

Wednesday 8 January 2020 – Morning

Level 1/2 Cambridge National in Sport Science

R041/01 Reducing the risk of sports injuries

Time allowed: 1 hour

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

Last name

INSTRUCTIONS

- Use black ink. You can use an HB pencil, but only for graphs and diagrams.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.
- Answer **all** the questions.

INFORMATION

- The total mark for this paper is **60**.
- The marks for each question are shown in brackets [].
- Quality of written communication will be assessed in questions marked with an asterisk (*).
- This document has **12** pages.

ADVICE

- Read each question carefully before you start your answer.

Answer **all** the questions.

1 **Fig. 1** below is a picture of footwear worn in many sports.



Fig. 1

(a) Identify **one** way the footwear in **Fig. 1** can cause injury to the performer wearing them and to other players.

Performer:

..... [1]

Other players:

..... [1]

(b) Name an injury the footwear can cause to the performer and other players.

Performer:

..... [1]

Other players:

..... [1]

(c) Describe how the footwear in **Fig. 1** helps prevent injury from occurring to the performer.

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

(d) Other than the footwear in **Fig. 1**, identify **one** sport and give a specific type of footwear worn to help prevent injury.

Sport:

Footwear:

[1]

2 A netball player may use mobility and dynamic movement components during their warm up.

(a) Describe the main function of each component.

Mobility:

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

Dynamic movement:

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

(b) Give a practical example for each component.

Mobility:

..... [1]

Dynamic movement:

..... [1]

(c) Give an example of a suitable skill rehearsal phase a netball player could perform in the warm up.

..... [1]

(d) A netball player performs a warm up to control their arousal levels and settle any nerves they have before a game.

Describe how **two** other psychological benefits of a warm up help reduce injury. Give a practical example for each benefit.

1

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

2

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

[4]

(e) What physiological benefit does warming up have on muscular contractions?

..... [1]

3 (a) Identify **one** cause of muscle cramp during physical activity.

..... [1]

(b) Identify **one** immediate treatment method for muscle cramp.

..... [1]

4 Describe **one** environmental hazard a football player faces playing outside and **one** different environmental hazard they face when playing indoor 5-a-side football.

Football outside:

.....

.....

Football inside:

.....

.....

[2]

5 Different types of injuries occur in many different sports and require different treatments.

Complete the following table.

Type	Example	Cause	Treatment
Fracture	Closed	Hard rugby tackle	(i)
(ii)	Strain	(iii)	R.I.C.E.
.....		
		

[3]

6 R.I.C.E. is a treatment method that can be used to help heal different sports injuries.

Other than rest, explain **two** other parts of R.I.C.E. that can be used when dealing with a cut.

1

.....

2

.....

[2]

7 (a) (i) Name a sport where concussion is a common injury.

..... [1]

(ii) Give **one** example of how concussion occurs in the sport you have identified.

..... [1]

(iii) In the sport that you have identified, name a piece of protective equipment that can be worn to reduce the chances of concussion occurring.

..... [1]

(b) Describe **two** symptoms of concussion.

.....

.....

.....

..... [2]

- 8 Almost one in a hundred people in the UK have epilepsy (Epilepsy Action UK).

Some people experience just one symptom during a seizure, while others experience several.

- (a) Complete the table below to describe symptoms of epilepsy in the different parts of the body.

Parts of the body	Symptoms
Arms/legs	(i)
Eyes	(ii)
Mouth	(iii) (iv)

[4]

- (b) Clinical guidelines recognise that people with epilepsy need to be given help to control the condition themselves. This involves a review of the types and frequency of seizures along with any medication they have been given.

What other name may be given to this type of review put in place for individuals with epilepsy?

..... [1]

- (c) Circle your chosen option to indicate which of the following are true or false.

- (i) Someone who has been having a seizure for over 5 minutes should be given a sugary sweet to increase their blood sugar levels until emergency help arrives.

True

False

[1]

- (ii) To treat someone having an epileptic seizure, it is important to put them into the recovery position during their seizure.

True

False

[1]

9 Fig. 2 shows a diagram of the spinal column.

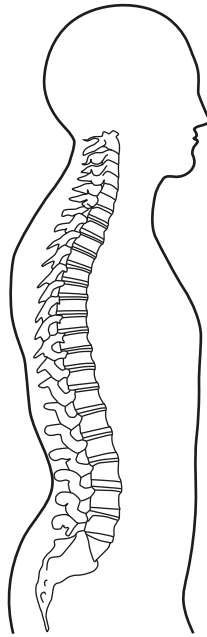


Fig. 2

(a) Draw an arrow on Fig. 2 above to indicate the location and direction of the curve of the spine of someone who has been diagnosed with lordosis. [1]

(b) Identify **two** ways lordosis can contribute to an increased risk of injury.

- 1
- 2 [2]

10 (a) What is SALTAPS used for?

..... [1]

(b) The table below contains the words that make up the term SALTAPS.

Circle the **two** incorrect words.

Ask	See	Assess
Look	Passive	Touch
Strength	Active	Stretch

[2]

11 Name the common injury related to children that involves growth spurts at the knee.
..... [1]

12 Which **one** of the following is **not** a component of an emergency action plan?
Circle your chosen option to indicate your answer.

- (a) Emergency Communication
- (b) Emergency Personnel
- (c) Emergency Contact
- (d) Emergency Equipment [1]

13 A basketball coach needs to consider the characteristics of the team and environmental factors before a warm up to help reduce the chances of injury to players.

(a) Other than medical conditions and fitness levels, describe other individual characteristics of the team a coach needs to consider before the warm up.

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

(b) Identify an environmental consideration the coach needs to consider before planning a warm up.

..... [1]

14 (a) Describe the main purpose of maintenance stretches.

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

(b) When should maintenance stretching be performed?

..... [1]

(c) Give an example of a maintenance stretch for the arms or shoulders.

..... [1]

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, consisting of 25 horizontal dotted lines. A solid vertical line runs down the left side of the page, creating a margin. The rest of the page is open for writing.

A large rectangular area with a solid vertical line on the left and horizontal dotted lines, providing a space for writing answers.



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