Non-Negotiables: *Topic Area 1 - Issues which affect participation in sport*

1	**Identify 3 user groups link to participation in sport.** **Answer:** Gender, People from different ethnic groups, Retired people/people over 60, Families with children, Carers, People with family commitments, Young children, Teenagers, People with disabilities, Parents (singles or couples), People who work, Unemployed/economically disadvantaged people
2	**What is a *barrier to participation*?** **Answer:** A barrier is any factor that prevents or limits someone from taking part in sport or physical activity.
3	**How does *disability* affect participation in sport?** **Answer:** Lack of access to facilities, Limited opportunities, Negative attitudes or discrimination
4	**Give three *personal barriers* to participation.** **Answer:** Lack of confidence, Lack of motivation, Lack of time
5	**Give one strategy to overcome barriers to participation.** **Answer:** Providing inclusive programmes (e.g., disability sport sessions or women-only classes) can make sport more accessible and increase participation.
6	**How can *gender* affect participation?** **Answer:** Gender stereotypes may discourage participation, e.g.: • Females may feel sport is male-dominated • Males may avoid sports seen as "feminine"
7	**How does *cost* act as a barrier?** **Answer:** High costs of equipment, memberships, travel, and coaching can prevent people from taking part.
8	**How can *location* affect participation?** **Answer:** People in rural or deprived areas may have: Fewer facilities, Poor transport links, Limited clubs or opportunities
9	**What is meant by *accessibility* in sport?** **Answer:** Accessibility refers to how easy it is for people to use facilities and take part, including access for disabled participants.
10	**How can *ethnicity and culture* affect participation?** **Answer:** Some cultures discourage mixed-gender sport, Religious dress requirements may limit activity choices, Lack of role models from certain ethnic groups can reduce participation

Non-Negotiables: *Topic Area 2 - The role of sport in promoting values*

1	**What is *sportsmanship*?** **Answer:** Sportsmanship is behaving fairly, respectfully, and graciously in sport
2	**What does *fair play* mean?** **Answer:** Fair play means following the rules, playing honestly, and respecting opponents and officials.
3	**What is *inclusion* in sport?** **Answer:** Inclusion means making sport accessible to everyone, regardless of ability, gender, ethnicity, or background.
4	**How does sport promote *teamwork*?** **Answer:** Sport requires players to work together, communicate, and support each other to achieve a common goal.
5	**Give an example of a campaign that promotes values in sport.** **Answer:** The "Respect" campaign (FA) promotes fair behaviour towards referees, players, and spectators.
6	**What is *etiquette* in sport?** **Answer:** Etiquette is the accepted way of behaving in sport, such as shaking hands, being polite, and showing good manners.
7	**What are the *Olympic values*?** **Answer: Excellence** – doing your best, **Friendship** – building relationships through sport, **Respect** – respecting rules, opponents, and the environment
8	**How can role models in sport promote positive values?** **Answer:** Athletes can influence others by - Demonstrating fair play and respect, Inspiring participation, Setting examples of good behaviour on and off the field
9	**What is *tolerance* in sport?** **Answer:** Tolerance in sport means accepting and respecting differences in others, such as ability, culture, or background, and treating everyone fairly.
10	**What are the *Paralympic values*?** **Answer: Determination** – overcoming challenges and pushing limits, **Equality** – promoting fairness and inclusion for all, **Inspiration** – motivating others through achievement, **Courage** – showing bravery in facing difficulties

Non-Negotiables: *Topic Area 3 - The implications of hosting a major sporting event*

1	**1. What is a *major sporting event*?** **Answer:** A major sporting event is a large-scale competition involving international or national participants, such as the Olympic Games or FIFA World Cup.
2	**What are the *economic benefits* of hosting a major event?** **Answer:** Increased tourism, Job creation, More spending in local businesses
3	**What are the *economic negatives* of hosting a major event?** **Answer:** High costs of hosting and infrastructure, Risk of debt, Facilities may become unused after the event
4	**What are the *social benefits* of hosting a major event?** **Answer:** Increased national pride, Community engagement, Greater participation in sport
5	**What are the *environmental benefits* of hosting a major event?** **Answer:** Improved infrastructure (transport, parks), Opportunity for sustainable development
6	**What are the *environmental negatives* of hosting a major event?** **Answer:** Pollution and waste, Damage to natural environments, Increased carbon emissions from travel
7	**How can hosting an event impact *sporting participation*?** **Answer:** It can inspire people to take part in sport by raising awareness and providing better facilities.
8	**What is meant by *legacy* in sport?** **Answer:** Legacy refers to the long-term impacts (positive or negative) left behind after the event, such as improved facilities or ongoing debt.
9	**Give one example of a major sporting event and its impact.** **Answer: London 2012 Olympics:** Positive: Improved transport and facilities, boosted national pride. Negative: High cost of hosting
10	**What is *infrastructure* and how can it be affected by hosting a major sporting event?** **Answer:** Infrastructure refers to basic systems such as transport, roads, and facilities. Hosting a major event can: • Improve infrastructure (e.g., new stadiums, better transport links), But also can be expensive to build and maintain, especially if facilities are underused after the event

Non-Negotiables: *Topic Area 4 - The implications of hosting a major sporting event*

1	**What is a *National Governing Body (NGB)*?** **Answer:** An NGB is an organisation responsible for overseeing, regulating, and developing a specific sport within a country.
2	**Give two examples of National Governing Bodies.** **Answer:** The FA (Football Association) – football, England Netball – netball
3	**What is the role of an NGB in *setting rules and regulations*?** **Answer:** NGBs create and enforce the rules of the sport to ensure it is played fairly and safely.
4	**How do NGBs *develop participation*?** **Answer:** They run grassroots programmes, coaching schemes, and initiatives to encourage more people to take part in sport.
5	**How do NGBs support *elite performers*?** **Answer:** They identify talent and provide pathways, funding, and training programmes for athletes to compete at higher levels.
6	**What role do NGBs play in *organising competitions*?** **Answer:** They arrange leagues, tournaments, and national competitions to structure participation and progression.
7	**What is the role of NGBs in *funding* sport?** **Answer:** NGBs manage and distribute funding (e.g. from Sport England or UK Sport) to support facilities, coaching, and athlete development.
8	**What is *governance* in relation to NGBs?** **Answer:** Governance means how an NGB is run, including decision-making, policies, and ensuring the sport is managed effectively and ethically.
9	**How do NGBs link with *international organisations*?** **Answer:** They follow international rules, enter teams into global competitions, and work with international federations to develop the sport worldwide.
10	**How do NGBs promote *inclusivity*?** **Answer:** They develop initiatives and adapt rules or facilities to make sport accessible for all groups, including disabled participants and underrepresented communities.

Non-Negotiables: *Topic Area 5 – Technology in Sport*

1	**What is *technology in sport*?** **Answer:** Technology in sport refers to the use of equipment, systems, and digital tools to improve performance, decision-making, safety, and spectators' experience.
2	**What are the *benefits of technology* in sport?** **Answer:** Increased fairness and accuracy, Improved performance analysis, Enhanced safety for athletes
3	**What are the *negatives of technology* in sport?** **Answer:** Expensive to install and maintain, Can slow down the games, May reduce human element of officiating
4	**Give two examples of technology used in sport.** **Answer:** VAR (Video Assistant Referee) in football, Hawk-Eye in tennis/cricket
5	**How does technology improve *performance*?** **Answer:** Provides data and feedback (e.g. GPS tracking), Helps analyse technique (e.g. video analysis), Identifies strengths and weaknesses
6	**How does technology improve *decision-making*?** **Answer:** It allows officials to review incidents and make more accurate, fair decisions using video replay and tracking systems.
7	**How does technology improve *spectator experience*?** **Answer:** Instant replays, Detailed statistics, Better viewing angles and analysis
8	**How does technology improve *safety* in sport?** **Answer:** Protective equipment (e.g. helmets with sensors), Injury monitoring systems, Safer playing surfaces
9	**How is *wearable technology* used in sport?** **Answer:** Wearable technology (e.g. GPS trackers, heart rate monitors) is used to: Track player movement and fitness, Monitor performance levels, Help prevent injuries through data analysis
10	**How can technology be used to *analyse performance* in sport?** **Answer:** Technology such as video analysis and performance software allows coaches and athletes to break down movements, review tactics, and make improvements based on detailed feedback