



# PiXL Independence:

PE – Answer Booklet

KS4

Sociocultural Influences

**Contents:**

Answers

## I. Quizzes

### Multiple Choice Quiz

1. Which of the following statements is false?
  - a. Those that participate in sport between the ages of 16-24 are likely to maintain lifelong habits of exercising.
  - b. Approximately 50% of adults participate within sport and physical activity for at least 1 hour per week.
  - c. People who participate in sport and physical activity after the age of 24 are fitter and healthier.
  - d. **60% of teenagers take part in competitive sport outside of school in the UK.**
  
2. What is the most popular physical activity for adults to take part in?
  - a. Snooker
  - b. **Swimming**
  - c. Boxing
  - d. Football
  
3. What percentage of women take part in sport activities in the UK?
  - a. 16%
  - b. 22%
  - c. **36%**
  - d. 50%
  
4. Which one of the following does not affect participation in sport?
  - a. Age
  - b. Gender
  - c. **School**
  - d. Disability
  
5. Which of the following is not a benefit of getting involved in physical activity?
  - a. Improved health and fitness
  - b. Improved wellbeing
  - c. Lower stress levels
  - d. **Increased aggression**
  
6. How does media impact on sports participation?
  - a. Increases the number of people joining in
  - b. **Decreases the number of people joining in**
  - c. Increases the number of people watching sport
  - d. Decreases the number of people watching sport
  
7. Which of the following is not an institution that is aiming to increase participation in sport?
  - a. UK Sport
  - b. Sport England
  - c. Governing Bodies
  - d. **Change4Life**
  
8. Other than participation in sport which of the following helps to lead to a healthy active lifestyle?
  - a. Drinking alcohol
  - b. Smoking
  - c. **Eating healthy**
  - d. Eating high amounts of fats

9. Which of the following is not part of the 'golden triangle'?
- Sport
  - Media
  - News**
  - Sponsorship
10. Media is used to promote sport. Which of the following would not be positive for sport?
- More exciting and interesting
  - Makes sport more accessible
  - Provides more money for the sport
  - Male sports benefits**
11. Which of the following is not a type of sponsorship?
- Money for stadiums
  - Money for equipment
  - Money for wages**
  - Money for transportation
12. Why would someone gain sponsorship in sport?
- Unsuccessful performances
  - High amounts of injury
  - Negative role model
  - Free advertising**
13. Sportsmanship is:
- The customs we observe surrounding the rules
  - Involves behaviour that shows fair play**
  - Use of unethical methods to gain an advantage
  - Human behaviour against society's norms
14. Which of the following is not an example of sportsmanship in cricket?
- Shaking hands before the game
  - Clapping for new batsman
  - Contesting the referees decision**
  - Umpires decision is final
15. Which of the following is an example of deviance in sport?
- Complaining to the referee during the game
  - Refusing to shake hands after the game
  - Fighting between players during the game**
  - Diving in the penalty box
16. Which of the following is not an example of performance enhancing drugs?
- Anabolic steroids
  - Stimulants
  - Tobacco**
  - Beta Blockers
17. Which is not a possible reason for violence in sport?
- Frustration
  - Correct decision from the referee**
  - Copy others behaviour
  - Getting angry

18. Deviance in sport is:
- A person behaving as normal within society
  - A person behaving differently to the normal within society**
  - A person behaving within the law but using it to their advantage
  - A person behaving in a socially acceptable way
19. What is not an example of a type of media?
- Television
  - Internet
  - Radio
  - Poster**
20. Which of the following is not an example of sponsorship in sport?
- Logo across the shirt
  - Providing trainers for a performer
  - Name within the competition title
  - Money for scoring a goal**

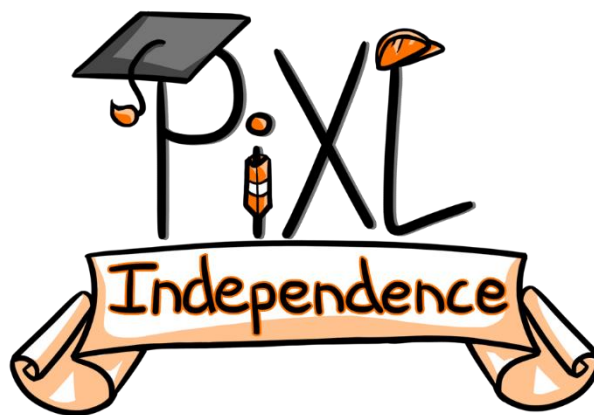
#### Fill in the Gap Quiz

- Participation rate** is the number of people within a group who are involved in sport compared with those who are not.
- Participation for 14 plus in activities lasting at least **30** minutes a week is a target for Sport England.
- Walking** is the most popular sporting activity amongst adults in 2015.
- More **males** participate in sport than **females** because there are more role models within the media and more funding available.
- It is much more likely for you to be involved in sport if your **parents** participate themselves or promote the benefits of participation.
- People do not get involved in sport because they cannot find enough time to complete the activity out of **work hours**.
- UK Sport** is an agency under government direction to provide support for elite sports people.
- Governing bodies** develop individual sports, organising competitions and how the sport is administered nationally.
- Youth Sport Trust** is a sports agency responsible for the development of sport for young people.
- The golden triangle includes- **sport**, sponsorship and **media**.
- Commercialisation** refers to the influence of commerce, trade or business on an industry to make a profit.
- One type of sponsorship would be **transport**. This is so performers can get access to better teams which might be further away from where they live.
- Sportsmanship** involves behaviour that shows fair play, respect for opponents and gracious behaviour.
- Gamesmanship** is the use of unethical, although not illegal, methods to win a game or gain an advantage.
- Steroids, beta blockers and stimulants are all examples of **Performance enhancing drugs**.
- Deviance** involves behaviour that goes against society's normal behaviour.

17. People may become **aggressive** in sport if they become frustrated or copy behaviour from their role models.
18. **Ethics** in sport contains the concepts of gamesmanship, sportsmanship and deviance.
19. **Betablockers** help to control the heart rate and keep the athlete calm.
20. **Stimulants** work to increase alertness in sports people.

#### **Open Ended Quiz**

1. Gamesmanship is when a player cheats to win however it is not outside the rules of the game. Relevant sporting example.
2. Etiquette is about the customs we observe surrounding the rules and regulations of the physical activity. Relevant sporting example.
3. Increase alertness, reduce fatigue and tiredness.
4. To increase performance, reduce heart rate, calmness, increase muscle size.
5. Shaking hands before a game, clapping good play, congratulating opponents. Relevant sporting examples.
6. Instinctive response, frustration, copy other behaviours and anger.
7. Television, press, radio, internet and cinema. 2 relevant examples from sport.
8. Provides money for athletes to train full time, pays for competitions, development for new athletes, free advertising, attractive image and money is not taxed.
9. Biased towards sports, more male dominated and bad role models, game changes and times.
10. The golden triangle is the relationship between media, sport and sponsorship
11. Stadiums and grounds, clothing, equipment, competitions, accommodation. Two relevant examples.
12. More males participate than females
13. Children have high levels of participation, young adults and teenagers begin to lower participation rate. In adulthood it remains the same level of participation however activities change.
14. Swimming, walking and football. Easy to access, good for all age groups and abilities, published in the media.
15. Positive role models (posters, advertisement), governing body articles,
16. Top tips for mums, government healthy living initiative, 5 a day, change4life. Relevant links to sport.
17. Helps to develop sport in young people including roles outside the performer.
18. Enjoyment, fitness, make friends, self esteem. Any relevant physical, social or mental aspect.
19. Not enough access to clubs, no specialist coaches or equipment, time consuming, low confidence and transportation issues.
20. Those with more money have a higher participation rate and can access a wider variety of sports.



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