



Answer **all** the questions.

1 Which of the following is **not** a benefit of warming up?  
(circle your chosen option to indicate your answer)

- (a) Increases heart rate
- (b) Prevents lactic acid build-up
- (c) Increases breathing rate
- (d) Prevents injury to muscles

[1]

2 Provide a practical example for each of the following key components of a warm up.

Mobility .....

Dynamic movements .....

Skill rehearsal .....

[3]

3 Identify and describe how to perform **two** different stretches that might be used in warm ups or cool-downs.

Stretch 1

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

Stretch 2

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

4 Identify each of the back conditions shown in the following pictures.

(a) .....



(b) .....



(c) .....



[3]

5 Name **three** factors that can affect posture, other than sports injuries, and explain how they might lead to poor posture.

Factor 1 .....

.....

Explanation .....

.....

.....

Factor 2 .....

.....

Explanation .....

.....

.....

Factor 3 .....

.....

Explanation .....

.....

.....

[6]

6 Protective equipment is used to avoid serious sporting injuries.

(a) Name **two** sports in which a helmet is worn for protection.

1 ..... [1]

2 ..... [1]

(b) Name **one** sport in which shin pads are worn for protection.

..... [1]

7 Describe **three** safety checks that should be made before coaching a netball session.

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

8 Explain the purpose of a risk assessment.

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

9 (a) Give **two** examples of chronic injury.

Example 1 .....

Example 2 .....

[2]

(b) Explain what is meant by a chronic injury.

.....

.....

.....

..... [2]

10 Circle your chosen option to indicate which of the following is true or false.

(a) An acute injury results in immediate pain True / False [1]

(b) Shin splints are an example of an acute injury True / False [1]

(c) An abrasion is an example of an overuse injury True / False [1]

(d) Golfer's elbow occurs as a result of wearing incorrect footwear True / False [1]

(e) Acute injuries occur over a long period of time True / False [1]

11 Outline the features of **two** injuries that are related to children.

.....

.....

.....

.....

.....

.....

.....

..... [4]

12 Describe how each of the following can help in responding to sporting injuries.

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

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

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

13 (a) Describe a sporting situation where, as a coach, you might need to refer a performer on to a medical professional.

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

(b) As a coach, how would you do this?

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

14 Oliver suffers from asthma and Jasminder suffers from epilepsy. Both attend a weekly badminton club.

Describe **one** symptom for each that would indicate to their coach that they are having an attack and **one** treatment method that the coach could use in each case.

Oliver's symptom .....

Oliver's treatment .....

Jasminder's symptom .....

Jasminder's treatment .....

[4]





**ADDITIONAL ANSWER SPACE**

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

A large area of lined paper for writing answers. It features a vertical margin line on the left side and horizontal dotted lines for writing. The lines are evenly spaced and extend across the width of the page.

A blank sheet of lined paper with a vertical margin line on the left and horizontal ruling lines across the page. The page is otherwise empty of text or markings.

A large area of the page is filled with horizontal dotted lines, providing a space for writing answers. A solid vertical line runs down the left side of this area, creating a margin.



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