

Examiners' report

CAMBRIDGE TECHNICALS LEVEL 2 (2016)

SPORT AND PHYSICAL ACTIVITY

**OCR Level 2 Cambridge Technical
in Sport and Physical Activity**

Award: 05889

Certificate: 05885

Diploma: 05886

Unit 1 Summer 2025 series

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Introduction

Our examiners' reports are produced to offer constructive feedback on candidates' performance in the examinations. They provide useful guidance for future candidates.

The reports will include a general commentary on candidates' performance, identify technical aspects examined in the questions and highlight good performance and where performance could be improved. The reports will also explain aspects which caused difficulty and why the difficulties arose, whether through a lack of knowledge, poor examination technique, or any other identifiable and explainable reason.

Where overall performance on a question/question part was considered good, with no particular areas to highlight, these questions have not been included in the report.

A full copy of the question paper and the mark scheme can be downloaded from [Teach Cambridge](https://www.teachcambridge.org/).

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Unit 1 series overview

This was the fourteenth series of assessment for this unit. The unit contains a breadth of knowledge assessed across four Learning Outcomes (LOs):

- LO1 - Know the effects and benefits of participation in sport and physical activity on the musculoskeletal system.
- LO2 - Know the effects and benefits of participation in sport and physical activity on the cardio-respiratory system.
- LO3 - Know measures of health and wellbeing.
- LO4 - Know trends in participation in sport and physical activity.

As is to be expected, candidates performed better on some Learning Outcomes (LOs) than others.

LOs 1 and 2 have significantly more content to teach within the Guided Learning Hours (GLH) than LOs 3 and 4, and this is reflected in the Unit 1 tests in terms of the number of questions associated with each LO.

Candidates who did well on this paper generally:	Candidates who did less well on this paper generally:
• scored well on the LO1 questions (1-16) and LO3 questions (29-34) and LO4 questions (35-40).	• did not consistently score well in certain LOs or missed marks regularly across the test • may have scored low marks on LO2, which was the least successful area of the paper this series.

General comments on the paper

The mean mark for the test was just over 23 marks, with the vast majority of candidates achieving between 15 and 35 marks.

Historically, the mark to achieve the unit has usually been 24 or 25 but has been 23 on occasions. This series the boundary was set at 22.

Typically, what we are seeing is that performance across the tests is 'patchy'; many perform well enough in some LOs and questions within the test but not consistently enough to get to the 'achieved' boundary mark, with a lot scoring in the late teens and early twenties.

LO4 was the best section of the test for candidates in June 2025. LO1 and LO3 were both done quite well. LO2 had the lowest average item facility out of the four areas of content in the unit; the average score for the LO2 questions was half marks.

Learning outcome 1: Questions 1 - 16

This LO covers core anatomy and the physiology of the musculoskeletal system.

Candidates generally access marks fairly well in this opening sub-set of questions and June 2025 was no exception. The mean score on these 16 questions is 9-10 marks.

Candidates did notably well on Questions 1- 5. Questions 10, 11 and 12 proved the most difficult in this section this series.

Learning outcome 2: Questions 17 - 28

This LO covers the cardio-vascular and respiratory systems. This LO contains content of a technical nature and terminology where component names and functions can be easily confused and as noted in the general comments, this section was the one which candidates found hardest this series, which has been the general trend over time.

Some questions understandably proved challenging, such as 20 and 21; however, some others had lower success rates than would be expected given their relatively straightforward nature, for example, Questions 17 and 19.

Learning outcome 3: Questions 29 - 34

This LO relates to health measurements such as BMI, blood pressure and body fat and the candidates need to know normative data and standard values and classifications for some of these elements of the section in order to answer the questions. Where candidates can get more secure with their recall of these categories and classifications, this section of the test is one where many could score 5 or 6 out of 6.

Performance was reasonable on this section, with more candidates getting the mark than not on most questions. Question 29 proved the most difficult in the section.

Learning outcome 4: Questions 35 - 40

LO4 is about the trends in participation within sport and physical activity. The candidates do not need to know or to be able to recall statistics themselves (in contrast to LO3) as this data can vary significantly over time and between sources. With this in mind, the relevant information is provided within the test, and the candidates have to be able to correctly respond to the stimulus data which is provided. We try as far as possible to make sure that some degree of interaction and interpretation of the information provided is required for the questions set, rather than that answers can simply be read from the source material, although some questions are as straight forward as correctly reading the data correctly/appropriately.

This section is usually done quite well; performance was strong this series with many candidates getting at least 4 marks out of 6. Questions 35 and 40 were the least well answered.

Assessment for learning



LO2 questions 17-28 are tending to be the ones where candidates access marks least well in recent tests. A significant proportion of candidates score in the 18–21-mark range, so if they could access 2-3 mark more on LO2 plus the odd one somewhere else on the test, many of them would achieve the unit.

LO2 appears to be the area where there is the most obvious scope for improvement.

Appendix 1 Questions

Question 1

Which of the following is part of the skeletal system?

A Deltoids

B Epiglottis

C Ulna

D Ventricles

[1]

Question 2

What are the names of **three** bones located in the leg?

A Carpal, patella and tibia

B Femur, fibula and tibia

C Femur, pelvic girdle and tibia

D Gastrocnemius, hamstring and quadriceps

[1]

Question 3

Where in the body is the soleus muscle located?

A At the back of the lower leg

B At the back of the upper leg

C At the front of the lower leg

D At the front of the upper leg

[1]

Question 4

Item removed due to third party
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Name the highlighted muscles.

A Biceps

B Deltoids

C Latissimus dorsi

D Triceps

[1]

Question 5

Item removed due to third party copyright restrictions

Name the highlighted muscles.

A Gluteus maximus

B Hamstrings

C Quadriceps

D Trapezius

[1]

Question 6

Item removed due to third party copyright restrictions

Name the bones labelled X.

A Carpals

B Metacarpals

C Metatarsals

D Tarsals

[1]

Question 7

Item removed due to third party
copyright restrictions

Name the part of the musculoskeletal system labelled Y.

A Cartilage

B Ligament

C Tendon

D Valve

[1]

Question 8

Which of the following is **not** a function of the skeleton?

A Movement

B Regulation

C Shape

D Support

[1]

Question 9

What is stored in muscles that provides energy?

A Alveoli

B Glycogen

C Lactic acid

D Plasma

[1]

Question 10

What type of joint is the hand?

A Ball and socket

B Condylod

C Gliding

D Hinge

[1]

Question 11

What type of joint is the ankle?

A Ball and socket

B Hinge

C Pivot

D Saddle

[1]

Question 12

What type of movement does the ankle allow?

A Abduction

B Adduction

C Dislocation

D Extension

[1]

Question 13

What does increased muscle hypertrophy mean?

- A Muscle becomes more flexible
- B Muscle has a higher level of endurance
- C Muscle increases in size
- D Muscle removes waste products faster

[1]

Question 14

Which of the following is a positive musculoskeletal effect of playing sport?

- A Fighting infection and disease is improved
- B The density of bones increases
- C The regulation of body temperature is maintained
- D The VO2 max is higher

[1]

Question 15

Which of the following is **not** a musculoskeletal health benefit of playing sport?

- A Core strength is improved
- B Maintenance of healthy posture
- C Physical activity can be sustained for longer
- D Risk of osteoporosis increases

[1]

Question 16

Item removed due to third party
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Which **two** diagrams represent the musculoskeletal systems?

- A W and X
- B W and Y
- C X and Y
- D Y and Z

[1]

Question 17

Which of the following is part of the cardiac system?

- A
- B
- C
- D

[1]

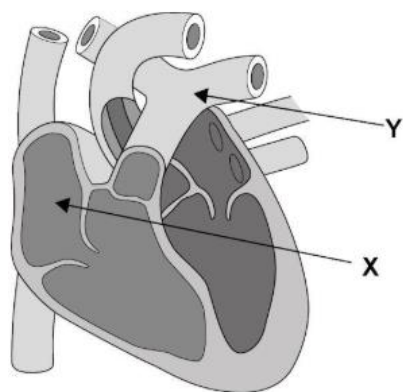
Question 18

What is the role of blood platelets?

- A
- B
- C
- D

[1]

Question 19



Name the part of the heart labelled X.

A Atrium

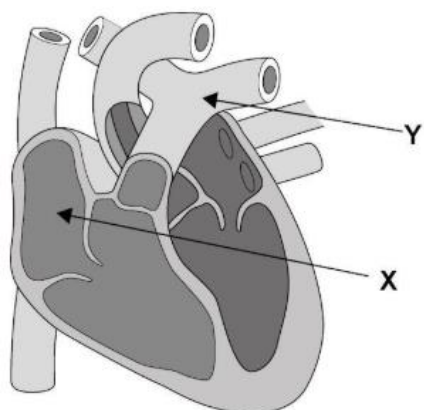
B Pulmonary artery

C Vena cava

D Ventricles

[1]

Question 20



Where does blood go after it has passed through Y?

A Lungs

B Pulmonary vein

C Ventricle

D Working muscles

[1]

Question 21

What is the function of the pulmonary vein?

- A Carry deoxygenated blood from the heart to the lungs
- B Carry deoxygenated blood from the lungs to the heart
- C Carry oxygenated blood from the heart to the lungs
- D Carry oxygenated blood from the lungs to the heart

[1]

Question 22

Which of the following have a thick muscular wall?

- A Arteries
- B Capillaries
- C Valves
- D Veins

[1]

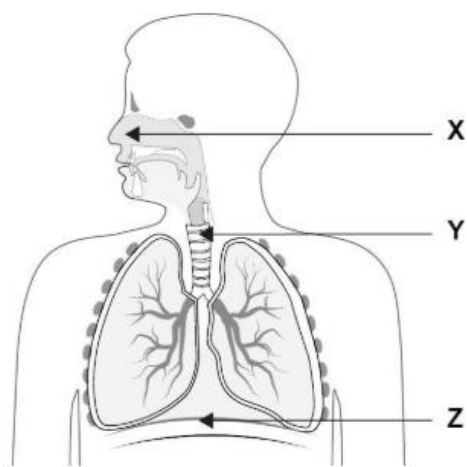
Question 23

Which of the following is a function of the cardiac system?

- A Gaseous exchange
- B Maintenance of posture
- C Removal of waste from muscles
- D Storage of minerals

[1]

Question 24

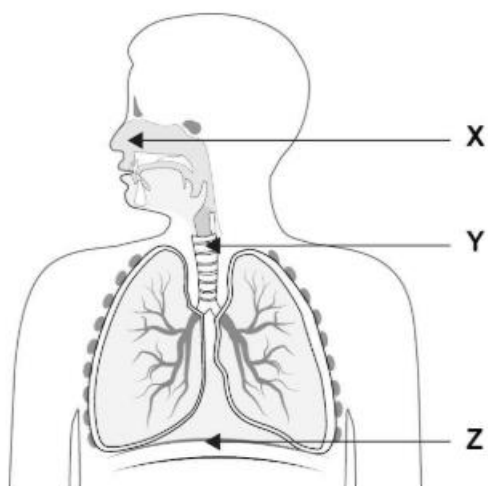


Name the part of the respiratory system labelled X.

- A Bronchi
- B Epiglottis
- C Larynx
- D Nasal cavity

[1]

Question 25



Name the part of the respiratory system labelled Y.

A Bronchioles

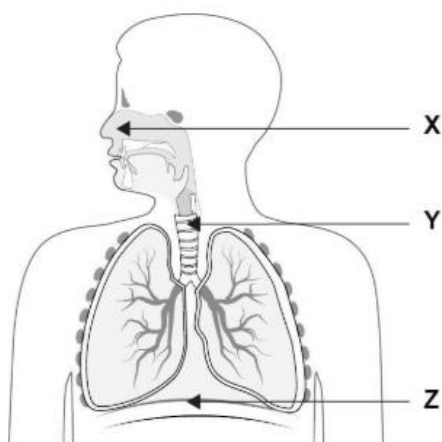
B Lung

C Pharynx

D Trachea

[1]

Question 26



Name the respiratory muscle labelled Z.

A Deltoid

B Diaphragm

C Intercostal

D Larynx

[1]

Question 27

Which is a positive cardiorespiratory effect of playing sport?

A Cardiac output increases

B Higher resting heart rate

C Increased blood pressure

D VO2 max is reduced

[1]

Question 28

Which is a cardiorespiratory health benefit of playing sport?

A Asthma symptoms reduced

B Atherosclerosis of the arteries

C Coronary heart disease

D Increased blood pressure

[1]

Question 29

Which of the following is a classification for a BMI of 40 or more?

A Morbidly obese

B Obese

C Overweight

D Very obese

[1]

Question 30

What does a peak flow test measure?

A Blood pressure

B Body fat percentage

C Lung capacity

D Resting heart rate

[1]

Question 31

What body fat percentage is classed as acceptable for both men and women?

A 23%

B 25%

C 27%

D 29%

[1]

Question 32

Which information is **not** required when taking BMI?

A

Blood pressure

B

Height

C

Sex

D

Weight

[1]

Question 33

Player A	18.1
Player B	24.1
Player C	30.1
Player D	40.1

The table shows 4 BMI measurements.

Which player has a classification of a healthy BMI?

A

Player A

B

Player B

C

Player C

D

Player D

[1]

Question 34

Player A	23.5%
Player B	24.5%
Player C	25.5%
Player D	26.5%

The table shows the body fat percentages of 4 male sports players.
How many players are obese?

- A
- B
- C
- D

[1]

Question 35

Which is a main source of information on general participation in sport and physical activity?

- A
- B
- C
- D

[1]

Question 36

The graph shows % of people who were physically active and inactive between November 2018-19 and November 2021-22.



Which year had the highest percentage of people who were physically active?

A Nov 18 to Nov 19

B Nov 19 to Nov 20

C Nov 20 to Nov 21

D Nov 21 to Nov 22

[1]

Question 37

The graph shows % of people who were physically active and inactive between November 2018-19 and November 2021-22.



Which year had the highest percentage of inactivity levels?

- A

Nov 18 to Nov 19
- B

Nov 19 to Nov 20
- C

Nov 20 to Nov 21
- D

Nov 21 to Nov 22

[1]

Question 38

The graph shows % of female and male physical activity participation rates between November 2018-19 and November 2021-22.



Which year had the largest percentage of males participating in physical activity?

- A

Nov 18 to Nov 19
- B

Nov 19 to Nov 20
- C

Nov 20 to Nov 21
- D

Nov 21 to Nov 22

[1]

Question 39

The graph shows % of female and male physical activity participation rates between November 2018-19 and November 2021-22.



Which year had the smallest percentage of females participating in physical activity?

A Nov 18 to Nov 19

B Nov 19 to Nov 20

C Nov 20 to Nov 21

D Nov 21 to Nov 22

[1]

Question 40

Which of the following statements is **true** for participation in physical activity?

- A Access is not a barrier for wheelchair users
- B Ethnicity is a cultural barrier
- C Females participate in more physical activity than males
- D Retired people find time a restriction to taking part

[1]

Copyright information

Questions 36 and 37: Graph showing percentage of people who were physically active and inactive between Nov 2018-19 and Nov 2021-22, OCR is aware that third party material appeared in this exam but it has not been possible to identify and acknowledge the source.

Questions 38 and 39: Graph showing percentage of female and male physical activity participation rates between Nov 2018-19 and Nov 2021-22, OCR is aware that third party material appeared in this exam but it has not been possible to identify and acknowledge the source.

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