

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

CAMBRIDGE NATIONAL IN
SPORT SCIENCE

Reducing the risk of sports injuries

WEDNESDAY 16 MAY 2018: Morning

DURATION: 1 hour
plus your additional time allowance

MODIFIED ENLARGED

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 front 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 (*).

Answer ALL the questions.

1 Circle your chosen option to indicate which of the following are true or false.

(a) Type 2 diabetes is a medical condition that is insulin-dependent. [1]

True / False

(b) Stretching and pulse raising exercises are key components of a cool down. [1]

True / False

(c) Acute injuries are the result of a sudden trauma to the body. [1]

True / False

(d) Gender and flexibility are individual variables that can influence the risk of injury. [1]

True / False

2 In a resource ‘Asthma and My Child’ produced by Asthma UK, some of the common symptoms of asthma which are identified include wheezing and coughing.

Identify TWO other symptoms of asthma.

1 _____ [1]

2 _____ [1]

- 3 A rugby team employed a sports psychologist to help reduce the number of injuries as a result of players not being fully focused before each match.**

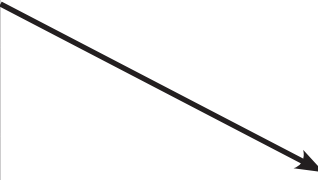
Before a training session the sports psychologist explained the psychological importance of a warm up.

Other than focus, describe psychological benefits that the sports psychologist could have included in their talk to the players and how they would reduce chances of injury.

[2]

- 4 One example of an overuse injury is tendonitis.**

Draw a line from each of the other types of injury to a suitable example of that injury in the table below. [3]

Types of injury		Example of injury
Overuse		Bruise
(a) Abrasion		Graze
(b) Contusion		Tendonitis
(c) Soft tissue injury		Sprain

- 5 Insulin dependency is one difference between Type 1 and Type 2 diabetes.

Describe TWO other differences between Type 1 and Type 2 diabetes.

[2]

- 6 Shin splints is a common sports injury for marathon runners.

Complete the table below to show the type of injury it is, one symptom of it and the recommended treatment. [3]

Type of injury	Symptom	Recommended treatment

7 (a) (i) Which ONE of the statements below is false?

A	Rest, ice, compression and elevation is a method used to rehabilitate soft tissue injuries
B	SALTAPS is an on-field assessment that stands for: See, ask, look, touch, active, passive and strength
C	Emergency action plans consist of personnel, communication and equipment
D	Fitness levels and wearing the correct protective equipment are both intrinsic factors that can influence the risk of injury

_____ **[1]**

(ii) Explain the difference between ‘active’ and ‘passive’ for the on-field assessment of SALTAPS.

_____ **[2]**

(b)

Increased thirst	Seizure	Call 999	Cramp
Give a sugary drink	Going to the toilet lots	Extreme tiredness	Hypoglycaemia
Emergency care plan	Breathing difficulties	Inhaler	Dizziness

- (i) Which ONE of the above could be a possible symptom of asthma, diabetes and concussion?**

_____ **[1]**

- (ii) Which ONE of the above is the condition that describes low blood sugar?**

_____ **[1]**

- (iii) Which ONE of the above is the best treatment for an asthma attack that is NOT severe?**

_____ **[1]**

- (c) Describe how a netball coach should deal with a player who they suspect is having an epileptic fit.**

_____ **[2]**

- 8 (a) Name ONE sport in which performers may wear both a gumshield and protective headgear.**

_____ **[1]**

- (b) Name ONE item of performance equipment that may cause injury to another performer.**

_____ **[1]**

- 9 (a) Using a practical example, describe an acute sporting injury where it would be suitable to use a bandage.**

_____ **[2]**

- (b) Applying a bandage can help ease the pain of an injury.**

Explain other benefits to the performer of bandaging an injury.

_____ **[2]**

10 Massage is one technique a sports therapist may use to treat injuries.

(a) Describe the benefits to a performer of receiving a massage as a response to an injury.

[2]

(b) Identify TWO other techniques a sports therapist may use when responding to a soft tissue injury the day after the injury has occurred.

1 _____ **[1]**

2 _____ **[1]**

11 (a) Describe lordosis and the impact it can have on a sports performer.

[2]

(b) Other than lordosis, identify TWO other sports injuries that are associated with poor posture.

1 _____ [1]

2 _____ [1]

(c) Explain how a lack of exercise can cause poor posture.

[2]

12 John is following a sports leader course and for one of the units he must complete a safe warm up for a group of sports performers.

(a) Explain why each of the following characteristics of the group should be considered by John before starting the warm up.

(i) Size of the group

[2]

(ii) Experience of the group

[2]

(b) Identify ONE other specific need that should be taken into consideration before starting a warm up.

[1]

- 13 (a) Complete the table below identifying the components and examples of a suitable warm up for a hockey player. [3]

Warm up component	Examples of warm up component
(i)	Hip circles taking the joint through its full range of movement
(ii)	Agility runs that change speed and direction
Skill rehearsal phase	(iii)

- (b) For each of the following, circle the most appropriate words in UPPER CASE to complete each statement.

- (i) A warm up **INCREASES** / **DECREASES** heart rate [1]
- (ii) A cool down **INCREASES** / **DECREASES** / **GRADUALLY INCREASES** / **GRADUALLY DECREASES** heart rate [1]
- (iii) A cool down **SLOWS DOWN** / **SPEEDS UP** the removal of lactic acid [1]

14 Which one of the following is NOT an example of a cool down component that physically benefits a 100 m runner? [1]

- (a) Light running to circulate blood and oxygen**
- (b) Static stretches to help the body's transition back to a resting state**
- (c) Sprints to reduce the risk of muscle soreness and stiffness**
- (d) Maintenance stretches to gradually lower body temperature**

Explain what extrinsic factors Angarika needs to be aware of both before and during a football match to reduce the risk of injury to players. [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).



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.