



Oxford Cambridge and RSA

Monday 20 May 2024 – Afternoon

Level 1/2 Cambridge National in Sport Science

R180/01 Reducing the risk of sports injuries and dealing with common medical conditions

Time allowed: 1 hour 15 minutes



No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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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 **70**.
- 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 **16** pages.

ADVICE

- Read each question carefully before you start your answer.

2
Section A

1

- (a)** Circle the **two** words used in the acronym DRABC response to an injury or medical condition.

Response	Diabetes
Rest	Action
Blood	Circulation
Compress	Reassurance

[2]

- (b)** Describe when DRABC would be used when responding to an injury or medical condition.

.....
..... [1]

- 2** Identify **three** different types of fracture that can be caused when participating in sport.

1
2
3 [3]

- 3** Identify **two** types of aggression that may be used by a player during a game.

1
2 [2]

4 Identify **four** different symptoms of heat exhaustion.

- 1
- 2
- 3
- 4

[4]

5 Which **one** of the following can be a treatment for epilepsy?

Tick (✓) the correct answer.

- (a) Inhaler ☐
- (b) Ketogenic diet ☐
- (c) Nebuliser ☐
- (d) Rehydration sachets ☐

[1]

6 Identify **four** different environmental factors that can influence the risk and severity of injury.

- 1
- 2
- 3
- 4

[4]

7

(a) Identify **three** different types of stretching that can be used during a cool down.

- 1
- 2
- 3

[3]

(b) Other than stretching, state the other component of a cool down.

..... [1]

- 8 State what medial epicondylitis is more commonly known as.

..... [1]

- 9 Draw a line from each medical condition to a common symptom of the medical condition.

Medical condition		Common symptom
Hypothermia		Feeling energetic
		Infrequent urination
Asthma		Bruising
		Urinating more often
Diabetes		Wheezing
		Shivering

[3]

5
Section B



10 Use the photograph to help answer the following questions:

- (a) Identify **two** different types of human interaction that can influence injury in a game of football. Using a different example for each interaction, describe how each interaction can help **cause** and **prevent** injuries in football.

Identification 1:

Example of how the human interaction can **help cause** injury:

.....
.....

Identification 2:

Example of how the human interaction can **help prevent** injury:

.....
.....

[4]

- (b) Identify **three** different hazards on a football pitch.

1

2

3

[3]

- (c) One of the reasons football players should warm up before a game is to help prepare them psychologically.

Describe **three** different psychological benefits of a warm up **and** describe a practical example of how each benefit can help reduce injury.

Psychological benefit 1:

.....

Practical example 1:

.....

.....

.....

Psychological benefit 2:

.....

Practical example 2:

.....

.....

.....

Psychological benefit 3:

.....

Practical example 3:

.....

.....

.....

[6]

- (d) The skill rehearsal phase is a component of a warm up.

Give a practical example of a skill rehearsal in football.

..... [1]

11 Using a named sport or physical activity, answer the following questions:

(a) State **two** pieces of performance equipment and **two** pieces of protective equipment.

Sport/physical activity:

Performance equipment:

1

2

Protective equipment:

1

2

[4]

(b) Describe a different way of how performance and protective equipment may cause injury to performers.

Performance equipment:

.....

.....

Protective equipment:

.....

.....

[2]

12

- (a) Describe how a risk assessment can help reduce the chances of injury occurring when performing in gymnastic activities such as trampolining.

.....

.....

.....

.....

[2]

- (b) It is important that trampolines are in good working order before use.

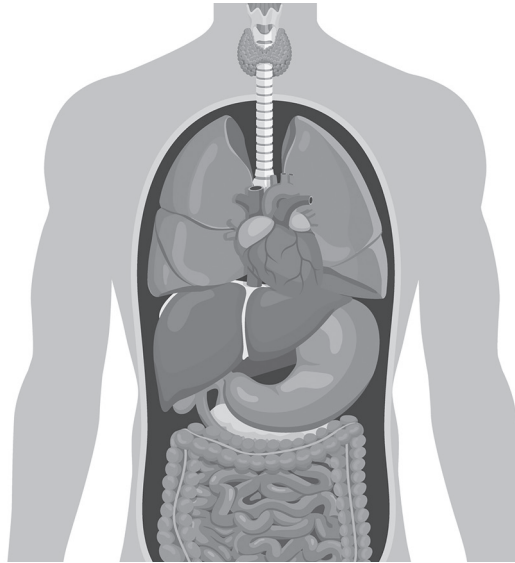
Complete the trampolining risk assessment to answer the following:

- Identify **three** other risks that could be included on a trampoline risk assessment.
- State a **different** control measure for each identified risk.

Trampolining risk assessment	
Risk identified	Control measure
The trampoline is faulty	Ensure the trampoline is fixed and checked by a safety officer
1
2
3

[6]

13 The diagram below shows the front of the human body.



(a) Circle the place on the diagram where a sudden cardiac arrest would occur. [1]

(b) Describe **two** ways a sudden cardiac arrest could occur when participating in a named sport or physical activity.

Sport/physical activity:

1

.....

2

.....

[2]

(c) Identify **one** symptom of a sudden cardiac arrest.

..... [1]

(d) State an immediate treatment for sudden cardiac arrest.

..... [1]

- 14 Rock climbing and kayaking are examples of outdoor adventurous activities.

Using practical examples in outdoor adventurous activities, explain how the level of confidence could **cause** injury and **help prevent** the risk of injury.

Cause the injury:

.....

.....

.....

.....

.....

.....

Help prevent the risk of injury:

.....

.....

.....

.....

.....

.....

[4]

15* A triathlon is a long-distance event that consists of swimming, cycling and running.

Using practical examples, discuss the different individual variables that can influence injury to a performer when competing in a triathlon.

Your answer should include:

- Different individual variables that can influence injury.
- Different ways these individual variables can cause **and** help prevent injury.
- Use of different practical examples for swimming, cycling and running.

[8]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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