

Monday 28 January 2013 – 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



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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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. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- 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.

3 (a) Identify **three** different extrinsic factors that may influence the risk of injury to a participant in physical activity.

1
..... [1]

2
..... [1]

3
..... [1]

(b) Describe each of these extrinsic factors.

1
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..... [1]

2
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..... [1]

3
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..... [1]

4 Explain how **four** different individual variables can influence the risk of injury to a sports performer.

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[4]

5 Describe a suitable cool down for a rugby player.

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[2]

6 Which one of the following is **not** a suitable response when dealing with a muscle sprain? (circle your chosen option to indicate your answer)

- A Heat packs
- B Bandaging
- C Elevation
- D Ice packs

[1]

13 Describe **two** possible causes and **one** suitable treatment for blisters.

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..... [3]

14 A coach must have knowledge of any medical conditions that participants may have before they warm up.

Identify **two** medical conditions that a coach would want to be made aware of before starting a warm up.

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..... [2]

10
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11
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