

**OCR**

Oxford Cambridge and RSA

**Friday 15 May 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	
-----------------------	--	----------------------	--

Centre number						Candidate number				
---------------	--	--	--	--	--	------------------	--	--	--	--

**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. If additional space is required, you should use the lined page at the end of this booklet. The question number(s) must be clearly shown.
- 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.

Answer **all** questions.

1 Sports injuries can be related to poor posture. Name the condition for each of the following descriptions.

(a) A condition in which the spine in the lower back has an excessive curvature.  
..... [1]

(b) An abnormal curving of the upper spine causing the back to appear slouched or hunched.  
..... [1]

(c) A back condition that causes the spine to curve to the side.  
..... [1]

(d) A condition where the hips are not level.  
..... [1]

2 Describe how previous injuries can increase the risk of injury to a sports performer.  
.....  
.....  
.....  
..... [2]

3 Name a psychological factor and describe how it might cause injury.  
Psychological factor  
.....  
..... [1]

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

4 For each of the following benefits of a warm up, show whether they are physical or psychological and explain how they help a performer in a physical activity.

(a) Heighten or control of arousal levels

**Physical / Psychological** (circle your answer)

Explanation .....

.....

..... [2]

(b) Increase in heart rate

**Physical / Psychological** (circle your answer)

Explanation .....

.....

..... [2]

(c) Increase in pliability of ligaments and tendons

**Physical / Psychological** (circle your answer)

Explanation .....

.....

..... [2]

(d) Increase in motivation

**Physical / Psychological** (circle your answer)

Explanation .....

.....

..... [2]

5 Plan a warm up specific to a sport of your choice using the five key components.

Sport: .....

Pulse raiser: .....

.....  
.....  
.....

Mobility exercise: .....

.....  
.....  
.....

Dynamic movements: .....

.....  
.....  
.....

Stretching: .....

.....  
.....  
.....

Skill rehearsal: .....

.....  
.....  
.....

[5]

6 Name **three** specific needs that should be considered when planning a warm up and cool down.

(i) .....

(ii) .....

(iii) .....

[3]

7 Name a medical condition that uses the following as a response:

(a) Response: Inhaler

Condition: ..... [1]

(b) Response: Give insulin

Condition: ..... [1]

(c) Response: Clear any danger away from the individual

Condition: ..... [1]

8 Circle the answer true or false for the following statement:

You should give sugary sweets to treat someone having an epileptic seizure. **True / False** [1]

9 Describe why you might refer a performer to a medical professional during a sporting activity.

.....

.....

.....

.....

..... [2]

**10** The following are symptoms of which medical conditions?

**(a)** Symptom: Increased thirst

Condition: ..... [1]

**(b)** Symptom: Wheezing

Condition: ..... [1]

**(c)** Symptom: Repeated visits to the toilet

Condition: ..... [1]

**11** Complete the following table which contains information on Emergency Action Plans.

Area of emergency action plan	Description
Emergency personnel	<b>(a)</b>
<b>(b)</b>	This includes telephone, emergency numbers, emergency services
<b>(c)</b>	<b>(d)</b>

[4]

12 For the following **four** different types of injuries, give a symptom (other than pain) and treatment for each. Circle whether it is a chronic or an acute injury.

(i) Injury: Sprained ankle .....  
Symptom: .....  
Treatment: .....  
Chronic/Acute (circle your answer) [3]

(ii) Injury: Shin splints .....  
Symptom: .....  
Treatment: .....  
Chronic/Acute (circle your answer) [3]

(iii) Injury: Open fracture .....  
Symptom: .....  
Treatment: .....  
Chronic/Acute (circle your answer) [3]

(iv) Injury: Concussion .....  
Symptom: .....  
Treatment: .....  
Chronic/Acute (circle your answer) [3]

13 Which stage of the SALTAPS on-field assessment routine does each of the following examples show?

(a) Checking whether the performer can move the injured limb.  
.....  
..... [1]

(b) Checking whether the performer can put weight on the injured limb.  
.....  
..... [1]

14 What is meant by the term 'elevation' when applied to the treatment of an injury?

.....

.....

..... [1]





**ADDITIONAL ANSWER SPACE**

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

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.

**PLEASE DO NOT WRITE ON THIS PAGE**

**PLEASE DO NOT WRITE ON THIS PAGE**

---

**OCR**  
Oxford Cambridge and RSA

**Copyright Information**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series. If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.