OCR Cambridge National in Sport Studies

J829 Key Vocabulary & Definitions – Student Revision Resource

Based on the OCR Cambridge National in Sport Studies J829 specification, Version 6 (June 2026).

R184 – Contemporary issues in sport

Key vocabulary	Definition	Sporting example
Participation	Taking part in sport or physical activity.	A person joining a local football club.
Barrier	Something that makes it difficult for someone to take part in sport.	Cost can be a barrier to participation.
Disposable income	Money available to spend after essential living costs.	A family with less disposable income may find club fees difficult to afford.
Appropriate provision	Sporting opportunities and facilities that meet the needs of a particular group.	Accessible changing facilities can support participation by disabled people.
Role model	A person whose behaviour or achievements can influence others.	A successful athlete can encourage young people to participate.
Targeted promotion	Promotion designed to reach a specific group.	Advertising a women's cycling session to increase female participation.
Incentive	Something offered to encourage participation or a particular behaviour.	A free trial session can act as an incentive.
Accessibility	How easily people can access and use a sporting opportunity or facility.	Step-free access can improve accessibility.
Team spirit	A sense of unity and cooperation within a team.	Players supporting one another after a mistake.
Fair play	Taking part honestly and respecting the rules and other participants.	Accepting an official's decision.
Citizenship	Behaving responsibly and contributing positively to society.	Volunteering at a community sports event.
Tolerance and respect	Accepting differences and treating others appropriately.	Respecting opponents regardless of background.
Inclusion	Making sure people can participate and feel they belong.	Adapting an activity so more people can take part.
Sportsmanship	Positive behaviour, fairness and respect shown during sport.	Congratulating an opponent after losing.
Gamesmanship	Using questionable but technically legal methods to gain an advantage.	Deliberately slowing play within the rules.
Etiquette	Accepted standards of behaviour in sport.	Shaking hands before a match.
Olympic values	Values associated with the Olympic movement, including excellence, friendship and respect.	Trying to achieve personal excellence while respecting competitors.
Paralympic values	Values associated with the Paralympic movement, including determination, inspiration, courage and equality.	Showing determination to overcome sporting challenges.
Performance-enhancing drug (PED)	A substance used to improve sporting performance.	Using a prohibited anabolic steroid.
WADA	The World Anti-Doping Agency, involved in developing and coordinating anti-doping rules and programmes.	WADA's prohibited list identifies substances and methods that are banned.
Whereabouts Rule	A requirement applying to certain athletes to provide information about where they can be located for testing.	An athlete may need to provide their whereabouts information.

Key vocabulary	Definition	Sporting example
Sanction	A penalty applied when anti-doping rules or other sporting rules are broken.	A ban from competition can be a sanction.
Major sporting event	A large-scale sporting event with significant effects on its host location.	The Olympic Games.
Infrastructure	The buildings, transport, facilities and systems needed to support an event or activity.	New transport links built for a major event.
Legacy	The longer-term effects or benefits left after a major sporting event.	A new sports facility continuing to be used by the community.
National Governing Body (NGB)	An organisation responsible for governing and developing a particular sport.	An NGB can set rules, support coaching and organise competitions.
Lobbying	Trying to influence decision-makers about an issue affecting sport.	An NGB lobbying for increased funding for facilities.
Technical guidance	Advice and information provided to support safe, effective and consistent sporting practice.	Guidance on competition rules or coaching standards.
Technology	The use of technological equipment or systems to support sport.	Video analysis used to review performance.
Technical analysis	Using technology or systematic observation to examine sporting performance.	Analysing a player's movement using video.

R185 – Performance and leadership in sports activities

Key vocabulary	Definition	Sporting example
Skill	An ability to perform a sporting action effectively.	A basketball chest pass.
Technique	The way a skill is performed.	The technique used to strike a tennis forehand.
Tactic	A specific action or decision used to gain an advantage in a situation.	Changing the point of attack in football.
Strategy	An overall plan designed to achieve a sporting objective.	A team planning to defend deeply and counter-attack.
Compositional idea	An idea used to create or structure a performance.	Changing formations in a dance routine.
Creativity	Using imagination to develop effective or original ideas in performance.	Creating a new attacking routine.
Decision-making	Choosing an appropriate action in response to a situation.	Passing rather than shooting when a teammate is better placed.
Role	The responsibilities a performer has within an activity.	A goalkeeper's role includes preventing goals.
Contribution	The positive input an individual makes to a team or performance.	A player contributing through communication and defensive work.
Strength	An aspect of performance that is effective.	Accurate passing is a player's strength.
Weakness	An aspect of performance that needs improvement.	Poor positioning may be a weakness.
Progressive drill	A practice activity that gradually increases in difficulty.	Adding defenders as a passing drill develops.
Fixed practice	Repeating the same skill or movement in a consistent way.	Repeatedly practising a basketball free throw.
Variable practice	Practising a skill in changing conditions.	Passing with different distances and levels of pressure.
Whole practice	Practising the complete skill or performance.	Performing an entire routine.
Part practice	Practising sections of a skill or performance separately.	Practising the take-off phase of a jump.
Progression	A planned increase in difficulty or challenge.	Moving from an unopposed to an opposed drill.
Performance analysis	Systematically examining performance to identify strengths and areas for improvement.	Reviewing match footage to assess decision-making.
Risk assessment	Identifying hazards and deciding how risks will be controlled.	Checking a playing area before a session.
Hazard	Something with the potential to cause harm.	A wet patch on a sports hall floor.
Contingency plan	A plan for what to do if circumstances change or something goes wrong.	Moving an outdoor session indoors if it rains.
Warm-up	Activity undertaken before exercise to prepare the body for physical activity.	Light jogging followed by mobility exercises.
Cool-down	Activity undertaken after exercise to help the body gradually return towards its resting state.	Light movement and stretching after a session.
Leadership	Guiding and influencing others to achieve an objective.	A student organising a sports activity.

Key vocabulary	Definition	Sporting example
Democratic leadership	A leadership style involving participants in decisions.	Asking the group which practice activity they prefer.
Autocratic leadership	A leadership style in which the leader makes decisions with limited participant input.	A coach giving clear instructions during a time-critical situation.
Laissez-faire leadership	A leadership style giving participants considerable freedom and responsibility.	Allowing an experienced group to organise parts of its activity.
Communication	The process of sharing information with others.	Explaining how a drill should be performed.
Verbal communication	Communication using spoken words.	Giving clear instructions.
Non-verbal communication	Communication through actions such as gestures, positioning or facial expression.	Using a hand signal to indicate where to move.
Motivation	Factors that encourage someone to participate or improve.	Praising effort to encourage a performer.
Adaptability	The ability to change approach when circumstances require it.	Changing an activity because the group is finding it too difficult.
Review	Looking back at performance or an activity to identify what happened and what could improve.	Reviewing how effectively a session was delivered.
Evaluation	Making a judgement about effectiveness using evidence.	Judging whether the session met its objectives and explaining why.
Reflection	Thinking carefully about your own performance and learning.	Identifying how your leadership could improve.
Justification	Giving reasons and evidence to support a decision or conclusion.	Explaining why a particular practice method was selected.

R186 – Sport and the media

Key vocabulary	Definition	Sporting example
Media	Means of communicating information to a large audience.	Television, newspapers and websites.
Digital media	Media delivered using digital technology.	A sports website or online video.
Social media	Online platforms where users create and share content.	An athlete using social media to communicate with fans.
Live streaming	Broadcasting an event over the internet as it happens.	Watching a live match online.
Broadcast media	Media transmitted to an audience, traditionally including television and radio.	A live television broadcast.
Print media	Information published in printed form.	A sports newspaper.
Broadsheet	A newspaper traditionally associated with a larger format and more formal style.	A broadsheet reporting on a major sporting event.
Tabloid	A newspaper traditionally associated with a smaller format and more sensational presentation.	A tabloid focusing on a sports celebrity story.
Exposure	The amount of attention or coverage something receives.	Television coverage giving a minority sport greater exposure.
Profile	The level of public awareness or attention given to a person, team or sport.	Media coverage raising an athlete's profile.
Promotion	Activities designed to increase awareness or interest.	A social media campaign promoting a sporting event.
Influencer	A person with an online audience who can affect followers' awareness or behaviour.	An athlete promoting participation through social media.
Grassroots sport	Sport at community and participation level.	Local junior football.
Revenue	Income generated by an organisation or activity.	Broadcasting rights can generate revenue.
Sponsorship	Financial or other support provided in return for association with a sport, team or event.	A company sponsoring a football club.
Endorsement	Public support or promotion of a product or brand by a person or organisation.	An athlete endorsing sports clothing.
Golden triangle	The relationship between sport, the media and sponsorship/commercial interests.	Media coverage can increase sponsorship opportunities.
TV rights	Rights sold to a broadcaster to show sporting events.	A broadcaster paying for rights to show a league.
Merchandising	Selling products associated with a sport, team or athlete.	Selling replica team shirts.
Scrutiny	Close examination or observation.	An athlete receiving increased scrutiny after a high-profile event.
Trolling	Online behaviour involving abusive or deliberately provocative messages.	An athlete receiving abusive comments online.
Fan pressure	Pressure experienced because of expectations or reactions from supporters.	Players facing criticism after poor results.
Stereotype	A simplified and generalised belief about a group.	Stereotyping athletes based on gender.
Ethical issue	A question about what is right, fair or responsible.	Debating whether intrusive reporting about an athlete is appropriate.

R187 – Increasing awareness of Outdoor and Adventurous Activities

Key vocabulary	Definition	Sporting example
Outdoor and adventurous activity	An activity undertaken outdoors that often involves challenge, risk, adventure or interaction with the natural environment.	Canoeing or climbing.
Provision	The availability of opportunities, facilities and organisations for participation.	Local centres providing kayaking sessions.
National provision	Opportunities or facilities available at a national level.	A national outdoor activity centre.
Regional provision	Provision available within the region.	An activity centre within the relevant regional area.
Local provider	An organisation providing opportunities close to the centre or participant.	A local climbing centre.
Terrain	The type and characteristics of the land or surface where an activity takes place.	Rocky terrain for climbing.
Environment	The natural or physical surroundings in which an activity takes place.	A river environment for canoeing.
Safety equipment	Equipment designed to reduce risk of injury.	A buoyancy aid.
Specialist equipment	Equipment designed specifically for a particular activity.	Climbing equipment.
Safety clothing	Clothing that helps protect the participant.	A helmet.
Specialist clothing	Clothing designed for the demands of a particular activity or environment.	A wetsuit for water activities.
GPS	A satellite-based system used to determine location.	Using GPS to navigate a route.
Signalling device	Equipment used to attract attention or communicate in an emergency.	A whistle.
Health and safety	Measures and practices designed to protect participants from harm.	Checking equipment before an activity.
Leader-to-participant ratio	The number of participants supervised by each leader.	A provider may require a specific ratio for safety.
Contingency plan	A backup plan for unexpected circumstances.	Changing the route because of unsafe weather.
Hazard	Something with the potential to cause harm.	Loose rock on a climbing route.
Emergency procedure	A planned response to an emergency.	Following the provider's procedure after an injury.
Rescue	Actions taken to assist and recover someone from danger.	A trained team rescuing a participant.
First aid	Immediate care given to someone who is injured or becomes unwell.	Treating a minor injury before further help is available.
Evaluation	A judgement about the effectiveness of an activity, plan or experience.	Evaluating whether the planned activity was effective.
Self-confidence	Belief in one's own ability.	Successfully completing a challenging activity can develop confidence.

Key vocabulary	Definition	Sporting example
Problem solving	Identifying and working through a challenge to reach a solution.	Choosing an alternative route around an obstacle.
Team working	Working cooperatively with others to achieve an objective.	A group working together during an expedition.

Exam command words

Learn what the command word is asking you to do. For higher-level questions, make sure your answer is applied to the sporting context and supported with reasons or evidence.

Command word	What it means
Identify	Give the required item or feature.
State	Give a clear fact or answer.
Describe	Give an account of what something is like or what happens.
Explain	Give reasons or show how/why something happens.
Analyse	Break information down and examine relationships, effects or reasons.
Evaluate	Make a supported judgement about effectiveness, value or impact.
Compare	Identify similarities and/or differences.
Discuss	Consider different aspects or viewpoints and reach a supported conclusion where appropriate.
Recommend	Suggest a suitable course of action, supported by reasons.
Justify	Give reasons and evidence to support a choice, decision or conclusion.

Revision tip: Don't just memorise the definition. Try to learn the definition, a sporting example, why the concept matters, and its possible impact. This will help you apply vocabulary in exam and NEA contexts.