

How to Play Head to Head Quiz

- 1) Needs to be played between two people.
- 2) A good idea is to have a handicap system within your class with the more able students being given 0 and the weaker students 15 (you can give students any number between 0 and 15). This enables all students the same opportunity to win. The handicap system is easy to work with the student with the highest handicap getting a head start. This is calculated by the difference between their handicap and their opponents e.g. Sarah has a handicap of 15 and Paul 2. This means that Sarah gets a 13 point start.
- 3) Cut out the questions and place them into a bag or envelop.
- 4) Players take it in turns to pick a question from the bag / envelop for the other person to answer. If a person gets the answer correct they get a point, if incorrect they get nothing. Discard each question to one side once it has been used.
- 5) The game can be played to a certain score e.g. 25 points or for a set period of time e.g. 15 minutes.

1) Name two 'PEOPLE' factors that influences sports participation?

Answer: One mark for two of the following – Family , Peers, Role Models

2) Apart from family and peers name another PEOPLE factor that influences sports participation?

Answer: Role Models

3) Peers and Family are both what type of factor that influences sport participation?

Answer: People

4) Name the two 'IMAGE' factors that influence sports participation?

Answer: Need to name both for one mark - Fashion , Media

5) 'Media' comes under which influence category?

Answer: Image

6) 'Fashion' comes under which influence category?

Answer: Image

7) Name two 'Cultural' factors that influence sports participation?

Answer: Two of the following needed for one mark – Age, disability, gender, race

BONUS: Name all four for 2 marks!!

8) 'Gender' and 'Race' come under which influence category?

Answer: Cultural

9) 'Age' and 'Disability' come under which influence category?

Answer: Cultural

10) Name two 'Resource' factors that influence sports participation?

Answer: Two of the following needed for one mark – Availability, location, access, time

BONUS: Name all four for 2 marks!!

11) 'Access' and 'Availability' come under which influence category?

Answer: Resources

12) 'Location' and 'Time' come under which influence category?

Answer: Resources

13) Name a 'Health and Wellbeing' factor that influences sports participation?

Answer: One of – Illness and Health Problems

14) 'Illness' comes under which influence category?

Answer: Health and Well Being

15) Name the two 'Socio-economic' factors that influence sports participation?

Answer: Need to name both for one mark – Cost, Status

16) 'Cost' comes under which influence category?

Answer: Socio-economic

17) 'Status' comes under which influence category?

Answer: Socio-economic

18) Apart from a 'PERFORMER' name two other ways someone can get involved in sport?

Answer: Two of the following for one mark – Coach, Official, Volunteer

19) Name two purposes behind sport related **Initiatives**?

Answer: Need two of the following for 1 mark – Increase participation, Retain people in sport, Increase sporting success

20) Name a sport's governing body?

Answer: Any sporting governing body e.g. LTA, RFU, ECB, FA

21) Name the top section of the sports participation pyramid?

Answer: Excellence / Elite

22) If a person was an international in their sport what part of the sports participation pyramid would they be in?

Answer: Excellence / Elite

23) Name the bottom part of the sports participation pyramid?

Answer: Foundation

24) What part of the sports participation pyramid are children learning basic sporting skills when at primary school?

Answer: Foundation

25) What part of the sports participation pyramid comes above FOUNDATION?

Answer: Participation

26) What part of the sports participation pyramid do people start to take part in sport more regularly e.g. after school sports clubs?

Answer: Participation

27) What part of the sports participation pyramid comes under EXCELLENCE?

Answer: Performance

28) What part of the sports participation pyramid are people who play at a regional / county level?

Answer: Performance

29) Name the four parts of the sports participation pyramid starting at the bottom?

Answer: They need to be in this order to get a mark: Foundation, Participation, Performance, Excellence

30) Name the four parts of the sports participation pyramid starting at the top?

Answer: They need to be in this order to get a mark: Excellence, Performance, Participation, Foundation

31) Which one of the follow is the odd one out and explain why you have chosen it?

Family Gender Role Models Peers

1 mark for: Gender

1 mark for: Gender is a cultural factor not a people factor

32) Which one of the follow is the odd one out and explain why you have chosen it?

Race Gender Role Models Disability

1 mark for: Role Models

1 mark for: Role Models is a people factor not a cultural factor

33) Which one of the follow is the odd one out and explain why you have chosen it?

Cost Access Location Time

1 mark for: Cost

1 mark for: Cost is a socio-economic factor not a resource factor

34) Explain two ways why the MEDIA helps sports participation?

Answers: TWO marks for any 2 of the following:

- Allows people to view a sport, encouraging them to give it a go.
- Sponsorship for a sport will dramatically increase if it is very popular with the media e.g. football.
- The media helps create role models for people to aspire to.
- Increased TV coverage often leads to a sport having more money to spend, giving more money out to people / clubs taking part e.g. large wages in football.

35) Give two reasons why fewer girls take part in sport than boys?

Answers: TWO marks for any 2 of the following:

- Lack of role models
- Less media coverage
- They do not want to lose their feminine look (do not want to be seen as masculine)

36) Explain how race can effect a person's sports participation?

Answer: Due to religion or cultural customs people are often prevented from taking part in physical activities. E.g. restricted dress code for most Muslim women or dietary requirements (fasting).

37) Availability is a resource factor that influences sports participation. What does it refer to?

Answer: For people to take part in sport, suitable facilities and resources must be available to them.

38) Location is a resource factor that influences sports participation. What does it refer to?

Answer: People tend to take part in sports that are locally available to them so if there are no facilities for a certain sport locally they will not be able to take part in that sport.

39) Access is a resource factor that influences sports participation. What does it refer to?

Answer: Having easy access to a facility to train and take part e.g. near public transport, large enough parking space, large enough facilities to accommodate people taking part.

40) Time is a resource factor that influences sports participation. What does it refer to?

Answer: People need facilities open at certain times if they are going to participate in sport e.g. early or late so someone can train before or after school / work.

41) Having asthma could effect a person's sport participation. Explain why and state which influence category this would come under?

1 mark for: Health and well-being

1 mark for: Asthma affects the lungs ability to bring in oxygen and so can hinder people when participating in endurance activities.

42) Diabetes can effect a person's sport participation. Explain why and state which influence category this would come under?

1 mark for: Health and well-being

1 mark for: Diabetes can affect the bodies' energy levels. People need to check their blood sugar levels constantly and can influence whether a person can continue.

43) Joint problems can effect a person's sport participation. Explain why, state which influence category this would come under and what activity could these people take part in to keep fit?

1 mark for: Health and well-being

1 mark for: Joint problems affect the joints within the body. This can obviously prevent someone from taking part in some sports that require certain joints when performing.

1 mark for: Swimming

44) Explain what is meant by the term ROLE MODEL?

Answer: These are people whose actions are emulated by others (people look up to them and what to be just like them).

45) Name TWO types of media coverage?

Answer: Two of the following are needed for one mark: TV, Radio, Internet, Newspaper / Magazines

46) Explain why cost could prevent people from taking part in a sport?

Accept one of the following answers:

- Some sports require expensive equipment e.g horse riding
- Some activities you need to be a member to play which usually means paying membership fees which can be expensive e.g. joining a golf club.
- You may need to travel to be able to take part in an activity which again costs money e.g. Skiing.

47) Name a working class sport and explain why it is seen as this?

1 mark for: Football, rugby, netball

1 mark for: Cheap and easy access to facilities and clubs

48) Name an upper class sport and explain why it is seen as this?

1 mark for: Polo, rowing, Equestrian / Show jumping (NOT GOLF)

1 mark for: These sports are more expensive and access to them is more difficult