

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

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

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 Circle the correct answer for each of the following statements.

(a) Training is an extrinsic factor that can influence the risk of injury. [1]

True / False

(b) Scoliosis causes the spine to twist to the side in an 'S' shape. [1]

True / False

(c) Gender is a psychological factor that can influence the risk of injury. [1]

True / False

(d) Shin pads are an example of a piece of performance equipment. [1]

True / False

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. [4]

| 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 |

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.

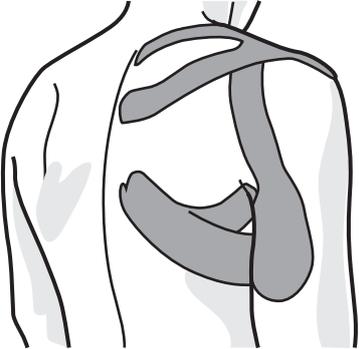
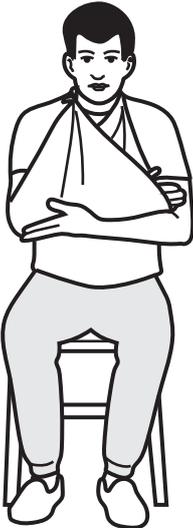
1 _____

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. [2]

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

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. [4]

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

