

CAMBRIDGE TECHNICALS LEVEL 2 (2016)

Examiners' report

SPORT AND PHYSICAL ACTIVITY

05889, 05885, 05886

Unit 2 Summer 2022 series

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Introduction

Our examiners' reports are produced to offer constructive feedback on candidates' performance in the examinations. They provide useful guidance for future candidates.

The reports will include a general commentary on candidates' performance, identify technical aspects examined in the questions and highlight good performance and where performance could be improved. The reports will also explain aspects which caused difficulty and why the difficulties arose, whether through a lack of knowledge, poor examination technique, or any other identifiable and explainable reason.

Where overall performance on a question/question part was considered good, with no particular areas to highlight, these questions have not been included in the report.

A full copy of the question paper and the mark scheme can be downloaded from OCR.

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Unit 2 series overview

The quality of responses to this Unit 2 paper was generally encouraging.

The more successful candidates were well-prepared by their centres, who have clearly been following the contents of the Unit 2 specification closely. Most candidates were much more successful with questions that required shorter responses. Where questions carried higher maximum marks such as 4 or 6 marks, candidates did not score more than half the marks because they did not appreciate the extra depth of understanding they were expected to demonstrate to achieve the higher marks. There also appeared to be some difficulty with recognising the intent or purpose of these longer response questions, leading to misunderstandings regarding the response needed.

The quality of written communication overall was adequate, although few candidates scored well for this in Question 1c.

Candidates who did well on this paper generally did the following:	Candidates who did less well on this paper generally did the following:
 maximised the contribution of the multichoice, true/false and shorter response questions to their overall score understood the intention or purpose of the longer response questions by identifying key words in the question. 	 misinterpreted the intention or purpose of the questions did not recognise the points value of a question and make sufficient valid responses to score multiple marks did not recognise that the 'Levelled Question' (1c) required an extended response.

Question 1 (a)

Layla is a marathon runner.

1	(a)	State whether the marathon is an aerobic or anaerobic activity.
		[1]

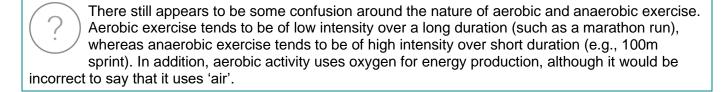
This question offered candidates a good opportunity to start the paper positively. The majority of candidates were able to correctly recognise that a marathon is an aerobic activity.

Question 1 (b)

(b)	Justify your answer to 1(a).
	[2]

Candidates who answered correctly for Question 1(a), were generally correct in Question 1(b) as well, although very few scored both marks available by giving two justifications. Most justified their choice of aerobic in 1(a) by stating that a marathon is generally run over a long duration or distance. Few mentioned low/moderate intensity as being a factor. Some stated that aerobic activity would use oxygen for energy production.

Misconception



Question 1 (c)*

(c)*	Explain how the long term effects of sport and physical activity on the cardiorespiratory system will help Layla to complete the race.
	91

This question (denoted by an *) required extended writing with a maximum of 6 marks available. Most candidates achieved only 1, 2, or 3 marks. To meet the MB3 criteria and score highly, candidates were expected to explain, with good knowledge of physiological responses, what happens to Layla's cardiorespiratory system during a marathon run. Most candidates offered a response in the MB1 level for this question. They would identify one long-term response, typically an increase in heart size or strength, but with only superficial attempts to develop their responses to demonstrate further understanding such as 'so improving the volume of blood pumped to the working muscles.'

Despite there being a wide range of acceptable responses, few candidates were able to demonstrate more than a limited understanding. Furthermore, many were unable to recognise the purpose of the question, offering short-term term effects such as 'increased heart rate,' not long-term effects. Many restricted their responses to the effects on the cardio-vascular system, neglecting to refer to any effects on the respiratory system. Others incorrectly offered physiological responses by one of the other body systems, such as 'increased muscle strength'.

More successful candidates recognised the second part of the question which asked them to explain how the long-term effects of physical activity on the cardiorespiratory system actually improve Layla's ability to complete the marathon; i.e. enabling her to run at a greater intensity for longer, or resist fatigue, although some only stated that it helped her complete the race, which was not given, as it simply repeated the question.

This question also included a judgement on the quality of written communication. Overall, the quality of this was poor; perhaps indicating that many candidates were not aware that this was being judged. It was also difficult to assess this as responses were often short and undeveloped. This recognition and identification of the Levelled Response (*) question in future papers is something that centres can improve on, as well as emphasising the need to write an extended, structured response.

Assessment for learning



Candidates should be taught to identify the phrase 'long-term' in the question and know that this refers to the changes or adaptations that result in your body systems due to exercising repeatedly over a prolonged period of days, weeks, or months. They should be taught that 'short-term' refers to what happens to your body systems during exercise or shortly after.

Assessment for learning



Candidates should be taught to identify the keyword in the question that signposts which of the body systems is being examined. In this case it was the cardiorespiratory system and candidates should be advised to restrict their responses to that system. There is no credit given for giving responses related to other systems, even if they are accurate.

Question 2 (a) (i)

2 (a) (i) Select whether the following statement is true or false.

Taking part in sport can increase the risk of osteoarthritis.

True

False

[1]

The majority of candidates answered this question correctly.

Question 2 (a) (ii)

(ii) Select whether the following statement is true or false.

Skill rehearsal is normally associated with part of a warm-up.

True

False

[1]

The majority of candidates answered this question correctly.

Question 2 (b)

(b) Give one example of a contact sport.

.....[

Most candidates collected the mark here by giving a suitable example of a contact sport, with rugby being by far the most common response.

3 Training and exercise has short term effects on the musculoskeletal and cardiorespiratory systems.

For each short term effect given in **Table 1**, **select** the appropriate column to identify the system affected.

Short term effect	Musculoskeletal	Cardiorespiratory
Blood pressure increases		
Increase in cardiac output		
Increase in synovial fluid production		
Lactic acid build-up		
Tendons stretch		

Table 1

[5]

This question was answered very well by the majority of candidates. Many gained the maximum 5 marks available, demonstrating good knowledge of the short-term effects of exercise on the Musculoskeletal and Cardiorespiratory system. Perhaps also demonstrating a greater degree of comfort with this either/or format of question.

	Improved		helps to control		
			such as type 2		
		breathing rate	diabetes	heart rate	
		metabolic rate	osteoporosis	weight	
	L				[3]
ma act	jority recognised	d that type 2 diabetes was	term benefits of physical a s a medical condition that night be as a result of an i	could be prevented by	physical
COI	ittor weight.				, norping to
	uestion 5				, morping to
	uestion 5 Beth is a 70 y	ear old table tennis play	yer. Through participatio mobility.	n in training and matc	
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Some candidates interpreted this question correctly by describing how 70 year old Beth's long-term health might be impacted by the improved mobility and flexibility gained from playing table tennis. For example, they correctly referenced how this might help her to complete everyday tasks, maintain an active lifestyle, continue to live independently or other long-term health benefits. However, many mistakenly described how it was beneficial for her success as a table tennis player.

Ųί	JESTION 6
6	Warm-ups are performed before physical activity.
	Describe the purpose of a warm-up.
	[5]
Thi	s question was well answered by many candidates who recognised that the question required them to
des wai	scribe the 'purpose' of a warm-up. However, many lost marks by describing in detail the content of a rm-up, without addressing the need to explain why these activities are performed before physical ivity. The most common purpose given was that a warm-up reduced the possibility of injury. Although viously correct, five separate purposes were needed for full marks and very few recognised that.
Qι	uestion 7
7	Amir is 35 years old and has recently been working long hours in his new business. His friends that he plays 5-a-side football with have noticed that he has not been for several weeks and are worried about him.
	Explain how regular participation in 5-a-side football would benefit Amir.
	[3]

Surprisingly, many candidates demonstrated a narrow understanding of how regular participation in 5-a-side football would benefit Amir, a 35 year old new business owner who seems to be struggling with the issue of work/life balance. The question is very open, allowing many possible responses relating to either physical, mental, social or health benefits. More successful responses were able to identify how elements of all these could benefit Amir, scored well in this question. Less strong responses focussed on a narrower range of benefits, typically focussing on benefits to mental health.

3	Ali is 9 years old and has been participating in gymnastics for the last 4 years.
	Describe how gymnastics will promote healthy physical development for Ali.
	[3]

This question specifically relates to how long-term participation in gymnastics could promote physical development of children. Some scored good marks by referring to improvements in physical qualities such as flexibility or strength. However, many mistakenly referred to social benefits such as making new friends, or long-term health benefits such as less chance of getting arthritis in old age.

9	Name	three	outdoor	and	adventurou	is activities
J	Ivallic	unce	Outuou	anu	auventurou	เอ ฉบแทแบ้อ.

1	
2	
3	
	[3]

This question was mostly answered correctly, with candidates listing three suitable outdoor and adventurous activities, of which there is a huge range of possible responses to choose from. In some cases, it was clear that candidates had either misread the question or misunderstood the nature of OAA and gave three outdoor sports such as golf, tennis or football.

Misconception

This question identified a misconception with regard to the nature of what constitutes an 'outdoor and adventurous activity'. It is not merely an activity that takes place outdoors; it is, by definition, a challenging activity which involves significant inherent risk, without which the activity would lose much of its value, which takes place in a remote or hazardous outdoor location. For example, climbing, caving or kayaking.

10 Complete Table 2 to show what RICE means when treating a sports injury.

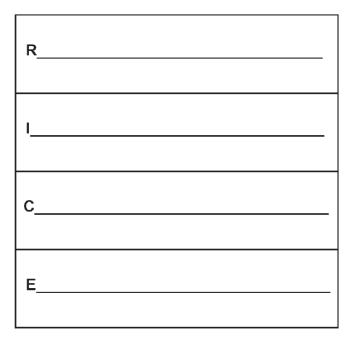


Table 2

[4]

It was clear that many centres had been taught RICE as a method of treating a sports injury and, and as a result, all 4 marks were given easily. Others attempted to insert other possible relevant, but incorrect, alternatives such as 'rehab' or 'evaluate'.

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