

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

MODIFIED LANGUAGE



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) A condition where curving of the upper spine causes 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 further injury to a sports performer.

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

- 3** Name a psychological factor and describe how it might cause injury.

Psychological factor

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

How it might cause injury

.....
.....
..... [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)

How this helps performance

.....

..... [2]

(b) Increase in heart rate

Physical / Psychological (circle your answer)

How this helps performance

.....

..... [2]

(c) Increase in pliability of ligaments and tendons

Physical / Psychological (circle your answer)

How this helps performance

.....

..... [2]

(d) Increase in motivation

Physical / Psychological (circle your answer)

How this helps performance

.....

..... [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	(a)
(b)	This includes telephone, emergency numbers, emergency services
(c)	(d)

[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]**

15* Explain how extrinsic factors can influence the risk of injury to sports performers.

[8]

END OF QUESTION PAPER

[illegible]

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