

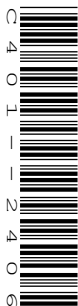


## Level 3 Cambridge Technical in Sport and Physical Activity

**Time allowed: 1 hour**

**C401/2406**

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

Last name

Date of birth

D	D	M	M	Y	Y	Y	Y
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- Use black ink.
- Answer **all** the questions.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

- The total mark for this paper is **60**.
- The marks for each question are shown in brackets [ ].
- Quality of written communication will be assessed in questions marked with an asterisk (\*).
- This document has **12** pages.

- Read each question carefully before you start your answer.

1

(a) Indicate whether each of the following statements is true or false.

Put a tick (✓) in the box next to the **one** correct answer.

(i) The Youth Sport Trust runs programmes to support young people who are involved in sport in the UK. One of their programmes aims to develop character and leadership in young people.

True

☐

False

☐

[1]

(ii) The role of Active Partnerships across the UK is to reduce activity levels among the nation.

True

☐

False

☐

[1]

(iii) UK Sport distributes National Lottery funding to National Governing Bodies (NGBs) to help support the development of grassroots initiatives.

True

☐

False

☐

[1]

(b) The Department for Culture, Media and Sport (DCMS) is responsible for encouraging participation in sport from an early age.

Identify **four** other roles of the DCMS in developing sport in the UK.

1 .....

2 .....

3 .....

4 .....

[4]

(c)

(i) Name **two** international governing bodies for sport.

1 .....

2 ..... [2]

(ii) Explain **two** ways that an international governing body impacts on sport in the UK.

1 .....

.....

.....

2 .....

.....

..... [2]

(d)

(i) Name a National Governing Body of sport in the UK.

..... [1]

(ii) Describe **four** ways that the National Governing Body named in **1(d)(i)** works with local clubs to develop their sport.

1 .....

.....

.....

2 .....

.....

.....

3 .....

.....

.....

4 .....

.....

..... [4]

2

- (a) A PE teacher is an example of one role in sports development that promotes sport for children and adolescents.

Identify **two** other sports development roles. For each role, outline a different way that this role supports sports development for young children and adolescents.

Role 1: .....

How role 1 supports sports development for young children and adolescents

.....

.....

Role 2: .....

How role 2 supports sports development for young children and adolescents

.....

.....

[4]

- (b) Sports development can support many social policies, such as an anti-discrimination policy.

Name a sporting initiative. Describe **three** ways, other than anti-discrimination, in which this initiative supports social policy.

Sporting initiative: .....

1 .....

.....

2 .....

.....

3 .....

.....

[4]

- (c) One purpose of sports development is to support group development. Tuckman identified four stages of group development. The first stage is called forming.

Identify and describe **two** of the other stages of group development.

Stage .....

Description .....

.....  
.....

Stage .....

Description .....

.....  
.....

[4]

- (d) There are many benefits to participating in exercise for adults aged 18-64.

Identify **two** positive short-term effects of exercise on the muscular system.

1 .....

2 .....

[2]

- (e) The sports development continuum has four different levels.

Identify **two** levels of the sports development continuum. Describe the characteristics of a sports performer at each of the levels you have identified.

Continuum Level

.....

Characteristics of performer

.....  
.....

Continuum Level

.....

Characteristics of performer

.....  
.....

[4]

- (f) Physical activity can benefit participants in many ways, such as reducing obesity or increasing flexibility.

Other than physical benefits, identify **three** benefits of participating in sport or physical activity.

- 1 .....
- .....
- 2 .....
- .....
- 3 .....
- .....
- [3]**

**3**

- (a) Sport England introduce campaigns to increase participation in sport.

Other than increased participation, identify **two** measures of success of a Sport England campaign.

- 1 .....
- .....
- 2 .....
- .....
- [2]**

- (b) Identify **three** aspects that are measured for a club to achieve accreditation from a scheme such as Clubmark.

- 1 .....
- 2 .....
- 3 .....
- [3]**

- (c) Surveys, such as Active People, measure the level of participation in sport.

Identify **two** other types of data that a survey can produce.

- 1 .....
- 2 .....
- [2]**

4

- (a) Sports development initiatives have a variety of purposes and aims, including raising awareness of technological advances in equipment and clothing.

Describe **four** other purposes of sports development initiatives.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[4]

- (b) Sports development has many benefits to society, such as improving public health.

Identify **four** other values that participation in sports can help to develop within society.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[4]

**(c)\*** Explain the benefits and drawbacks of hosting an international sporting event.

**[8]**

[illegible]



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