

Friday 15 May 2015 – 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



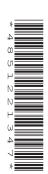
Candidate forename					Candidate surname				
Centre numb	per					Candidate nu	ımber		

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 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 taken into account in marking your answer to the question marked with an asterisk (*).
- This document consists of 12 pages. Any blank pages are indicated.



Answer all questions.

1		orts injuries can be related to poor posture. Name the condition for each of the following criptions.
	(a)	A condition in which the spine in the lower back has an excessive curvature.
		[1]
	(b)	An abnormal curving of the upper spine causing the back to appear slouched or hunched.
		[1]
	(c)	A back condition that causes the spine to curve to the side.
		[1]
	(d)	A condition where the hips are not level.
		[1]
2		scribe how previous injuries can increase the risk of injury to a sports performer.
		[2]
3	Nar	ne a psychological factor and describe how it might cause injury.
	Psy	chological factor
		[1]
	Des	scription
		[1]

4

	each of the following benefits of a warm up, show whether they are physical or psycholog explain how they help a performer in a physical activity.	ical
(a)	Heighten or control of arousal levels	
	Physical / Psychological (circle your answer)	
	Explanation	
		[2]
(b)	Increase in heart rate	
	Physical / Psychological (circle your answer)	
	Explanation	
		[2]
(c)	Increase in pliability of ligaments and tendons	
	Physical / Psychological (circle your answer)	
	Explanation	
		. [2]
(d)	Increase in motivation	
	Physical / Psychological (circle your answer)	
	Explanation	
		. [2]

Plan a warm up specific to a sport of your choice using the five key components.	
Sport:	
Pulse raiser:	
Mobility exercise:	
Dynamic movements:	
Stretching:	
Skill rehearsal:	
Oniii Terrearsai.	
	 [5]

6	Nar	ne three specific needs that should be considered when planning a warm up and cool down.
	(i)	
	(ii)	
	(iii)	[3]
7	Nar	ne a medical condition that uses the following as a response:
	(a)	Response: Inhaler
		Condition:[1]
	(b)	Response: Give insulin
		Condition:[1]
	(c)	Response: Clear any danger away from the individual
		Condition:[1]
8	Circ	sle the answer true or false for the following statement:
	You	should give sugary sweets to treat someone having an epileptic seizure.
9	Des	scribe why you might refer a performer to a medical professional during a sporting activity.
		[21

10	The	following are symptoms of which medical conditions?	
	(a)	Symptom: Increased thirst	
		Condition:	[1]
	(b)	Symptom: Wheezing	
		Condition:	[1]
	(c)	Symptom: Repeated visits to the toilet	
		Condition:	[1]
11	Con	nnlete the following table which contains information on Emergency Action Plans	
11	Con	nplete the following table which contains information on Emergency Action Plans.	

Area of emergency action plan	Description
Emergency personnel	(a)
(b)	This includes telephone, emergency numbers, emergency services
	emergency services
(c)	(d)

[4]

12		the following four different types of injuries, give a symptom (other than pain) and treatme each. Circle whether it is a chronic or an acute injury.	nt
	(i)	Injury: Sprained ankle	
		Symptom:	
		Treatment:	
		Chronic/Acute (circle your answer)	3]
	(ii)	Injury: Shin splints	
		Symptom:	
		Treatment:	
		Chronic/Acute (circle your answer)	3]
	(iii)	Injury: Open fracture	
		Symptom:	
		Treatment:	
		Chronic/Acute (circle your answer)	3]
	(iv)	Injury: Concussion	
		Symptom:	
		Treatment:	
		Chronic/Acute (circle your answer)	3]
13	Whi sho	ch stage of the SALTAPS on-field assessment routine does each of the following example w?	∋s
	(a)	Checking whether the performer can move the injured limb.	
	(b)	Checking whether the performer can put weight on the injured limb.	1]
		[1]

14	What is meant by the term 'elevation' when applied to the treatment of an injury?
	[1 [*]

 	 	 •••••	 	

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

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

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