



Oxford Cambridge and RSA

Monday 10 January 2022 – Morning

Level 1/2 Cambridge National in Sport Science

R041/01 Reducing the risk of sports injuries

Time allowed: 1 hour

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

Candidate number

First name(s) _____

Last name _____

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 (*).
- This document has **12** pages.

ADVICE

- Read each question carefully before you start your answer.

Answer **all** the questions.

1 (a) Describe what an acute injury is.

.....
..... [1]

(b) Give an example of an acute injury.

..... [1]

2 (a) Describe what a chronic injury is.

.....
..... [1]

(b) Give an example of a chronic injury.

..... [1]

3 Name the **three** areas that need to be addressed in an Emergency Action Plan.

1 [1]

2 [1]

3 [1]

4 Complete the following, selecting the most accurate words or phrases listed in the box below.

Jane suffers from asthma which means, when she is participating in sport, she sometimes has symptoms of or

When she suffers an asthma attack, her coach knows to give her and

If it is particularly bad, he might

- an inhaler
- increased thirst
- wheezing
- call the emergency services
- weight loss
- tightness in the chest
- reassurance
- sugar
- put her in the recovery position

[5]

5 Hypoglycaemia is also known as high blood sugar. Is this **true** or **false**? Circle your answer.

True / False

[1]

6 Ben is having an epileptic fit. Other than fit/seizure, give **one** other symptom and describe **two** ways in which you might respond to him.

Symptom: [1]

Response:

1
.....

2
..... [2]

7 Explain the symptoms of type 1 and type 2 diabetes.

.....
.....
.....
..... [2]

8 (a) State whether the following pieces of equipment are **protective** or **performance**.

(i)



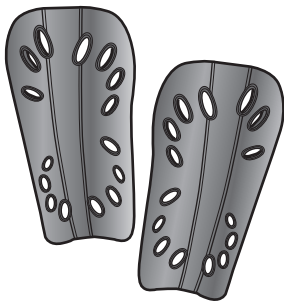
.....

(ii)



.....

(iii)



.....

[3]

(b) Identify **one** piece of protective equipment and **one** piece of performance equipment used in cricket.

(i) Protective [1]

(ii) Performance [1]

9 Using an example, explain how the type of sporting activity might influence the risk of injury.

.....
.....
.....
.....
.....
..... [2]

10 Name **three** environmental factors and describe how they can cause injury.

Factor 1:
Cause:
.....
Factor 2:
Cause:
.....
Factor 3:
Cause:
..... [6]

11 (a) Draw a line linking each of the injuries related to poor posture to their correct description.

injuries related to poor posture		Description
Lordosis		Where the spine twists and curves to the side
Kyphosis		Abnormal curvature of the spine in the lower back
Scoliosis		A curvature of the spine that causes the top of the back to appear more rounded than normal

[3]

(b) Poor posture can be caused by a variety of factors. What posture issues can be caused by the following factors?

(i) Hunching your shoulders when standing.

.....
 [1]

(ii) Slouching on the sofa.

.....
 [1]

12 During a warm-up athletes gain many physical and psychological benefits.

Identify whether the following statements are **true** or **false**.
 For each statement circle your chosen answer.

- (a) A warm-up increases body temperature. True / False
- (b) A warm-up increases concentration. True / False
- (c) A warm-up increases nerves. True / False
- (d) A warm-up increases blood flow and carbon dioxide to muscles. True / False

[4]

13 Name the **five** key components of a warm-up, giving an example for each.

1 Component

Example [2]

2 Component

Example [2]

3 Component

Example [2]

4 Component

Example [2]

5 Component

Example [2]

14 Describe **two** individual or group characteristics that a warm-up and cool-down must consider.

1

.....

2

.....

[2]

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).

A large area of lined paper for writing. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dotted lines, providing space for writing answers.

A grid of horizontal dotted lines for writing, with a vertical solid line on the left side. The grid consists of 25 horizontal rows and a single vertical column on the left. The dotted lines are evenly spaced and extend across the width of the page. The vertical solid line is positioned approximately one-tenth of the way from the left edge.

A large rectangular area for writing, bounded by a solid vertical line on the left and horizontal dotted lines on the top, bottom, and right.



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