



Oxford Cambridge and RSA

**Wednesday 15 May 2019 – Morning**

**Level 1/2 Cambridge National in Sport Science**

**R041/01 Reducing the risk of sports injuries**

**Time allowed: 1 hour**



Candidates answer on the Question Paper.

**OCR supplied materials:**  
None

**Other materials required:**  
None



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

Centre number      Candidate number

First name(s) \_\_\_\_\_

Last name \_\_\_\_\_

**INSTRUCTIONS**

- 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.

**INFORMATION**

- The total number of marks for this paper is **60**.
- The number of marks is given in brackets [ ] at the end of each question or part question.
- 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 For each of the following extrinsic factors, explain how injuries can occur.

Coaching

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

Environmental factors

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

Equipment

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

[6]

2 Name **three** activities performed to minimise the risk of injury from safety hazards.

1 .....

2 .....

3 .....

[3]

3

3 Individual variables are intrinsic factors which can influence the risk of injury. Name and describe **three** individual variables that might cause injury.

Individual variable 1 .....

Description .....

.....

Individual variable 2 .....

Description .....

.....

Individual variable 3 .....

Description .....

.....

[6]

4 Asthma, Diabetes and Epilepsy are three common medical conditions that a sports performer might suffer from. Identify **two** symptoms for each medical condition that may affect performance.

Asthma

1 .....

2 .....

Diabetes

1 .....

2 .....

Epilepsy

1 .....

2 .....

[6]



8 For each of the following treatment methods, choose the most appropriate injury from the list below. Give a sporting situation where each injury might occur.

**Fractured arm      Blister      Abrasion      Fractured leg**

(a) Sling

Injury: .....

How it might occur: .....

.....

[2]

(b) Bandage

Injury: .....

How it might occur: .....

.....

[2]

(c) Cushioned Plaster

Injury: .....

How it might occur: .....

.....

[2]

(d) Splint

Injury: .....

How it might occur: .....

.....

[2]

9 Name the part of an Emergency Action Plan (EAP) that the following are examples of:

First Aider: .....

Telephone: .....

Stretcher: .....

[3]

10 Describe each of the following elements of the on-field assessment routine.

Active: .....

.....

Passive: .....

.....

Strength: .....

.....

[3]

11 Which **one** of the following is **not** a specific need that must be considered when doing a warm up or cool down? (Circle your chosen answer.)

(a) Height of the participant

(b) Age of the participant

(c) Fitness level of the participant

(d) Experience of the participant

[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. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dotted lines, providing space for writing answers.





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.



**Copyright Information**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series. If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.