



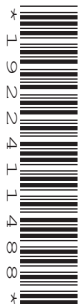
Oxford Cambridge and RSA

Thursday 22 May 2025 – 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 Identify **three** mental strategies that can help reduce the risk of injury.

- 1
- 2
- 3 **[3]**

2 An ACL injury occurs in the knee.

What does ACL stand for?

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

3
(a) DRABC can be used if a performer has become unconscious from a medical condition.

Complete the following table for the DRABC acronym.

D	
R	
A	Airway
B	Breathing
C	

[3]

(b) Identify **three** symptoms of epilepsy.

- 1
- 2
- 3 **[3]**

(c) Circle **three** common symptoms for asthma.

Body temperature of 38 °C or above	Coughing
Cuts take a long time to heal	Nebuliser
Shivering	Slurred speech
Staring blankly	Tight chest
Unconscious	Urinating more often
Weight loss	Wheezing

[3]

4 Describe **three** benefits of a warm up on the musculoskeletal system.

- 1
-
- 2
-
- 3
-

[3]

5 Other than a fracture, identify **three** different acute injuries that can occur to the head when playing sport.

- 1
- 2
- 3

[3]

6

(a) Identify **two** chronic injuries that affect the elbow.

1

2 [2]

(b) Name a chronic injury that affects the shins.

..... [1]

7

(a) Describe **two** differences between open and closed fractures.

1

.....

2

..... [2]

(b) Name a type of fracture that is a chronic injury.

..... [1]

Section B

- 8** Other than human interaction, identify and describe how **three** different environmental factors can cause injury when playing sport.

Environmental factor 1:

How it can cause injury:

.....
.....

Environmental factor 2:

How it can cause injury:

.....
.....

Environmental factor 3:

How it can cause injury:

.....
.....

[6]

- 9** Dementia can be linked to head injuries.

State a type of head injury that could be linked with dementia.

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

10

- (a) Using different practical examples, describe how the following factors can help a coach **reduce** the chance of injury occurring during a session.

Knowledge of techniques:

.....

.....

.....

Communication:

.....

.....

.....

Supervision:

.....

.....

.....

[3]

- (b) Other than a coach, state **two** types of human interaction and explain different ways they can **cause** injury.

Human interaction type 1:

Explanation:

.....

.....

.....

Human interaction type 2:

Explanation:

.....

.....

.....

[4]

11

- (a) The type of activity can influence injury in different ways. The image below shows a game of rugby union.



Using a practical example, describe how a game of rugby union can influence the type of injury.

.....

.....

.....

.....

[2]

- (b) The Rugby Football Union (RFU) is the national governing body (NGB) that is responsible for player welfare in rugby.

State **two** strategies the RFU could use to help reduce risk of injuries to players.

1

2

[2]

- (c) SALTAPS is an on-field assessment routine that can be used in Rugby Union to assess an injury.

Describe how a first aider would check the following stages of SALTAPS on an injured player.

See:

.....

Touch:

.....

Active:

.....

[3]

- (d) Sporting injuries are common in Rugby Union.

Use an example to complete the missing parts of PRICE therapy that can be used to treat different injuries.

PRICE	Example
Protect	Use a sling to help prevent further harm for a dislocated shoulder
Rest	
Ice	Apply an ice pack to a sprained ankle for 20 minutes
Compression	
Elevate	

[3]

12

- (a) Identify **two** different individual variables and justify how they can influence each other to have an effect on an injury to a gymnast.

Individual variable 1:

.....

Individual variable 2:

.....

Justification:

.....

.....

.....

.....

[4]

- (b) A gymnast will benefit psychologically from doing a warm up before they complete a routine.

Using practical examples, describe how the following psychological benefits of a warm up can be useful for a gymnast.

Confidence:

.....

.....

Concentration:

.....

.....

[2]

- (c) Name a mobility exercise a gymnast could perform for their arms and describe a benefit for a gymnast performing mobility exercises in their warm up.

Mobility exercise for arms:

.....

Benefit of mobility:

.....

.....

[2]

- (d) Suggest a skill a gymnast could perform as part of their skill rehearsal phase.

.....

[1]

13 Describe **one** benefit to the cardio-respiratory system whilst completing a cool down.

.....

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

14 Complete the table below, give a practical example for each part of an Emergency Action Plan (EAP).

Personnel	Communication	Equipment
(i)	(ii)	(iii)
.....		

[3]

15* Describe the causes, symptoms and treatments of Type 1 and Type 2 diabetes. Discuss how a performer could manage their diabetes when participating in sport.

Your answer should include:

- the causes and symptoms of Type 1 and Type 2 diabetes
- use of different treatments for Type 1 and Type 2 diabetes
- how to manage diabetes when participating in sport.

[8]

[illegible]

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[illegible]

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