

## Level 2 Cambridge Technical in Sport and Physical Activity

### 05885/05886

### Unit 2: Physical preparation and readiness for sport and physical activity

Sample Assessment Material

### Date – Morning/Afternoon

Time Allowed: 1 hour

This test is a computer based test and will be completed using Surpass on OCR Secure Assess portal.

This SAM illustrates the styles and types of questions that make up this test, along with its associated mark scheme.

A practice test will be available on the OCR Secure Assess portal.

There will not be a paper test available for this qualification.

First name										
Last name										
Centre number						Candidate number				

#### INFORMATION

- The total mark for this paper is **40**.
- The marks for each question are shown in brackets [ ].
- Quality of extended response will be assessed in this paper in the question marked with an asterisk (\*).

Answer **all** questions.

1. Describe four short term effects of sport and physical activity on the musculoskeletal system.

- 1. ....  
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- 2. ....  
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- 3. ....  
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- 4. ....  
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[4]

2. Identify two short term effects of sport and physical activity on the cardiorespiratory system.

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

3. Explain how short term effects to the cardiorespiratory system can impact on muscles.

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[4]

4. Describe four possible negative effects of participation in sport and physical activity.

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[4]

5. Describe two different elements of a suitable warm up for a football player.

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[2]

6. Gemma has just played a full game of netball. She does not cool down after the game.  
Explain how not performing a cool down could potentially impact on Gemma.

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[4]

7. Describe four different needs that participants in sport and physical activity may have relating to health issues.

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- 2. ....  
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- 3. ....  
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- 4. ....  
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[4]

8. Explain what is meant by the RICE treatment of sports injuries.

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[4]

9. (\*) Ethan is 33 years old and lives on his own. He is unemployed, does very little physical activity and does not have much contact with other people. He smokes heavily, drinks alcohol regularly and, when asked, describes himself as depressed. There is a public leisure centre near to his house and a local park that has a lot of green space.

Describe and justify the different activities that you would suggest to Ethan in order to improve his physical and mental health.

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[6]

10. Jo is a seventeen year old female who regularly competed in athletics at school and won her area cross country championships last year. She has now stopped participating in sport to focus on college and does little physical exercise.

To encourage Jo to follow a more active lifestyle again, explain the positive long term effects of regular physical activity.

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[6]

**END OF QUESTION PAPER**

[Paper Total 40]

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**SPECIMEN**

**Sample Assessment Material**

**LEVEL 2 CAMBRIDGE TECHNICALS IN SPORT AND PHYSICAL ACTIVITY**

**Unit 2: Physical preparation and readiness for sport and physical activity**

**MARK SCHEME**

**Duration: 1 hour**

**MAXIMUM MARK 40**

**SPECIMEN**

**Version: 1.0 Date: 13/09/16**

**This document consists of 7 pages**

## Section A

Question	Answer	Marks	Guidance
1	<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• Increase of synovial fluid in the joints increases range of movement</li> <li>• Muscle fibre tears mean muscle soreness and fatigue likely to develop</li> <li>• Muscles stretch improves flexibility and mobility</li> <li>• Tendons stretch improves flexibility</li> </ul>	4	
2	<p><b>Two marks for two from:</b></p> <ul style="list-style-type: none"> <li>• Increases heart rate</li> <li>• Increases cardiac output</li> <li>• Increases blood pressure</li> <li>• Increased breathing rate</li> <li>• Respiratory muscles work harder</li> </ul>	2	
3	<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• Increase in heart rate and cardiac output increases blood flow to muscles</li> <li>• supplying them with oxygen and nutrients and raising their temperature.</li> <li>• Increased blood pressure improves the flow of oxygen and nutrients to the muscles.</li> <li>• Increased breathing rate improves the flow of oxygen to the muscles.</li> </ul>	4	
4	<p><b>Four marks for four from:</b></p> <p>Injuries:</p> <ul style="list-style-type: none"> <li>• Acute injuries caused as a result of a sudden trauma to the body (e.g. hard rugby tackle, being hit by a ball)</li> <li>• Chronic injuries/overuse injuries as a result of continuous stress on an area (e.g. tendonitis, shin splints or tennis elbow)</li> </ul>	4	

Question	Answer	Marks	Guidance
	<ul style="list-style-type: none"> <li>• Other negative effects:</li> <li>• energy stores are depleted, leading to tiredness/lethargy/fatigue</li> <li>• fatigue can lead to poor/incorrect technique, increasing risk of injury</li> <li>• can strain/cause injury if work too hard or for too long, or attempt more than body is ready for (e.g. lifting heavier weights than usual)</li> <li>• young participants may have decreased flexibility, balance and coordination due to muscles growing slower than bones</li> <li>• excessive exercise can lead to burn-out/increase the risk of injury</li> </ul>		
5	<p><b>Two marks for two from:</b></p> <ul style="list-style-type: none"> <li>• Jogging around the pitch</li> <li>• leg swinging</li> <li>• Hamstring stretch, quad stretch etc.</li> <li>• passing, shooting</li> </ul>	2	
6	<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• Toxins/lactic acid build up in muscles</li> <li>• Causes stiffness/soreness.</li> <li>• Blood pooling can occur</li> <li>• Causes dizziness/fainting.</li> <li>• Sudden slowing of heart rate can lead to heart problems.</li> </ul>	4	
7	<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• Need to manage -physical health conditions (e.g. Diabetes, Asthma)</li> <li>• Need to manage mental health conditions (e.g. Depression, Anxiety)</li> </ul>	4	

Question	Answer	Marks	Guidance
	<ul style="list-style-type: none"> <li>• Use exercise to control weight</li> <li>• Use exercise for injury rehabilitation</li> <li>• Promote/maintain physical development</li> </ul>		
8	<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• R = Rest - rest the affected part of the body or cease exercise to prevent further damage / swelling/bleeding</li> <li>• I = Ice - Put ice on the affected part to reduce swelling / relieve pain</li> <li>• C = Compress - compress or bandage the injured area to prevent/control swelling and to stop bleeding / help clotting</li> <li>• E = Elevate - elevate / keep the injury up (above level of the heart) to stop blood flow to the affected area / to relieve pain / to control swelling</li> </ul>	4	Link the acronym with an explanation of what each does to the injured part
9	<p><b>Indicative content</b></p> <p>1. Physical factors</p> <ul style="list-style-type: none"> <li>• Encourage exercise to promote healthier lifestyle</li> <li>• Moderate aerobic exercise that encourages fitness</li> <li>• Steady /low to moderate intensity given his unhealthy lifestyle</li> </ul> <p>2. Social factors</p> <ul style="list-style-type: none"> <li>• Join a club or team or community activity - this will improve his social life and help his loneliness</li> <li>• Find another person to do an activity, either outdoors - using the green space or indoors using the leisure centre</li> </ul> <p>3. Economic factors</p> <ul style="list-style-type: none"> <li>• Choose activities that are cheap / free for example walking</li> <li>• Encourage the use of concessions for unemployed</li> </ul>	6	<p><b>6 mark level of response</b></p> <p>MB3 – 5-6 marks</p> <ul style="list-style-type: none"> <li>• Answer offers suitable suggestion with full justification and considers all/most of the factors.</li> <li>• Quality of written communication show few errors in grammar, punctuation and spelling</li> </ul> <p>MB2 – 3-4 marks</p> <ul style="list-style-type: none"> <li>• Answer offers suitable suggestion with justification but may not take all factors into consideration</li> <li>• Quality of written communication show occasional errors in grammar, punctuation and spelling</li> </ul> <p>MB1 – 1-2 marks</p> <ul style="list-style-type: none"> <li>• Answer offers suggestions of activities but gives little or no justification.</li> <li>• Answer may not take into consideration all of the factors (e.g. health, income, social circumstances).</li> </ul>

Question	Answer	Marks	Guidance
	<p>4. Activities</p> <ul style="list-style-type: none"> <li>• Suggesting a wide range of different activities that might be of interest to find out which ones he might enjoy</li> <li>• also advise moderating alcohol and giving up smoking.</li> <li>• Easily available activities in local parks/ community centres (free)</li> </ul> <p>5. Mental health</p> <ul style="list-style-type: none"> <li>• Socialising to improve outlook</li> <li>• Gaining success in low level exercise or skills</li> <li>• Setting SMART targets to improve lifestyle</li> </ul>		<ul style="list-style-type: none"> <li>• Quality of written communication show errors in grammar, punctuation and spelling may be noticeable and intrusive</li> </ul> <p>0 = answer worthy of no credit</p>
10	<p><b>Six marks for six from:</b></p> <ul style="list-style-type: none"> <li>• Enjoyment - fun environment, meeting new people</li> <li>• Promote healthy physical development</li> <li>• Increased strength of muscles and bones, improves function of heart and lungs</li> <li>• Increase social circles (e.g. athletics club for Jo help with meeting new people)</li> <li>• Improve social skills (e.g. teamwork, communication)</li> <li>• Improve school work/life balance (e.g. encourages activity away from school work and away from unhealthy/sedentary pursuits)</li> <li>• Improve physical health (e.g. control weight, prevent illnesses)</li> <li>• Improve mental health (e.g. improves mood or Jo's outlook on life)</li> <li>• Wide range of types of activity available</li> </ul>	6	