



Revision Series January 2024

Cambridge National in Sport Science

**R180:** Reducing the Risk of Sports Injuries &  
Dealing with Common Medical Conditions

◆ Notes pages ◆



The EverLearner

## How to use this revision session and notes


- Complete this document when doing the live or on-demand revision shows.
- Have the National Mock Exam to hand and, ideally, your completed, marked version of it.
- Focus on the skills that James is presenting as much as the content. In most cases, students have a knowledge of the topic but struggle to respond to the command in the question. This is a focus of our revision.
- Complete the notes spaces as extensively as possible and, if necessary, return to the show to complete it more than once in order to make the fullest notes possible.

### My ticklist:

- Notes pages
- Exam paper
- Exam mark scheme
- Exam model answers

## Performer profiles

Use these performer profiles when making examples. The list is not exhaustive and you are encouraged to use your own examples as well as these ones.



### Josh

**Basic Details**  
Age: 19  
Sport: 100m Sprint  
Level: Olympic Podium Potential



### Tom

**Basic Details**  
Age: 43  
Sport: Tennis (singles and doubles)  
Level: Novice



### Kate

**Basic Details**  
Age: 17  
Sport: Triathlon  
Level: Club



### Laura

**Basic Details**  
Age: 15  
Sport: Gymnastics (Artistic)  
Level: National



### Julie

**Basic Details**  
Age: 26  
Sport: Netball (GD, GK)  
Level: Semi-professional/National



### Carlos

**Basic Details**  
Age: 35  
Sport: Wheelchair basketball  
Level: Ex-national team

# Material covered in the National Mock Exam

→ Green denotes content to be covered in this session.

## Topic Area 1

- Extrinsic Factors
- Intrinsic Factors
- Reasons for Aggression
- Mental Strategies

## Topic Area 2

- Components of a Warm Up
- Physiological Benefits of a Cool-down
- Psychological Benefits of a Warm-up

## Topic Area 3

- Skin Damage (Acute Injuries)

- Epicondylitis (Chronic Injuries)

## Topic Area 4

- EAPs
- SALTAPS
- PRICE
- X-rays

## Topic Area 5

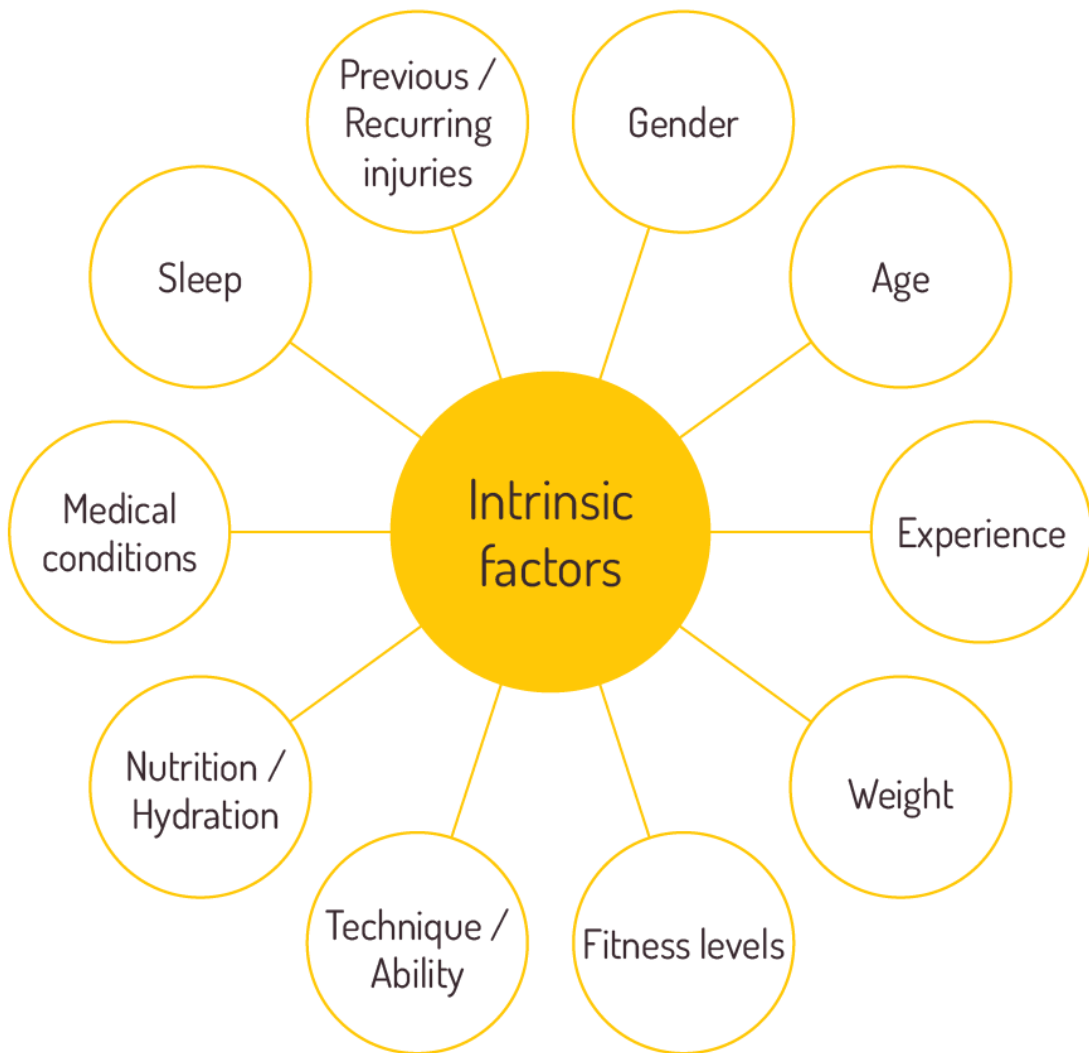
- Asthma
- Diabetes
- SCA
- Heat Exhaustion

# Topic Area 1

## Section 1: Extrinsic Factors



## Section 2: Intrinsic Factors



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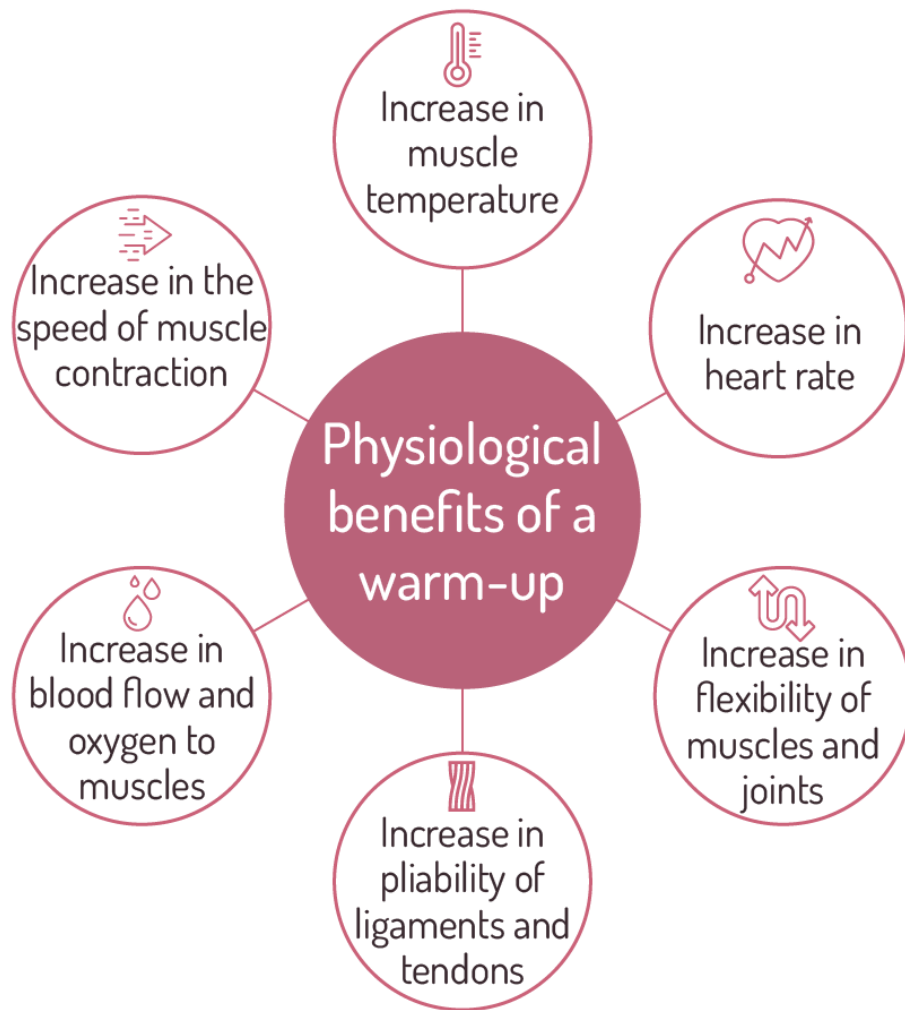
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# Section 5: Physiological Benefits of a Warm-up



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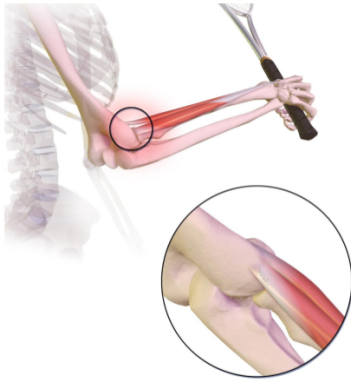

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# Section 8: Epicondylitis

Epicondylitis		
Type	 <p><b>Lateral:</b> tennis elbow</p> <p>Pain on <b>outside</b> of the elbow</p>	 <p><b>Medial:</b> golfer's elbow</p> <p>Pain on <b>inside</b> of the elbow</p>
Cause	<ul style="list-style-type: none"> <li>● Repetitive elbow flexion</li> <li>● Poor technique</li> </ul>	<ul style="list-style-type: none"> <li>● Repetitive elbow extension</li> <li>● Poor technique</li> </ul>
Treatment	<ul style="list-style-type: none"> <li>● Ice</li> <li>● Rest</li> </ul>	<ul style="list-style-type: none"> <li>● Ice</li> <li>● Rest</li> </ul>

Tennis elbow image by BruceBlaus - File:Tennis\_Elbow.png, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=56631798>  
 Golfers' elbow by InjuryMap - InjuryMap - Free Human Anatomy Images and Pictures., CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=129114945>

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# Topic Area 4

## Section 9: EAPs

# EAP

## Emergency Action Plan

Emergency personnel	Emergency communication	Emergency equipment
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_____	_____	_____
 _____	 _____	 _____
_____	_____	_____
	 _____	 _____
	_____	_____
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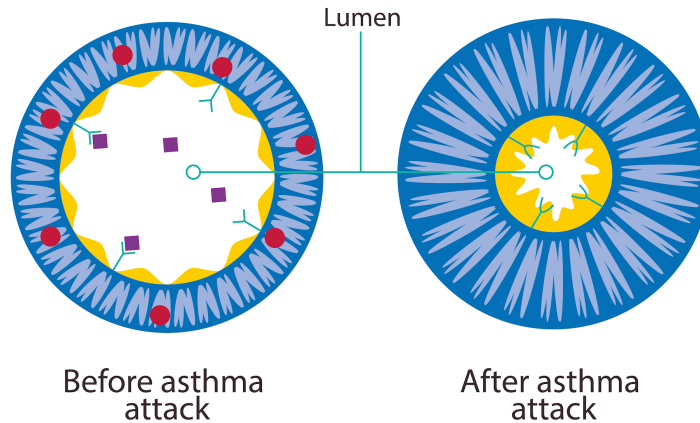
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# Topic Area 4

## Section 11: Asthma



Asthma		
Causes / Triggers	Symptoms	Treatment
<ul style="list-style-type: none"><li>● Environment: pollution, smoke, animals, chemicals</li><li>● Exercise: Exercise-Induced Asthma (EIA)</li></ul>	<ul style="list-style-type: none"><li>● Coughing</li><li>● Wheezing / Whistling of breath</li><li>● Shortness of breath</li><li>● Tightness in the chest</li><li>● Reduced intake of air</li><li>● Reduced gaseous exchange</li><li>● Reduced oxygen saturation of oxygen in the blood</li></ul>	<ul style="list-style-type: none"><li>● Reassurance - Help the person to calm down</li><li>● Inhalers</li><li>● Nebulisers</li></ul>

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## Section 12: Diabetes

Diabetes		
Type	Type 1	Type 2
Overview	<ul style="list-style-type: none"><li>• Normally develops during childhood</li><li>• Lifestyle has no impact on it</li></ul>	<ul style="list-style-type: none"><li>• Normally develops later in life</li><li>• Lifestyle: poor diet and sedentary lifestyle can cause it</li></ul>
Causes	<ul style="list-style-type: none"><li>• Genetic disorder</li><li>• Inefficient pancreas or non-functioning pancreas</li><li>• Body does not produce insulin</li></ul>	<ul style="list-style-type: none"><li>• Body doesn't produce enough insulin</li><li>• Insulin does not work properly</li></ul>
Symptoms	<ul style="list-style-type: none"><li>• Increased thirst</li><li>• Urinating much more often including loss of bladder control</li><li>• Extreme tiredness</li><li>• Weight loss</li><li>• Cuts do not heal well</li><li>• Leads to dehydration</li></ul>	
Treatment	<ul style="list-style-type: none"><li>• Insulin shots</li><li>• Glucose if blood sugar drops very low</li><li>• Lifestyle changes</li><li>• Diet - Fewer carbs and sugars</li><li>• Exercise</li></ul>	

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## Section 13: SCA

# SCA

Sudden Cardiac Arrest

Medical emergency normally caused by a sudden loss of blood flow to the heart

SCA		
Causes	Symptoms	Treatment
<ul style="list-style-type: none"><li>• Underlying genetic heart conditions</li><li>• Intense physical activity</li><li>• Sudden trauma</li><li>• CHD</li><li>• Blood clot</li></ul>	<ul style="list-style-type: none"><li>• Unconscious</li><li>• Breathing difficulties</li><li>• Others: chest pain and pain down arms</li><li>• Lightheadedness</li><li>• Sweating</li><li>• Overwhelming anxiety or dread</li></ul>	<ul style="list-style-type: none"><li>• Defibrillator if the heart has stopped</li><li>• Lifestyle changes: diet and exercise</li><li>• Chew aspirin whilst waiting for the ambulance</li><li>• Medicine to dissolve blood clots</li><li>• Surgery</li></ul>

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