

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



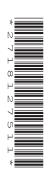
Candidate forename				Candidate surname			
Centre number	er			Candidate nu	ımber		

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)	(c)
	(b)	
(d)	Seizures	Emergency care plan in place
Diabetes	(e)	(g)
	(f)	(h)

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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.	
	(b)	Explain the difference between an open fracture and a closed fracture.	[1]
5	Ехр	lain why R.I.C.E. might be unsuitable for treating some injuries.	
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:	
		S ee	
		A sk	
		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 benefic	cial:
	Pulse raiser:	
	Example	
	Description	
		[2]
	Mobility:	[4]
	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 sport performers.	S
	[3	;]
12	Describe how each of the following could cause injury: Protective equipment	
	[1]
	Performance equipment	
	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 indicat your answer).	е
	(a) Motivation	
	(b) Anxiety levels	
	(c) Aggression	
	(d) Sleep [1	1]

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example to support each explanation.	
Gender	
	[2]
Age	
Previous or recurring injuries	[4
Trevious of recurring injuries	
	[2

15*	Poor posture can be caused by sporting, medical and lifestyle factors.
	Explain causes of poor posture and how they may affect sports performance.
	[8]

ADDITIONAL ANSWER SPACE

If additiona must be cle	If additional space is required, you should use the following lined page(s). The question number(s must be clearly shown in the margins.		
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	1		

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