

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 2021

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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	(a)	<p>One mark for:</p> <ul style="list-style-type: none"> aerobic 	1	
	(b)	<p>Two marks for two from:</p> <ul style="list-style-type: none"> Uses oxygen for energy because the person breathes when doing the race Used during low/ moderate intensity activities and the 5000m is low intensity Used during long duration activities and the 5000m is long/ Lasts longer than 3 minutes. 	2	<p>Accept answer if embedded within the example</p> <p>Accept any relevant answer</p>
	(c)*	<p>Indicative Content:</p> <p><u>Short Term</u> effects on Cardio-respiratory system:</p> <ol style="list-style-type: none"> increase in heart rate <ul style="list-style-type: none"> cardiac output increases blood flow to the muscles supplying them with oxygen for the increased work rate/pace blood pressure increases <ul style="list-style-type: none"> improving the flow of oxygen and nutrients to the working muscles, to help increase his pace vascular shunt mechanism <ul style="list-style-type: none"> blood flow is directed away from inactive organs (e.g.gut) and muscles blood flow is redirected to working muscles (e.g.quadriceps/hamstrings) rate of breathing increases, <ul style="list-style-type: none"> increasing the amount of oxygen into the body to supply working muscles via the bloodstream respiratory muscles work harder <ul style="list-style-type: none"> to increase the volume of oxygen coming into the lungs performance - enables him to work harder/increase pace 	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
2		One mark for: <ul style="list-style-type: none"> • True 	1	
3		One mark for: <ul style="list-style-type: none"> • Carbon dioxide • Lactic acid 	1	
4		Three marks for: The increased size and strength of the respiratory muscles increases respiratory volumes, allowing more oxygen to be diffused into the blood.	3	
5		Two marks for two from: <ul style="list-style-type: none"> • Become stronger • Able to bear more load/withstand more force • Collagen fibres increase • Less prone to injury/risk of injury reduced 	2	Accept answer if embedded within an example Accept any relevant answer
6		Five marks for five from: <ul style="list-style-type: none"> • Increased size/strength of the muscle • Allows the muscle to produce more energy • Cope with the stress of throwing the shot more than once • Generate more power • Throw the shot <u>further</u> • Able to train harder/more effectively 	5	Accept answer if embedded within an example Accept any relevant answer NBD – throw the shot more easily

Question		Answer	Marks	Guidance																								
7		<p>Five marks for:</p> <table border="1"> <thead> <tr> <th>Activity</th> <th>Warm Up</th> <th>Cool Down</th> <th>Both</th> </tr> </thead> <tbody> <tr> <td>Brisk walk</td> <td></td> <td>x</td> <td></td> </tr> <tr> <td>Hamstring stretch</td> <td></td> <td></td> <td>x</td> </tr> <tr> <td>Jogging</td> <td>x</td> <td></td> <td></td> </tr> <tr> <td>Passing a ball</td> <td>x</td> <td></td> <td></td> </tr> <tr> <td>Arm circles</td> <td>x</td> <td></td> <td></td> </tr> </tbody> </table>	Activity	Warm Up	Cool Down	Both	Brisk walk		x		Hamstring stretch			x	Jogging	x			Passing a ball	x			Arm circles	x			5	
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8		<p>Four marks for four from:</p> <ul style="list-style-type: none"> • Increase strength of muscles • Increased bone density/strength • Increased heart function • Increased lung function • Control body weight • Prevent injury • Better immunity to illness • Improve posture • Improved flexibility • Improved co-ordination/balance 	4	<p>Accept answer if embedded within the example</p> <p>Accept any relevant answer</p>																								

Question		Answer	Marks	Guidance
9		<p>One mark for example one mark for description:</p> <ul style="list-style-type: none"> • (example) simple rules (e.g. no offside) • (description) help them focus on learning the skills without worrying about rules • (example) remove competitive element • (description) so they have fun/do not get upset if not winning • (example) smaller goals/pitch • (description) makes it easier for them to play/so they don't get tired • (example) smaller ball/equipment • (description) easier for them to use to do the skills/play the game 	4	<p>One mark for example and one mark for description</p> <p>Maximum two marks for examples with no descriptions</p> <p>Accept description if embedded within an example</p>
10		<p>Two marks for:</p> <ul style="list-style-type: none"> • Leisure and recreation • Yoga/Pilates 	2	
11	(a)	<p>Two marks for two from:</p> <ul style="list-style-type: none"> • Type of activity (e.g. contact sports) • Environmental (e.g. dangerous playing surface/weather) • Equipment (e.g. being hit by a cricket ball) 	2	<p>Accept any relevant answer appropriate to that factor</p> <p>Accept if embedded within an example</p>
	(b)	<p>Two marks for:</p> <ul style="list-style-type: none"> • Head injury/concussion • Any acute injury/ suspected- dislocations breaks/ etc. 	2	<p>Accept if embedded within an example</p> <p>Accept symptoms of concussion e.g. memory loss</p>

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