

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

**CAMBRIDGE NATIONAL IN**  
**SPORT SCIENCE**

**Reducing the risk of sports injuries**

**FRIDAY 16 MAY 2014: Afternoon**

**DURATION: 1 hour**  
**plus your additional time allowance**

**MODIFIED ENLARGED**

<b>Candidate forename</b>		<b>Candidate surname</b>	
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<b>Centre number</b>						<b>Candidate number</b>				
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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 Name THREE different sports in which a protective helmet may be worn by the performer.**

1 \_\_\_\_\_ [1]

2 \_\_\_\_\_ [1]

**3** \_\_\_\_\_ **[1]**

**2 Describe how rules and regulations reduce the risk of injury in sport.**

[illegible]

**3 List THREE safety checks you should complete before carrying out a sports session.**

**1** \_\_\_\_\_ [1]

**2** \_\_\_\_\_ [1]

**3** \_\_\_\_\_ [1]

**4 Describe THREE hazards that could cause injury when sport is being played outside.**

**1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

**2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

**3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

**5 Having poor body posture in sport can cause injury.**

**Explain how the following can contribute to poor posture:**

**(a) Sitting Position**

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[1]

**(b) Fatigue**

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[1]

**(c) Lack of confidence**

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[1]

**6 Identify THREE environmental factors to consider when planning a cool down.**

**1** \_\_\_\_\_  
\_\_\_\_\_ [1]

**2** \_\_\_\_\_  
\_\_\_\_\_ [1]

**3** \_\_\_\_\_  
\_\_\_\_\_ [1]

- 7 James is preparing to take part in a football training session and needs to complete a thorough warm up.

Complete the table below by describing the activities and their benefits.

Component of warm up	Description of warm up activity	Physical benefits
Pulse raiser	A	B
Stretching	C	D
Skill rehearsal	E	F

[6]

**8 Circle your chosen option to indicate whether each of the following is true or false:**

**(a) A cool down increases muscle soreness** **True/False** **[1]**

**(b) A cool down speeds up the removal of waste products** **True/False** **[1]**

**(c) A cool down improves concentration** **True/False** **[1]**

**(d) A cool down gradually reduces breathing rate** **True/False** **[1]**

**9 Using examples, describe the following two psychological benefits of a warm up:**

**(a) Improved focus**

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**Example**

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**[2]**



**(b) Increased motivation**

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**Example**

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**[2]**

**10 Identify a symptom for each of the following medical conditions that might affect a sports performer.**

**(a) Asthma**

\_\_\_\_\_  
\_\_\_\_\_ [1]

**(b) Epilepsy**

\_\_\_\_\_  
\_\_\_\_\_ [1]

**(c) Diabetes**

\_\_\_\_\_  
\_\_\_\_\_ [1]

**11 Explain TWO differences between Type 1 and Type 2 diabetes.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

**12 A sports performer appears to suffer an asthma attack. Identify THREE actions you might take to help this person.**

**1** \_\_\_\_\_  
\_\_\_\_\_ [1]

**2** \_\_\_\_\_  
\_\_\_\_\_ [1]

**3** \_\_\_\_\_  
\_\_\_\_\_ [1]

**13 Describe a cause and a treatment for each of the following sports injuries:**

**(a) Tennis elbow**

**Cause**

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**Treatment**

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**[2]**

**(b) Blisters**

**Cause**

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**Treatment**

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**[2]**

**(c) Fracture**

**Cause**

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**Treatment**

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**[2]**

**(d) Abrasion**

**Cause**

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**Treatment**

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**[2]**

**14 A sports performer is suffering from shin splints.**

**(a) Is this an acute or chronic injury?**

\_\_\_\_\_  
\_\_\_\_\_ [1]

**(b) Describe a possible cause of this injury.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

**(c) Identify a sports activity in which this is likely to occur.**

\_\_\_\_\_  
\_\_\_\_\_ [1]

**15\* Explain how, in a sporting context, SALTAPS can help a coach to respond to an injury. [8]**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[illegible]

**END OF QUESTION PAPER**



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