

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

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
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 70.

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.

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. [3]

D	
R	
A	Airway
B	Breathing
C	

- (b) Identify THREE symptoms of epilepsy.

1 _____

2 _____

3 _____

[3]

(c) Circle THREE common symptoms for asthma. [3]

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

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. [3]

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	

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). [3]

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

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]

[illegible]

END OF QUESTION PAPER

EXTRA ANSWER SPACE

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

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of Cambridge University Press & Assessment, which is itself a department of the University of Cambridge.