

Cambridge TECHNICALS LEVEL 2

# ***SPORT AND PHYSICAL ACTIVITY***



Feedback on the January 2018 on-screen test

Unit 1 – Physical activity, health and wellbeing

Version 1

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## INTRODUCTION

This resource is for the on-screen test for Unit 1, January 2018. It shows each question with the correct answer selected.

Examiner comments are provided below on the unit as a whole.

Link to qualification:

<http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technical-sport-and-physical-activity-level-2-2016-suite/>

This on-screen test is delivered through our Surpass testing service.

Link to further information about Surpass:

<http://www.ocr.org.uk/administration/stage-3-assessment/vocational-qualifications/on-screen-tests/>

## GENERAL EXAMINER COMMENTS ON THE PAPER

Learners taking the unit 1 test in January 2018 performed reasonably considering that it was the first examination series for the qualification, and given the breadth of knowledge to be covered in one term of teaching. A significant number of learners took both Unit 1 and Unit 2 and the evidence seen suggests that this was possibly too much to cover in the required detail in one term.

### Learning Outcome 1: questions 1–16

Performance was good on this Learning Outcome (LO), which covers core anatomy and physiology of the musculo-skeletal system. Given its nature and weighting within the unit, it seems reasonable to assume that this was covered heavily and given a lot of focus in many centres, and that seemed to be the case looking at learner performance, with the majority scoring 10 or more.

### Learning Outcome 2: questions 17–28

LO2 covers the cardio-vascular and respiratory systems; scores were significantly lower on this compared to LO1, with many scoring less than half marks (6) and a few tests with a score of zero. This may be due to the technical nature of some of the content and terminology, where it is easy to confuse different component names and functions, and learners may begin the course with less factual knowledge than would be the case with bones and muscle groups.

### Learning Outcome 3: questions 29–34

LO3 relates to health measurements such as BMI, blood pressure, body fat, and learners need to know normative data and standard values and classifications for some of those in order to answer the questions.

Scores on this LO were reasonable, with just under half marks the average, and a good number scoring 4 or more.

### Learning Outcome 3: questions 35–40

LO4 is about trends in participation but unlike LO3 learners do not need to know/recall statistics themselves as they can vary significantly between sources and over time, so information is provided in the test and they need to respond to questions linked to this.

Performance in this LO was good, with the average being over 4 out of 6, with plenty scoring 5 and a number of tests with 6/6 scored.

### Resources which might help address the examiner comments:

From the link below, you'll find 'The OCR guide to examinations' (along with many other skills guides)

<http://www.ocr.org.uk/i-want-to/skills-guides/>

Command verbs definitions

<http://www.ocr.org.uk/Images/273311-command-verbs-definitions.pdf>

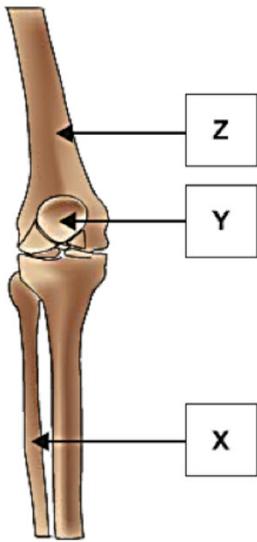
## Question 1

Section: Section Question: 1 [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P843 - Version: 17 Mark: 1 / 1

Fig.1 shows an image of the knee and parts of the upper and lower leg.

On Fig.1 the bone labelled X is the:



- A Tarsal
- B Tibia
- C Femur
- D Fibula

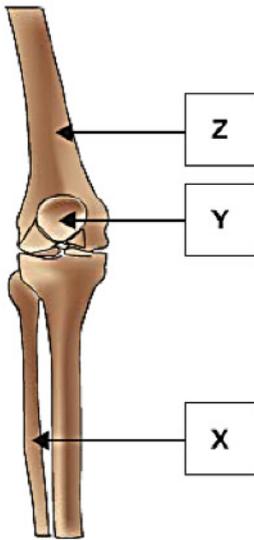
## Question 2

Section: Section Question: 2

View Mark Scheme View Marking History Add Comment Replay Item ID: 10010P844 - Version: 12 Mark: 1 / 1

Fig.1 shows an image of the knee and parts of the upper and lower leg.

On Fig.1 the bone labelled Y is the:



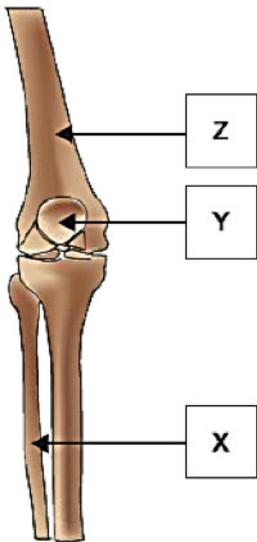
- A Patella
- B Sternum
- C Scapula
- D Pelvic girdle

## Question 3

Section:  Question:       Item ID: 10010P845 - Version: 11 Mark:  / 1

Fig.1 shows an image of the knee and parts of the upper and lower leg.

On Fig.1 the bone labelled Z is the:



- A
- B
- C
- D

## Question 4

Section: Section Question: 4 ◀ ▶ ➔ Next to mark

📄 View Mark Scheme 📊 View Marking History 💬 Add Comment 🔄 Replay Item ID: 10010P846 - Version: 6 Mark: 1 / 1

The knee joint is an example of a hinge joint. Which one of the following is also an example of a hinge joint?

A Hip

B Ankle

C Thumb

D Neck

## Question 5

Section: Section Question: 5 ◀ ▶ ➔ Next to mark

📄 View Mark Scheme 📊 View Marking History 💬 Add Comment 🔄 Replay Item ID: 10010P847 - Version: 10 Mark: 1 / 1

Which one of the following is **not** a role of a tendon?

A To attach muscle to bone

B To allow over-extension

C To provide stability

D To prevent dislocation

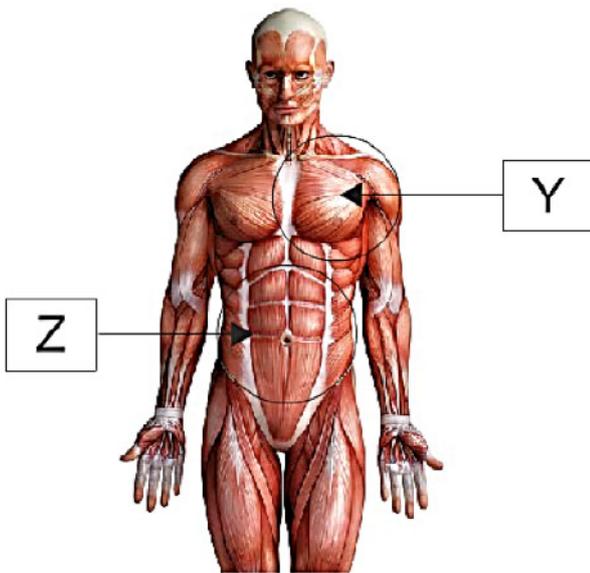
## Question 6

Section: Section Question: 6 [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P848 - Version: 17 Mark: 1 / 1

Fig. 2 shows an image of muscles located in the upper body.

On Fig. 2 label Y shows the:



- A
- B
- C
- D

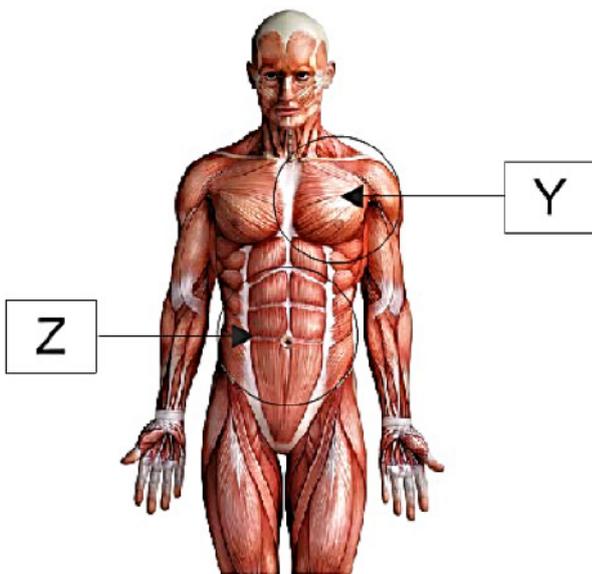
## Question 7

Section:  Question:

Item ID: 10010P849 - Version: 12 Mark:  / 1

Fig. 2 shows an image of muscles located in the upper body.

On Fig. 2 label Z shows the:



- A
- B
- C
- D

## Question 8

Section: Section Question: 8 Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P850 - Version: 8 **Mark: 1 / 1**

Which one of the following bones is **not** found in the arm?

A Ulna

B Clavicle

C Radius

D Humerus

## Question 9

Section: Section Question: 9 Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P851 - Version: 6 **Mark: 1 / 1**

Which one of the following is a saddle joint?

A Wrist

B Vertebrae

C Thumb

D Neck

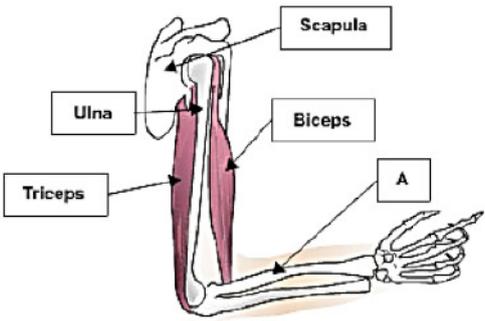
## Question 10

Section:  Question:

Item ID: 10010P852 - Version: 15 Mark:  / 1

**Fig. 3** shows the structure of an elbow joint and parts of the upper and lower arm.

The part of the elbow joint labelled **A** on Fig. 3 is the:



A

B

C

D

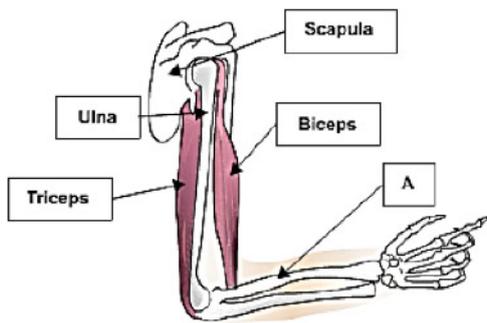
## Question 11

Section:  Question:

Item ID: 10010P853 - Version: 16 Mark:  / 1

Fig. 3 shows the structure of an elbow joint and parts of the upper and lower arm.

The part of the elbow joint labelled **incorrectly** on Fig. 3 is the:



- A
- B
- C
- D

## Question 12

Section: Section Question: 12 ◀ ▶ ➔ Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P854 - Version: 7 **Mark: 1 / 1**

Which one of the following bones is found in the wrist?

A

B

C

D

## Question 13

Section: Section Question: 13 ◀ ▶ ➔ Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P855 - Version: 7 **Mark: 1 / 1**

What type of movement does a hinge joint allow?

A

B

C

D

## Question 14

Section:  Question:

Item ID: 10010P856 - Version: 7 Mark:  / 1

Which one of the following is **not** a function of the skeleton?

A

B

C

D

## Question 15

Section:  Question:

Item ID: 10010P857 - Version: 7 Mark:  / 1

What bones can be found in the foot?

A

B

C

D

## Question 16

Section:  Question:

Item ID: 10010P858 - Version: 8 **Mark: 1 / 1**

Which one of the following is a positive musculoskeletal effect of sport?

A

B

C

D

## Question 17

Section:  Question:

Item ID: 10010P859 - Version: 7 **Mark: 1 / 1**

Which one of the following is a function of the cardiac system?

A

B

C

D

## Question 18

Section:  Question:

Item ID: 10010P860 - Version: 7 **Mark: 1 / 1**

Which of the following is responsible for returning deoxygenated blood back to the heart?

A

B

C

D

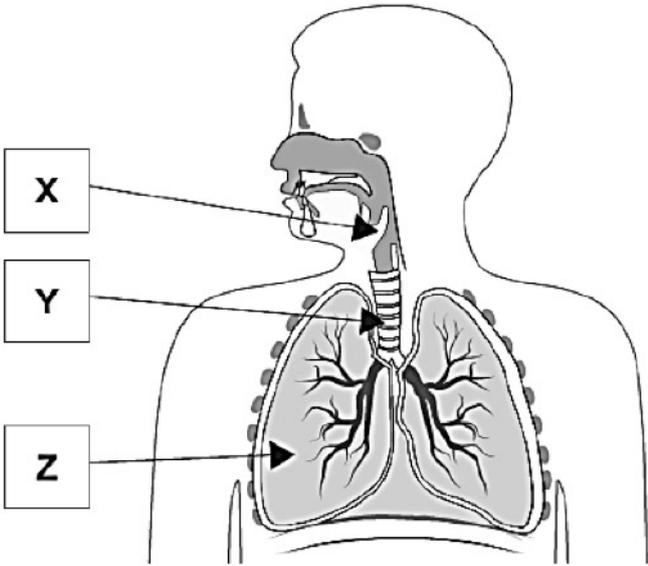
## Question 19

Section: Section Question: 19 [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P861 - Version: 13 Mark: **1** / 1

Fig. 4 shows part of the respiratory system.

The part of the respiratory system labelled X on Fig. 4 is the:



A Larynx

B Pharynx

C Trachea

D Epiglottis

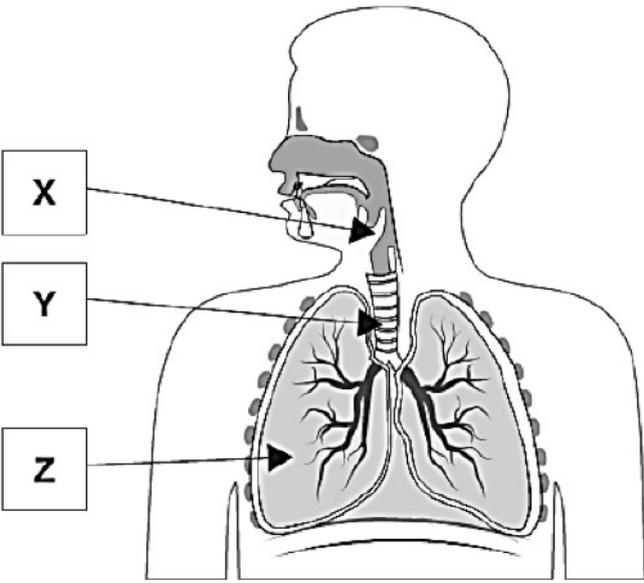
## Question 20

Section:  Question:

Item ID: 10010P862 - Version: 13 **Mark: 1 / 1**

**Fig. 4** shows part of the respiratory system.

The part of the respiratory system labelled **Y** on Fig. 4 is the:



The diagram shows a human torso in profile, focusing on the respiratory system. Three labels are present: 'X' points to the larynx (voice box) in the neck; 'Y' points to the trachea (windpipe) in the chest; and 'Z' points to the bronchi (branching tubes) entering the lungs.

A

B

C

D

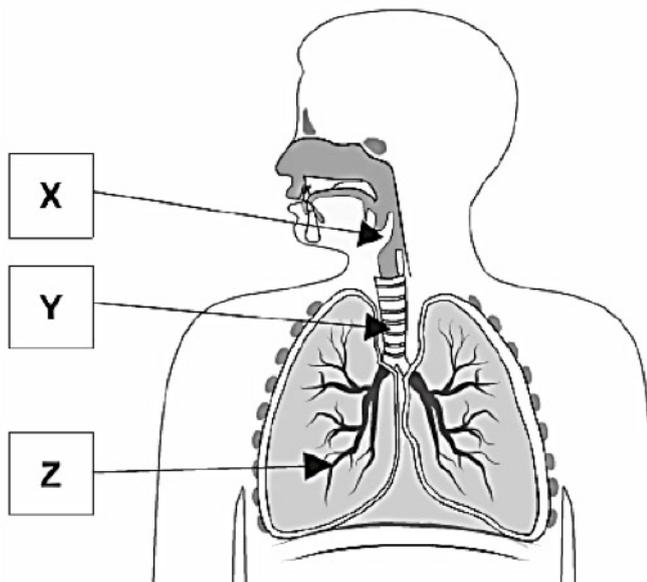
## Question 21

Section:  Question:

Item ID: 10010P863 - Version: 12 Mark:  / 1

Fig. 4 shows part of the respiratory system.

The part of the respiratory system labelled Z on Fig. 4 is the:



- A
- B
- C
- D

## Question 22

Section:  Question:

Item ID: 10010P864 - Version: 7 Mark:  / 1

Which of the following is a respiratory muscle used during respiration?

A

B

C

D

## Question 23

Section:  Question:

Item ID: 10010P865 - Version: 7 Mark:  / 1

Which one of the following transports oxygenated blood?

A

B

C

D

## Question 24

Section:  Question:

Item ID: 10010P866 - Version: 10 Mark:  / 1

Which one of the following is **not** a vascular or heart related condition?

A

B

C

D

## Question 25

Section:  Question:

Item ID: 10010P867 - Version: 7 Mark:  / 1

Which one of the following is a component of blood?

A

B

C

D

## Question 26

Section:  Question:

Item ID: 10010P868 - Version: 10 Mark:  / 1

Which one of the following statements relating to positive cardiorespiratory effects of sport and physical activity is **false**?

A

B

C

D

## Question 27

Section:  Question:

Item ID: 10010P869 - Version: 9 Mark:  / 1

Which one of the following statements is **true**?

A

B

C

D

## Question 28

Section: Section Question: 28 Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P870 - Version: 7 **Mark: 1 / 1**

Lungs consist of:

A Nasal cavity, bronchi and alveoli

B Bronchi, alveoli and intercostal muscles

C Bronchi, bronchioles and pharynx

D Alveoli, bronchi and bronchioles

## Question 29

Section: Section Question: 29 Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P871 - Version: 13 **Mark: 1 / 1**

What body fat percentage is classed as acceptable for women?

A 18-25%

B 21-24%

C 25-31%

D >31%

## Question 30

Section:  Question:

Item ID: 10010P872 - Version: 15 **Mark: 1 / 1**

Fig. 5 shows body fat percentage results for men.

How would you classify Paul's body fat percentage?

	Body fat percentage
Brian	24%
Paul	27%
Mark	22%
Mohammed	18%
Samir	23%

A

B

C

D

## Question 31

Section:  Question:

Item ID: 10010P873 - Version: 14 Mark:  / 1

**Fig. 5** shows body fat percentage results for men.

How many body fat percentage scores shown in Fig. 5 would be classified as obese?

	Body fat percentage
Brian	24%
Paul	27%
Mark	22%
Mohammed	18%
Samir	23%

A

B

C

D

## Question 32

Section: Section Question: 32 ◀ ▶ [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P874 - Version: 8 **Mark: 1 / 1**

Brian takes his body fat percentage 6 months later and now has 21% body fat. What would Brian's body fat percentage now be classified as?

A

B

C

D

## Question 33

Section: Section Question: 33 ◀ ▶ [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P875 - Version: 8 **Mark: 1 / 1**

What is the range for 'normal' blood pressure?

A

B

C

D

## Question 34

Section: Section Question: 34 ◀ ▶ ➔ Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P876 - Version: 10 Mark: **1** / 1

Which of the following information is **not** required when calculating a BMI measurement?

A

B

C

D

## Question 35

Section: Section Question: 35 ◀ ▶ ➔ Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P877 - Version: 10 Mark: **1** / 1

Which one of the following is **not** a solution to improving participation?

A

B

C

D

## Question 36

Section: Section Question: 36 [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P878 - Version: 23 Mark: **1** / 1

Fig. 6 shows the proportion of adults taking part in sport and physical activity at least twice (at moderate intensity for the equivalent of 30 minutes) in a period of 28 days

Using Fig. 6 which one of the following types of activity was the least popular?

Activity	Proportion (%)
Sporting Activities	35%
Fitness Activities	31%
Cycling for Leisure/Sport	15%
Cycling for Travel	7%
Walking for Leisure	41%
Walking for Travel	32%
Dance	2%

A

B

C

D

## Question 37

Section: Section Question: 37 [Next to mark](#)

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P879 - Version: 17 **Mark: 1 / 1**

**Fig. 6** shows the proportion of adults taking part in sport and physical activity at least twice (at moderate intensity for the equivalent of 30 minutes) in a period of 28 days

Using Fig. 6 which type of activity was the second most popular?

Activity	Proportion (%)
Sporting Activities	35%
Fitness Activities	31%
Cycling for Leisure/Sport	15%
Cycling for Travel	7%
Walking for Leisure	41%
Walking for Travel	32%
Dance	2%

A Walking for leisure

B Cycling for leisure/sport

C Sporting activities

D Fitness activities

## Question 38

Section: Section Question: 38 Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P880 - Version: 8 **Mark: 1 / 1**

Which of the following is a cultural barrier to participation?

A Work restrictions

B Family commitments

C Religious beliefs

D Local provision

## Question 39

Section: Section Question: 39 Next to mark

[View Mark Scheme](#) [View Marking History](#) [Add Comment](#) [Replay](#) Item ID: 10010P881 - Version: 9 **Mark: 1 / 1**

Which one of the following statements is false?

A Females participate in physical activity more than males

B People with disabilities are less likely to take part in physical activity than non-disabled people

C Ethnic minorities participate in physical activity less than the national average

D Retired people over the age of 75 participate in physical activity less than people who are still working

## Question 40

Section:  Question:

Item ID: 10010P882 - Version: 10 **Mark: 1 / 1**

Which one of the following is the best example of a leisure centre making their facilities more physically accessible?

A

B

C

D



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