

**Modified Enlarged 24pt**  
**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**

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**Candidate number**

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**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]**

|          |                  |
|----------|------------------|
| <b>D</b> |                  |
| <b>R</b> |                  |
| <b>A</b> | <b>Airway</b>    |
| <b>B</b> | <b>Breathing</b> |
| <b>C</b> |                  |

- (b) Identify THREE symptoms of epilepsy.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**[3]**

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

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

**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**

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**2**

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**[2]**

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

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**[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:**

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**Environmental factor 2:** \_\_\_\_\_

**How it can cause injury:**

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**Environmental factor 3:** \_\_\_\_\_

**How it can cause injury:**

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**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. [3]**

**Knowledge of techniques:**

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## Communication:

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## Supervision:

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

**Human interaction type 1: \_\_\_\_\_**

**Explanation:**

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**Human interaction type 2: \_\_\_\_\_**

**Explanation:**

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**[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.**

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**[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]**

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

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:**

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**Concentration:**

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**[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:**

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**Benefit of mobility:**

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**[2]**

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

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**[1]**

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[1]

| 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]**

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[illegible]

[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.**

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