

OCR Cambridge National Sports Studies Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	9
Explanations	11
Next Steps	17

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which statement correctly differentiates macrocycles and microcycles in periodisation?**
 - A. Macrocycle is a short block of 1-4 weeks; microcycle is the overall season plan.**
 - B. Macrocycle is the overall season plan; microcycle is a shorter block (1-4 weeks) with specific aims.**
 - C. Both refer to daily workouts.**
 - D. Microcycle is a multi-month plan focusing on peak performance.**

- 2. Which statement best describes the responsibilities of a sporting event administrator?**
 - A. Marketing and ticketing; producing the event program**
 - B. Facility maintenance and catering planning**
 - C. Risk management and safeguarding; coordinating logistics and ensuring compliance with rules**
 - D. Athlete selection and performance analysis**

- 3. Which is a key reason to modify training for different ages and abilities?**
 - A. To standardize across all populations**
 - B. For safety and inclusivity**
 - C. To maximize performance**
 - D. To shorten training plans**

- 4. What is the purpose of fitness testing and how would you re-test?**
 - A. To monitor hydration and nutrition**
 - B. To identify weaknesses and plan training**
 - C. To assess current fitness levels and compare with norms**
 - D. To establish baselines and monitor progress; re-test under the same conditions after a set period to compare results**

- 5. Which option represents the NGB National Directive example (BVF)?**
- A. 'THE GAME PLAN'**
 - B. 10 year plan to strengthen volleyball in england**
 - C. Promote Opportunities**
 - D. Strengthen club structure - work with clubs to achieve ambitions etc**
- 6. What does WADA stand for?**
- A. World Anti Doping Administration**
 - B. World Doping Agency**
 - C. World Anti Doping Agency**
 - D. World Anti Doping Association**
- 7. Which of the following is a Paralympic value?**
- A. Friendship**
 - B. Excellence**
 - C. Determination**
 - D. Respect**
- 8. Which of the following is listed as an Olympic Games example?**
- A. Munich 1972**
 - B. New York 1980**
 - C. London 2012**
 - D. Tokyo 1964**
- 9. Describe how progressive overload is applied in a training plan and why it is essential for improvement.**
- A. Gradually increasing training volume to prevent adaptation.**
 - B. Gradually increasing training stimulus (volume, intensity, or frequency) to force adaptation; without overload gains plateau; ensures continued improvements.**
 - C. Maintaining the same training stimulus.**
 - D. Increasing only rest periods while reducing training.**

10. Which is an ethical issue in sports sponsorship?

- A. Sponsor influence on event choices and image rights; conflicts of interest between sponsor goals and participant welfare**
- B. Increased revenue sharing with players**
- C. Ensuring high athlete salaries**
- D. Growing stadium capacity**

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Answers

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1. B
2. C
3. B
4. D
5. A
6. C
7. C
8. A
9. B
10. A

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Explanations

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1. Which statement correctly differentiates macrocycles and microcycles in periodisation?

- A. Macrocycle is a short block of 1-4 weeks; microcycle is the overall season plan.**
- B. Macrocycle is the overall season plan; microcycle is a shorter block (1-4 weeks) with specific aims.**
- C. Both refer to daily workouts.**
- D. Microcycle is a multi-month plan focusing on peak performance.**

Periodisation divides training into time blocks that build toward peak performance. The macrocycle is the big-picture plan for the entire season or year, laying out main goals, key competitions, and when you aim to peak. Within that, microcycles are shorter blocks, typically one to four weeks, focused on specific aims and precise workouts to progressively move toward the macrocycle's targets. This structure helps manage fatigue, allows adaptation, and ensures you peak at the right time. So, the statement that macrocycle is the overall season plan and microcycle is a shorter block (1-4 weeks) with specific aims is the correct description. The other options mix up the lengths or purposes: macrocycle isn't a short block, daily workouts aren't the defining unit of macro/microcycle, and a microcycle isn't a multi-month plan.

2. Which statement best describes the responsibilities of a sporting event administrator?

- A. Marketing and ticketing; producing the event program**
- B. Facility maintenance and catering planning**
- C. Risk management and safeguarding; coordinating logistics and ensuring compliance with rules**
- D. Athlete selection and performance analysis**

The main idea is that a sporting event administrator focuses on making sure the event runs safely and smoothly by managing risks, safeguarding participants, coordinating all the moving parts, and ensuring rules and regulations are followed. This means spotting potential hazards, planning for emergencies, and putting protections in place; implementing safeguarding measures to protect everyone, especially young or vulnerable participants; organizing logistics such as schedules, venue setup, transport, staffing, and contractors; and checking that the event complies with sport rules, licensing, safety standards, and contractual obligations. Other options touch on promotion (marketing and ticketing) or content (the event program), venue operations (facility maintenance and catering), or the work of coaches (athlete selection and performance analysis). Those areas are important in their own right, but they don't describe the core responsibilities of someone overseeing the administration of the event.

3. Which is a key reason to modify training for different ages and abilities?

- A. To standardize across all populations**
- B. For safety and inclusivity**
- C. To maximize performance**
- D. To shorten training plans**

Modifying training for different ages and abilities is about making activities safe and accessible for everyone. People vary in development, fitness, skill, and recovery, so adjusting how, how hard, and how often they train helps prevent injuries and lets everyone participate and improve. Safety and inclusivity are the core reasons: you tailor loads, exercises, and rest to fit each person, rather than forcing a one-size-fits-all plan. Standardizing across all populations ignores these differences and can raise risk; aiming to maximize performance or simply shortening plans don't address the need to protect participants and include them meaningfully in training.

4. What is the purpose of fitness testing and how would you re-test?

- A. To monitor hydration and nutrition**
- B. To identify weaknesses and plan training**
- C. To assess current fitness levels and compare with norms**
- D. To establish baselines and monitor progress; re-test under the same conditions after a set period to compare results**

Fitness testing gives a baseline of where someone starts and lets you track changes over time to see how training is working and what to adjust. The best re-testing approach is to repeat the same test after a set period, under the same conditions as the first test—same protocol, equipment, environment, warm-up, and time of day—so any differences reflect true fitness changes rather than measurement variation. This consistency lets you monitor progress accurately, set realistic goals, and tailor training accordingly. Other ideas like focusing on hydration, trying to identify weaknesses alone, or comparing to norms are useful in parts, but they don't provide the clear, repeatable basis for measuring genuine progress over time in the same individual.

5. Which option represents the NGB National Directive example (BVF)?

- A. 'THE GAME PLAN'**
- B. 10 year plan to strengthen volleyball in england**
- C. Promote Opportunities**
- D. Strengthen club structure - work with clubs to achieve ambitions etc**

The main idea here is recognizing a named national directive used by an NGB to guide development. For the BVF (British Volleyball Federation), the formal directive example given is a short, titled plan that serves as the official guide for national development. That exact phrasing, "The Game Plan," fits this role perfectly, so it's the best choice. Why this works: a National Directive names the official strategy or mandate the governing body follows. "The Game Plan" is a concise, recognizable title used as BVF's directive, whereas the other options describe plans, goals, or activities but aren't the official named directive used in this context.

6. What does WADA stand for?

- A. World Anti Doping Administration**
- B. World Doping Agency**
- C. World Anti Doping Agency**
- D. World Anti Doping Association**

Knowing the exact official name behind the acronym WADA helps you recognize the global body that leads anti-doping efforts in sport. WADA stands for World Anti-Doping Agency. The name breaks down into three parts: "World" shows its international scope, "Anti-Doping" describes its mission to combat substances and methods that violate sport rules, and "Agency" signals a formal organization with responsibilities like testing, education, and policy coordination. The other options mix different terms that aren't the official title, such as using Administration, Association, or dropping the "Anti" element. Only the World Anti-Doping Agency matches the real name used worldwide.

7. Which of the following is a Paralympic value?

- A. Friendship**
- B. Excellence**
- C. Determination**
- D. Respect**

Paralympic values are the guiding beliefs of the Paralympic Movement, highlighting how athletes compete and how sport can empower people with disabilities. The four values are Courage, Determination, Inspiration, Equality. Among the options, Determination is the one that matches this set, representing persistent effort, resilience, and the commitment to keep pushing toward goals even when faced with difficulty. This focus on sustained hard work and overcoming obstacles is central to Paralympic sport. The other options are more closely associated with Olympic values, which is why they don't fit as Paralympic values in this context.

8. Which of the following is listed as an Olympic Games example?

- A. Munich 1972**
- B. New York 1980**
- C. London 2012**
- D. Tokyo 1964**

When you're asked for an Olympic Games example, you're looking for the specific instance that the material uses as an illustration of hosting the Games. Munich in 1972 is the example the material lists for an Olympic Games event. It's a concrete host city and year that's used to represent the Olympics in the context of the question. The other options aren't the example named in that part of the material: New York 1980 isn't a Summer Games host year, while London 2012 and Tokyo 1964 are real Olympic host years but aren't the example highlighted in this item. So Munich 1972 matches the exact example described.

9. Describe how progressive overload is applied in a training plan and why it is essential for improvement.

- A. Gradually increasing training volume to prevent adaptation.**
- B. Gradually increasing training stimulus (volume, intensity, or frequency) to force adaptation; without overload gains plateau; ensures continued improvements.**
- C. Maintaining the same training stimulus.**
- D. Increasing only rest periods while reducing training.**

Progressive overload is about steadily increasing the training stimulus to trigger adaptation. In a training plan, you raise the demands placed on the body in small, manageable steps—by adding volume (more sets or reps, longer sessions), increasing intensity (heavier weights or faster work), or raising frequency (more training days). This gradual climb forces muscles, the cardiovascular system, and the nervous system to adapt, leading to gains in strength, endurance, power, or skill. If you keep the same load, the body adjusts to that level and progress slows or stops—soon you hit a plateau. By incrementally boosting the stimulus, you continually challenge the body, promoting ongoing improvement. It's important to progress carefully to allow recovery and reduce injury risk—small, regular increases are better than big jumps. For example, you might add a small amount of weight each week, or add a set, or add a training day when appropriate, while keeping technique solid and recovery adequate. That's why the best answer describes gradually increasing the training stimulus across volume, intensity, or frequency to force adaptation, ensuring continual improvements.

10. Which is an ethical issue in sports sponsorship?

- A. Sponsor influence on event choices and image rights; conflicts of interest between sponsor goals and participant welfare**
- B. Increased revenue sharing with players**
- C. Ensuring high athlete salaries**
- D. Growing stadium capacity**

In sports sponsorship, ethical concerns come from how much influence sponsors have over decisions and how their use of image rights can affect participants. If a sponsor can steer event choices or how athletes and events are branded, their goals may clash with participant welfare, fairness, or the sport's integrity. That potential for conflicts of interest—putting branding and profit ahead of athletes' safety and the sport's values—is what makes this the ethical issue. The other options describe financial or logistical aspects, not ethical questions about sponsor power or image rights.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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