

**Thursday 14 January 2016 – Afternoon**

**LEVEL 1/2 CAMBRIDGE NATIONAL IN SPORT SCIENCE**

**R041/01 Reducing the risk of sports injuries**

Candidates answer on the Question Paper.

**OCR supplied materials:**

None

**Other materials required:**

None

**Duration: 1 hour**



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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### INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

### INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [ ] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- The quality of your written communication will be assessed in your answer to the question marked with an asterisk (\*).
- This document consists of **12** pages. Any blank pages are indicated.

Answer **all** the questions.

1 Complete the following table showing the symptoms and treatments of common medical conditions.

Medical condition	Symptoms	Treatment
Asthma	(a) .....  (b) .....	(c) .....
(d) .....	Seizures	Emergency care plan in place
Diabetes	(e) .....  (f) .....	(g) .....  (h) .....

[8]

2 Give an example and possible cause of the following types of injury:

Acute

Example ..... [1]

Cause ..... [1]

Chronic

Example ..... [1]

Cause ..... [1]

3 Describe why the following might be used to treat an injury:

Bandaging

..... [1]

Sling

..... [1]

4 (a) Give an example of a sporting situation where a fracture might occur.

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

(b) Explain the difference between an open fracture and a closed fracture.

.....  
.....  
.....  
..... [2]

5 Explain why R.I.C.E. might be unsuitable for treating some injuries.

.....  
.....  
.....  
..... [2]

6 S.A.L.T.A.P.S. is the acronym for an on-field injury assessment routine.

(a) Fill in the missing words below:

See

Ask

Look

Touch

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

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

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

(b) Describe what is meant by 'Look' and 'Touch' when applying S.A.L.T.A.P.S.

Look .....  
..... [1]

Touch .....  
..... [1]

7 Identify **two** psychological benefits and **two** physical benefits of a warm up.

Psychological

1 ..... [1]

2 ..... [1]

Physical

1 ..... [1]

2 ..... [1]

8 How might a cool down aid recovery from exercise?

.....

.....

.....

.....

.....

.....

..... [3]

9 Give an example and a reason why each of the following components of a warm up is beneficial:

Pulse raiser:

Example .....

Description .....

.....  
.....

[2]

Mobility:

Example .....

Description .....

.....  
.....

[2]

Dynamic movements:

Example .....

Description .....

.....  
.....

[2]

10 Describe the purpose of skill rehearsal in a warm up.

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

[2]

11 Describe **three** ways that coaching or supervision can influence the risk of injury to sports performers.

.....

.....

.....

.....

.....

.....

..... [3]

12 Describe how each of the following could cause injury:

Protective equipment

.....

.....

..... [1]

Performance equipment

.....

.....

..... [1]

Clothing/footwear

.....

.....

..... [1]

13 Psychological factors can increase a performer’s chance of sustaining an injury. Which **one** of the following is **not** a psychological factor? (Circle your chosen option to indicate your answer).

- (a) Motivation
- (b) Anxiety levels
- (c) Aggression
- (d) Sleep

[1]

Turn over

14 Explain why the following should be considered when leading a sports session. Use a different example to support each explanation.

Gender

.....  
.....  
.....  
..... [2]

Age

.....  
.....  
.....  
..... [2]

Previous or recurring injuries

.....  
.....  
.....  
..... [2]





**ADDITIONAL ANSWER SPACE**

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

A large area of lined paper for writing. It consists of a vertical solid line on the left side, creating a margin. To the right of this line, there are numerous horizontal dotted lines extending across the width of the page, providing space for writing answers.

A vertical solid line is positioned on the left side of the page. From this line, 25 horizontal dotted lines extend across the page, creating a series of rows for writing.

A large area of the page is reserved for writing, featuring a vertical solid line on the left side and horizontal dotted lines extending across the page.



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