

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
LEVEL 1/2
R041/01
CAMBRIDGE NATIONAL IN
SPORT SCIENCE
Reducing the risk of sports injuries
FRIDAY 20 MAY 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.

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Answer ALL the questions.

**1 Which of the following is NOT a benefit of warming up?
(circle your chosen option to indicate your answer)**

- (a) Increases heart rate**
- (b) Prevents lactic acid build-up**
- (c) Increases breathing rate**
- (d) Prevents injury to muscles**

[1]

2 Provide a practical example for each of the following key components of a warm up.

Mobility _____

Dynamic movements _____

Skill rehearsal _____

[3]

3 Identify and describe how to perform TWO different stretches that might be used in warm ups or cool-downs.

Stretch 1

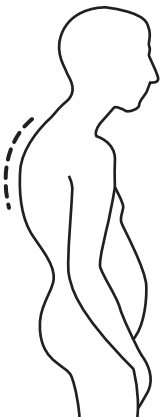
[2]

Stretch 2

[2]

4 Identify each of the back conditions shown in the following pictures.

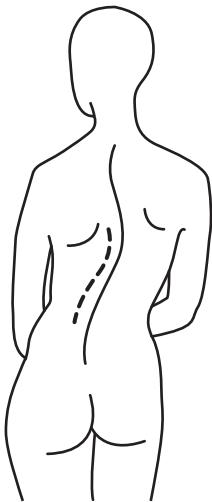
(a) _____



(b) _____



(c) _____



[3]

5 Name THREE factors that can affect posture, other than sports injuries, and explain how they might lead to poor posture.

Factor 1 _____

Explanation _____

Factor 2 _____

Explanation _____

Factor 3 _____

Explanation _____

[6]

6 Protective equipment is used to avoid serious sporting injuries.

(a) Name TWO sports in which a helmet is worn for protection.

1 _____ **[1]**

2 _____ **[1]**

(b) Name ONE sport in which shin pads are worn for protection.

7 Describe THREE safety checks that should be made before coaching a netball session.

_____ **[3]**

8 Explain the purpose of a risk assessment.

[3]

9 (a) Give TWO examples of chronic injury.

Example 1 _____

Example 2 _____

[2]

(b) Explain what is meant by a chronic injury.

[2]

10 Circle your chosen option to indicate which of the following is true or false.

(a) An acute injury results in immediate pain

True False [1]

(b) Shin splints are an example of an acute injury

True False [1]

(c) An abrasion is an example of an overuse injury

True False [1]

(d) Golfer's elbow occurs as a result of wearing incorrect footwear

True False [1]

(e) Acute injuries occur over a long period of time

True False [1]

11 Outline the features of TWO injuries that are related to children.

[4]

12 Describe how each of the following can help in responding to sporting injuries.

Massage _____

_____ **[2]**

Taping _____

_____ **[2]**

Bandaging _____

_____ **[2]**

13 (a) Describe a sporting situation where, as a coach, you might need to refer a performer on to a medical professional.

[2]

(b) As a coach, how would you do this?

[1]

14 Oliver suffers from asthma and Jasminder suffers from epilepsy. Both attend a weekly badminton club.

Describe ONE symptom for each that would indicate to their coach that they are having an attack and ONE treatment method that the coach could use in each case.

Oliver's symptom _____

Oliver's treatment _____

Jasminder's symptom _____

Jasminder's treatment _____

[4]

15* Explain the psychological or mental benefits of a warm up before physical activity.

Using practical examples, explain how these benefits might reduce the risk of injury. [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 margin(s).

[illegible]

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