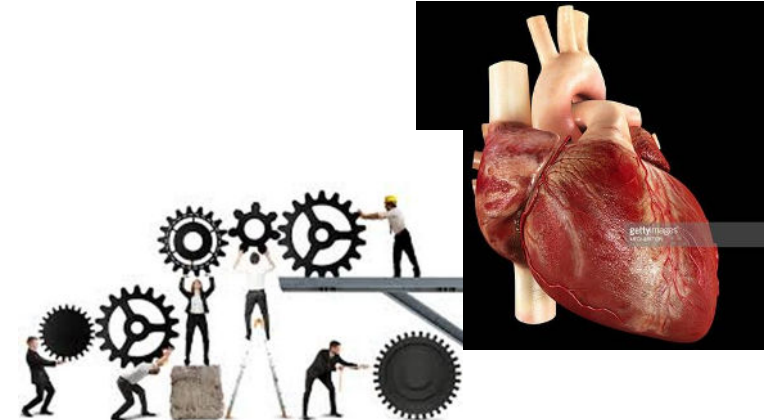
Social benefits to participating in physical activity

- Socialise and make new friends
- Cooperate with others
- Teamwork



Physical benefits to participating in physical activity

- Improve heart function
- Improve efficiency of body systems
- Reduce risk of some illness
- Prevent obesity
- Able to complete everyday tasks



SEDENTARY LIFESTYLE AND OBESITY



Sedentary lifestyle - a lifestyle with irregular or no physical activity.

Consequences

- Increased risk of poor sleeping patterns
- Lethargy
- Increased risk of hypertension.
- Increased risk of heart disease.
- Increased risk of type 2 diabetes.
- Weight gain.

Obesity – BMI of 30 or over.

This is when an individual has a high fat content due to a higher number of calories consumed compared to the number of calories expended.

Physical ill health associated with obesity

Increased risk of; cancer, heart disease and heart attacks, type 2 diabetes, hypertension, pressure on joints and high cholesterol

Mental ill health associated with obesity

Increased risk of depression a loss of confidence.

Social ill health associated with obesity

Increased risk of being unable to socialise or leave the house (either physically unable or lacking confidence).

Affect of obesity on performance in physical activity and sport

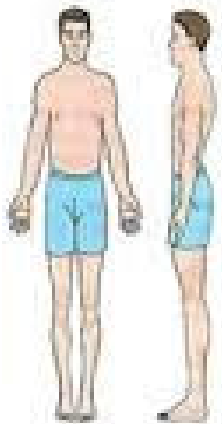
Reduced flexibility, agility, cardiovascular endurance, speed and power.

SOMATOTYPES

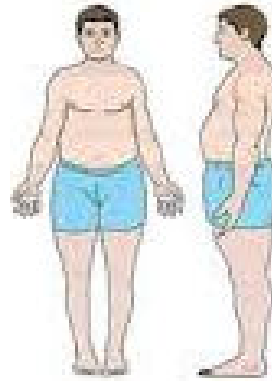
Ectomorph

Tall and thin
Narrow shoulders and hips

Would be suited to sports such as high jump.



Ectomorph

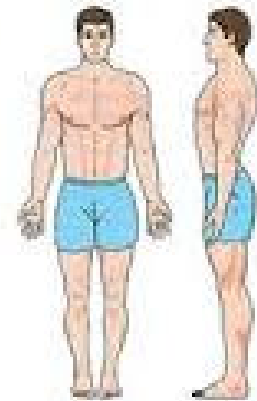


Endomorph

Mesomorph

Muscular appearance
Wide shoulders and narrow hips.

Generally good for all sports.



Mesomorph

Endomorph

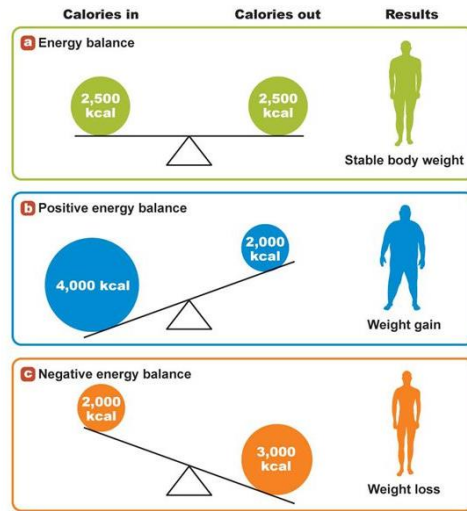
Pear shaped
Wide hips and narrow shoulders.

Would be suited to sports such as rugby.

ENERGY USE, DIET AND NUTRITION



The Concept of Energy Balance



Energy use

This is the amount of calories and individual requires in a day. They typical amount is 2500 for a man and 2000 for a woman. This can be affected by:

- Age
- Height
- Gender
- Energy expenditure

Calorie – unit of measurement for heat in the body.

Key terms

Balanced diet – a diet that contains the right quantity of food so that you consume only as many calories as you expand each day; and the right mix of different foods so the body receives all the nutrients, vitamins and minerals it needs.

Nutrition – intake of food, considered in relation to the body's dietary needs.

Hydration – having enough water in the body to function normally

Dehydration – excessive loss of water from the body, interrupting normal functioning of the body.

Carbohydrates

Carbohydrates provide the energy to exercise. There are two types of carbohydrates, complex and simple.

- Complex carbohydrates should be favoured as they provide slow release, long lasting energy (rice, bread, pasta, potatoes)
- Simple carbohydrates provide the body with immediate energy but can be stored as fat (sugar, honey, sweets, fruit, chocolate, yogurt and jam)
- Make up 55-60% of diet

Fat

Provide energy at low intensity and provide insulation.

Saturated fats

- Too much in diet increases risk at heart disease and obesity

Unsaturated fats

- Healthier than saturated and reduces risk of heart disease.

Makes up 25-30% of diet

Protein

Supports muscle growth and repair.
Should be eaten after activity to help recovery.
Makes up 15-20% of diet.

Vitamins and minerals

Only required in small quantities to maintain body systems and general health.

Effects of dehydration

- Blood thickening – blood becomes more viscous (thicker and stickier) slowing down the speed at which it can travel around the body and deliver oxygen and nutrients.
- Increase in HR as the heart has to work harder to pump the blood around the body.
- Increase in body temperature – causing the body to overheat
- Slower reaction time
- Muscle fatigue and cramp
- Dizziness, nausea, blurred vision and headaches.

Daily recommendation of water intake is 2.5L for men and 2 for women. If the temperature is warmer or you do exercise then this intake should be increased (amount depending on the intensity of activity).