



National Mock Exams 2024

POWERED BY **ExamSimulator**

Cambridge National in Sport Science R180:

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

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd. Please note that:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a predicted paper. No one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision session in January.

This paper contains:

- Questions in the format of the Cambridge National in Sport Science R180 Paper 2024
- Multiple-choice questions
- Short-answer questions
- Extended writing

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms on Wednesday 3rd of January 2024 at 17:15.

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

James Simms



Subject	Physical Education
Course	CNAT Sport Science 2022 R180: Reducing the risk of sports injuries and dealing with common medical conditions
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	CNAT Sports Science 2022 R180: National Mock Exam January 2024
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Guidance	<p>This is a full National Mock Exam designed to help support students taking the R180 exam in January 2024. The paper has been modelled on the 2022 SAMs. All questions and mark schemes are written with a thorough attention to detail by experienced exam writers.</p> <p>Instructions:</p> <ul style="list-style-type: none">• Answer all questions.• The final question of the paper is a synoptic assessment.• Good luck!
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Total marks	70
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1. A cool-down prevents blood pooling and reduces the risk of DOMS.
State **two** other physiological benefits of a cool-down.

Marks: [2]

2. Identify **four** reasons for aggression.

Reason 1: _____

Reason 2: _____

Reason 3: _____

Reason 4: _____

Marks: [4]

3. X-rays are used to detect injury.
State two injuries which are detected by a X-ray.

Injury 1: _____

Injury 2: _____

Marks: [2]

4. Headache is a symptom of heat exhaustion.
Identify **four** other symptoms of heat exhaustion.

Symptom 1:

Symptom 2:

Symptom 3:

Symptom 4:

Marks: [4]

5. Look closely at the table.
Identify an extrinsic factor to replace each letter.

Extrinsic factors to influence injury

Description	Extrinsic factor
A slippery netball court leading to a grazed knee	A
Wearing a mouthguard in boxing	B
Explaining the key techniques for a rugby tackle	C
Landing heavily from the vault in gymnastics	D
Wearing a helmet in cycling	E
A sharp edge on a football post	F

A is:

B is:

C is:

D is:

E is:

F is:

Marks: [6]

6. SALTAPS is an on-field injury assessment routine. Identify the **L** and **P** of SALTAPS.

S	See
A	Ask
L	?
T	Touch
A	Active
P	?
S	Strength

L is:

P is:

Marks: [2]

7. Increased thirst is a common symptom of type 1 and type 2 diabetes. Identify **four** other symptoms.

Symptom 1:

Symptom 2:

Symptom 3:

Symptom 4:

Marks: [4]

8. Which of the following is a treatment for sudden cardiac arrest (SCA)?

A Anti-epileptic drugs

B Defibrillator

C Inhaler

D Immobilisation

Marks: [1]

9. Benjamin is a skier and uses a cool-down after every training session. Identify the **three** missing components of a cool-down from the image **and** describe all three.

	Component of a cool-down	Description
Cool-down	?	?
Stretches	Maintenance stretches	Stretches done to maintain RoM rather than increase RoM
	?	?
	?	?

Missing component 1:

Description:

.....

Missing component 2:

Description:

.....

Missing component 3:

Description:

.....

Marks: [6]

10. A pulse raiser and a skill rehearsal are two components of a warm-up. Name two other components of a warm-up for a skier.

Other component 1:

Other component 2:

.....

Marks: [2]

13. Gender and age are two intrinsic factors that can influence injuries. Identify **four** other intrinsic factors.

Factor 1:

Factor 2:

Factor 3:

Factor 4:

Marks: [4]

14. Explain how a rugby coach might plan a session differently depending on the age **and** the gender of the participants.

.....

.....

.....

.....

.....

.....

Marks: [2]

15. Identify two symptoms of asthma **and** explain how the symptoms can be treated.

Symptom 1: _____

Explanation: _____

Symptom 2: _____

Explanation: _____

Marks: [4]

16. If a person has tennis elbow, state where they experience pain.

A Pain on the outside of the elbow

B Pain on the inside of the elbow

C Pain on the point of the elbow

D Pain all around the elbow

Marks: [1]

17. Identify **one** likely cause of tennis elbow.

Cause:

Marks: [1]

18. Other than tennis elbow, identify **one** chronic injury that a tennis player might be likely to experience.

Chronic injury:

.....

Marks: [1]

19. Look closely at this image. Identify the **two** terms that are most likely to feature on an emergency action plan.

First aider
Lipids
Lunch
Defibrillator
Car park
Payment
Police officer
Trophy

Term 1:

Term 2:

.....

Marks: [2]

20. As part of an emergency action plan (EAP), a tennis coach keeps a laminated card with emergency contact numbers on it in the first-aid kit. Which element of the EAP have they planned for?

- A Emergency personnel
- B Emergency communication
- C Emergency equipment
- D None of these options

Marks: [1]

21. As part of an emergency action plan (EAP), a tennis coach completes a first-aid course. Which element of the EAP have they planned for?

- A Emergency personnel
- B Emergency communication
- C Emergency equipment
- D None of these options

Marks: [1]

22.

Nilam sprained her ankle ligament when playing netball and PRICE therapy was the treatment used.

Explain how the **I** and **E** of PRICE are used when dealing with a sprained ankle ligament.

P

R

I

C

E

Marks: [2]

23. Kate is using mental preparation before climbing the wall to reduce the risk of injury. State **two** other mental strategies she could use.



Marks: [2]

24. Kate is using **mental rehearsal** before climbing the indoor wall. Describe how mental rehearsal will reduce the risk of injury.



Marks: [2]

Lined writing area consisting of 25 horizontal dashed lines.

END OF PAPER

Marks: [8]