



Oxford Cambridge and RSA

Monday 9 January 2023 – 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 Circle the correct answer for each of the following statements.

- (a) Training is an extrinsic factor that can influence the risk of injury. **True / False** [1]
- (b) Scoliosis causes the spine to twist to the side in an 'S' shape. **True / False** [1]
- (c) Gender is a psychological factor that can influence the risk of injury. **True / False** [1]
- (d) Shin pads are an example of a piece of performance equipment. **True / False** [1]

2 Name and explain how **two** different individual variables can increase the risk of injury to performers.

Individual variable 1:

How it can increase the risk of injury:

.....
.....
.....

Individual variable 2:

How it can increase the risk of injury:

.....
.....
.....

[4]

3 Describe **three** physical benefits when performing a warm up.

1

.....

2

.....

3

.....

[3]

4 Warm ups can provide performers with different psychological benefits.

(a) State how a warm up affects arousal levels.

.....
 [1]

(b) State **two** other psychological benefits of a warm up.

1
 2 [2]

5 Complete the table below by identifying the warm up component that best matches the description.

Key components of a warm up	Description
(a)	Changing speed and direction
(b)	Taking joints through the full range of movement
(c)	Exercises that increase heart rate
(d)	Practising common movement patterns

[4]

6 State the **two** components of a cool down.

1
 2 [2]

7 A karate instructor should consider the specific needs of the participants when delivering a warm up and cool down.

Explain **four** specific needs that need to be considered by a karate instructor to help prevent injury.

1

.....

.....

2

.....

.....

3

.....

.....

4

.....

.....

[4]

8 Name **one** type of stretch a performer could use as part of their warm up routine.

..... [1]

9 Sara is a football player and suffers from epilepsy. She wants to tell her teammates what symptoms to look out for if she has a seizure during a game.

(a) Other than a seizure, suggest **three** symptoms she could tell her teammates to look for.

1

2

3

[3]

(b) During the game Sara has a severe seizure and the coach decides to call 999.

Suggest **two** ways in which her teammates could respond before the ambulance arrives.

1

2

[2]

10 (a) Identify **three** symptoms of diabetes.

1

2

3

[3]

(b) Suggest how a first aider could immediately respond to someone suffering from diabetes.

..... [1]

11 Name the medical condition a performer is suffering from if they need to use an inhaler before playing sport.

..... [1]

12 A coach is responding to an injury by using the treatment method of SALTAPS.

(a) Describe what the coach should be doing in each of the following parts of SALTAPS when responding to an injury.

See

.....

Touch

.....

Active

.....

Passive

.....

[4]

(b) R.I.C.E. is a treatment method that can be used when dealing with an injury.

State what the letter C stands for in R.I.C.E.

C: [1]

(c) Other than R.I.C.E., suggest **two** other treatment methods to help a performer suffering from cramp.

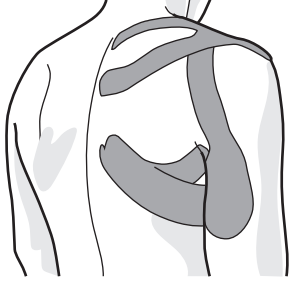

1

2

[2]

(d) The pictures below show different types of treatment for shoulder and arm injuries.

Draw a line from each picture to the correct name of treatment in the table below.

Picture of treatments		Name of treatments
		Cast
		Crutches
		Sling
		Splint
		Stretching
		Taping

[2]

13 Acute and chronic are types of injuries that occur in different ways.

(a) Describe what is meant by an acute injury.

.....

Give a practical example of how a cyclist may suffer an acute injury.

.....

[2]

(b) Name a different type of chronic injury that can affect the following parts of the body:

Arms:

Legs:

[2]

14 Complete the following table on Emergency Action Plans.

Area of Emergency Action Plan	Example
Emergency Communication	(a)
(b)	(c)
Emergency Equipment	(d)

[4]

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, consisting of 25 horizontal dotted lines. A solid vertical line runs down the left side of the page, creating a margin. The rest of the page is open for writing.

A grid of horizontal dotted lines for writing, with a vertical solid line on the left side. The grid consists of 24 horizontal rows and a single vertical column on the left.

A large area of the page is reserved for writing, featuring a vertical solid line on the left side and horizontal dotted lines extending across the page.



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