

Cambridge Technicals

Sport

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

Level 2 Cambridge Technical in Sport and Physical Activity
05885 - 05886

Mark Scheme for June 2018

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Question	Answer	Marks	Guidance
1	<p>Two marks for two from:</p> <ul style="list-style-type: none"> • muscle fibre tears (or micro fibres) • injury • lactic acid build up • lack of warm-up/cool-down • over-training/ too much weight/insufficient rest etc 	2	
2	<p>Four marks for four from:</p> <ul style="list-style-type: none"> • Look • Touch • Passive • Strength (or Strength Testing) 	4	<p>Identification must be in the correct order for SALTAPS</p> <p>Do not accept 'Stand' or 'Support' for S</p>
3	<p>Two marks for two from:</p> <ul style="list-style-type: none"> • can reduce muscular tension • can reduce mental tension • can improve sleep • Can reduce blood pressure • Makes them happier/relaxed/enjoyment/fun • Release of endorphins • Improves self-esteem/body image/feel better about self • Reduces/ removes stress 	2	<p>Do not accept social benefits (eg making friends etc) unless it also relates to happiness/well-being</p>

Question		Answer	Marks	Guidance
4	(a)	<p>Four marks for four from:</p> <ul style="list-style-type: none"> • e.g. sprinting, tennis serve, football shot • means without oxygen (e.g.) when a tennis player hits a serve • uses glycogen stored in the muscle for energy • used during short activity (e.g.) the tennis player when sprinting around the court in a rally • used during high intensity activity/explosive/maximum effort (e.g.) a tennis rally with powerful shots 	4	<p>Accept description if embedded within the examples given. Award 1 mark for example of sport; max 3 for description</p> <p>Do not accept glucose or sugar for glycogen</p>
4	(b)	<p>One mark for:</p> <ul style="list-style-type: none"> • it gets thicker 	1	Do not accept it gets stronger or bigger
5		<p>Six marks for six from:</p> <ul style="list-style-type: none"> • improve her balance and co-ordination, <u>therefore less likely to fall</u> • improves her flexibility and mobility, <u>enabling her to do everyday tasks</u> • help her maintain a healthy posture, <u>so she will reduce back pain</u> • delay the onset/prevent of osteoporosis, <u>reduce the chances of breaking bones</u> • delay the onset/prevent of osteoarthritis, <u>reduce the chances of joint pain</u> • cardiovascular benefits/stronger heart/stronger lungs, <u>enabling her to complete tasks/activities without getting out of breath</u> • reduce risk of cardiovascular disease etc • sustain a healthy lifestyle into old age • improves her metabolic rate, to control her body weight • reduce risk of injury 	6	<p>Responses should be developed beyond a description or identification</p> <p>Responses must relate to long term health benefits not benefits to performance at Badminton</p>

Question	Answer	Marks	Guidance
6	<p>Four marks for four from:</p> <ul style="list-style-type: none"> • increases respiratory volumes (E.g. tidal volume, tlc increases) • Intercostal muscles become stronger and more efficient. • more air ventilated • allowing more oxygen to be diffused into the blood • more waste products to be removed from the body • improves the efficiency of gaseous exchange (increased capillarisation, increased surface area of alveoli) • creates a steeper diffusion gradient • more oxygen will go to the working muscles • will be able to cycle at a higher intensity/faster for longer without getting tired 	4	NB Question refers to long-term effects of training
7	<p>Three marks for three from:</p> <ul style="list-style-type: none"> • so that it does not drop too quickly • which could cause you to faint • helps prevent blood pooling • supports in the removal of waste products/lactic acid/carbon dioxide 	3	

Question	Answer	Marks	Guidance
8	<p>Four marks for four from:</p> <ul style="list-style-type: none">• swimming is good all-round exercise• good for cardio-vascular fitness• can be done at a low pace/speed / 'peaceful', relaxing exercise• (relatively) easy to start at a beginner or low level and build up• builds overall endurance and strength• swimming strengthens the respiratory muscles/improves respiratory efficiency• which increases his respiratory volumes e.g. total lung volume• low impact on body/joints• swimming pools are always warm with moist air, so can be good for breathing conditions• he will not need to worry about the cold dry air bringing on breathing issues (unlike in outdoor sports in winter)	4	

Question	Answer	Marks	Guidance
9	<p>Four marks for four from:</p> <ul style="list-style-type: none"> • provide a fun environment • (provision) provide a range of sports/physical activities for the participants to play • (provision) ensure that the sports sporting equipment used are adapted to meet the need of the disabled person (e.g. Bell-ball for visually impaired footballers) • (provision) ensure staff are suitably trained and qualified and ensure adequate supervision ratios are maintained • (demands of the activity) the session he is putting on are not too strenuous • (access) is the facility accessible by wheelchairs/does it have ramps • (cost) ensure the sessions are affordable for disabled, due to lack of disposable income 	4	

Question	Answer	Marks	Guidance
10*	<p>Indicative content:</p> <p>Warm Up</p> <ol style="list-style-type: none"> 1. Pulse raising exercise <ul style="list-style-type: none"> •(E.g.)Jogging the lines of the court •5-7 minutes 2. Mobility exercise <ul style="list-style-type: none"> •(E.g.)Arm circles to warm the shoulder joint •Focus on the areas that she will be using in a game •Should be full body 3. Dynamic movements <ul style="list-style-type: none"> •(E.g.)Cone carrying • Any activity that involves changes of direction/sharp movements to replicate runs she will make in the game 4. Stretching <ul style="list-style-type: none"> •(E.g) Tricep stretch •Should be full body 5. Skill rehearsal <ul style="list-style-type: none"> •Skill related drill that would be used (E.g.) Chest pass's •Opportunity to practice the skills she is using in the game. 	6	<p>MB3 – 5-6 marks</p> <ul style="list-style-type: none"> • Answer offers suitable suggestion with full justification and considers all/most of the factors. • Quality of written communication show few errors in grammar, punctuation and spelling <p>MB2 – 3-4 marks</p> <ul style="list-style-type: none"> • Answer offers suitable suggestion with justification but may not take all factors into consideration • Quality of written communication show occasional errors in grammar, punctuation and spelling <p>MB1 – 1-2 marks</p> <ul style="list-style-type: none"> • Answer offers suggestions of activities but gives little or no justification. • Answer may not take into consideration all of the factors. • Quality of written communication show errors in grammar, punctuation and spelling may be noticeable and intrusive

Question	Answer	Marks	Guidance
	<p>Greater Range of Movement and Improved Flexibility</p> <ol style="list-style-type: none">1. More synovial fluid is secreted in the joint<ul style="list-style-type: none">• providing more lubrication2. The viscosity of the synovial fluid is reduced<ul style="list-style-type: none">• allow for friction free movement3. Temperature of muscles increases<ul style="list-style-type: none">• Increases the pliability• they can stretch more, so improving flexibility and mobility• reducing the risk of injury/strains4. Tendons are stretched<ul style="list-style-type: none">• improves flexibility		

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