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

1 .................................................................................................................................................. [1]
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4 Describe three hazards that could cause injury when sport is being played outside.

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5 Having poor body posture in sport can cause injury.

   Explain how the following can contribute to poor posture:

   (a) Sitting Position

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   (b) Fatigue

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   (c) Lack of confidence

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

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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.

<table>
<thead>
<tr>
<th>Component of warm up</th>
<th>Description of warm up activity</th>
<th>Physical benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse raiser</td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>Stretching</td>
<td>C</td>
<td>D</td>
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<tr>
<td>Skill rehearsal</td>
<td>E</td>
<td>F</td>
</tr>
</tbody>
</table>
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

(b) Increased motivation

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

(a) Asthma
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(b) Epilepsy
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(c) Diabetes
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11 Explain two differences between Type 1 and Type 2 diabetes.
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12 A sports performer appears to suffer an asthma attack. Identify three actions you might take to help this person.

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

(a) Tennis elbow

Cause
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Treatment
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(b) Blisters

Cause
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Treatment
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(c) Fracture

Cause
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Treatment
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(d) Abrasion

Cause

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Treatment

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[2]

14 A sports performer is suffering from shin splints.

(a) Is this an acute or chronic injury?

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(b) Describe a possible cause of this injury.

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

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[1]
15* Explain how, in a sporting context, SALTAPS can help a coach to respond to an injury.

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