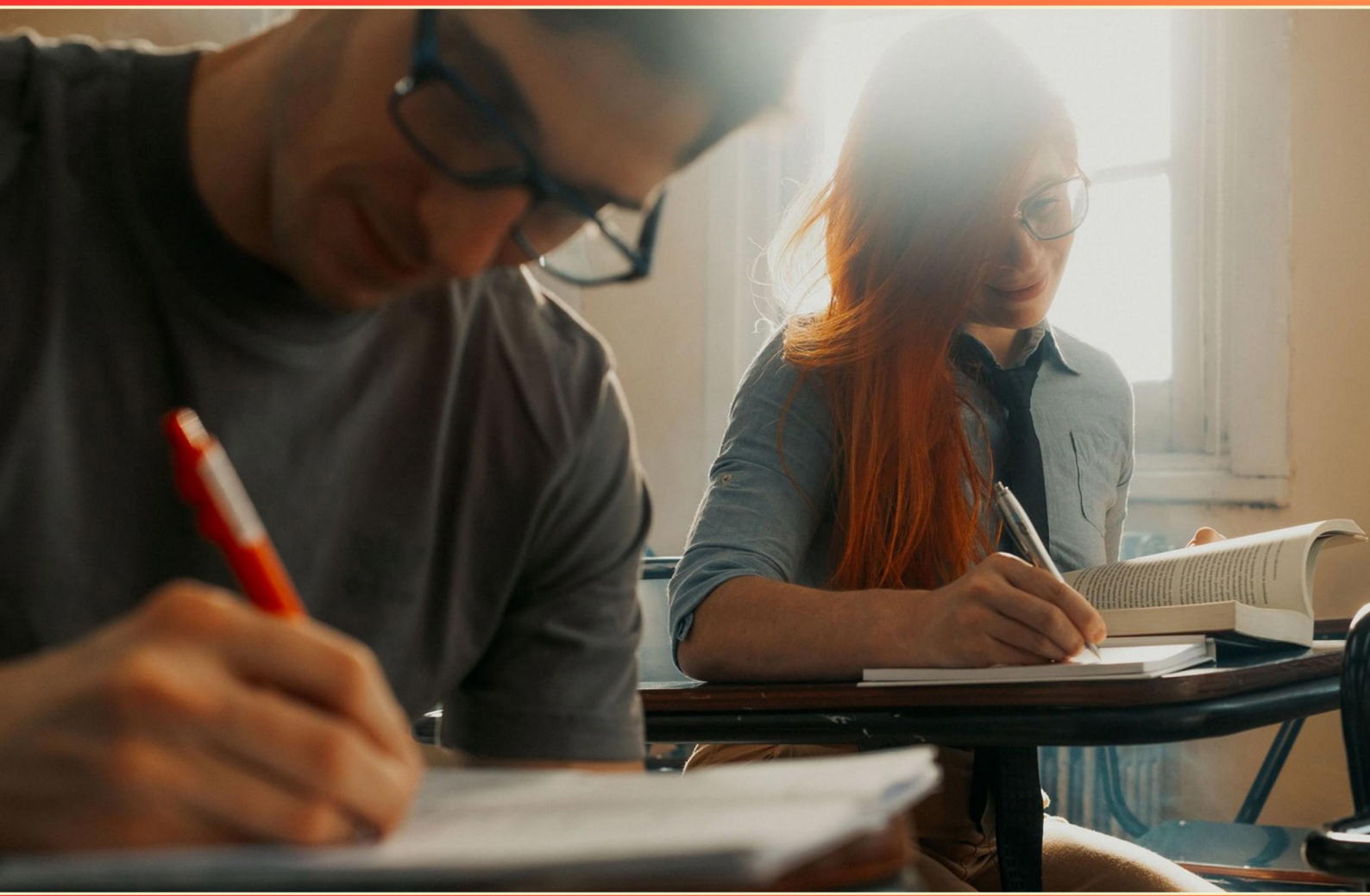
OCR CAMBRIDGE NATIONAL SPORTS STUDIES PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://ocrcambridgenatsportsstudies.examzify.com

Table of Contents

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

1. **Which statement is true about the roles of carbohydrates, proteins and fats in an athlete's diet and hydration?**

   A. Carbohydrates provide energy, proteins repair/build tissue, fats supply energy and hormones; hydration maintains performance and thermoregulation.

   B. Carbohydrates are unnecessary; proteins provide all energy; fats are primary energy source; hydration has no effect on thermoregulation.

   C. Only carbohydrates are needed; proteins and fats are unwanted; hydration causes dehydration.

   D. Carbohydrates provide energy but fats are not needed; proteins store energy.

2. **Physical literacy promotes lifelong participation by developing what?**

   A. Confidence and competence in movement across activities

   B. Long-term financial stability

   C. Advanced tactical planning

   D. Only focusing on elite athletes

3. **What is tactical periodisation?**

   A. It excludes physical training

   B. It is only for individual sports

   C. Focused on developing decision-making and tactical understanding across cycles

   D. It is a strength-only training model

4. **Why are ethical guidelines in sport important for sponsorship and advertising?**

   A. To maximize profits

   B. To ensure truthful messaging and protect young audiences

   C. To regulate event scheduling

   D. To safeguard audience welfare and integrity

5. **Which nutrient is primarily responsible for tissue repair and growth after exercise?**

   A. Carbohydrates

   B. Proteins

   C. Fats

   D. Vitamins only

6. Which of the following is NOT a direct way national governing bodies support grassroots sport?

A. Funding and resource provision

B. Coach education and development programs

C. Hosting professional leagues and top-tier events

D. Providing equipment grants

7. What is the role of a warm-up, and what should it include to be effective?

A. Prepares the body for performance, reduces injury risk; should include pulse-raising cardio, dynamic stretching, movement-specific drills, and activation exercises.

B. Warming up is optional and does not affect injury risk.

C. A warm-up should be only static stretching.

D. A warm-up should only involve cool-down activities.

8. In strategic planning for an NGB, which item is a national directive/vision/strategy?

A. National directive/vision/strategy (provide one)

B. Disciplinary procedures

C. Officials Training

D. Rules (making/changing)

9. Which of the following is NOT listed as a user group example in the material?

A. Students

B. Employed

C. Unemployed

D. Retired

10. Compare circuit training with continuous steady-state training and give an example scenario for each.

A. Circuit training alternates stations with short rests and aims to improve muscular endurance; continuous training is extended steady activity to improve aerobic endurance; Example: circuit training for a general fitness session; continuous training for a 10k runner.

B. Circuit training is performed with continuous activity and no rests.

C. Continuous training improves muscular endurance more than circuit training.

D. Both training types require the same time and structure.

Answers

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

Explanations

1. Which statement is true about the roles of carbohydrates, proteins and fats in an athlete's diet and hydration?

A. Carbohydrates provide energy, proteins repair/build tissue, fats supply energy and hormones; hydration maintains performance and thermoregulation.

B. Carbohydrates are unnecessary; proteins provide all energy; fats are primary energy source; hydration has no effect on thermoregulation.

C. Only carbohydrates are needed; proteins and fats are unwanted; hydration causes dehydration.

D. Carbohydrates provide energy but fats are not needed; proteins store energy.

Carbohydrates are the body's primary fuel for activity, especially at higher intensities, and they are stored as glycogen in muscles and liver to be used during exercise. Proteins mainly repair and build tissues, supporting muscle recovery and adaptation after training. Fats provide a dense energy source, especially useful for longer, steadier efforts, and they also play a role in hormone production and overall energy availability. Hydration is essential because it supports blood volume, sweating, and heat dissipation, helping to maintain performance and the body's temperature regulation during exercise. This combination correctly reflects how each macronutrient contributes and why staying hydrated matters for performance. Statements that claim carbohydrates are unnecessary or that hydration has no effect on thermoregulation misstate how the body uses fuel and manages heat.

2. Physical literacy promotes lifelong participation by developing what?

A. Confidence and competence in movement across activities

B. Long-term financial stability

C. Advanced tactical planning

D. Only focusing on elite athletes

Physical literacy is about gaining the skills, confidence and motivation to move smoothly across a wide range of activities. When people feel capable in many movements, they're more likely to enjoy and continue being active throughout life, which leads to lifelong participation in physical activity. This captures the idea of transferable ability and a positive attitude toward movement in different settings, not just a single sport or elite level. The other ideas don't fit because financial stability isn't determined by movement skills, advanced tactical planning is a specific skill set not the overall aim of physical literacy, and focusing only on elite athletes ignores the inclusive, lifelong aspect of being active in many contexts.

3. What is tactical periodisation?

A. It excludes physical training

B. It is only for individual sports

C. Focused on developing decision-making and tactical understanding across cycles

D. It is a strength-only training model

Tactical periodisation is about planning training so players develop how to play the game, not just perform drills. It structures practice across cycles so decision-making and tactical understanding grow in context, step by step, so players can apply the right actions in real match situations. Training is organized around the team's tactical model—how to defend and press, how to build attacks, how to transition between phases—so players repeatedly face game-like scenarios and must choose the best option under pressure. This approach links technical work, physical conditioning, and tactical learning, with the aim of aligning everything to match demands and peaking at the right times in the season. It isn't about excluding physical training, it isn't limited to individual sports, and it isn't a strength-only model.

4. Why are ethical guidelines in sport important for sponsorship and advertising?

A. To maximize profits

B. To ensure truthful messaging and protect young audiences

C. To regulate event scheduling

D. To safeguard audience welfare and integrity

Ethical guidelines in sponsorship and advertising focus on how messages are communicated in sport. They require truthfulness in claims and prevent misleading or exaggerated messaging, which helps maintain trust between fans and brands. Protecting younger audiences is a key part of this, since many fans are impressionable and ads need to be appropriate for children and teens. When sponsorships present honest, suitable messages, the sport's integrity stays intact and fans feel confident in what they're seeing. The other options miss the core aim of honest communication and safeguarding younger viewers, which is why this choice best fits.

5. Which nutrient is primarily responsible for tissue repair and growth after exercise?

A. Carbohydrates

B. Proteins

C. Fats

D. Vitamins only

Protein is the nutrient most directly tied to tissue repair and growth after exercise. When you train, especially with resistance work, tiny tears form in muscles and connective tissues. Protein provides the amino acids that are used to rebuild and strengthen these tissues, supporting muscle repair and growth. Carbohydrates are important for restoring energy (glycogen) after exercise and supporting overall recovery, while fats supply energy and essential fatty acids, but they don't provide the primary building blocks for new tissue. Vitamins assist metabolism, but they aren't the main driver of tissue repair. So, protein best explains why tissues repair and grow after activity.

6. Which of the following is NOT a direct way national governing bodies support grassroots sport?

A. Funding and resource provision

B. Coach education and development programs

C. Hosting professional leagues and top-tier events

D. Providing equipment grants

Grassroots sport means everyday people taking part in sport within their communities, so national governing bodies support it most directly by giving clubs funding and resources, running coach education and development programs, and providing equipment grants. These actions directly enable participation, improve the quality of coaching, and reduce barriers to getting involved at the local level. Hosting professional leagues and top-tier events, while valuable for visibility and growth of the sport, targets elite competition and spectators rather than providing immediate participation opportunities or development support to grassroots players, so it isn't a direct form of grassroots support.

7. What is the role of a warm-up, and what should it include to be effective?

A. Prepares the body for performance, reduces injury risk; should include pulse-raising cardio, dynamic stretching, movement-specific drills, and activation exercises.

B. Warming up is optional and does not affect injury risk.

C. A warm-up should be only static stretching.

D. A warm-up should only involve cool-down activities.

A warm-up prepares the body for performance and reduces injury risk by gradually increasing heart rate and muscle temperature, which improves blood flow and the nervous system's readiness for activity. An effective warm-up includes several components: pulse-raising cardio to get the blood moving, dynamic stretching to improve joint range and muscle elasticity without compromising performance, movement-specific drills to rehearse the exact actions of the upcoming activity, and activation exercises to switch on the muscles that will be relied on most. This combination helps muscles, tendons, and nerves work together smoothly when the activity starts, reducing the chance of strains or pulls. It's not about static stretching alone, and it's not something you skip or replace with only cool-down work.

8. In strategic planning for an NGB, which item is a national directive/vision/strategy?

A. National directive/vision/strategy (provide one)

B. Disciplinary procedures

C. Officials Training

D. Rules (making/changing)

The main idea is that strategic planning rests on a national directive/vision/strategy—the formal document that sets the sport's long-term aims, priorities, and direction at the national level. This directive acts as the anchor for decisions, policies, and resource allocation across all programs, ensuring consistency and coherence in how the sport develops. Disciplinary procedures govern behavior and penalties, officials training builds capacity for officiating, and rules (making/changing) deal with the competition framework. They are important, but they do not establish the overarching direction or goals of the sport.

9. Which of the following is NOT listed as a user group example in the material?

A. Students

B. Employed

C. Unemployed

D. Retired

When thinking about who is considered a user group, you look at the categories the material uses to describe different audiences for sport services. The material gives examples like employed, unemployed, and retired, which cover working, not working, and aging or retired life contexts and how these influence access, time, and resources for participation. Students, however, are not included in that listed set, so they are the one that isn't listed. The other options fit because they're explicitly named as examples in the material. If you're asked to spot which group isn't listed, you check the given categories and choose the one that doesn't appear.

10. Compare circuit training with continuous steady-state training and give an example scenario for each.

A. Circuit training alternates stations with short rests and aims to improve muscular endurance; continuous training is extended steady activity to improve aerobic endurance; Example: circuit training for a general fitness session; continuous training for a 10k runner.

B. Circuit training is performed with continuous activity and no rests.

C. Continuous training improves muscular endurance more than circuit training.

D. Both training types require the same time and structure.

This item tests how endurance adaptations differ between circuit training and continuous steady state training. The idea is that continuous steady state training, performed for a sustained period with relatively steady effort, tends to build the ability of a muscle to continue working over time, increasing fatigue resistance and the muscle's oxidative capacity. In contrast, circuit training combines short, repeated bursts across different stations with brief rests, which boosts overall work capacity and aerobic fitness across several muscle groups, but the emphasis on prolonged, single-muscle endurance is not as strong. Example scenarios help illustrate this: for continuous steady state training, imagine a runner or cyclist maintaining a steady, moderate pace for 30–45 minutes to build endurance in the legs and improve efficiency. For circuit training, picture a gym circuit where you rotate through stations—push ups, squats, rows, planks, jumping jacks—with short rests, repeating for several rounds to develop general fitness and muscular endurance across multiple muscles. So, continuous steady state training is best viewed as enhancing the ability to sustain effort over time in a given muscle group, more so than circuit training.

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:

https://ocrcambridgenatsportsstudies.examzify.com

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