

Tuesday 14 May 2013 – 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 taken into account in marking your answer to the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

2

Answer **all** questions.

1 (a) Describe **two** psychological benefits of a warm up.

1

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2

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[2]

(b) How might a psychological benefit help to reduce the risk of injury?

.....

..... [1]

2 Which one of the following does the term R.I.C.E. stand for? (circle your chosen option to indicate your answer)

- A Reassurance, Ice, Compress, Emergency
- B Rest, Ice, Compress, Elevate
- C Rest, Insulin, Cold, Emergency
- D Response, Intensity, Cool down, Elevate

[1]

3 Using examples, describe **two** environmental factors that may cause injury to sports performers.

1

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2

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[2]

3

- 4 A coach must carefully consider the characteristics of an individual or group when planning and delivering a warm up or cool down.

Identify **three** of these specific characteristics of an individual or group.

1

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2

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3

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[3]

- 5 Describe **four** physical benefits of a cool down.

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..... [4]

6 (a) Exercise is a common trigger for asthma.

Give **three** symptoms that a coach should be aware of if someone in their class has been diagnosed with asthma.

1

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2

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3

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[3]

(b) Suggest **two** suitable ways in which the coach could respond and treat a performer suffering an asthma attack.

1

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2

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[2]

7 A lack of exercise can be one cause of poor posture.

(a) Describe **four** other causes of poor posture.

1.....
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2.....
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3.....
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4.....
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[4]

(b) Identify **two** types of sports injuries related to poor posture.

1.....
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2.....
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[2]

8 Chronic injuries are also known as overuse injuries.

Give **two** examples of overuse injuries in sport.

1.....
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2.....
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[2]

10 More than two and a half million people in the UK have diabetes according to 'Diabetes UK'.

(a) Describe the medical condition of diabetes.

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..... [2]

(b) Describe the symptoms of Type 1 diabetes.

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..... [2]

11 Describe **three** different ways in which a participant in a specific sport or activity may become injured.

Name of Sport/Activity:

1

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2

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3

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.....

[3]

12 All sporting clubs have a responsibility and duty of care to ensure a safe environment for participants and spectators and this is often highlighted in their Emergency Action Plan (EAP).

Identify **three** different components of an Emergency Action Plan.

1

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2

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3

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[3]

14 Shin pads in football are one example of protective equipment reducing the risk of injury to football players.

Other than shin pads, give **three** other examples of different types of protective equipment and a sport or activity which each is used for.

1

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2

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3

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[3]

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