

ISAAC NEWTON
ACADEMY

Isaac Newton Academy Revision Booklet- Exam 2

Component 02: Socio-cultural issues and sports psychology

2.1 Socio-cultural influences

2.2 Sports psychology

2.3 Health, fitness and well-being.

Participation in Physical Activity and Sport

Different factors affecting participation in sport

Ethnicity/Culture

Positive- Funding of the 'sporting equals' project to help the minorities get involved.

Negative- Fewer coaching opportunities in football for minority groups.

Role models

Positive- Successful Paralympics athletes in London 2012

Negative- Limited role models in less known sports e.g. BOCCIA and rock climbing.

Age

Positive- Sport England strategy "Create a sporting habit for life"

Negative- Old or young people that have lack of confidence.
E.g. an elderly person with health issues and a lack of mobility will not be able to participate in certain sports.

IMPROVE PARTICIPATION

Promotion- convincing people that they should take part in sport.

Provision- providing facilities, equipment, coaching etc.

Access- Giving people opportunity to participate by making it easier for them to engage in sport.

Family

Positive- A brother that gives a lift to his little sister for her swimming lessons.

Negative- A young sprinter whose family don't bother to watch race.

Disability

Positive- The inclusive sports program created to increase no. of disabled people in sport.

Negative- Clubs and participants are unable to afford specialist equipment's required to enable disabled people to play.

Gender

Positive- Investment of funding to encourage female participation including 'Active women's projects' and 'This Girl Can'

Negative- Stereotypical/ traditionally linked gender sport bias.

Environment/Climate

Positive- Access to green space and natural environment that enables participation in outdoor activities.

Negative- Living in a rural area that has limited access to sport facilities e.g. Ice skating.

Work/Time

Positive- Companies which build leisure facilities in work place.

Negative- Parents with a baby may find it difficult to take part in their sporting interest.

Opportunity/Access

Positive- Sport England 'sportivate' program aimed at 14-25 year olds.

Negative- Local gym facilities that are inaccessible lack of specialist equipment's and untrained staff in disability awareness.

Resources

Positive- Some local authorities lay on transport service for those who wish to visit a sports facility.

Negative- Some people may not have the proper facilities or sports club near their house.

Cost

Positive- Concessions for children and elderly in swimming pools

Negative- People unable to afford expensive gym membership.

Media coverage

Positive- Exposure of less known sport such as mountain biking.

Negative- Coverage of entries

Education

Positive- Sport England funding for schools to improve facilities and practical support.

Negative- School with run down facilities and a limited extra-curricular program.

PHYSICAL ACTIVITY AND SPORT IN THE UK

SPORT ENGLAND

It is an organisation that helps develop sporting habits for life.

It funds other organisation and projects to get people involved in sports and to help people who want to preform sport at the highest level

Most popular sport amongst adults in the UK in 2015

1. Walking
2. Swimming
3. Cycling
4. Billiards
5. Yoga

Participation factors

Age – Participation rates usually decrease with age. 77% of people aged 16-19 take part in sports compared to 30% of people aged 70 or older.

Disability – between April 2014 and March 2015 only 17.5% of people aged over 16 with a disability played sports once a week. Compared to 39.5% of people with a disability

Ethnicities – 89% of those who take part in sports are from white backgrounds. 11% from non-white background, however this is on the rise as 768200 more black people are doing sport in 2015, in comparison to 2006.

Social grouping	Positive effect	Negative effect
Peers	If they enjoy and play sport, you will join in.	If they do not share your interest, they can encourage you to give up sport.
Family	An interest in specific sports will encourage participation. Inherited ability may help you to be successful. They provide good role models.	They may influence you to move away from a sport you like and towards their favourite sport. If they do not like sport, it may be hard for you to get support.
Gender	Boys often find it easier to access sport. Women are now active in developing women-only gyms and teams. This encourages participation.	Some people may expect you to conform to stereotypical behaviour. Opportunities for women are increasing, but support is still limited in some areas. Some religions do not encourage women to participate.
Race	Some ethnic groups have a particular interest in certain sports. This cultural influence encourages participation.	Racist attitudes still make participation uncomfortable for some sportspeople, so they may quit.
Socio-economic	All sports are available if you can afford them.	Sports needing lots of equipment, travel or expensive facilities are not available to those with little money.

TYPES MEDIA

Television: BBC,ITV ,channel 4 ,channel 5 ,satellite ,Cable ,Digital.

Press: broadsheets, tabloids, local, weekly, magazines, periodicals.

Radio: national, local, commercial.

Internet: including social media.

Cinema: documentaries, movies (USA/UK)

SPONSORSHIP IN SPORT

- It provides money for athletes to train and complete full time
- It often pays for competitions
- It promotes the development of new athletes- sponsors offer scholarships and some universities and colleges offer places to students who excel at a sport for either lower grades or less in tuition fees so that the institution develops a good sporting reputation.

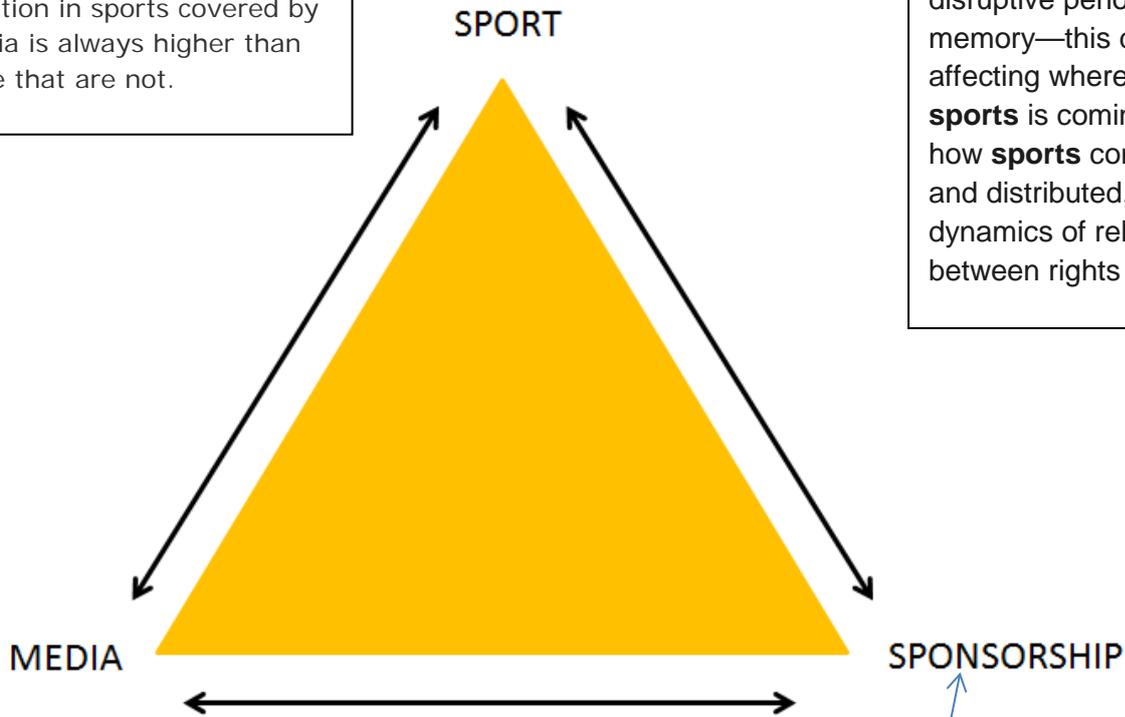
Media in Sport

The media has brought money into sport but this has gone to only a small number of participants in a small number of sports and may well have led to a decrease in participation in minority sports.

The extent of media involvement has also influenced the amount of sponsorship and advertising revenue available.

Media coverage of sport is widespread. By listening to commentators, pundits and watching replays we improve our knowledge and understanding. Participation in sports covered by the media is always higher than for those that are not.

Politically, socially and technologically, the world is in the midst of one of the most disruptive periods in living memory—this disruption is affecting where investment in **sports** is coming from, how **sports** content is created and distributed, and changing the dynamics of relationships between rights holders, sponsors



	Advantages of sponsorship	Disadvantages of sponsorship
For the sponsor	Increased publicity, status increased by being linked to success and glamour. Increased sales of their products	Negative events (drug use, cheating, crowd trouble) may affect your reputation
For the performer	Free clothing and equipment or payment for wearing sponsor's clothing and using their equipment. Can concentrate on training without financial worries.	May be tied in to a contract including appearances at sponsors' events.
For the sport/event	Financial support in addition to admission fees etc.	Dates, times, clothing may be changed to suit the sponsor.

Sporting examples-

Stadium and Grounds- Emirates stadium (Arsenal home stadium) named after the international airline and sponsor.

Clothing- Tottenham Hotspurs are sponsored by Nike, Lionel Messi sponsored by Adidas footwear.

Competitions- Companies may sponsor an actual competition or league- E.G Barclays Premier league, Official timekeeper of Wimbledon is Rolex.

Drugs in sport

Drug	Effect on performance	Effect on health	Sports/performers
Anabolic Steroids	<ul style="list-style-type: none"> - Increase muscle mass - Develop muscle growth - Increase strength -Users can train harder 	<ul style="list-style-type: none"> - Cause aggression - Cause heart attacks and stroke - High blood pressure - Cause infertility for women - Deeper voice and facial hair for women 	Weightlifters or Sprinters
Beta –blockers	<ul style="list-style-type: none"> - Keeps heart rate low - Lowers our blood pressure - Reduces stress 	<ul style="list-style-type: none"> - Nausea and diarrhoea - Tiredness - Depression -Insomnia and nightmares - Reduce heart rate to a dangerous level 	Snooker Or Archery
Stimulants	<ul style="list-style-type: none"> - Increase alertness for the user - Results in faster reaction - Quicker recovery time 	<ul style="list-style-type: none"> - Cause insomnia - Irregular heart beat - Increased heart rate -Cause high blood pressure - Highly addictive 	Tennis / Football / Basketball players

Sporting examples:

Anaebolic steroids – Rugby players would be bigger which helps them throughout a game as they would be able to run pass their defender or tackle an opponent.

Beta blockers – Archers who uses this would be calm as this drug keeps the heart rate low which prevents the player from shaking and ending up missing their intended target.

Stimulants - Boxing is a sporting example as boxers would need to be fast so that it will be harder for the opponent to hit them.

The acts of these few athletes affect their sport and other athletes:

- It will be unfair to those who performs fairly
- Unfair to those who put effort and hard work in order to reach the elite level they wanted/dreamed of.
- The use of drugs by other athletes brings all athletes under speculation when they do well in their sport.
- The uses of drugs also ruins the image of sports and also ruin the excitement that comes in watching the sport as we would always doubt if they are using drugs if they perform well.

Ethics in sport

To understand Ethics in Sport you should know the following:

- Value of **Sportsmanship**
- The reason for **Gamesmanship** and **Deviance** in sport
- Also be able to give practical examples of these concepts

Sportsmanship: This involves behaviour that shows fair play, respect for opponents and gracious behaviour, whether winning or losing.

Some examples of good sportsmanship are, to shake your opponents hand before and after a Game or an Event. When you accidentally hurt or injure a player you should show good sportsmanship by seeing that person's well-being is your priority and not winning the Game.

Etiquette: This is about the customs we observe

surrounding the rules and regulations of a Physical activity, also what is acceptable in society.

Gamesmanship: This is the use of unethical, although often not illegal, methods to win or gain a serious advantage in a Game or Sport.

Many Sports competitors are seen to 'bend the Rules' or put aside sportsmanship and Uses gamesmanship to gain an unfair advantage. Those who cheat in a sport but it are difficult to control by the Rules. Some Examples are:

- A Football player diving in the penalty area to seek a penalty.
- An Athlete who pushes another in a middle-distance race.
- A Player in Handball wasting time as they have to upper hand

A player in Football getting angry at a person in the crowd and decides to hit him/her.

Deviance: Behaviour that is either immoral or seriously breaks the rules and norms of the sport.

Violence in sport



The word violence is used frequently and in sport it is often with the intent to harm others outside the rules of the game or activity

It is hard to find the difference between violence and aggressive behaviour; it could have been unintentional or accidental.

Reasons for violence

Player's violence unfortunately occurs in a number of sports and can lead to injury

Frustration – this is a type of instinct –if we feel frustrated we may well lash out and be aggressive to get rid of the frustration. Such as playing poorly or what we feel poor decisions on the part of the referee, can cause frustration.

We simply get angry- when we get angry our heart rate increases as well as our blood pressure and the hormone adrenaline is released more readily into our blood stream we therefor get agitated and we want to show that we are angry and are therefore aggressive.

An instinct response- this is known as the instinct theory. In sport we may have the instinctive urge to strike out and protect ourselves to defend their territory. For example in rugby a player in an offside position may well cause an opponent to be aggressive.

We copy others- to fit into a group and be accepted and to behave in a way that our role models do, we may become aggressive. If someone you look up to behaves aggressively you are more likely to imitate or copy their behaviour because you think that must be the right thing to do.

Characteristics of Skilful Movements

A skilful movement is one which is predetermined objective is accomplished with maximum efficiency with a minimal outlay of energy.

Motor skills – An action or task that has a target or goal and that requires voluntary body and/or limb movement to achieve this goal.

Technique

Technique is the way in which a skill is performed. When developing a skill, a performer will attempt to improve aspects of their technique. A skill can be performed by using more than one technique. A more complex technique shows the judge or the opponent that you are skilful and have much knowledge of that sport.

Efficient

Not making unnecessary movements when performing a skill and it is done with minimal effort. E.g. no wasted energy when hitting a ball in cricket.

Predetermined

A performer should know what they are trying to achieve before they perform an action. E.g. the trampolinist knows her routine well before she starts.

Coordinated.

Everything is in time and well linked. e.g. the volleyball player can jump and spike successfully.

Fluent

The skill is smooth and coordinated. E.g. the rugby player picks up the ball and passes in one flowing movement.

Aesthetic

The skill looks good when performed. E.g. A basketball player shoots the ball using the correct technique that looks good.

Classification of skill

Simple skills (difficulty continuum): are skills that consist of basic movement actions that are not difficult to perform with only a few decisions to be made.

Examples of simple skills are:

- *sprint start in swimming
- *under arm serve in badminton
- *Pass in football
- *Straight up

Complex skills (difficulty continuum): are skills which require a lot of focus and decisions to be made, they are also learnt in subroutines (more than 1 step)

Examples of complex skills:

- *lay-up in basketball: This had to be learnt in steps (subroutines) for example dribble, 3-steps, jump, and shoot.
- *hand spring
- *Overhead clear
- *slip catch in cricket

Classification of skill

Open skills (environmental continuum): open skills can be affected by the environment (e.g. players, weather) and open skills require the performer to make perceptual decisions.

Examples of open skills:

*In volley ball, performing any skill may be effected by many different circumstances, for example, where you are in relation to the serve or your teammates.

*pass in football

*footballer confronted by a defender or goalkeeper

Closed skills (environment continuum): are not affected by the environment and involves perceptual decisions to be made (not a lot of thinking).

Examples of closed skills:

*flick serve in badminton and this is not affected by the environment as its indoors and you need to know when to play this shot.

*netball, football, hockey

Goal Setting

Smart- If goals are clear and not too high attaining which are likely to be achieved.

Measureable- Important for monitoring and tracking progress.

Achievable- If the target is in reach and will be completed.

Recorded- Crucial for monitoring and when the target has been achieved it can be checked off.

Timed- Splitting the short term goals that are planned and progressive are effective.

Goal setting and training adherence:

Goal settings helps with people sticking to their program. However, this will be unlikely if there **are too many goals** and there are **unachievable goals are set.**

Motivating performers:

Goal setting can motivate performers but that would work **if there are short term goals which would lead to a long term goal.**

Goal setting to improve training and performance:

Goals that are SMART lead to an **improved level of fitness.**

Goals should be incrementally difficulty i.e. I want to lift 10KG and 15KG which should challenge a performer.

Goal setting aims:

Increase your motivation.

Increase your pride and satisfaction after your goal has been completed.

Effective goal setting:

Feedback- Very important for international athletes or new to the exercise.

Positive effect- 'You are doing great with your exercise plan!' is important for goal setting.

Practical example:

Stephanie in her **1st serve is 52%** in but, **wins her points 45%** of the time. Her **2nd serve are in 58%** of the time yet, the points won on **her second serve are 30%**. How could the SMART principles be applied to Stephanie improve her tennis.

Specific- Improve Serve. **Measureable**- Serve with at least 70% in serve box. **Achievable**- Win 40% of points on her second serve. **Recorded**- Write down number of serves that are in. **Timed**- Improve over a two week training programme.

Mental preparation

Mental preparation helps athletes achieve a focused, confident and trusting mind-set to help them compete at their highest level. Below are five major objectives you'll want to accomplish to help you mentally prepare for competition. Have confidence in your skills.

Mental Imagery

Imagery can improve concentration. The creation of pictures in our minds is imagery. Many people try to get the feeling of movement or **capture an emotional feeling for example of pleasure or happiness.**

Mental Rehearsal

Mental rehearsal is also known as imagery or visualisation. It involves using all of the senses to create or recreate an event or image in the mind. **An example of mental rehearsal is a winter Olympic athlete who is responsible for steering the teams bobsleigh visualises the track with all its bends, twist and turns.**

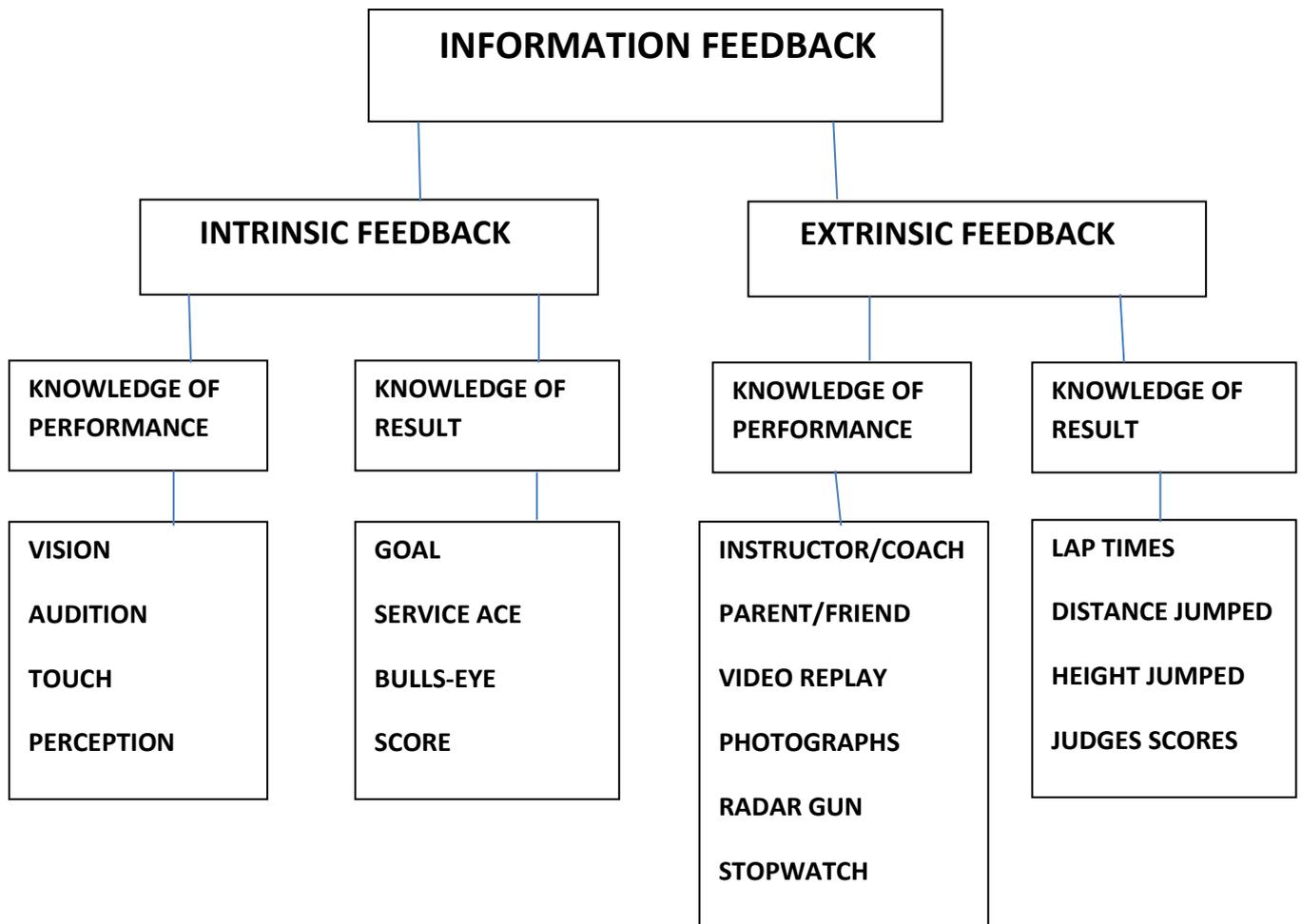
Selective Attention

Is the brain function that modulates on going processing of retinal input in order for selected representations to gain privileged access to perceptual awareness and guide behaviour. **There may be crowd noise and movement, movement of other players and the shouting of opponents to try and distract.**

Positive Thinking

This technique involves the participant in a physical activity or the sports performer being positive about past experiences and performances and future efforts by talking to themselves or thinking through how successfully they might be. This technique has been shown to help with self-confidence and to raise aspiration levels.

Types of feedback



Intrinsic feedback is what is felt by the performer during a performance. For example, a skier may feel that they don't have very good control of the skis when making a turn and can feel off-balance.

Extrinsic feedback is provided by external sources, during or after a performance. It includes things that the performer can hear or see. For example, a wheelchair basketball player can hear verbal feedback from a coach, comments from teammates, the response of the spectators and the referee's decisions. The player can see where the ball goes and what the score is.

Knowledge of results focuses on the end of the performance, for example, the performer's score, time or position. It is sometimes called terminal feedback.

Knowledge of performance focuses on how well the athlete performed, not the end result. For example, a golfer may receive feedback that they have putted very well even if their drives were less effective.

Positive feedback is when feedback is given explaining all the good things you did, the correct form or technique.

Negative feedback is when you get constructive criticism to help you improve mistakes or incorrect technique.

Types of guidance

There are 4 types of guidance:

Visual

Verbal

Manual

Mechanical

Visual guidance: a demonstration of a motor skill. Common used when teaching a motor or movement skills e.g. Use videos, pictures or demonstrations. This helps to develop mental picture in early stages of learning.

Advantages:

- Good for beginners because they can easily visualise the correct movement skill.
- easier to remember and to form a technical model to copy.
- quick and effective

Disadvantages:

- if demonstrations are incorrect then the wrong movement patterns are learned.
- difficult to get the feel or kinaesthetic sense of skill.
- may be too complicated for effective understanding.

Verbal guidance: often used with visual guidance to describe an action and how to perform an activity. Verbal guidance has limitations on its own-demonstrations needed. Verbal guidance is useful for advanced performer when discussing tactics.

Advantages:

- Can be given immediately and quickly.
- Good for fine tuning a skill or developing skilled movements.
- can be motivating and can, along with visual, develop a better understanding of the skill

Disadvantages

- might be the wrong information given.
- can lead to misunderstand/confusion
- cannot easily create a mental picture of movement requirements

Mechanical guidance involves using equipment to support and guide the performer e.g. using stabilizers on a bike and a float for swimming.

This can be done in 2 forms:

Physical support for the performer by another person or a mechanical device-known as 'physical restrictions'. e.g. using a twisting belt on a trampoline

The response of the performer being directed physically by another person-known as 'forced restrictions' e.g. holding the arm of a golfer and forcing him to hit it in the air

Manual guidance: giving physical support, often by a coach e.g. doing a handstand while the coach is holding your legs

Advantages for manual and mechanical guidance:

- Manual/mechanical guidance can reduce fear in dangerous situations
- can be much safer for the performer and therefore raise confidence levels
- this method of guidance can give some idea of the feeling of the movement

Disadvantages for manual and mechanical guidance:

- it could give unrealistic feeling of motion. For example it is advisable to remove the armbands as soon as possible to be able to teach stroke technique in swimming.
- performer becomes over-reliant on support and therefore does not learn to perform them.
- can be dangerous if the mechanical guidance malfunctions or the physical guidance is weak or inappropriate.

Diet and Nutrition

You will need to know:

- Definition of Balance diet.
- Know all the Components of Balanced Diet
- To be able to give a practical example from a Physical activities

Components of Balanced Diet:

Carbohydrates: Are primarily involved in energy production.

Fats: Is used mainly for energy production.

Protein: Are known as the building blocks for body tissue and are essential for growth and repair.

Minerals: These are essential for our Health and for chemical reactions in our body.

Vitamins: They are the essentials components of our Diets because they are vital in the prevention of a disease.

Fibre: Is essential for our diet because it's known for the digestive system to work effectively it is important to consume dietary fibre.

Water and hydration: This is also a nutrient and is crucial for good health, particularly for those who participate in sport.

Carbohydrates: store energy during a marathon for example, it can release the energy from the carbohydrates at different stages of the marathon.

Protein: In a Game of Football when a player pulls a muscle, protein helps with repairing that muscle.

Water and hydration: During Football, the main way the body maintains optimal body temperature is by sweating. **Drinking fluid during exercise is necessary to replace fluids lost in sweat.** (Drinking water)

Fats: Are important as they give and release energy quickly so you have more energy to run a Marathon. (Fast releasing energy)

Minerals: Calcium will help in a game of rugby as it helps strengthen your bones, this reduces the chance of a player to break his bones.

Fibre: is important in sports such as marathon running and sprinting as it reduces the chance of obesity and diabetes.

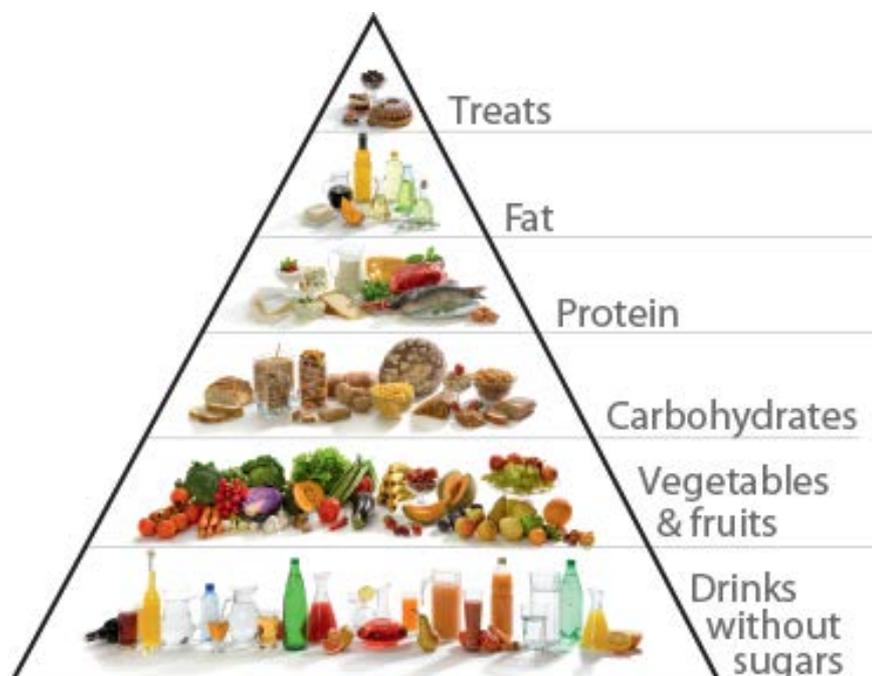
Balanced Diet: This Involves taking in the right amount or level of Energy that the body needs in its expenditure of energy. In other words you need to have the energy output balancing with energy input.

Effect of Diet and Hydration on energy in physical activity

Glycogen: Ensures that the body has enough glycogen for optimum energy supply.

This can be in different ways:

- Consume carbohydrates 2-4 hours before exercise
 - Consume a small amount of carbohydrates within the first half an hour of exercise to ensure refuelling of glycogen.
 - Eat carbohydrates straight after exercise for up to two days to replenish stores
- Generally a high-carbohydrate diet will ensure the glycogen will be replenished during exercise.



Health, Fitness and Well-being

Healthy life style- a state of complete physical, mental and social wellbeing and not merely the absence of disease.

Fitness- A person's capacity to carry out life's activities without getting tired.

Wellbeing- Refers to a feeling or mental state of being contented, happy, and prosperous and health.

Health benefits of physical activity:

	Benefit from exercise	Consequence of Inactivity
Coronary Heart Disease	Less likely to suffer from CHD.	Lack of exercise may cause CHD with poor blood and oxygen circulation and build-up of fat in the arteries.
Obesity	Less likely to be obese if exercise is a regular feature of someone's lifestyle.	The body's BMI to show too much fat therefore, causing CHD.
Blood Pressure	More likely to be normal levels for a healthy person who does a lot of exercise.	More likely to be raised with health consequences.
Bone Density	For bones to have normal bone density and be less damaged during every day activates.	Not as healthy as an active individual with bones more likely to be weaker and more liable to damage.
Injury	Exercise will help injuries to heal and enable the body to retain its fitness levels.	More likely to suffer stresses and strains throughout ordinary life.
Type 2 diabetes	People who exercise regularly have lower body fat and normal blood sugar levels.	The body does not produce enough insulin and too much glucose remains in the blood. More likely to for those who are inactive.
Posture	Posture is more likely to be normal with fewer problems with muscles of the back.	Poor posture can lead to muscular and skeletal damage.
Fitness	The more active you are, the much more likely you are able to be fit and have more energy for everyday life.	If you are inactive you are more likely to be unfit and therefore tire easily.

Factors of emotional benefit:

	Benefit from exercise	Consequence of Inactivity
<u>Confidence or Self Esteem</u>	<u>Exercise makes you feel better about yourself and the way you look.</u>	<u>Inactive people may well have low self-esteem because they lack energy but are more likely to be obese.</u>
<u>Stress management</u>	<u>Stress can be relieved through daily exercise.</u>	<u>A person may dwell on life's difficulties and may not have enough outlets to get rid of stress and anxiety.</u>
<u>Image</u>	<u>An active person is more likely to have a good level of self-image.</u>	<u>Inactive people can have poor self-image.</u>

Factors of social benefit:

	Benefit from exercise	Consequence of Inactivity
<u>Friendship</u>	<u>Exercising can help people make friends with others who partake in physical activity.</u>	<u>Sedentary lifestyle can result in a person not going out very much and not meeting people.</u>
<u>Belonging to a group</u>	<u>Exercises enable people to belong to a team.</u>	<u>Inactivity can result in isolation for an individual and therefore that person may not feel they are part of a community and they could become dispirited.</u>
<u>Loneliness</u>	<u>Opportunities to meet new participants</u>	<u>Inactivity can result in a lack of people to talk to and this social isolation can lead to loneliness.</u>