

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

R041/01

**CAMBRIDGE NATIONAL IN SPORT
SCIENCE**

Reducing the risk of sports injuries

THURSDAY 14 JANUARY 2016:

Afternoon

DURATION: 1 hour

plus your additional time allowance

MODIFIED ENLARGED 24pt

Candidate forename						Candidate surname				
Centre number						Candidate number				

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

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 assessed in your answer to the question marked with an asterisk (*).

Any blank pages are indicated.

BLANK PAGE

Answer ALL the questions.

1 Complete the following table showing the symptoms and treatments of common medical conditions.

MEDICAL CONDITION	SYMPTOMS	TREATMENT
Asthma	(a) _____ (b) _____	(c) _____
(d) _____	Seizures	Emergency care plan in place
Diabetes	(e) _____ (f) _____	(g) _____ (h) _____

[8]

2 Give an example and possible cause of the following types of injury:

Acute

Example _____ **[1]**

Cause _____
_____ **[1]**

Chronic

Example _____ **[1]**

Cause _____
_____ **[1]**

3 Describe why the following might be used to treat an injury:

Bandaging

_____ **[1]**

Sling

_____ **[1]**

4 (a) Give an example of a sporting situation where a fracture might occur.

[1]

(b) Explain the difference between an open fracture and a closed fracture.

[2]

5 Explain why R.I.C.E. might be unsuitable for treating some injuries.

[2]

6 S.A.L.T.A.P.S. is the acronym for an on-field injury assessment routine.

(a) Fill in the missing words below:

See

Ask

Look

Touch

A _____ [1]

P _____ [1]

S _____ [1]

(b) Describe what is meant by ‘Look’ and ‘Touch’ when applying S.A.L.T.A.P.S.

Look _____
_____ [1]

Touch _____
_____ [1]

7 Identify TWO psychological benefits and TWO physical benefits of a warm up.

Psychological

1 _____ **[1]**

2 _____ **[1]**

Physical

1 _____ **[1]**

2 _____ **[1]**

8 How might a cool down aid recovery from exercise?

_____ **[3]**

9 Give an example and a reason why each of the following components of a warm up is beneficial:

Pulse raiser:

Example _____

Description _____

_____ [2]

Mobility:

Example _____

Description _____

_____ [2]

Dynamic movements:

Example _____

Description _____

_____ [2]

10 Describe the purpose of skill rehearsal in a warm up.

[2]

11 Describe THREE ways that coaching or supervision can influence the risk of injury to sports performers.

[3]

12 Describe how each of the following could cause injury:

Protective equipment

[1]

Performance equipment

[1]

Clothing/footwear

[1]

13 Psychological factors can increase a performer's chance of sustaining an injury.

**Which ONE of the following is NOT a psychological factor?
(Circle your chosen option to indicate your answer).**

(a) Motivation

(b) Anxiety levels

(c) Aggression

(d) Sleep

[1]

14 Explain why the following should be considered when leading a sports session. Use a different example to support each explanation.

Gender

[2]

Age

[2]

Previous or recurring injuries

[2]

15* Poor posture can be caused by sporting, medical and lifestyle factors.

Explain causes of poor posture and how they may affect sports performance.

[8]

[illegible]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

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

[illegible]

