

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
LEVEL 1/2
R041/01

CAMBRIDGE NATIONAL IN
SPORT SCIENCE

Reducing the risk of sports injuries

THURSDAY 16 JANUARY 2014: Afternoon

DURATION: 1 hour
plus your additional time allowance

MODIFIED ENLARGED

Candidate forename		Candidate surname	
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Centre number						Candidate number				
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Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

- **Write your name, centre number and candidate number in the boxes on the first page. 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).**

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 (*).**
- **Any blank pages are indicated.**

Answer ALL questions.

1 Describe how the following extrinsic factors can influence the risk of injury to a sports performer.

(a) Equipment

[1]

(b) Environmental factors

[1]

(c) Coaching/supervision

[1]

2 Give ONE reason why a risk assessment is undertaken.

[1]

3 Explain how each of the following psychological factors can contribute to injury in sport.

(a) Anxiety levels

[2]

(b) Aggression

[2]

(c) Motivation

[2]

4 Lordosis is one cause of poor posture that can contribute to sports injury. List THREE other causes of poor posture.

(a) _____

(b) _____

(c) _____

[3]

5 Describe the following key components of a warm up.

(a) Pulse raiser

_____ **[1]**

(b) Mobility

_____ **[1]**

(c) Stretching

_____ **[1]**

(d) Skill rehearsal

[1]

- 6 Mental rehearsal can be used as part of a warm up routine. Using a practical example, describe mental rehearsal.**

Example

[1]

Description

[2]

7 Identify FOUR specific needs to be taken into consideration when planning a warm up or cool down.

1 _____

2 _____

3 _____

4 _____

[4]

- 8 Give an example of a cool down exercise and explain why it is important to cool down following physical activity.**

Example

[1]

Explanation

[2]

9 Identify TWO injury risks associated with:

(a) Contact sports

1 _____
_____ [1]

2 _____
_____ [1]

(b) Gymnastic activities

1 _____
_____ [1]

2 _____
_____ [1]

10 Tendonitis is a common sports injury. Complete the following table below to show the type of injury it is, ONE symptom of it and its treatment.

INJURY TYPE	SYMPTOM	TREATMENT

[3]

11 (a) What is meant by an 'acute' injury?

[2]

(b) Describe TWO different acute injuries.

Example 1

[1]

Example 2

[1]

12 Debbie is training for a marathon and is running 50 km per week. Identify THREE possible injuries that she may experience as a result of her training and what might have caused each of them.

Injury 1 _____
_____ [1]

Cause _____
_____ [1]

Injury 2 _____
_____ [1]

Cause _____
_____ [1]

Injury 3 _____
_____ [1]

Cause _____
_____ [1]

13 Describe the TWO types of diabetes.

Type 1 _____

_____ [1]

Type 2 _____

_____ [1]

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14 Diabetes is a medical condition. Identify TWO other medical conditions that might affect a young sports performer. Suggest ONE symptom and ONE treatment for each.

Medical condition 1 _____ **[1]**

Symptom _____

_____ **[1]**

Treatment _____

_____ **[1]**

Medical condition 2 _____ **[1]**

Symptom _____

_____ **[1]**

Treatment _____

_____ **[1]**

15* Emergency action plans are important at all sports facilities.

Explain the areas that make up an emergency action plan in a sporting context. Detail the reasons for and benefits of having an action plan in place. [8]

[illegible]

END OF QUESTION PAPER

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