

Knowledge Organiser

Here's all the key information you need to know for **Topic Areas 1 and 2** of the **exam unit (R184)**, beautifully arranged for you on two pages.



12 User Groups

- 1) Different genders, e.g. female
- 2) People from different ethnic groups
- 3) Retired people/people over 60
- 4) Families with children
- 5) Carers
- 6) People with family commitments
- 7) Young children (age 0-11)
- 8) Teenagers / secondary education age
- 9) People with disabilities
- 10) Parents (singles or couples)
- 11) People who work
- 12) Unemployed/economically disadvantaged people

Barriers to Participation

- 1) Employment and unemployment
- 2) Family commitments
- 3) Lack of disposable income
- 4) Lack of transport
- 5) Lack of sporting role models
- 6) Lack of family role models/support
- 7) Lack of appropriate provision
- 8) Lack of awareness of provision
- 9) Unequal media coverage for different genders/ethnic groups

Solutions to Barriers

Appropriate provision:

Suitable programmes, sessions and activities at a range of times for different user groups.

Promotion strategies:

- targeted promotion
- role models
- initiatives, e.g. taster sessions

Pricing:

- concessions
- taster sessions
- free/low-cost equipment

Transport, facilities and equipment:

- increased availability
- must be appropriate for all user groups

Improved access:

To meet the needs of all user groups, e.g. pool hoists, hearing loops, braille signage.

Emerging/new sports

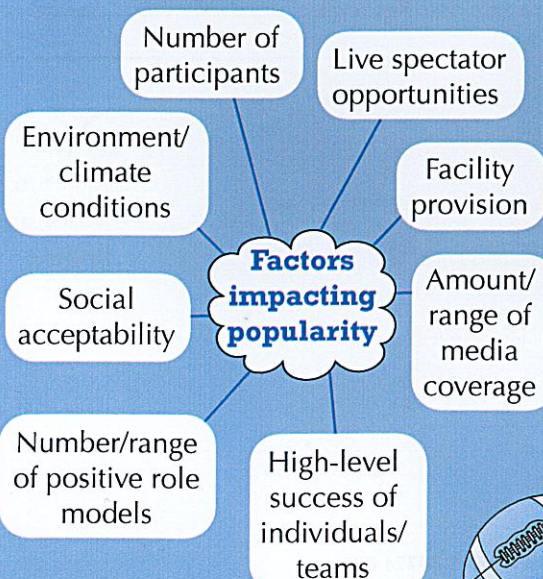
A sport that is growing in popularity in a region.

- new sports can be created, e.g. quadball.
- older sports can gain popularity, e.g. lacrosse.

Sporting Initiatives and Campaigns

- These aim to solve a problem or be a solution to a barrier within sport.
- They can be **local**, **regional** or **national**.
- E.g. Kick It Out, Chance to Shine and Rainbow Laces are national initiatives/campaigns.

Popularity of Sport



7 Sporting Values

- 1 Team spirit
- 2 Fair play
- 3 Citizenship
- 4 Tolerance and respect
- 5 Inclusion
- 6 National pride
- 7 Excellence

Knowledge Organiser

The Olympic Creed

"The most important thing is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered, but to have fought well."
Pierre de Coubertin

Olympic Values	Paralympic Values
Excellence Respect Friendship	Courage Determination Inspiration Equality

The Olympic Symbol

The **five interlocking rings** represent the closeness of the five (inhabited) continents.

These are Europe, Africa, Asia, America (both North and South) and Oceania.



Etiquette and Sporting Behaviour

Performers

Observing correct etiquette:

- promotes positive sporting values
- shows respect to players and officials
- increases safety and fairness

An example of good etiquette is shaking hands with opponents before and after the match.

Spectators

- Aggression can make the environment unsafe.
- Distracting performers can make the game unfair.

An example of good spectator etiquette is being quiet when tennis players are serving.

Sportsmanship:

Being honest, respectful and upholding the spirit of the game.

E.g. admitting that the ball touched your bat in cricket

Gamesmanship:

Bending the rules to gain an advantage.

E.g. time wasting/faking injury

Performance Enhancing Drugs (PEDs)

Why performers use PEDs

- To increase chance of winning
- To reduce pain
- To improve performance
- To improve aspect of fitness, e.g. reaction times
- To gain money/fame/sponsorship
- To be able to train for longer
- To recover from injury faster

Why performers should NOT use PEDs

- It damages their reputation
- It can damage their health
- They can be sanctioned
- They become a negative role model
- It is unethical and cheating
- It goes against sporting values

Impact of PEDs on sport

- mistrust of other results
- reduced participation
- fewer positive role models
- damage to sport's reputation
- fewer spectators

Preventing PED use

The World Anti-Doping Agency (WADA) was set up to tackle PED use in sport. They are responsible for:

- drug testing of blood or urine.
- developing anti-doping policies.

WADA's Whereabouts Rule

Elite-level performers must provide details about their location and give an hour time slot every day when they will be available for testing.

Educational Strategies

- Campaigns are often led by famous performers who are role models.
- Peers and families of performers should also support anti-doping.

Sanctions

E.g. fines, bans.