



Thursday 16 January 2014 – Afternoon

LEVEL 1/2 CAMBRIDGE NATIONAL IN SPORT SCIENCE

R041/01 Reducing the risk of sports injuries

Candidates answer on the Question Paper.

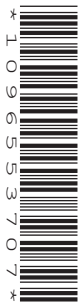
OCR supplied materials:

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.

Answer **all** questions.

1 Describe how the following extrinsic factors can influence the risk of injury to a sports performer.

(a) Equipment

.....
.....
..... [1]

(b) Environmental factors

.....
.....
..... [1]

(c) Coaching/supervision

.....
.....
..... [1]

2 Give **one** reason why a risk assessment is undertaken.

.....
.....
..... [1]

3 Explain how each of the following psychological factors can contribute to injury in sport.

(a) Anxiety levels

.....
.....
.....
.....
.....
..... [2]

(b) Aggression

.....
.....
.....
.....
.....
..... [2]

(c) Motivation

.....
.....
.....
.....
.....
..... [2]

4 Lordosis is one cause of poor posture that can contribute to sports injury. List **three** other causes of poor posture.

(a)
(b)
(c) [3]

5 Describe the following key components of a warm up.

(a) Pulse raiser

.....
.....
..... [1]

(b) Mobility

.....
.....
..... [1]

(c) Stretching

.....
.....
..... [1]

(d) Skill rehearsal

.....
.....
..... [1]

6 Mental rehearsal can be used as part of a warm up routine. Using a practical example, describe mental rehearsal.

Example

.....
..... [1]

Description

.....
.....
.....
.....
..... [2]

7 Identify **four** specific needs to be taken into consideration when planning a warm up or cool down.

1

.....

2

.....

3

.....

4

.....

[4]

8 Give an example of a cool down exercise and explain why it is important to cool down following physical activity.

Example

.....

..... [1]

Explanation

.....

.....

.....

.....

.....

..... [2]

9 Identify **two** injury risks associated with:

(a) Contact sports

1
 [1]

2
 [1]

(b) Gymnastic activities

1
 [1]

2
 [1]

10 Tendonitis is a common sports injury. Complete the following table below to show the type of injury it is, **one** symptom of it and its treatment.

Injury Type	Symptom	Treatment

[3]

11 (a) What is meant by an 'acute' injury?

.....
.....
.....
.....
.....
..... [2]

(b) Describe **two** different acute injuries.

Example 1

.....
.....
..... [1]

Example 2

.....
.....
..... [1]

12 Debbie is training for a marathon and is running 50 km per week. Identify **three** possible injuries that she may experience as a result of her training and what might have caused each of them.

Injury 1
..... [1]

Cause
..... [1]

Injury 2
..... [1]

Cause
..... [1]

Injury 3
..... [1]

Cause
..... [1]

13 Describe the **two** types of diabetes.

Type 1
.....
..... [1]

Type 2
.....
..... [1]

14 Diabetes is a medical condition. Identify **two** other medical conditions that might affect a young sports performer. Suggest **one** symptom and **one** treatment for each.

Medical condition 1 [1]

Symptom

.....

..... [1]

Treatment

.....

..... [1]

Medical condition 2 [1]

Symptom

.....

..... [1]

Treatment

.....

..... [1]

11
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