

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

**Tuesday 24 May 2022 – Afternoon**

**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.**

**BLANK PAGE**

**Answer ALL the questions.**

- 1 (a) Name ONE acute and ONE chronic injury that a marathon runner may suffer from.**

**Acute:** \_\_\_\_\_

**Chronic:** \_\_\_\_\_

**[2]**

- (b) Describe how acute and chronic injuries may occur during a marathon.**

**Acute:** \_\_\_\_\_

\_\_\_\_\_

**Chronic:** \_\_\_\_\_

\_\_\_\_\_

**[2]**

**2 Describe how an ice hockey helmet may cause injury to the player wearing it and how it may cause injury to other players.**

**Player:** \_\_\_\_\_

\_\_\_\_\_

**Other players:** \_\_\_\_\_

\_\_\_\_\_

**[2]**

**3 Poor sitting position and stance can cause sports injuries.**

**(a) Describe THREE other causes of poor posture that can cause sports injuries.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**[3]**

**(b) Explain THREE ways how round shoulder can cause further injury when playing sport.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**[3]**

**4 At the end of a hockey match stretching should be performed to help prevent injuries.**

**Circle your chosen option to indicate which type of stretching should be performed at the end of a hockey match. [1]**

**Maintenance  
stretching**

**Dynamic  
stretching**

**5 Nutrition is an individual variable that a coach must be aware of when planning a training programme for a games player.**

**Other than nutrition, identify and describe THREE individual variables a coach needs to consider to reduce the chances of injury when planning a training programme for a games player.**

**Individual variable 1: \_\_\_\_\_**

**Description: \_\_\_\_\_**

\_\_\_\_\_

**Individual variable 2: \_\_\_\_\_**

**Description: \_\_\_\_\_**

\_\_\_\_\_

**Individual variable 3: \_\_\_\_\_**

**Description: \_\_\_\_\_**

\_\_\_\_\_

**[6]**

**6 Identify THREE different types of extrinsic factors that can influence injury in a sporting activity.**

**1**

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**2**

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**3**

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**[3]**

**7 R.I.C.E. is an acronym for a treatment method that can be used when responding to a sports injury.**

**(a) Complete the following table [1]**

<b>R</b>	<b>Rest</b>
<b>I</b>	<b>Ice</b>
<b>C</b>	<b>Compression</b>
<b>E</b>	

**(b) Identify TWO benefits of using ice to treat a sprain.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

**(c) A bandage can be used to compress a cut to help stop blood loss. Describe another reason for using a bandage to treat a cut.**

\_\_\_\_\_ **[1]**

**8 Emergency action plans contain vital information, including the personnel involved during emergencies.**

**Give TWO examples of emergency personnel.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

9 (a) (i) Using the X-ray images below identify the type of fracture in each X-ray. [2]

X-ray A:

X-ray B:



(ii) Justify your answer.

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[1]

**(b) Describe a different cause of a fracture occurring in gymnastics and football.**

**Gymnastics:**

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**Football:**

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**[2]**

**10 SALTAPS is an on-field assessment routine used to respond to injuries in sport.**

**Name the part of SALTAPS when a player is able to stand up and apply weight to the injury.**

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**[1]**

**11 (a) Describe the difference between grazes and cuts.**

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**[2]**

**(b) Using a sporting example, describe ONE way a performer may get the following injuries:**

**Cut:**

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**Graze:**

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**[2]**

**12 Read each of the following statements on epilepsy. Circle your chosen option to indicate whether each statement is True or False.**

**(a) It is important to restrain a performer if they are having an epileptic seizure to prevent further injury. [1]**

**True**

**False**

**(b) Epipens are used to treat someone having a seizure. [1]**

**True**

**False**

**(c) A symptom of epilepsy is flashing lights. [1]**

**True**

**False**

**(d) Describe the purpose of an emergency care plan for someone that has been diagnosed with epilepsy.**

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**[2]**

**13 Stretching is a component when warming up before exercise and cooling down after exercise.**

**(a) Other than stretching, name TWO components of a warm up, giving an example for each. [4]**

**Component 1:**

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**Example 1:**

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**Component 2:**

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**Example 2:**

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- (b) Other than stretching, describe another component of a cool down and give an example of this component.**

**Description:** \_\_\_\_\_

**Example** \_\_\_\_\_

**[2]**

**14 A tight chest can be a symptom that a performer is suffering from asthma.**

**Identify THREE other symptoms of asthma.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**[3]**



















