

**Modified Enlarged 24pt  
OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**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  
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**



## **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.**

**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 below. [5]**

**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 Hypoglycaemia is also known as high blood sugar.  
Is this TRUE or FALSE? Circle your answer. [1]**

**True / False**

**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.**

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**[2]**

**8 (a) State whether the following pieces of equipment are PROTECTIVE or PERFORMANCE. [3]**

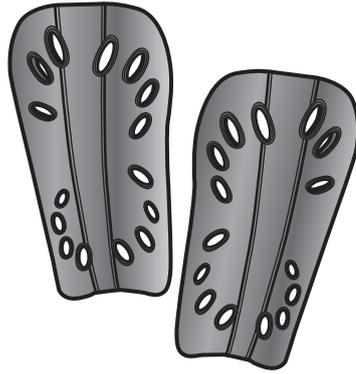
**(i) Goggles**



**(ii) Football**



**(iii) Shin pads**



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**(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.**

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**[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. [3]**

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

**(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. [4]**

**(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**

**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]

**15\* Describe the different types, causes and treatment of common soft-tissue and overuse injuries. [8]**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_























