

CAMBRIDGE TECHNICALS LEVEL 3 (2016)

Examiners' report

SPORT AND PHYSICAL ACTIVITY



Unit 4 January 2019 series

Version 1

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Introduction

Our examiners' reports are produced to offer constructive feedback on candidates' performance in the examinations. They provide useful guidance for future candidates. The reports will include a general commentary on candidates' performance, identify technical aspects examined in the questions and highlight good performance and where performance could be improved. The reports will also explain aspects which caused difficulty and why the difficulties arose, whether through a lack of knowledge, poor examination technique, or any other identifiable and explainable reason.

Where overall performance on a question/question part was considered good, with no particular areas to highlight, these questions have not been included in the report. A full copy of the question paper can be downloaded from OCR.

Unit 4 series overview

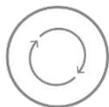
The candidates have performed well this series, showing a more detailed and applied understanding of the specification. Candidates appeared to be well prepared for the examination, being able to provide detailed responses, examples when asked, and using technical terminology. There were fewer occasions when candidates did not provide any response to a question, suggesting that centres and candidates were becoming more familiar with the specification.

Areas that candidates performed well on included risk assessment, responsibilities of a fire officer, first aid response and hazards in a sporting environment.

Areas candidates did not perform so well on included safeguarding, items in a first aid box and recognising the difference in requirements when questions ask about health and safety responsibilities and emergencies.

Section A overview

This was reasonably well answered. Most candidates achieved the mark on the questions that only had one mark available, however there was a mixed performance on the questions of 2 or more marks. Often candidates did not achieve marks due to not noticing the context of the question, for example, providing answers relevant to an emergency situation when the question asked about health and safety or answers regarding before a session when the question asked about leading a session.



AfL Centres can help candidates prepare for the examination by using past paper question and mark schemes and highlighting the context of the question and then how the answer differs.

Question 1(a)

- 1 (a) State which type of sport and leisure environment the following accident would be most likely to occur in:

Hot water being spilt on someone:[1]

This was generally well answered with most candidates stating café or kitchen. When candidates did not achieve this mark it was due to incorrect context, with the most common wrong answer being a swimming pool which wouldn't be the correct context for spilling hot water on someone.

Question 1(b)

- (b) Which piece of Health and Safety legislation is most relevant to avoiding chemical leaks in swimming pools?

.....[1]

Answered well either with the abbreviation or full name of the legislation.

Question 1(c)

- (c) Which role would be most likely to deal with hiring staff in a leisure centre?

.....[1]

A mixed response. The majority of candidates were able to respond with manager, however candidates did give a range of jobs from cleaner to lifeguard, again suggesting they didn't understand what the question was asking.

Question 2

2 Give **three** examples of accidents that could occur on an outdoor playing field.

1

.....

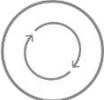
2

.....

3

.....

[3]



AfL Candidates must be aware of the difference between an accident and an emergency.

At times candidates limited themselves to only achieving 1 mark out of 3 due to providing one accident and 2 emergencies such as a missing person.

Question 3

3 Which **one** of the following people should be contacted in the event of a missing person at a leisure centre. Put a tick (✓) in the box next to the correct answer.

- (a) First aider
- (b) Visiting dance teacher
- (c) Marketing Manager
- (d) Duty Manager

[1]

Well answered.

Question 4

4 Describe **two** health and safety responsibilities of a receptionist at a leisure centre.

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

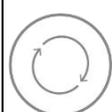
Many candidates provided answers about a receptionist responsibilities in an emergency situation, not their health and safety responsibilities. For those candidates who did provide correct responses, all points on the mark scheme were accessed.

Question 5

5 Identify **three** items from a first aid box that might be needed to treat a large open wound.

1.....
2.....
3.....
[3]

Contents of a first aid box has been asked about in a previous series yet candidates still provided such varied responses, often missing the context of the question which asked about a large open wound. Scissors, eye pads and sterile wipes were common incorrect answers.



AfL Centres would really help candidates by using past mark schemes to look at accepted answers for contents of a first aid box – but then also being able to apply this information to different types of injuries.

Question 6

6 Identify **two** pieces of first aid information that employees at a gym must be informed about.

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

This was either answered well, with candidates identifying where the first aid box is and who the appointed first aiders are, or it was answered poorly with candidates describing what type of first aid a first aider might provide or training that they might need to have completed.

Question 7

7 Which **one** of the following is a responsibility of the Disclosure and Barring Service (DBS).

Put a tick (✓) in the box next to the correct answer.

- (a) Making decisions about who to appoint in a job interview
- (b) Providing trained sports coaches
- (c) Processing requests for criminal records checks
- (d) Ensuring sport and leisure staff are suitably qualified

[1]

Answered well.

Question 8

8 Describe **two** of the evacuation procedures that a gym instructor would follow in an emergency.

.....

.....

.....

..... [2]

When candidates added detail to their answer they often scored both marks available, however those that were very brief in their response, tended to provide a repeat of the question and just say they need to evacuate which are not 2 of the evacuation procedures.

Question 9

9 Describe a task carried out by a fitness instructor that would be an example of 'risk management'.

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

Well answered with a wide range of responses.

Question 10

10 State two legal and ethical responsibilities when leading sports activities.

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

Many candidates achieved both marks but at times some candidates provided repeat points focusing on equality for all and not discriminating.

Section B overview

Candidates provided more detailed answers than in previous series, with some good depth of knowledge and more use of technical language. Candidates continue to find questions regarding safeguarding difficult.

Question 11(a)

11 Different types of emergencies can occur at a leisure centre.

(a) Explain how accidents might occur in the following areas:

Communal areas

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

Sports hall.....

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

[4]

This was generally well answered with many candidates being able to provide examples of accidents in both environments. Those candidates who didn't score well, again tended to provide examples of emergencies.

Question 11(b)

(b) Explain why it is important that staff understand their roles and responsibilities in the event of an emergency.

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

[4]

This was not well answered by the majority of candidates, with many often only making one point and then repeating it or providing an example of the same point. When candidates did achieve a higher mark they tended to access points 1, 3 and 4.

Question 12(a)

12 (a) Sean is an instructor at a leisure and fitness club. He is also the designated fire officer there.

In the event of a fire, indicate whether Sean should take responsibility as fire officer, or if the Fire Service should do, for each of the following actions:

Action	Sean	Fire Service
Assist anyone who needs help in evacuating when the alarm is first raised		
Fight the fire if it is getting out of control		
Search toilets and other areas for people		
Stop the fire spreading by closing doors and windows		
Rescue people still in the building after the initial evacuation		

[5]

Well answered with many candidates scoring 5 marks. Those who did not score as highly tended to give incorrect answers for rows 3 and 4.

Question 12(b)

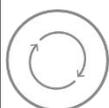
(b) As a fire officer, Sean has to do regular fire safety checks around the leisure and fitness club.

Identify **three** things Sean should regularly check in this role.

- 1.....
- 2.....
- 3.....

[3]

This was generally well answered with many candidates being credited 3 marks.



AfL Centres could work with candidates to make sure they provide 'different' answers to avoid missing marks due to repeat points for example fire alarm and smoke detectors being the same point, or fire extinguisher and fire hose.

Question 13*(a)

13* Zara works as a coach for a soccer school who host sessions in parks and on school playing fields.

(a) Using examples, describe:

- the types of risk assessment which Zara will have to complete
- the steps she should take in completing them
- control measures which Zara could put in place to minimise risks for participants.

[8]

.....

.....

.....

.....

Overall this was well answered. When candidates clearly knew this knowledge their answers were logical, clear and detailed, often scoring 6 or more marks. Some were able to correctly explain the 3 different types of risk assessments and many were able to identify the stages to a risk assessment and identify control measures that Zara might put in place. All candidates were able to provide some examples that were relevant to the question. However, there was still a significant amount of candidates that did not refer to the types of risk assessments or any of the steps involved in completing a risk assessment. These points were bullet pointed in the question so may indicate an area of the specification that some centres hadn't focused on. But for those candidates who knew the content this was a well accessed question. The bullet points appeared to help candidates structure their responses clearly, enabling them to achieve higher marks.

Question 13(b)

(b) Zara is considering running some indoor sessions in a sports hall during the winter.

How would the potential hazards be different in an indoor sports hall compared to outdoor playing fields?

.....

.....

.....

.....

[6]

Many scored 4 marks, but few scored 6. Candidates seemed to fill the space by re-writing the question and then perhaps thinking because they had filled the space they had given enough responses. Weather, uneven ground, collisions and animal waste were responses that were frequent for many candidates but few scored 6 points.

Question 14(a)

14 Steffi works with sports centres and schools as a play leader. She delivers sessions based around play and problem-solving in the outdoors.

(a) Describe **four** of Steffi's first aid responsibilities when working with her groups.

.....

.....

.....

.....

[4]

This was generally well answered describing what Steffi would need to do when first aid was required, showing some excellent knowledge in this area. However, for some other candidates they appeared unsure of what was being asked of them, providing responses about risk assessments and PAR-Qs.

Question 14(b)

(b) The table below contains information about emergency situations Steffi has encountered and how she responded.

Complete the blanks in the table, giving either the situation that is being responded to or the appropriate first aid response. The first one has been done for you as an example.

Situation	First Aid to be administered
<i>An individual suffers a cardiac arrest during a team building challenge</i>	<i>Administer CPR</i>
1.....	Hit them firmly on their back between the shoulder blades
A participant is suffering from shock following an allergic reaction	2.....
A person is unconscious but breathing following a seizure	3.....
4.....	Apply and maintain pressure to the affected area with a gloved hand, using a clean pad or dressing if possible

[4]

Many candidates scored 3 or 4 marks on this question. If candidates gave an incorrect answer it tended to be point 2 being unsure how to respond to an allergic reaction.

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