Modified Enlarged 36pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Wednesday 8 January 2020 – 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

No extra materials are needed.

Please write clearly in black ink.

Centre number | | | | | |

Candidate number | | | | |

First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF

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INSTRUCTIONS

Use black ink. You can use an HB pencil, but only for graphs and diagrams.

Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

Answer ALL the questions.

INFORMATION

The total mark for this paper is 60.

The marks for each question are shown in brackets [ ].

Quality of written communication will be assessed in questions marked with an asterisk (*).

ADVICE

Read each question carefully before you start your answer.

BLANK PAGE

Answer ALL the questions.

1 Fig. 1 below is a picture of footwear worn in many sports.

Fig. 1

(a) Identify ONE way the footwear in Fig. 1 can cause injury to the performer wearing them and to other players.

Performer:

_____ **[1]**

Other players:

_____ **[1]**

(b) Name an injury the footwear can cause to the performer and other players.

Performer:

_____ [1]

Other players:

_____ [1]

(c) Describe how the footwear in Fig. 1 helps prevent injury from occurring to the performer.

_____

_____ [1]

(d) Other than the footwear in Fig. 1, identify ONE sport and give a specific type of footwear worn to help prevent injury.

Sport: _____

Footwear: _____

[1]

2 A netball player may use mobility and dynamic movement components during their warm up.

(a) Describe the main function of each component.

Mobility:

_____

_____ **[1]**

Dynamic movement:

_____

_____ **[1]**

(b) Give a practical example for each component.

Mobility:

_____ [1]

Dynamic movement:

_____ [1]

(c) Give an example of a suitable skill rehearsal phase a netball player could perform in the warm up.

_____ [1]

(d) **A netball player performs a warm up to control their arousal levels and settle any nerves they have before a game.**

Describe how TWO other psychological benefits of a warm up help reduce injury. Give a practical example for each benefit.

1 _____

_____

_____

_____

2 _____

_____

_____

_____

[4]

(e) What physiological benefit does warming up have on muscular contractions?

_____ [1]

3 (a) Identify ONE cause of muscle cramp during physical activity.

_____ [1]

(b) Identify ONE immediate treatment method for muscle cramp.

_____ [1]

4 Describe ONE environmental hazard a football player faces playing outside and ONE different environmental hazard they face when playing indoor 5-a-side football.

Football outside: _____

_____

_____

Football inside: _____

_____

_____

[2]

5 Different types of injuries occur in many different sports and require different treatments.

Complete the following table. [3]

Type	Example	Cause	Treatment
Fracture	Closed	Hard rugby tackle	(i)
(ii)	Strain	(iii)	R.I.C.E.

6 **R.I.C.E. is a treatment method that can be used to help heal different sports injuries.**

Other than rest, explain TWO other parts of R.I.C.E. that can be used when dealing with a cut.

1 _____

_____

2 _____

_____

[2]

7 (a) (i) **Name a sport where concussion is a common injury.**

_____ [1]

(ii) **Give ONE example of how concussion occurs in the sport you have identified.**

_____ [1]

(iii) **In the sport that you have identified, name a piece of protective equipment that can be worn to reduce the chances of concussion occurring.**

_____ [1]

(b) **Describe TWO symptoms of concussion.**

_____

_____

_____

_____ **[2]**

8 **Almost one in a hundred people in the UK have epilepsy (Epilepsy Action UK).**

Some people experience just one symptom during a seizure, while others experience several.

(a) Complete the table below to describe symptoms of epilepsy in the different parts of the body. [4]

Parts of the body	Symptoms
Arms/legs	(i)
Eyes	(ii)
Mouth	(iii) (iv)

(b) Clinical guidelines recognise that people with epilepsy need to be given help to control the condition themselves. This involves a review of the types and frequency of seizures along with any medication they have been given.

What other name may be given to this type of review put in place for individuals with epilepsy?

_____ [1]

(c) Circle your chosen option to indicate which of the following are true or false.

(i) Someone who has been having a seizure for over 5 minutes should be given a sugary sweet to increase their blood sugar levels until emergency help arrives. [1]

TRUE FALSE

(ii) To treat someone having an epileptic seizure, it is important to put them into the recovery position during their seizure. [1]

TRUE FALSE

9 **Fig. 2 shows a diagram of the spinal column.**

Fig. 2

(a) Draw an arrow on Fig. 2 above to indicate the location and direction of the curve of the spine of someone who has been diagnosed with lordosis. [1]

(b) **Identify TWO ways lordosis can contribute to an increased risk of injury.**

1 _____

2 _____

[2]

10 (a) What is SALTAPS used for?

_____ [1]

(b) The table below contains the words that make up the term SALTAPS.

Circle the TWO incorrect words. [2]

Ask	Touch
See	Strength
Assess	Active
Look	Stretch
Passive	

11 Name the common injury related to children that involves growth spurts at the knee.

_____ [1]

12 Which ONE of the following is NOT a component of an emergency action plan?
Circle your chosen option to indicate your answer. [1]

(a) Emergency Communication

(b) Emergency Personnel

(c) Emergency Contact

(d) Emergency Equipment

13 A basketball coach needs to consider the characteristics of the team and environmental factors before a warm up to help reduce the chances of injury to players.

(a) Other than medical conditions and fitness levels, describe other individual characteristics of the team a coach needs to consider before the warm up.

_____

_____

_____

_____

_____

_____ **[3]**

(b) Identify an environmental consideration the coach needs to consider before planning a warm up.

_____ [1]

14 (a) Describe the main purpose of maintenance stretches.

_____

_____ [1]

(b) When should maintenance stretching be performed?

_____ [1]

(c) Give an example of a maintenance stretch for the arms or shoulders.

_____ [1]

15* **Explain how individual variables can increase the risk of injury.**

Using practical examples, describe what actions a coach could take to help lower the risk of injury to performers from individual variables. [8]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

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