

Cambridge Technicals Sport

Unit 2: Physical preparation and readiness for sport and physical activity

Level 2 Cambridge Technical in Sport and Physical Activity
05885 - 05886

Mark Scheme for January 2020

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Question		Answer	Marks	Guidance
1		Three marks for: 1. Both 2. Aerobic 3. Anaerobic	3	
2		Three marks for: During exercise.. <ul style="list-style-type: none"> • Blood flow is directed away from inactive organs (e.g. gut) • Blood flow is directed away from inactive muscles • Blood flow is redirected to the working muscles During rest.. <ul style="list-style-type: none"> • Blood flow is directed back towards organs (eg gut) to allow normal function • Blood flow is directed away from muscles 	3	Accept answer if embedded within the example Accept any relevant answer
3	(a)	One mark for: <ul style="list-style-type: none"> • True 	1	
	(b)	One mark for: <ul style="list-style-type: none"> • Controls body weight • Lose weight • Decrease body fat/muscle gain 	1	
4		One mark for: <ul style="list-style-type: none"> • Shuttle-runs/sprints/bounding etc • Dynamic stretches • Lunges etc 	1	Accept any relevant answer

Question	Answer	Marks	Guidance
5	<p>Three marks for three from:</p> <ul style="list-style-type: none"> • Increased synovial fluid in the joints/increased range of movement • Muscle fibre tears/soreness/fatigue • Muscles stretch/flexibility and mobility improved • Tendons stretch • Lactic acid builds up 	3	Accept any relevant answer
6	<p>Three marks for: Bones become stronger as they increase in size and density. This, in turn, reduces the risk of osteoporosis.</p>	3	
7*	<p>Indicative content:</p> <p>1 increase in strength and size of the cardiac muscle</p> <ul style="list-style-type: none"> • increases the volume of blood that can be pumped by the heart (to working muscles) • increased stroke volume • increased cardiac output • reduced resting heart rate <p>2 the number of red blood cells in the blood increases</p> <ul style="list-style-type: none"> • allowing more oxygen to be transported around the body • to help her withstand fatigue when cycling <p>3. an increased number of capillaries in the muscles</p> <ul style="list-style-type: none"> • allows more blood to reach working muscles • allows greater diffusion and gaseous exchange • to train at a higher intensity <p>4 the cardiac system becomes more efficient</p> <ul style="list-style-type: none"> • lowering blood pressure • reduces the risk of cardiovascular disease 	6	<p>MB3 – 5-6 marks</p> <ul style="list-style-type: none"> • Answer offers suitable suggestion with full justification and considers all/most of the factors. • Quality of written communication show few errors in grammar, punctuation and spelling <p>MB2 – 3-4 marks</p> <ul style="list-style-type: none"> • Answer offers suitable suggestion with justification but may not take all factors into consideration • Quality of written communication show occasional errors in grammar, punctuation and spelling <p>MB1 – 1-2 marks</p> <ul style="list-style-type: none"> • Answer offers suggestions of activities but gives little or no justification. • Answer may not take into consideration all of the factors. • Quality of written communication show errors in grammar, punctuation and spelling may be noticeable and intrusive

Question		Answer	Marks	Guidance																		
8		<table border="1"> <thead> <tr> <th>Purpose</th> <th>Warm Up</th> <th>Cool Down</th> </tr> </thead> <tbody> <tr> <td>Increase body temperature</td> <td>x</td> <td></td> </tr> <tr> <td>Gradually lower heart rate</td> <td></td> <td>x</td> </tr> <tr> <td>Increase the speed of muscular contraction</td> <td>x</td> <td></td> </tr> <tr> <td>Increase flexibility in muscles and joints</td> <td>x</td> <td></td> </tr> <tr> <td>Remove waste products</td> <td></td> <td>x</td> </tr> </tbody> </table>	Purpose	Warm Up	Cool Down	Increase body temperature	x		Gradually lower heart rate		x	Increase the speed of muscular contraction	x		Increase flexibility in muscles and joints	x		Remove waste products		x	5	
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9		<p>Four marks for four from:</p> <ul style="list-style-type: none"> • meet new people • leadership (e.g. be the captain of the team) • teamwork (e.g. be a member and value others roles) • problem solving (e.g. work out how to beat the opposition) • communication (e.g. give and receive instructions) • resilience (e.g. never giving up/coming back from set-backs) • organisation (e.g. be able to keep to tactics/formations) • develop more empathy for others • develop greater confidence/self-confidence 	4	<p>Accept answer if embedded within the example</p> <p>Accept any relevant answer</p>																		

Question		Answer	Marks	Guidance
10		<p>One mark for the activity and one mark for description:</p> <ul style="list-style-type: none"> • (example) Football using a ball with a bell in it • (description) for visually impaired people so they can hear where the ball is • (example) wheelchair basketball/rugby • (description) for users and non-users of wheelchairs • (example) sitting volleyball • (description) adapted for those people who have paralyses of the legs. # • (example) Boccia • (description) lawn bowls type game suitable for wheelchair users or people with cerebral palsy • (example) Swimming/pool activities • (description) adapted facilities such as hoists/ramps etc suitable for wheelchair users or people with cerebral palsy 	4	<p>One mark for the activity and one mark for description</p> <p>Accept any relevant activity and description</p> <p>2 marks maximum for examples alone</p>
11		<p>Two marks for:</p> <ul style="list-style-type: none"> • Fitness/gym • Dance 	2	
12	(a)	<p>Two marks for two from:</p> <ul style="list-style-type: none"> • Tendonitis • Tennis elbow • Shin splints 	2	Accept any relevant answer appropriate to that type of injury
	(b)	<p>One mark for the example and one mark for description:</p> <ul style="list-style-type: none"> • (example) fractures/concussion/soft tissue (sprains and strains)/contusions/abrasions/blisters • (description) caused by a sudden trauma/immediate pain/swelling/loss of function 	2	

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