

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**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**

**plus your additional time allowance**

**Candidates answer on the Question Paper.**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**Please write clearly in black ink.**

**Centre number**

**Candidate number**

**First name(s)** \_\_\_\_\_

**Last name** \_\_\_\_\_

**READ INSTRUCTIONS OVERLEAF**



## **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 (\*).**

**Answer ALL the questions.**

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

**Coaching**

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**Environmental factors**

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**Equipment**

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**[6]**

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

1 \_\_\_\_\_

2 \_\_\_\_\_

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.) [6]**

**(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**

**7 Explain the term 'cramp'.**

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**[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]



**13 Answer the following statement by circling your chosen answer. [1]**

**A warm up decreases blood flow and oxygen to muscles.**

**True / False**

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

**1** \_\_\_\_\_

**Example** \_\_\_\_\_

**2** \_\_\_\_\_

**Example** \_\_\_\_\_

**[2]**



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**END OF QUESTION PAPER**















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