

Cambridge Technicals Sport

Unit 2C: Physical preparation and readiness for sport and physical activity

Level 2 Cambridge Technical in Sport and Physical Activity
05885 - 05886

Mark Scheme for January 2024

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Question			Answer	Marks	Guidance
1	(a)	(i)	One mark for: <ul style="list-style-type: none">• True	1	
		(ii)	One mark for: <ul style="list-style-type: none">• True	1	
	(b)		One mark for: <ul style="list-style-type: none">• Walking Football• Touch Rugby	1	Accept any relevant example where an activity has been suitably adapted for the target group. Must be a team sport
2			Three marks for: <ul style="list-style-type: none">• Both• Aerobic• Anaerobic	3	

Question	Answer	Marks	Guidance
3*	<p>Indicative Content:</p> <ol style="list-style-type: none"> 1. bones become stronger <ul style="list-style-type: none"> ● as they increase in size and density ● reduces the risk of osteoporosis 2. increase in synovial fluid into joints <ul style="list-style-type: none"> ● means a decrease in its viscosity over time, ● reducing friction at joint ● improving the range of movement at the joint ● reduces the risk of osteoarthritis 3. cartilage in joints grows thicker <ul style="list-style-type: none"> ● strengthens the joint ● reduction of joint pain 4. ligaments are able to bear more load <ul style="list-style-type: none"> ● due to collagen fibre increase ● increasing stability of joint ● reducing risk of injury 5. muscle hypertrophy <ul style="list-style-type: none"> ● increases the size and strength of muscles ● allowing them to cope with additional stress ● enabling them to generate more force 6. muscles are able to produce more energy <ul style="list-style-type: none"> ● able to perform more efficiently for longer 	6	<p>MB3 – 5-6 marks</p> <ul style="list-style-type: none"> ● Answer offers suitable suggestion with full justification and considers all/most of the factors. ● Quality of written communication show few errors in grammar, punctuation and spelling <p>MB2 – 3-4 marks</p> <ul style="list-style-type: none"> ● Answer offers suitable suggestion with justification but may not take all factors into consideration ● Quality of written communication show occasional errors in grammar, punctuation and spelling <p>MB1 – 1-2 marks</p> <ul style="list-style-type: none"> ● Answer offers suggestions of activities but gives little or no justification. ● Answer may not take into consideration all of the factors. ● Quality of written communication show errors in grammar, punctuation and spelling may be noticeable and intrusive <p>0 = answer worthy of no credit</p>

Question	Answer	Marks	Guidance																		
4	<p>Four marks for four from:</p> <ul style="list-style-type: none"> ● allows them to forget what is causing the problems ● improves mood/endorphins (hormones) released ● become more socially active/able to share problems with friends ● improves self-esteem/self-confidence ● make them feel good about their body/control body weight ● success from achieving goals/can run further/ do more activity ● provide fun/enjoyment/relieve stress ● improve sleep patterns 	4																			
5	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th data-bbox="383 652 665 783">Effect on the cardiorespiratory system</th> <th data-bbox="665 652 945 783">Short term</th> <th data-bbox="945 652 1227 783">Long term</th> </tr> </thead> <tbody> <tr> <td data-bbox="383 783 665 882">Increase in breathing rate</td> <td data-bbox="665 783 945 882" style="text-align: center;">X</td> <td data-bbox="945 783 1227 882"></td> </tr> <tr> <td data-bbox="383 882 665 981">Increase in heart rate</td> <td data-bbox="665 882 945 981" style="text-align: center;">X</td> <td data-bbox="945 882 1227 981"></td> </tr> <tr> <td data-bbox="383 981 665 1080">Increase in number of capillaries</td> <td data-bbox="665 981 945 1080"></td> <td data-bbox="945 981 1227 1080" style="text-align: center;">X</td> </tr> <tr> <td data-bbox="383 1080 665 1179">Increase in red blood cells</td> <td data-bbox="665 1080 945 1179"></td> <td data-bbox="945 1080 1227 1179" style="text-align: center;">X</td> </tr> <tr> <td data-bbox="383 1179 665 1303">Increase in size and strength of heart muscle</td> <td data-bbox="665 1179 945 1303"></td> <td data-bbox="945 1179 1227 1303" style="text-align: center;">X</td> </tr> </tbody> </table>	Effect on the cardiorespiratory system	Short term	Long term	Increase in breathing rate	X		Increase in heart rate	X		Increase in number of capillaries		X	Increase in red blood cells		X	Increase in size and strength of heart muscle		X	5	
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6		<p>4 marks for 2 from</p> <ul style="list-style-type: none"> ● muscle fibre tears <ul style="list-style-type: none"> - mean muscle soreness - fatigue ● muscles stretch <ul style="list-style-type: none"> - improving flexibility and mobility ● tendons stretch <ul style="list-style-type: none"> - improving flexibility ● lactic acid builds in the working muscles <ul style="list-style-type: none"> - resulting in muscle soreness - fatigue 	4	For full marks, must explain the impact on performance as well as the short term effect
7		<p>Five marks for</p> <ol style="list-style-type: none"> 1. Pulse Raising Exercise (e.g. jogging) 2. Mobility exercise (e.g. arm circles) 3. Dynamic movements (e.g. Shuttle runs) 4. Stretching (e.g. hamstring stretch) 5. Skill Rehearsal (e.g. practising a badminton serve) 	5	<p>Must be in the correct order</p> <p>Accept answer if embedded within an example</p>
8	(a)	<p>Two marks for two from:</p> <ul style="list-style-type: none"> ● fractures ● dislocations ● concussion ● ligament sprains ● muscle strains ● contusions, abrasions and blisters 	2	Accept any relevant answer appropriate to that type of injury

Question		Answer	Marks	Guidance														
	(b)	<p>One mark for example:</p> <ul style="list-style-type: none"> • shin splints • tendonitis • tennis elbow <p>One mark for cause:</p> <ul style="list-style-type: none"> • overuse • continuous stress on an area • develop gradually over a period of time • prolonged repetitive motion 	2	Accept any relevant answer appropriate to that type of injury														
9		<p>Two marks for two from:</p> <ul style="list-style-type: none"> • Tennis • Badminton • Squash 	2	Accept any relevant answer														
10		<p>4 marks for:</p> <table border="1"> <tr> <td>S</td> <td>See</td> </tr> <tr> <td>A</td> <td></td> </tr> <tr> <td>L</td> <td>Look</td> </tr> <tr> <td>T</td> <td>Touch</td> </tr> <tr> <td>A</td> <td></td> </tr> <tr> <td>P</td> <td>Passive</td> </tr> <tr> <td>S</td> <td></td> </tr> </table>	S	See	A		L	Look	T	Touch	A		P	Passive	S		4	Must be in correct order
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