



Oxford Cambridge and RSA

Thursday 11 January 2024 – Morning

Level 1/Level 2 Cambridge National in Sport Science

R180/01 Reducing the risk of sports injuries and dealing with common medical conditions

Time allowed: 1 hour 15 minutes



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 **70**.
- 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.

2
Section A

1 Identify **three** different types of skin damage that can be caused when playing sport.

- 1
- 2
- 3 [3]

2
(a) State the purpose of SALTAPS as a response to injury.

..... [1]

(b) Circle the **three** words used as part of the SALTAPS response to an injury.

Supervision	Touch	Acute
Plan	Safety	Protection
Active	Stretch	Look

[3]

3 Identify **three** psychological factors that begin with the letter 'A' and can influence injury when playing sport.

- 1
- 2
- 3 [3]

4 Identify **two** symptoms of hypothermia.

- 1
- 2 [2]

- 5 Other than age and gender, identify **three** individual variables that can influence the risk and severity of injury.

1

2

3

[3]

- 6 Identify the **four** components of a warm up.

1

2

3

4

[4]

- 7 State what injury, lateral epicondylitis is more commonly known as.

..... [1]

- 8 Complete the table to show the missing medical condition, symptoms and treatment.

Medical condition	Symptoms	Treatment
(a)	Increased thirst (b)	Insulin
Dehydration	(c) (d)	(e)

[5]

4
Section B

9

(a) Which **one** of the following can be a treatment for sudden cardiac arrest (SCA)?

Tick (✓) the correct answer.

(a) Insulin injections

☐

(b) Lifestyle changes

☐

(c) Nebulisers

☐

(d) Wrap in blankets

☐

[1]

(b) An Emergency Action Plan (EAP) could be used when treating someone with sudden cardiac arrest (SCA).

For each of the following give an example of each EAP component:

Emergency personnel:

Emergency communication:

Emergency equipment:

[3]

10 Performers should cool down after exercise.

(a) Complete the table to:

- Identify the **two** different cool down components.
- Identify a practical example for each cool down component.

Cool down component	Practical example
1
2

[4]

- (b) Other than reducing the risk of injury, describe another physiological benefit of a cool down.

.....

..... [1]

- 11 Boxing is a sport that can cause injury to performers.



Use the photographs to help answer the following questions:

- (a) Other than equipment, clothing and footwear, identify **three** different extrinsic factors that can cause injury.

Use practical examples to describe how each extrinsic factor can cause an injury when boxing.

Extrinsic factor 1:

Practical example that can cause injury:

.....

.....

Extrinsic factor 2:

Practical example that can cause injury:

.....

.....

Extrinsic factor 3:

Practical example that can cause injury:

.....

.....

[6]

- (b) Other than high top boxing boots, state **two** pieces of protective equipment that can be used to reduce the chances of injury in boxing.

1

2

[2]

- (c) Other than boxing, use **two** different named sports of your choice to answer the following:

- describe a different type of footwear used by performers in each named sport
- describe a different way the footwear helps to reduce the chances of injury.

Sport 1:

Description of type of footwear:

Description of the way the footwear helps to reduce the chances of injury:

.....

.....

Sport 2:

Description of type of footwear:

Description of the way the footwear helps to reduce the chances of injury:

.....

.....

[4]

- 12** A 50 year old is taking part in their first rugby session and is about to make a tackle on a 20 year old who has been playing competitive rugby for a few years.

In the above scenario there are two individual variables.

Identify the **two** individual variables and explain how each could influence the risk of injury to the rugby players during the tackle.

Individual variable 1:

Explanation:

.....

.....

.....

Individual variable 2:

Explanation:

.....

.....

.....

[4]

- 13** National Governing Bodies (NGBs) such as The FA, are introducing policies to help reduce the chances of concussion.
- (a)** Other than football, identify **two** different sports where concussion is a common injury. For each named sport, describe a different practical example of how concussion can occur to a performer.

Sport 1:

How concussion can occur:

.....

.....

Sport 2:

How concussion can occur:

.....

.....

[4]

- (b) Describe **three** ways in which The FA could reduce the chances of concussion from occurring in football.

1

.....

2

.....

3

.....

[3]

- (c) State **one** medical condition that is linked with repeated concussion over a long period of time.

..... [1]

- 14 Describe a different sporting situation where each of the following injuries may occur.

Blisters

.....

.....

Cut

.....

.....

Rotator cuff tendonitis

.....

.....

Dislocation

.....

.....

[4]

15* Discuss the causes and symptoms of acute sports injuries of sprains and strains and the use of PRICE therapy to treat them.

Your answer should include:

- causes and symptoms of sprains and strains
- how PRICE therapy can be used to treat sprains and strains
- the use of different practical examples throughout your answer.

[8]

END OF QUESTION PAPER

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a narrow margin. The rest of the page is filled with horizontal dashed lines, providing a guide for handwriting practice. There are no markings or text on the page.

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