



Oxford Cambridge and RSA

Wednesday 15 May 2019 – Morning

Level 1/2 Cambridge National in Sport Science

R041/01 Reducing the risk of sports injuries

Time allowed: 1 hour



Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

Last name

INSTRUCTIONS

- 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. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.

INFORMATION

- The total number of marks for this paper is **60**.
- The number of marks is given in brackets [] at the end of each question or part question.
- The quality of your written communication will be assessed in your answer to the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

Answer **all** the questions.

- 1 For each of the following extrinsic factors, explain how injuries can occur.

Coaching

.....

.....

.....

Environmental factors

.....

.....

.....

Equipment

.....

.....

.....

[6]

- 2 Name **three** activities performed to minimise the risk of injury from safety hazards.

1

2

3

[3]

3

- 3** Individual variables are intrinsic factors which can influence the risk of injury. Name and describe **three** individual variables that might cause injury.

Individual variable 1

Description

.....

Individual variable 2

Description

.....

Individual variable 3

Description

.....

[6]

- 4** Asthma, Diabetes and Epilepsy are three common medical conditions that a sports performer might suffer from. Identify **two** symptoms for each medical condition that may affect performance.

Asthma

1

2

Diabetes

1

2

Epilepsy

1

2

[6]

5 How would you treat the following medical conditions?

Asthma attack

.....

Diabetes

.....

Epilepsy

.....

[3]

6 Decide whether the following injuries are 'chronic' or 'acute'. (Circle your chosen answer.)

(a) Osgood–Schlatter’s disease chronic / acute

(b) Tennis Elbow chronic / acute

(c) Open Fracture chronic / acute

(d) Abrasion chronic / acute

(e) Concussion chronic / acute

(f) Achilles Tendonitis chronic / acute

[6]

7 Explain the term 'cramp'.

..... [1]

[1]

- 8 For each of the following treatment methods, choose the most appropriate injury from the list below. Give a sporting situation where each injury might occur.

Fractured arm

Blister

Abrasion

Fractured leg

(a) Sling

Injury:

How it might occur:

.....
[2]

(b) Bandage

Injury:

How it might occur:

.....
[2]

(c) Cushioned Plaster

Injury:

How it might occur:

.....
[2]

(d) Splint

Injury:

How it might occur:

.....
[2]

- 9 Name the part of an Emergency Action Plan (EAP) that the following are examples of:

First Aider:

Telephone:

Stretcher:

[3]

- 10 Describe each of the following elements of the on-field assessment routine.

Active:

.....

Passive:

.....

Strength:

.....

[3]

- 11 Which **one** of the following is **not** a specific need that must be considered when doing a warm up or cool down? (Circle your chosen answer.)

(a) Height of the participant

(b) Age of the participant

(c) Fitness level of the participant

(d) Experience of the participant

[1]

- 12 Explain how a warm up might be of psychological benefit to a performer.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [3]

- 13 Answer the following statement by circling your chosen answer.

A warm up decreases blood flow and oxygen to muscles.

True / False

[1]

- 14 Name **two** elements of a cool down, giving an example for each.

1

Example

2

Example

[2]

15* Jasminder has been appointed as a sports coach for her local community team.

Outline a suitable warm up that she may use, describing the five components with relevant examples, and describe the physical benefits the warm up may bring to the performers.

[8]

END OF QUESTION PAPER

This image shows a blank sheet of white paper designed for handwriting practice. It features a solid vertical line on the left side, creating a narrow margin. The rest of the page is filled with evenly spaced horizontal dashed lines, providing guides for letter height and placement. There are no other markings or text on the page.

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