



Thursday 15 January 2015 – Afternoon

LEVEL 1/2 CAMBRIDGE NATIONAL IN SPORT SCIENCE

R041/01 Reducing the risk of sports injuries

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- The quality of your written communication will be assessed in your answer to the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

Answer **all** the questions.

1 Describe how the following can influence the risk of injury to a sports performer:

(a) Type of activity
.....
..... [1]

(b) Communication skills of a coach
.....
..... [1]

(c) Playing surface
.....
..... [1]

(d) Other participants
.....
..... [1]

2 (a) Give **one** item of sports equipment which may cause injury.
..... [1]

(b) Give **one** item of sports equipment from each of the following categories that will help to prevent injury:

(i) Protective equipment
..... [1]

(ii) Clothing or footwear
..... [1]

3 Describe **two** different ways that weather could influence the risk of injury.

.....
.....
.....
..... [2]

4 Describe how the following might increase the risk of injury for a sports performer:

(a) Nutrition

.....
.....
..... [1]

(b) Sleep

.....
.....
..... [1]

(c) Flexibility

.....
.....
..... [1]

5 Sports injuries can be influenced by intrinsic and extrinsic factors. Which **one** of the following is an **extrinsic** factor? (Circle your chosen option to indicate your answer).

- (a) Poor sitting position
- (b) Wet playing surface
- (c) Muscle imbalance
- (d) Arousal level

[1]

6 Name **three** different sports where a gum shield is often worn to protect the performer.

1

2

3

[3]

7 Using an example for each, explain how the following are important when planning a warm up or cool down.

(a) Size of the group

.....

.....

.....

..... [2]

(b) Age of participants

.....

.....

.....

..... [2]

(c) Individual fitness levels

.....

.....

.....

..... [2]

5

- 8 Maggie has been asked to complete a risk assessment in preparation for a school sports event. Complete the blank areas of the grid below.

Injury type	How this might happen	Chronic or Acute
Soft tissue injury	Going over on the ankle when running to catch the ball	Acute
Fractures		
Concussion		
Abrasions		
Tendonitis		

[8]

- 9 Explain how warming up can benefit a sports performer psychologically.

.....

.....

.....

..... [2]

13 (a) What are the causes of Type 2 diabetes?

.....
.....
.....
..... [2]

(b) Describe how to treat Type 1 diabetes.

.....
.....
.....
..... [2]

14 Describe the symptoms and treatment of asthma and epilepsy.

Asthma
.....
.....
.....
..... [3]

Epilepsy
.....
.....
.....
..... [3]

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