

Friday 20 May 2016 – Afternoon

LEVEL 1/2 CAMBRIDGE NATIONAL IN SPORT SCIENCE

R041/01 Reducing the risk of sports injuries

Candidates answer on the Question Paper.

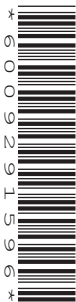
OCR supplied materials:

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 Which of the following is **not** a benefit of warming up?
(circle your chosen option to indicate your answer)

- (a) Increases heart rate
- (b) Prevents lactic acid build-up
- (c) Increases breathing rate
- (d) Prevents injury to muscles

[1]

2 Provide a practical example for each of the following key components of a warm up.

Mobility

Dynamic movements

Skill rehearsal

[3]

3 Identify and describe how to perform **two** different stretches that might be used in warm ups or cool-downs.

Stretch 1

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

Stretch 2

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

4 Identify each of the back conditions shown in the following pictures.

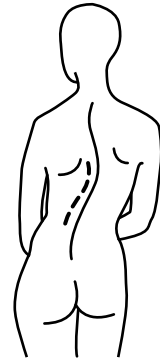
(a)



(b)



(c)



[3]

5 Name **three** factors that can affect posture, other than sports injuries, and explain how they might lead to poor posture.

Factor 1

.....

Explanation

.....

.....

Factor 2

.....

Explanation

.....

.....

Factor 3

.....

Explanation

.....

.....

[6]

6 Protective equipment is used to avoid serious sporting injuries.

(a) Name **two** sports in which a helmet is worn for protection.

1 [1]

2 [1]

(b) Name **one** sport in which shin pads are worn for protection.

..... [1]

7 Describe **three** safety checks that should be made before coaching a netball session.

.....
.....
.....
.....
.....
..... [3]

8 Explain the purpose of a risk assessment.

.....
.....
.....
.....
..... [3]

9 (a) Give **two** examples of chronic injury.

Example 1

Example 2

[2]

(b) Explain what is meant by a chronic injury.

.....

.....

.....

..... [2]

10 Circle your chosen option to indicate which of the following is true or false.

(a) An acute injury results in immediate pain True / False [1]

(b) Shin splints are an example of an acute injury True / False [1]

(c) An abrasion is an example of an overuse injury True / False [1]

(d) Golfer's elbow occurs as a result of wearing incorrect footwear True / False [1]

(e) Acute injuries occur over a long period of time True / False [1]

11 Outline the features of **two** injuries that are related to children.

.....

.....

.....

.....

.....

.....

.....

..... [4]

12 Describe how each of the following can help in responding to sporting injuries.

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

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

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

13 (a) Describe a sporting situation where, as a coach, you might need to refer a performer on to a medical professional.

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

(b) As a coach, how would you do this?

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

14 Oliver suffers from asthma and Jasminster suffers from epilepsy. Both attend a weekly badminton club.

Describe **one** symptom for each that would indicate to their coach that they are having an attack and **one** treatment method that the coach could use in each case.

Oliver's symptom

Oliver's treatment

Jasminster's symptom

Jasminster's treatment

[4]

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. 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 spaced evenly down the page, providing a guide 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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