

GCE

Physical Education

Unit **G451**: An Introduction to Physical Education

Advanced Subsidiary GCE

Mark Scheme for June 2018

OCR (Oxford Cambridge and RSA) is a leading UK awarding body, providing a wide range of qualifications to meet the needs of candidates of all ages and abilities. OCR qualifications include AS/A Levels, Diplomas, GCSEs, Cambridge Nationals, Cambridge Technicals, Functional Skills, Key Skills, Entry Level qualifications, NVQs and vocational qualifications in areas such as IT, business, languages, teaching/training, administration and secretarial skills.

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Annotations

Annotation	Meaning
✓	Correct response
×	Incorrect response
BOD	Benefit of the doubt
REP	Repeat of key point in question or point already awarded
?	Unclear
L1	Level 1
L2	Level 2
L3	Level 3
KU	Knowledge and Understanding
EG	Example/Reference
TV	Too Vague
DEV	Development
SEEN	Noted but no credit given
IRRL	Significant amount of material which does not answer the question

Subject-specific Marking Instructions**Marking responses ‘a – d’; points marked questions**

An element of professional judgement is required in the marking of G451. Correct answers should always be rewarded irrespective of whether or not they appear on the mark scheme. If you are in doubt about the validity of any answer then consult your Team Leader (Supervisor) by phone, scoris messaging or e-mail.

Marking response ‘e’; levels of response marked question

It is quite possible for an excellent and valid answer to contain knowledge and arguments which do not appear in the indicative content on the mark scheme. Each answer must be assessed on its own merits according to the generic descriptors and discriminators.

The levels of response descriptors are cumulative, ie a description at one level builds on or improves the descriptions at lower levels. Not all qualities listed in a level must be demonstrated in an answer for it to fall in that level.

Candidates will take different approaches to achieve within the same level. Some will adopt a less focused approach but demonstrate a wide range of knowledge others may adopt a more focused approach using a narrower range of well-developed knowledge.

Approach to marking levels of response questions:

- read the candidate response in full;
- working from the top down and using a *best-fit* approach, refer to the generic descriptors and discriminators to determine the level;
- re-read the answer, highlighting credit worthy aspects of the response in relation to knowledge, understanding, development, examples, etc;
- confirm or revise initial decision re level;
- determine the mark within the level as per the guidance in 10 (above), with reference to the discriminators, and, again, using a *best-fit* approach.

Section A

Question		Answer	Marks	Guidance																				
1	(a)	<p>4 marks for 4 from:</p> <ol style="list-style-type: none"> 1. Hinge 2. Flexion 3. Biceps Femoris/ Semimembranosus/ Semitendinosus 4. Concentric (Isotonic) 	4	<table border="1"> <thead> <tr> <th>Accept</th> <th>Do not accept</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> </tr> <tr> <td>2.</td> <td></td> </tr> <tr> <td>3.</td> <td></td> </tr> <tr> <td>4.</td> <td>Isotonic on own</td> </tr> </tbody> </table>		Accept	Do not accept	1.		2.		3.		4.	Isotonic on own									
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(b)	<p>4 marks for 4 from:</p> <p>(Angular motion)</p> <ol style="list-style-type: none"> 1. is movement of an object around a fixed point or axis. 2. occurs in the arms and legs of the hurdler as they are moving around the shoulder joint and hip joint. <p>(Linear motion)</p> <ol style="list-style-type: none"> 3. is movement along a line / when a body moves in a straight or curved line. 4. is when all parts of a body are moving the same distance in the same direction at the same speed. 5. occurs in the torso and head of the hurdler. <p>(General motion)</p> <ol style="list-style-type: none"> 6. combination of linear and angular motion. 7. when some body parts are moving around a fixed point or axis and other body parts are moving in a straight or curved line. 8. The whole movement of the hurdler. 	4	<table border="1"> <thead> <tr> <th>Accept</th> <th>Do not accept</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> </tr> <tr> <td>2.</td> <td></td> </tr> <tr> <td>3.</td> <td></td> </tr> <tr> <td>4.</td> <td></td> </tr> <tr> <td>5.</td> <td></td> </tr> <tr> <td>6.</td> <td></td> </tr> <tr> <td>7.</td> <td></td> </tr> <tr> <td>8.</td> <td></td> </tr> <tr> <td>9.</td> <td></td> </tr> </tbody> </table>		Accept	Do not accept	1.		2.		3.		4.		5.		6.		7.		8.		9.	
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Question			Answer	Marks	Guidance															
1	(c)	(i)	<p>Description of atherosclerosis 3 marks for 3 from:</p> <ol style="list-style-type: none"> 1. build-up of fatty deposits/ plaques/ cholesterol atheromas on the lining of the arteries. 2. high levels of LDLs/ Low density lipoproteins. 3. low levels of HDLs/ High density lipoproteins. 4. Can lead to a narrowing of the diameter of the lumen of the arteries. 5. increases the likelihood of a blood clot forming. 6. can lead to an increase in blood pressure/ hypertension/ angina/ heart attack. 	3	<table border="1"> <thead> <tr> <th>Accept</th> <th>Do not accept</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>Fat on own</td> </tr> <tr> <td>2.</td> <td></td> </tr> <tr> <td>3.</td> <td></td> </tr> <tr> <td>4.</td> <td></td> </tr> <tr> <td>5.</td> <td></td> </tr> <tr> <td>6.</td> <td></td> </tr> </tbody> </table>		Accept	Do not accept	1.	Fat on own	2.		3.		4.		5.		6.	
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		(ii)	<p>3 marks for 3 from: Regular physical exercise can</p> <ol style="list-style-type: none"> 1. decrease blood lipids 2. decrease LDLs 3. increase HDLs 4. decrease blood fibrinogen / reduction in blood clots 5. decrease blood viscosity 6. Increases contractility / elasticity (prevents hardening) of blood vessel walls. 	3																
1	(d)	(i)	<p>2 marks for 2 from:</p> <ol style="list-style-type: none"> 1. The pressure exerted by blood against the walls of a blood vessel (artery) / blood flow /Q x resistance 2. Normal healthy blood pressure during rest is 120/80mm/Hg 	2	<table border="1"> <thead> <tr> <th>Accept</th> <th>Do not accept</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> </tr> <tr> <td>2.</td> <td>Values without units</td> </tr> </tbody> </table>		Accept	Do not accept	1.		2.	Values without units								
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		(ii)	<p>4 marks for 4 from: (Systolic blood pressure)</p> <ol style="list-style-type: none"> 1. increases as exercise intensity increases 2. will plateau at submaximal levels 3. may decrease slightly during prolonged training 	4																

Question	Answer	Marks	Guidance
	<p>(Diastolic blood pressure)</p> <ul style="list-style-type: none">4. changes little during submaximal exercise5. values range between 120-140/80-90mmHg <p>(Hypertension)</p> <ul style="list-style-type: none">6. only present if a high blood pressure is prolonged/long term.7. range between 140-180 / 90-120mm/Hg		

(e)* Levels of Response	
<p>Level 3 (8 – 10 marks) A comprehensive answer:</p> <ul style="list-style-type: none"> • detailed knowledge & understanding • effective analysis/critical evaluation and/or discussion/explanation/development • clear and consistent practical application of knowledge • accurate use of technical and specialist vocabulary • high standard of written communication 	<p>At level 3 discriminators <u>are likely to include:</u></p> <ul style="list-style-type: none"> • Candidate considers both areas of the question • Candidate refers to both O₂ and CO₂ gaseous exchange • Differences of gaseous exchange between rest and exercise clearly identified. • Detailed knowledge of altitude effect on performance • Candidate refers to both internal and external respiration.
<p>Level 2 (5 - 7 marks) A competent answer:</p> <ul style="list-style-type: none"> • satisfactory knowledge & understanding • analysis/critical evaluation and/or discussion/explanation/development attempted with some success • some success in practical application of knowledge • technical and specialist vocabulary used with some accuracy • written communication generally fluent with few errors 	<p>At level 2 discriminators <u>are likely to include:</u></p> <ul style="list-style-type: none"> • Candidate considers both areas of the question but with imbalance • Candidate refers to O₂ or CO₂ gaseous exchange • Differences of gaseous exchange between rest and exercise identified satisfactorily • Satisfactory knowledge of altitude effect on performance • Candidate refers to external or internal respiration.
<p>Level 1 (1 - 4 marks) A limited answer:</p> <ul style="list-style-type: none"> • basic knowledge & understanding • little or no attempt to analyse/critically evaluate and/or discuss/explain/develop • little or no attempt at practical application of knowledge; • technical and specialist vocabulary used with limited success • written communication lacks fluency and there will be errors, some of which may be intrusive 	<p>At level 1 discriminators <u>are likely to include:</u> Candidate considers only one area of the question or both very superficially</p> <ul style="list-style-type: none"> • Knowledge of gaseous exchange / effects of altitude on exercise is basic. • No differences in gaseous exchange between rest and exercise mentioned.
<p>[0 marks] No response or no response worthy of credit.</p>	

Question	Answer	Marks	Guidance
(e)*	<p>Indicative content: Candidate responses are likely to include: (relevant responses not listed should be acknowledged)</p> <p>Numbered points = knowledge / understanding</p> <p>Bullet points = likely to be development of knowledge</p> <ol style="list-style-type: none"> 1. Gases move from a high pressure to low pressure <p>Gaseous Exchange at Rest</p> <ol style="list-style-type: none"> 2. Oxygen diffuses from the alveoli in the lungs to the pulmonary capillaries <ul style="list-style-type: none"> • There is a high partial pressure of oxygen in the alveoli • 104mmHg partial pressure of oxygen in the alveoli • There is a low partial pressure of oxygen in the capillary • 40mmHg partial pressure of oxygen in the alveoli • This creates a large concentration gradient 3. Carbon Dioxide diffuses from the pulmonary capillaries to the alveoli <ul style="list-style-type: none"> • There is a high partial pressure of carbon dioxide in the capillaries • 46mmHg partial pressure of carbon dioxide in the alveoli • There is a low partial pressure of carbon dioxide in the alveoli • 40mmHg partial pressure of carbon dioxide in the alveoli • This creates a concentration gradient 4. At the muscle cell. Knowledge of relevant partial pressures and concentration gradients for both O₂ and CO₂ at rest and exercise. <p>Other effects related to respiratory.</p> <ol style="list-style-type: none"> 5. Information related to mechanics of breathing. Changes from rest to exercise. <ul style="list-style-type: none"> • Additional muscles • Volumes/ pressures <p>Gaseous Exchange During Exercise</p> <ol style="list-style-type: none"> 6. More Oxygen diffuses from the alveoli in the lungs to the pulmonary capillaries <ul style="list-style-type: none"> • There is a high (the same) partial pressure of oxygen in the alveoli • 104mmHg partial pressure of oxygen in the alveoli • There is a lower partial pressure of oxygen in the capillary • This is due to more oxygen being consumed at the muscle cell • <40mmHg partial pressure of oxygen in the alveoli • This creates a larger concentration gradient 7. More Carbon Dioxide diffuses from the pulmonary capillaries to the alveoli <ul style="list-style-type: none"> • There is a higher partial pressure of carbon dioxide in the capillaries 	10	Any guidance that comes out of the standardisation meeting to be added here.

Question	Answer	Marks	Guidance
	<ul style="list-style-type: none"> • >46mmHg partial pressure of carbon dioxide in the alveoli • There is a low (the same) partial pressure of carbon dioxide in the alveoli • 40mmHg partial pressure of oxygen in the alveoli • This creates a greater concentration gradient <p>Effect of altitude on performer.</p> <p>8. The partial pressure of oxygen (in the atmospheric air) is reduced at high altitude</p> <p>9. The efficiency of the respiratory process is reduced</p> <ul style="list-style-type: none"> • The partial pressure of oxygen at altitude in the alveoli is reduced • This reduces the concentration/diffusion gradient of oxygen at the alveoli • Less oxygen diffuses into the capillaries • Less oxygen combines/associates with haemoglobin • Less oxygen is transported to the muscle cells <p>10. The efficiency of internal respiration is reduced</p> <ul style="list-style-type: none"> • There is a lower concentration/diffusion gradient of oxygen at the muscle tissue / decrease in oxygen dissociation • Less oxygen diffuses into the muscle cell • Less oxygen is available for aerobic respiration <p>11. Extreme altitude can lead to hypoxia Athletes experience dizziness, nausea, vomiting due to reduction in availability of oxygen</p> <p>Other effects of altitude.</p> <p>12. Air tends to be colder and drier at higher altitude</p> <ul style="list-style-type: none"> • Increased water loss • Leading to dehydration and reduction in performance <p>13. Altitude-induced hyperventilation causes an increase in water loss via breathing</p> <p>14. Increase in muscle chemoreceptor stimulation</p> <ul style="list-style-type: none"> • Lower levels of oxygen detected • Information sent to the RCC in the medulla oblongata • Rate and depth of breathing increased • Can lead to hyperventilation <p>15. increase the urine production by up to 500ml/day further increase in dehydration</p> <ul style="list-style-type: none"> • Increased requirement for fluid / water intake or hydration# <p style="text-align: right;">[Total: 30 marks]</p>		

Section B

Question		Answer	Mark	Guidance
2	(a)	<p>Four marks for:</p> <p>Two marks sub max for gross motor abilities:</p> <ol style="list-style-type: none"> 1. strength (static/dynamic/explosive/trunk) 2. power 3. stamina 4. flexibility (extent/dynamic) 5. co-ordination 6. equilibrium 7. speed (of limb movement). <p>Two marks sub max for psychomotor abilities:</p> <ol style="list-style-type: none"> 8. reaction/response time 9. decision making or putting decisions into action 10. co-ordination (multi limb) 11. control or precision or arm-hand steadiness 12. balance or response orientation 13. rate control 14. manual dexterity 15. finger dexterity 16. wrist or finger speed 17. aiming 18. perception. 	4	<ul style="list-style-type: none"> • The identification of abilities must relate to the chosen skill.
2	(b)	<p>Four marks for:</p> <ol style="list-style-type: none"> 1. (you are perceived to be) fatigued / bored / unstimulated 2. Become unfit / unhealthy. 3. Leads to lack of self-confidence / self-esteem – therefore lack of motivation to be healthy) 4. Give up exercise / healthy eating / aspects of healthy lifestyle (easily). 5. Never start any activity or healthy lifestyle or doesn't see the point of an active/healthy lifestyle or doesn't believe in it. 	4	<ul style="list-style-type: none"> • Must include an explanation rather than a list of outcomes to score full marks.

Question		Answer	Mark	Guidance
		<p>6. May let others influence towards an inactive / unhealthy lifestyle.</p> <p>7. Follow healthy lifestyle up to a point but don't progress / plateaus / remains at the same level of fitness.</p>		
2	(c)	<p>Six marks for: (sense organs)</p> <p>1. Sight/hearing/touch/kinaesthetic (senses) receive information/stimuli required for skill performance Eg a netballer uses her eyes to receive information about the distance the goal is away from her.</p> <p>2. how healthy/good the sense organs are can dictate the (amount of) information received. Eg a basketball player may be hard of hearing and fail to pass to a teammate who shouted for the ball.</p> <p>(perceptual mechanisms)</p> <p>3. How we interpret the information Eg football player recognises a clear route to goal.</p> <p>4. Selective attention or detecting appropriate stimuli or focus on selected information or concentration or filtering (hence more arrows in than out in diagram)</p> <p>5. use of memory or using previous experiences Eg A tennis player recognises an opponent's topspin from a previous game (so can adjust).</p> <p>(translatory mechanisms)</p> <p>6. organising information or decision making or formulates a motor plan / programme or decides on the correct response Eg a rugby player deciding when to make the tackle when chasing down an opponent.</p> <p>(effector mechanism)</p> <p>7. Relays/sends decisions to muscular system or puts into effect the decisions made.</p> <p>8. Eg the hockey goalkeeper decides to dive to the right and this is relayed to the muscles (to move)</p>	6	<ul style="list-style-type: none"> • Practical examples if detailed enough can be equivalent to the description. • The marks available may be gained from any of the sections.

Question			Answer	Mark	Guidance
			<p>(muscular system)</p> <p>9. Muscles move or response of muscles or output of muscles.</p>		
2	(d)	(i)	<p>2 marks for (description of open loop control):</p> <ol style="list-style-type: none"> 1. When (processing of information) feedback is not used or no time for feedback (to be used) e.g. a volley in tennis 2. (Sub routines of) skills are performed with little conscious control / subconsciously e.g. a drive in golf 3. can attend to peripheral stimuli / e.g. rugby player can pay more attention to movement of other players 4. Effective when environment is predictable / stable e.g. swimming dive 5. Used for skills that are well-learned /autonomous or for fast/reflex/ballistic type actions or motor programmes e.g. a tackle in rugby 6. Skills cannot be adjusted (in the main) during the movement e.g. a somersault in trampolining. 	4	2 marks maximum with no examples
		(ii)	<p>Two marks for:</p> <ol style="list-style-type: none"> 1. Programmes/movements formed / stored in (long term) memory or becomes a memory trace e.g. remember how to serve in tennis 2. It is a (generalised) series of movements / motor programmes formed through repetition/practise / often called level one control / overlearning leads to little conscious thought is required / becomes habitual. e.g. hockey player repeats her pass technique 3. association e.g. netball pass associated with basketball pass 4. meaningfulness or need e.g. to achieve success in netball a successful pass is necessary 5. novelty or interest e.g. football passing in a conditioned game /equiv 	2	

Question			Answer	Mark	Guidance
			6. emotional intensity / positive reinforcement / praise e.g. netball pass that is successful gives reward / pleasure / get praise		

Question			Answer/Indicative Content	Marks	Levels of response
2	(e)		<ul style="list-style-type: none"> Shows clear knowledge and understanding of all three laws Some effective application of all three laws Refers to the S-R bond throughout Explains the effectiveness of all three laws. Uses a range of relevant practical examples. 	10	<p>Level 3 (8 – 10 marks) A comprehensive answer:</p> <ul style="list-style-type: none"> Must include detailed explanation of all 3 laws. Good use of examples for each law. Knowledge of positives of each law. References to negatives maybe included. Clear reference to operant conditioning. Must have reference to SR bond.
			<ul style="list-style-type: none"> Shows some knowledge and understanding of at least two laws Some application of these laws but may be inconsistent or inaccurate in places Refers to the S-R bond at the top of this level Some explanation of the effectiveness of these laws (but may be superficial/lack detail). Uses some relevant practical examples. 		<p>Level 2 (5 - 7 marks) A competent answer:</p> <ul style="list-style-type: none"> Must include some explanation of all 3 laws or detailed explanation of 2 laws Good use of examples for at least 2 of the laws. Reference to positives of at least 2 laws.
			<ul style="list-style-type: none"> Some attempt to apply at least one law but inconsistently with some inaccuracies Little or no explanation of the effectiveness of these laws. Uses few relevant practical examples. Shows some knowledge of at least one law a few practical examples are provided may make some reference to effectiveness of law(s) 		<p>Level 1 (1 - 4 marks) A limited answer:</p> <ul style="list-style-type: none"> Must include some explanation of at least 1 law. Examples linked to at least 1 law.

Question	Answer/Indicative Content	Marks	Content
(e)	<p>1. Law of Effect</p> <p>2. Law of Exercise</p> <p>3. Law of Readiness</p> <p>Explanation might include the following points.</p> <p>Each law can be shown as having a positive or negative influence on movement skill learning.</p> <p>(Law of Effect)</p> <p>➤ Law of Effect</p> <p>4. Positive reinforcement will strengthen the SR bond</p> <ul style="list-style-type: none"> - Reinforcement - Praise - Satisfaction - Pleasure - Enjoyment - Success - Positive feedback <ul style="list-style-type: none"> ❖ Eg coach says well done to a tennis player learning a new skill. ❖ The effect of this praise is that the player would like to receive more praise and therefore repeats the correct action. <p>5. Negative reinforcement will weaken the SR bond</p> <ul style="list-style-type: none"> - Annoyance - lack of enjoyment - failure - you will avoid learning or learning will be hindered. <ul style="list-style-type: none"> ❖ Eg The tennis player may get annoyed that her serve goes out. ❖ The effects of this annoyance is for the player to change her strategy and avoid further annoyance. <p>6. Punishment will break the SR bond</p>	10	

Question	Answer/Indicative Content	Marks	Content
	<p>7. Operant conditioning</p> <ul style="list-style-type: none"> • Manipulating the environment • Trial and error learning • Shaping the environment <p>(Law of Exercise)</p> <p>➤ Law of Exercise</p> <p>7. Repeating or rehearsing or practising the movement will strengthen (the S-R bond) or will help learning</p> <ul style="list-style-type: none"> ❖ Eg the tennis player repeats the serve that will aid learning. - Tiredness or information overload or incorrect or lack of practise - may hinder or weaken (the S-R bond) or will hinder learning ❖ The tennis player may repeatedly practice the wrong technique and will therefore learn the wrong technique <p>(Law of Readiness)</p> <p>➤ Law of Readiness</p> <p>8. Must have physical or mental capability or maturity or must be appropriate to strengthen (the S-R bond) or to help learning</p> <ul style="list-style-type: none"> ❖ Eg the tennis player is strong enough to perform a powerful serve - If too young or immature or perceptually inadequate - this can weaken (the SR bond) or hinder learning ❖ The tennis player is too young to sustain powerful serving and he becomes less effective 		

Section C

Question		Answer	Mark	Guidance																														
3	(a)	(i)	2	<table border="1"> <thead> <tr> <th>Accept</th> <th>Do not accept</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </tbody> </table>		Accept	Do not accept																											
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3	(e)*	Levels Descriptors	Levels Discriminators
		<p>Level 3 (8–10 marks) A comprehensive answer:</p> <ul style="list-style-type: none"> • detailed knowledge & understanding • effective analysis/critical evaluation and/or discussion/explanation/development • clear and consistent practical application of knowledge • accurate use of technical and specialist vocabulary • high standard of written communication. 	<p>At Level 3 responses are likely to include:</p> <ul style="list-style-type: none"> • Detailed knowledge of the factors affecting participation in physical activity by ethnic minority groups • A good range of points covered, with examples to support points • At the top of this level there may be discussion of how factors could have positive or negative influence on participation • Reference made to different levels of participation
		<p>Level 2 (5–7 marks) A competent answer:</p> <ul style="list-style-type: none"> • satisfactory knowledge & understanding • analysis/critical evaluation and/or discussion/explanation/development attempted with some success • some success in practical application of knowledge • technical and specialist vocabulary used with some accuracy • written communication generally fluent with few errors. 	<p>At Level 2 responses are likely to include:</p> <ul style="list-style-type: none"> • Satisfactory knowledge of the factors affecting participation in physical activity by ethnic minority groups • A range of points covered, with some examples to support points • Some discussion of how factors could influence participation • The majority of points made with reference made to participation level.
		<p>Level 1 (0–4 marks) A limited answer:</p> <ul style="list-style-type: none"> • basic knowledge & understanding • little or no attempt to analyse/critically evaluate and/or discuss/explain/develop • little or no attempt at practical application of knowledge • technical and specialist vocabulary used with limited success • written communication lacks fluency and there will be errors, some of which may be intrusive. 	<p>At Level 1 responses are likely to include:</p> <ul style="list-style-type: none"> • Some knowledge of the factors affecting participation in physical activity by ethnic minority groups • A limited range of points with few, if any, examples to support points • Points made often not related to participation
		[0 marks] No response or no response worthy of credit.	

Question		Answer	Marks	Guidance
3	(e)	<p>1. Stereotypes can affect participation</p> <ul style="list-style-type: none"> • Don't think sport is for them at all so don't try • Only try certain sports due to ethnicity • Black people being positively influenced to try sprinting or basketball • Chinese people being encouraged to play table tennis or badminton <p>2. Racism could stop people from ethnic backgrounds attending a sports club</p> <ul style="list-style-type: none"> • Fear of racism <p>3. Discrimination may affect participation</p> <ul style="list-style-type: none"> • Could be put into a certain position due to ethnicity • E.g. black person put on the wing in rugby or football because they will be fast • Teacher encouraging a child of Indian background to try cricket <p>4. Campaigns such as Kick it Out can help to encourage people from different ethnicities feel more confident that there won't be racism</p> <ul style="list-style-type: none"> • Raises awareness • Educates people <p>5. Confidence can affect participation</p> <p>6. Clothing restrictions based on religion may affect participation</p> <ul style="list-style-type: none"> • May not be able to take part due to restrictions • For example swimming 	10	

Question	Answer	Marks	Guidance
	<p>7. Clothing restrictions/ rules may mean they are only be able to attend certain sessions so restricted on time</p> <ul style="list-style-type: none"> • For example swimming sessions with female life guards and blinds shut <p>8. Clothing restrictions might affect level of participation</p> <ul style="list-style-type: none"> • For example wearing a turban may not be allowed at performance and elite level in some sports • Example of sport where clothing is not appropriate e.g. basketball, netball, martial arts <p>9. Time – May have a lack of time available to do sport due to requirements of religion</p> <ul style="list-style-type: none"> • For example praying five times a day • Religious festivals <p>10. Family commitments may limit time</p> <ul style="list-style-type: none"> • Often requirement to look after older or younger family members so don't have time to play sport <p>11. Religious festivals</p> <ul style="list-style-type: none"> • E.g. Ramadan may mean it is difficult for Muslims to take part in sport • May be dangerous / lead to dehydration • May not have enough energy due to lack of food • Could affect level of participation • Often exceptions made 		

Question	Answer	Marks	Guidance
	<p>12. Traditional role of women in some ethnic minority groups may mean it is not acceptable for women to play sport</p> <ul style="list-style-type: none"> • More focus on bringing a up a family/ staying at home <p>13. Income or money can influence participation</p> <ul style="list-style-type: none"> • In some areas people from ethnic minority backgrounds are on low pay and therefore do not have much disposable income to spend on sport <p>14. Role models can influence participation</p> <ul style="list-style-type: none"> • Some sports have a strong representation of certain ethnicities and this can positively influence participation • For example high percentage of black people in athletics • However some sports have low representation and so might deter someone from trying that sport • For example, not many black swimmers so a black person might not try swimming. • Lack of female role models from certain ethnic backgrounds can reinforce the belief that sport is not suitable for women <p>15. Media influence can affect participation</p> <ul style="list-style-type: none"> • Some sports have an over representation of certain ethnic minority groups which indicates equality, which might not actually be the case • For example football could show equality for black people but not for Chinese people perhaps • Sensationalises racism 		

Question	Answer	Marks	Guidance
	<p>16. Lack of ethnic sports</p> <ul style="list-style-type: none"> • Such as Kabbaddi <p>17. Family support – could affect whether someone takes part in sport or not</p> <ul style="list-style-type: none"> • Particularly an issue for females • If family support, then they may be able to progress up the SD pyramid • If family don't support participation might not be possible at all or might limit to lower levels. <p>18. Access can affect participation</p> <ul style="list-style-type: none"> • High percentage of ethnic communities live in inner city areas and use public facilities • Could affect level of participation as if poor quality facilities might stop them making progress • However lots of inner city areas have been regenerated and so improved facilities. <p>19. Lack of ethnic coaches/ leaders may discourage people from ethnic minority backgrounds from taking part</p> <p>20. Under representation of ethnic backgrounds in coaching and management roles</p> <p>21. Language barriers may stop people from different ethnicities from being able to access a group/ club</p>		

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