



Friday 16 May 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 Name **three** different sports in which a protective helmet may be worn by the performer.

1 [1]

2 [1]

3 [1]

2 Describe how rules and regulations reduce the risk of injury in sport.

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..... [4]

3 List **three** safety checks you should complete before carrying out a sports session.

1 [1]

2 [1]

3 [1]

4 Describe **three** hazards that could cause injury when sport is being played outside.

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

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

3
.....
..... [1]

5 Having poor body posture in sport can cause injury.

Explain how the following can contribute to poor posture:

(a) Sitting Position

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

(b) Fatigue

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

(c) Lack of confidence

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

6 Identify **three** environmental factors to consider when planning a cool down.

1
 [1]

2
 [1]

3
 [1]

7 James is preparing to take part in a football training session and needs to complete a thorough warm up.

Complete the table below by describing the activities and their benefits.

Component of warm up	Description of warm up activity	Physical benefits
Pulse raiser	A	B
Stretching	C	D
Skill rehearsal	E	F

[6]

8 Circle your chosen option to indicate whether each of the following is true or false:

- (a) A cool down increases muscle soreness True/False [1]
- (b) A cool down speeds up the removal of waste products True/False [1]
- (c) A cool down improves concentration True/False [1]
- (d) A cool down gradually reduces breathing rate True/False [1]

9 Using examples, describe the following two psychological benefits of a warm up:

(a) Improved focus

.....
.....
.....

Example

.....
.....
.....

[2]

(b) Increased motivation

.....
.....
.....

Example

.....
.....
.....

[2]

10 Identify a symptom for each of the following medical conditions that might affect a sports performer.

(a) Asthma

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

(b) Epilepsy

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

(c) Diabetes

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

11 Explain **two** differences between Type 1 and Type 2 diabetes.

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

12 A sports performer appears to suffer an asthma attack. Identify **three** actions you might take to help this person.

1
..... [1]

2
..... [1]

3
..... [1]

13 Describe a cause and a treatment for each of the following sports injuries:

(a) Tennis elbow

Cause

.....
.....

Treatment

.....
.....

[2]

(b) Blisters

Cause

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.....

Treatment

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.....

[2]

(c) Fracture

Cause

.....
.....

Treatment

.....
.....

[2]

(d) Abrasion

Cause

.....
.....

Treatment

.....
.....

[2]

14 A sports performer is suffering from shin splints.

(a) Is this an acute or chronic injury?

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

(b) Describe a possible cause of this injury.

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

(c) Identify a sports activity in which this is likely to occur.

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

15* Explain how, in a sporting context, SALTAPS can help a coach to respond to an injury.

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[8]

END OF QUESTION PAPER

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