

Friday 19 May 2017 – 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 barcodes.

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** questions.

1 Identify **four** physical increases in the body systems as a result of a warm up.

- (a)
- (b)
- (c)
- (d)

[4]

2 Using an example for each, explain the difference between the '**mobility**' and the '**dynamic movement**' parts of a warm up.

Mobility

.....

.....

Dynamic movement

.....

.....

[4]

3 Identify **two** aspects that would be checked during a risk assessment.

- (a)
- (b)

[2]

4 Describe what is meant by each of the following medical conditions:

Scoliosis

.....

Lordosis

.....

Kyphosis

.....

Pelvic tilt

.....

Round shoulder

.....

[5]

5 Explain how the type of activity undertaken can increase the risk of injury in sports.

.....

.....

..... [2]

6 Identify **three** sports and for each give the specific type of footwear worn to help prevent injury.

Sport 1:

Footwear:

Sport 2:

Footwear:

Sport 3:

Footwear:

[3]

7 Explain how emotional factors can affect someone's posture.

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

8 Give a cause and treatment for each of the following injuries and medical conditions:

(a) Fracture

Cause:
Treatment: [2]

(b) Concussion

Cause:
Treatment: [2]

(c) Abrasion

Cause:
Treatment: [2]

(d) Contusion

Cause:
Treatment: [2]

(e) Osgood Schlatter's disease

Cause:
Treatment: [2]

9 Give **two** examples of emergency equipment that might be part of an Emergency Action Plan.

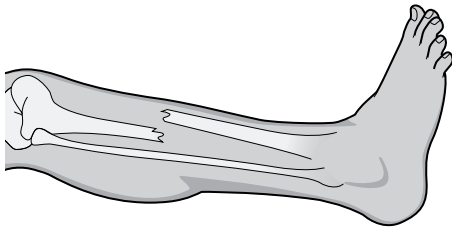
Example 1

Example 2:

[2]

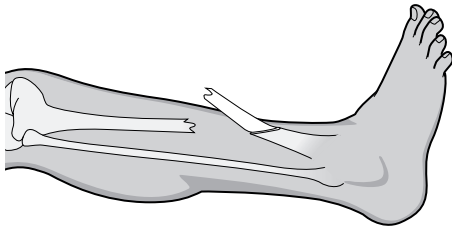
10 Identify the type of injury that each of the following images show:

(a)



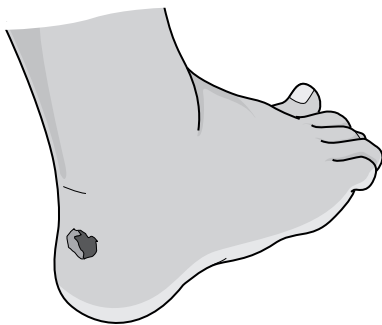
..... [1]

(b)



..... [1]

(c)



..... [1]

11 Give **three** examples of overuse injuries.

Example 1

Example 2

Example 3

[3]

12 Give **two** symptoms of an acute injury.

Symptom 1

Symptom 2

[2]

13 Complete the following, selecting the most accurate words or phrases listed below.

Shabnum suffers from diabetes and is insulin-dependent.

She has had this medical condition since she

The first symptom she had was

Other symptoms include

When she becomes ill she needs

- became overweight
- sugar
- was a child
- Type 1
- extreme hunger
- Type 2
- extreme thirst
- oxygen
- a sugary drink
- to sleep
- frequent visits to the toilet

[5]

14 Circle the correct answer for each of the following statements:

- (a) A symptom of asthma is high blood sugar. True/False
- (b) A treatment for asthma is sugar. True/False
- (c) A symptom of epilepsy is fitting. True/False
- (d) A treatment for epilepsy is an inhaler. True/False
- (e) A symptom of diabetes is extreme tiredness. True/False

[5]

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 margin(s).

A large area of lined paper for writing answers. It features a vertical margin line on the left side and horizontal dotted lines for writing. The lines are evenly spaced and extend across the width of the page.

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines extending across the page, providing a grid for writing answers.



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