

## **CAMBRIDGE TECHNICALS LEVEL 2 (2016)**

*Examiners' report*

# ***SPORT AND PHYSICAL ACTIVITY***



**05889, 05885, 05886**

## **Unit 2 Summer 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.

## Paper Unit 2 series overview

The quality of responses to this Unit 2 paper was generally disappointing. There was a widespread difficulty with recognising the intent or purpose of a question, leading to misunderstandings regarding the response needed.

The more successful candidates were well-prepared by their centres, who have clearly been following the contents of the Unit 2 specification closely. Most candidates were much more successful with questions that required shorter responses. Where questions carried higher maximum marks such as 4 or 6 marks, candidates often struggled to score more than half marks because they did not appreciate the extra depth of understanding they were expected to demonstrate to achieve the higher marks.

The quality of written communication overall was poor. Few candidates scored well for this in Question 4 and spelling of key terminology was erratic throughout.

## Question 1

Warren is a swimmer. One of the short term effects of swimming on the musculoskeletal system is the build-up of lactic acid in the working muscles.

Describe **two** short term effects of lactic acid build up in the working muscles and the impacts that they will have on Warren's performance in the race.

[4]

The more able candidates answered this question reasonably well, recognising immediately that the question referred to the short term effects of lactic acid and that there was a second part to the question relating to its impact on Warren's performance in the race (with a sub-max of 2 marks for each part). Many candidates scored marks for the first part, offering soreness, fatigue or similar. Cramps was another common answer. Fewer candidates scored marks for the second part. Some merely reflected, too vaguely, that performance would be affected, without saying specifically how (such as 'he would have to slow down, or stop'). There seemed also to be widespread confusion between lactic acid and synovial fluid, with many candidates offering a response relating to the latter and its impact on flexibility at joints etc.

## Question 2

Describe **two** short term effects of sport and physical activity on the respiratory system.

1

2

[2]

On the face of it, this seems a comparatively simple question. However, the vast majority of candidates either did not read 'respiratory system' in the question, or perhaps did not understand that this relates to lung function and breathing. Unfortunately, most gave answers that related to the cardio-vascular system such as 'increased heart rate', 'increased cardiac output' or similar. Others did not recognise the requirement to restrict their answers to short term effects. A few candidates scored a mark for 'Increased breathing rate', but very few gave a second correct response.

### Question 3a

- (a) One short term health benefit of regular participation in sport and physical activity is that metabolism is boosted.

Describe **three** other short term health benefits gained from regular participation in sport and physical activity.

1

2

3

[3]

A good number of candidates appeared to be well-prepared for this question, offering three of the possible four short term benefits from the mark scheme. Others were again confused by the purpose of the question, offering vague long term benefits such as 'get fitter' or 'less illness', not short term effects. Others did not restrict themselves to health benefits, offering physiological effects on one of the body systems, such as 'increased body temperature'.

### Question 3b

- (b) Identify what effect an increased metabolism will have on a person's body.

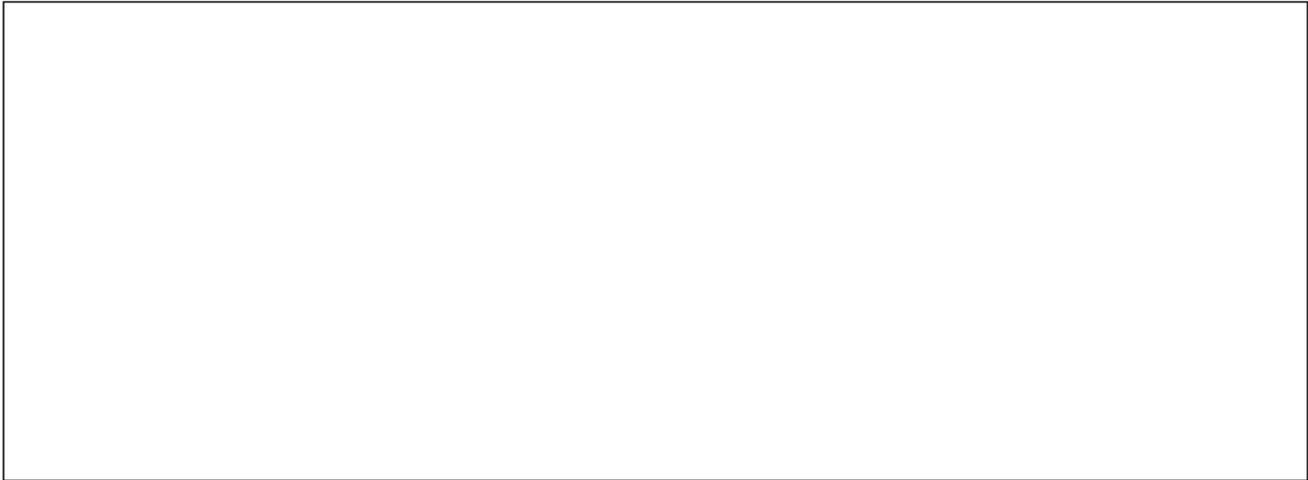
[1]

This question seemed to confuse, but was perhaps simpler than candidates realised. Simply saying that increased metabolism would 'help control or lose weight' would gain the 1 mark on offer. Very few attempted to explain that an increased metabolism would result in more calories being converted into energy, which would also have been credited. Some offered 'burn fats quicker', but this was not accepted.

## Question 4

- \* Sita is a marathon runner. As part of her training plan she does a weekly 15 mile run on the road. She has been following this plan for the last three years. Over this time her musculoskeletal system has changed in a positive way.

Explain the positive long term effects on the musculoskeletal system from training for a marathon.



[6]

This question (denoted by an \*) required extended writing with a maximum of 6 marks available. No candidate achieved maximum marks, with most achieving only 1, 2, or 3 marks. Very rarely did an answer meet the criteria for MB3. In order to score highly, candidates were expected to explain, with good knowledge of physiological responses, how marathon training might have a positive long term effect on the musculoskeletal system. Most candidates offered a response in the MB1 level for this question. They would identify one or two long term effects, typically increase in bone strength or muscle size, but with only superficial attempts to develop their answers to demonstrate further understanding.

Despite there being a wide range of acceptable answers, few candidates were able to demonstrate more than a very superficial understanding.

This question also included a judgement on the quality of written communication. Overall, the quality of this was poor; perhaps indicating that many candidates were not aware that this was being judged. This recognition and identification of the Levelled Response (\*) question in future papers is something that centres can improve on.

### Question 5

Rebecca is a 25 year-old rugby player who has been playing for 15 years. One of the long term cardiorespiratory effects that she has experienced is an increase in the number of red blood cells.

Explain why increasing the number of red blood cells is beneficial to Rebecca in her chosen sport.

[4]

The majority of candidates were able to score at least 1 mark for explaining that more red blood cells would result in an increase in oxygen being transported in the blood around the body or to the working muscles. Some referred to the resultant improvement in performance, for example 'not get tired so quickly', for a further mark. Few achieved more than this. No candidate referred to haemoglobin in their answer.

### Question 6

Using the word bank below, complete Table 1 below showing the five components of a warm up in the correct order.

Dynamic movements (e.g. Shuttle runs)	Pulse Raising Exercise (e.g. jogging)	Skill Rehearsal (e.g. practicing a badminton serve)	Mobility Exercise (e.g. arm circles)	Stretching (e.g. hamstring stretch)
--	--	--	---	--

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	

**Table 1**

[5]

This question offered the candidate the opportunity to collect 5 relatively easy marks, with all the possible answers given in the table and candidates only required to put them in the right order. Nearly all candidates understood that a thorough warm up should start with a pulse-raising exercise and should finish with some kind of skill rehearsal. However, the choice of order for the other three elements was erratic, with few getting it correct.

## Question 7

True or false? A warm up ensures that the body temperature stays the same?

[1]

Nearly all candidates got this question correct, as you would hope. The only extra advice is to express that in a True or False question such as this, you are not required to justify your answer unless it specifically request you to do so. This may save valuable time.

## Question 8

Explain how participating in sport and physical activity can help people who are suffering from mental health issues.

[4]

This question was answered well by many candidates, with most recognising how participating in sport and physical activity can help people suffering from mental health issues. Most commonly, candidates would refer to meeting friends/social benefits or improving self-esteem or self-confidence. Some candidates achieved full marks for this question by referring to 4 of the 8 possible responses allowed on the mark scheme. Most commonly these would be: meeting friends/social benefits; improving mood (releasing hormones/endorphins); improving self-esteem or self-confidence and creating distraction from the cause of the problem.

## Question 9a

(a) Identify **three** sports that are most suitable for those over fifty years of age.

1

2

3

[3]

This question offered the candidate the opportunity to collect 3 seemingly easy marks, with nearly any sport accepted, as long as it was clearly suitable for those over fifty years of age. The vast majority took this opportunity well. Only a few lost marks by offering a physical activity such as yoga or jogging which was deemed incorrect as it is not a 'sport'.

## Question 9b

- (b) Gareth is 64 years old and has recently been attending a water aerobics class at his local swimming pool.

Explain how participation in physical activity can help Gareth improve his physical health.

[3]

This question seemed to confuse candidates, with many deciding that it required them to explain the merits of water aerobics as a fitness activity, whereas the question is more general than that. Others did not appreciate that Gareth was 64 years old and so consequently that the question was intended to relate to the health benefits of exercise to those in a similar age-bracket. Some candidates gained marks for preventing illness, often specifying heart disease or arthritis. Others referred to controlling weight. Very few scored more than 1 or 2 marks though.

## Question 10a

- (a) Identify **two** acute sports injuries.

1

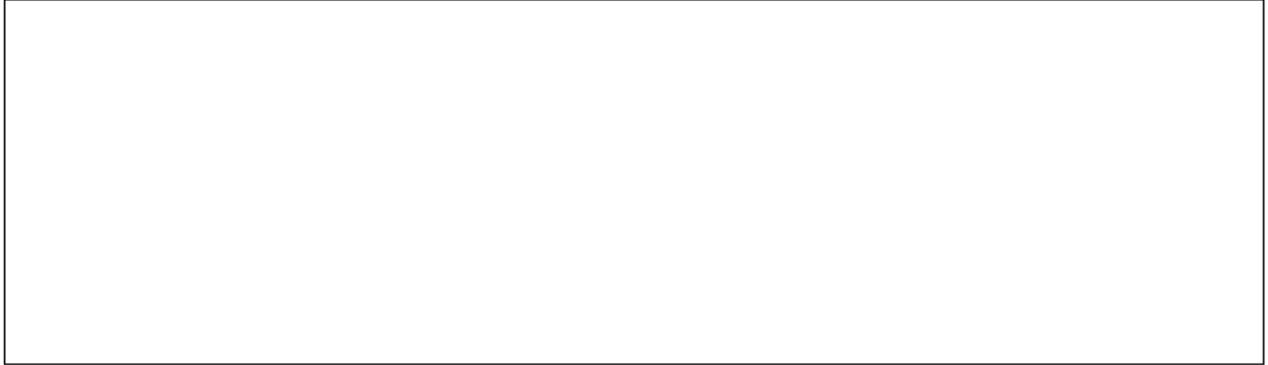
2

[2]

This question offered the candidate the opportunity to collect 2 relatively simple marks, since the vast majority of injuries are acute. Occasionally candidates did not take this opportunity by describing an event that might lead to an injury, for example 'a bad tackle in football' rather than the resultant injury itself.

## Question 10b

- (b) Using an example, describe a chronic sports injury.



[2]

Only very rarely did candidates collect marks for this question, with very few understanding the meaning of 'chronic' in this context. Most mistakenly described a very serious acute injury such as a fracture or dislocation caused by a single event. Few understood that a chronic injury was the result of overuse and continuous stress on an area over time. Even fewer could offer a correct example such as shin splints etc.

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