



SPORT STUDIES



CNAT Level 2

Sport Studies



SPORT IN THE MEDIA

1. DIFFERENT SOURCES OF MEDIA

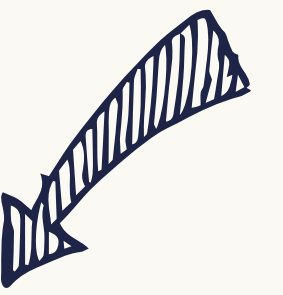
- Digital sources and social media
- Broadcast media
- Print media

2. POSITIVE EFFECTS OF THE MEDIA

- Golden triangle
- Promotional opportunities for individuals
- Using money generated by sponsors

3. NEGATIVE EFFECTS OF THE MEDIA

- Widening divide in sport
- Prize money and pay
- Body image



PERFORMANCE AND LEADERSHIP IN SPORTS ACTIVITIES

8. REVIEWING OWN PERFORMANCE IN A SPORTS ACTIVITY SESSION

- Reviewing planning
- Reviewing leadership

7. LEADING A SPORTS ACTIVITY SESSION

- Leadership styles
- Delivery styles
- Communication and motivation skills

6. ORGANISING A SPORTS ACTIVITY SESSION

- Factors when planning
- Safety considerations
- Objectives

5. APPLYING PRACTICE TO IMPROVE SPORTING ACTIVITY

- Strengths and weaknesses
- Measuring improvement
- Types of practice

4. KEY COMPONENTS OF PERFORMANCE

- Creativity and decision making
- Tactics vs strategy
- Individual and team performance



CONTEMPORARY ISSUES IN SPORT

9. ISSUES THAT AFFECT PARTICIPATION IN SPORT

- User groups
- Possible barriers
- Possible barrier solutions
- Factors that impact upon the popularity of sport in the UK
- Emerging/New sports in the UK

10. ROLE OF SPORT IN PROMOTING VALUES

- Sport values
- Olympic and paralympic movement
- Sporting values initiative and campaigns
- Importance of etiquette and sporting behaviour
- Use of performance enhancing drugs in sport

11. IMPLICATIONS OF HOSTING A MAJOR SPORTING EVENT FOR A CITY OR COUNTRY

- Features of a major sporting event
- Positive and negative pre-event aspects of hosting a major sporting event
- Potential positive and negative aspects of hosting a major sporting event

12. ROLE NATIONAL GOVERNING BODIES PLAY IN THE DEVELOPMENT OF THEIR SPORT

- National Governing Bodies (NGBs)

13. USE OF TECHNOLOGY IN SPORT

- Role of technology in sport
- Positive and negative effects

CNAT Level 3

Sport and Physical Activity



1. UNIT 1: BODY SYSTEMS AND THE EFFECTS OF PHYSICAL ACTIVITY

- Body systems
- Energy systems

2. UNIT 3: SPORT ORGANISATION AND DEVELOPMENT

- Sports development
- Developing sports

3. UNIT 18: PRACTICAL SKILLS

- One team sport
- One individual sport
- One outdoor adventurous activity
- Evaluation of sports

4. UNIT 8: ORGANISATION OF EVENTS

- Plan an event as a group
- Host an event
- Evaluate an event

5. UNIT 2: SPORTS COACHING AND LEADERSHIP

- Roles and responsibilities
- Planning coaching sessions in a chosen sport
- Deliver coaching sessions
- Evaluate your planning and coaching session



TEAM

