

Thursday 9 January 2025 – Morning

Level 1/Level 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 page 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 **12** pages.

ADVICE

- Read each question carefully before you start your answer.

2
Section A

1
(a) Identify **two** symptoms of asthma.
1
2 [2]

(b) State **two** types of treatment for asthma.
1
2 [2]

2 Name a type of painkiller that can be taken to treat pain.
..... [1]

3
(a) Complete the acronym for SALTAPS.

S
A	Ask
L	Look
T
A	Active
P
S	Strength

[3]

(b) What can a coach ask an injured performer to do, to check the 'strength' part of SALTAPS?
..... [1]

4 Identify **three** psychological factors that can influence injury.

1

2

3

[3]

5 State **four** types of therapy that can be used to help rehabilitate injuries.

1

2

3

4

[4]

6 An ACL injury is a common acute injury in football.

(a) Name the part of the body an ACL injury affects.

..... [1]

(b) Describe how an acute injury can occur in sport.

.....

..... [1]

(c) Other than an ACL injury, name **three** different types of acute injury.

1

2

3

[3]

7 State **four** ways a coach could influence the risk of an injury occurring.

1

2

3

4

[4]

(b) The image shows performers doing different exercises in a fitness gym.



Use practical examples to describe different ways the following extrinsic factors could cause injury to performers in a fitness gym.

Other performers:

.....

.....

.....

Clothing:

.....

.....

.....

Footwear:

.....

.....

.....

Equipment:

.....

.....

.....

[4]

10

(a) Cricket is a sport that uses a variety of performance and protective equipment.

Describe what is meant by performance equipment and protective equipment.

Performance equipment:

.....
.....

Protective equipment:

.....
.....

[2]

(b) State a piece of performance equipment and protective equipment that is used in a cricket match.

Performance equipment:

.....

Protective equipment:

.....

[2]

11

- (a) Using a physical activity of your choice, design a warm up naming the **four** different components and give a practical example for each.

Physical activity:

Component	Practical example
1
2
3
4

[8]

- (b) Using a practical example, describe a psychological benefit of a warm up.

.....

[1]

12 State the most likely skin damage injury from the following scenarios:

(a) A cyclist falling off their bike and scraping their knee on a rough track.

..... [1]

(b) A boxer with a discoloured eye after a fight.

..... [1]

(c) A marathon runner who has a pocket of fluid under the skin of their heel from continuous running.

..... [1]

13 Using a named chronic injury, describe how chronic injuries can occur.

Chronic injury:

Description:

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

[3]

14

(a) The sporting environment can cause injury to performers in different ways.

Name **three** different environmental factors and give an example of how each factor could cause an injury to a performer playing sport.

Environmental factor 1:

Example of cause:

.....

Environmental factor 2:

Example of cause:

.....

Environmental factor 3:

Example of cause:

.....

[6]

(b) In hockey it is important to create a safe environment.



Using practical examples, describe **two** ways a hockey official could lower the chances of injury occurring during a game.

- 1
-
- 2
-

[2]

EXTRA ANSWER SPACE

If you need extra space use this lined page. You must write the question numbers clearly in the margin.

A large area of the page is filled with horizontal dotted lines for writing. A solid vertical line runs down the left side of this area, creating a margin for writing question numbers.



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