

# 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



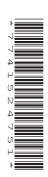
Please write cle	arly in	black	k ink.	Do no	ot writ	e in the barcodes.			`
Centre number						Candidate number			
First name(s)									
Last name									

#### **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 <b>three</b> activities performed to minimise the risk of injury from safety hazards.
	1
	2
	3 <b>[3]</b>

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 <b>two</b> symptoms for each medical condition that may affect performance.
	Asthma
	1
	2
	Diabetes
	1
	2
	Epilepsy
	1
	2
	[6]

5	Нον	w would you treat the following medical conditions	5?	
	Ast	hma attack		
	Dia	betes		
	Epi	lepsy		
				[3]
6	Dec	cide 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	
	<b>(f)</b>	Achilles Tendonitis	chronic / acute	[6]
				[-]
7	Exp	plain the term 'cramp'.		
				[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				[2]
( )	Injury:				
	How it might occur:				
					[2]

9	Nan	ne the part of an Emergency Action Plan (EAP) that the following are examples of:	
	Firs	t Aider:	
	Tele	ephone:	
	Stre	etcher:	
			[3]
10	Des	scribe each of the following elements of the on-field assessment routine.	
	Acti	ve:	
	Pas	sive:	
	Stre	ength:	
			[3]
			[2]
11		ich <b>one</b> of the following is <b>not</b> a specific need that must be considered when doing a warm ool down? (Circle your chosen answer.)	า up
	(a)	Height of the participant	
	(b)	Age of the participant	
	(c)	Fitness level of the participant	
	(d)	Experience of the participant	[4]
			[1]

Explain how a warm up might be of psychological benefit to a performer.	
	[3]
Answer the following statement by circling your chosen answer.	
A warm up decreases blood flow and oxygen to muscles.  True / False	
	[1]
Name <b>two</b> 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.	nt
[8	31

### **END OF QUESTION PAPER**

### **ADDITIONAL ANSWER SPACE**

If additional must be clea	space is required, yarly shown in the ma	you should use trgin(s).	he following lin	ed page(s). T	he question	number(s)


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