

Chief Examiner Report

SP3D17 – Level 3 Introductory Diploma in Sports Studies

SP3D18 – Level 3 Subsidiary Diploma in Sports Studies

SP3D19 – Level 3 Diploma in Sports Studies

SP3D20 – Level 3 Extended Diploma in Sports Studies

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Introduction

This report has been prepared by the Chief Examiner. Centres are advised to use the report to support teaching and assessment. We advise that centres use this document when preparing learners for assessments.

USP70 Anatomy and Physiology for Sport

Learners demonstrated a good understanding of the musculoskeletal system. However, some learners should be directed to ensure that answers relating to muscle action questions should include reference to the joints moved.

Centres should strengthen the learner's understanding of energy systems, with particular reference to substrate utilisation, and energy transfer in the body via the three main energy systems.

Overall learners demonstrated a good understanding of the cardiorespiratory systems. However, centres should develop the learner's knowledge of the details surrounding the route of blood flow through the pulmonary and systemic circulations. Centres should also develop the learner's understanding of the specific functions of respiratory muscles during inspiration and expiration.

USP78 Lifestyle Factors

Learners demonstrated a good understanding of a range of topics throughout this examination. This was particularly evident for the effects of activity and inactivity on health.

Learners also provided good answers for the questions relating to dietary advice and the effects of smoking and alcohol consumption on health.

Centres should strengthen the learner's understanding of the relevant physical activity guidelines for moderate and vigorous activity in light of the FITT principles.

USP80 Nutrition for Sport

Learners demonstrated a good understanding of the general functions of macronutrients, vitamins and minerals.

Centres should strengthen the learner's understanding of the structure and forms of carbohydrates, proteins and fats, and the calorific value of each as an energy source. Learners should also develop their understanding of digestion and some of the chemical processes involved in the digestion of fats, proteins and carbohydrates.

Overall learners demonstrated a good understanding of the effects and benefits of dehydration and hydration respectively. Centres should improve the learner's understanding of the recommendations for fluid intake at various stages of the activity continuum and this should also extend to the indications and consumption of sports drinks.

Learners demonstrated a good understanding of components of energy expenditure but the majority of learners were unable to describe how those components contribute to energy balance.

USP84 Physiology of Fitness

Learners demonstrated a good understanding of the effects of exercise on a number of body systems to both acute and long term exercise and activity. Centres should develop the learner's understanding of blood pressure, its definition and the components that contribute to this definition. This was also evident with the descriptions of cardiac output. Learners often fell short of identifying all the components that contribute to this.

Learners demonstrated a good understanding of the energy sources for various types of activity. Centres should strengthen the learner's knowledge of the physiological changes that contribute to improved oxygen uptake and utilisation at muscle tissue.

USP86 Risk Assessment in Sport

Learners demonstrated a good understanding of the basic principles of health and safety, risk assessment and a number of control measures typical to the sporting environment. Learners were also adept at identifying and implementing mechanisms to control situations relevant to sporting events.

Centres should strengthen the learner's knowledge of the roles that the governing bodies of sport play in promoting health and safety.

Learners demonstrated a good understanding of the terms 'duty of care' and 'loco-parentis', however, learners were less able explain or describe situations that could lead to a breach or negligence.

USP87 Sport in Society

Learners showed a good understanding of topics across the range of questions within the examination. This was particularly evident for topics such as pre-industrial sport, the influence of the industrial revolution on sport and the period of rational recreation.

Learners also demonstrated a good understanding of contemporary issues and the influence of media on sport. However, learners could be encouraged to use examples of how the media influence sport, both negatively and positively.

Centres should strengthen the learner's knowledge of the development of various strategies and initiatives to encourage and facilitate engagement and participation in sport.

USP89 Sport Psychology

Learners demonstrated a good understanding of the personality traits and the various types of motivational strategies in sport. However, learners should strengthen their responses to demonstrate a more detailed understanding of Atkinson's theory of achievement motivation.

Learners demonstrated a good understanding of stress, drive theory and the inverted u-hypothesis and their relevance to performance.

Centres should develop the learner's understanding of the stages and utilisation of performance profiling for sports performance.

Academic Recommendations

Centres need to prepare learners for external examinations, building their individual knowledge and understanding of the command verbs that are being asked within the question stems.

Evidence suggests that further support is required for some learners to fully understand the importance of the vignette and the question stem when responding to questions.