The EverLearner

National Mock Exams 2024

POWERED BY ExamSimulator

Model Answers

Cambridge National in Sport Science R180:

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

This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing
- Marking for each of the model answers in order to guide teachers and students to credit-worthy elements of the answers

How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2024 and to prepare for the live revision sessions delivered by James in in January 2024. We strongly recommend that students learn these model answers in preparation for the January exams 2024. The questions posed and the answers provided are based on significant analysis.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Wednesday ,3rd of January 2024, 17:15-18:15), available in the Cambridge National in Sport Science R180 Revision page:

https://pages.theeverlearner.com/2024-january-cnat-sport-science-r180-revision

All questions are taken from ExamSimulator. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

James Simms

The EverLearner

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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

The EverLearner

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	James
Last name	Simms
Class	TEL24
Teacher	The world

Title	CNAT Sports Science 2022 R180: National Mock Exam January 2024

Guidance	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. **Instructions:** • Answer all questions. • The final question of the paper is a synoptic assessment. • Good luck!

Total marks	70

1. A cool-down prevents blood pooling and reduces the risk of DOMS.
State **two** other physiological benefits of a cool-down.

Cool downs gradually reduce heart rate and maintain blood (including Oxygen) flow to the worked muscle.

Marks: [2]

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

Reason 1: Pressure to win

Reason 2: Retaliation

Reason 3: Officials decisions

Reason 4: "Roid rage" from taking PEDs.

Marks: [4]

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

Injury 1: Ligament damage (sprain)

Injury 2: Fractures.

Marks: [2]

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

Symptom 1: Dizziness

Symptom 2: Thirst

Symptom 3: Nausea

Symptom 4: Rapid pulse rate

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: Environment

B is: Equipment

C is: Coaching

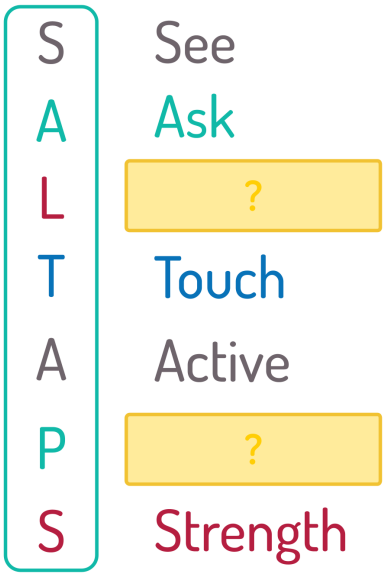
D is: Type of activity

E is: Equipment

F is: Environment

Marks: [6]

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



L is: Look

P is: Passive

Marks: [2]

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

Symptom 1: Dehydration

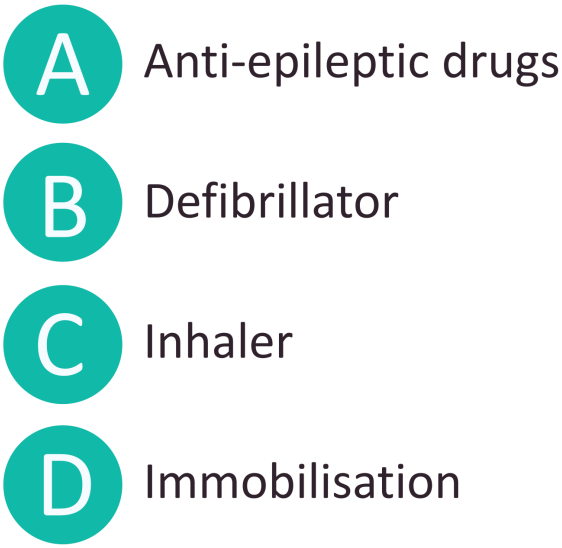
Symptom 2: Weight loss

Symptom 3: Extreme fatigue

Symptom 4: Excessive urination.

Marks: [4]

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



B - Defibrillator

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: Pulse lowering

Description: Gentle jog or walk.

Missing component 2: Static stretches

Description: held for 15 seconds.

Missing component 3: PNF stretches

Description: passive stretch - isometric contraction - repeat.

Marks: [6]

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

Other component 1: Mobility exercises

Other component 2: Dynamic stretches

Marks: [2]

11. Explain why a warm-up is of psychological benefit to a skier.

The skier can monitor and control their arousal levels. This can lead to higher comfort, motivation and enhances concentration. Overall, this can lead to growing confidence and sense of control.

Marks: [4]

12. One type of acute injury is damage to the skin.
Identify **two** forms of skin damage that can occur to a hockey player's hands.

Form 1: Blisters

Form 2: Contusions

Marks: [2]

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

Factor 1: medical conditions

Factor 2: Amount of sleep

Factor 3: size of the group

Factor 4: Hydration levels.

Marks: [4]

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

The coach needs to ensure that boys and girls competing together play non-contact. She can also ensure that age groupings are used and their are no contests between players of different ages.

Marks: [2]

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

Symptom 1: Tight chest

Explanation: Reliever inhaler

Symptom 2: Coughing

Explanation: nebulises.

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

A - on the outside.

Marks: [1]

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

Cause: Poor serving technique.

Marks: [1]

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

Chronic injury: Stress fracture in the shin from weight-bearing.

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: First aider

Term 2: Defribilator

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

B - Emergency communication.

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

A - Emergency personell.

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

Ice needs to be applied immediately (within 20 minutes) to reduce swelling.
Elevate above the heart to reduce blood flow to the injured area.

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.

Imagery
Selective attention.

Marks: [2]

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

kate seeing herself performing well will lead to a more successful performance in the competition.

Marks: [2]

25. Analyse the intrinsic factors that can lead to chronic injuries when participating in sporting activities.
Within your answer, use sporting examples of different chronic injuries.

Age is an intrinsic factor and older people may have less robust tissues such as tendons. This can lead to tendonitis. Likewise level of experience is an intrinsic factor and low experience sometimes causes poor technique. Body weight is intrinsic and obesity can cause pressure on weight-bearing joints. Fitness levels are intrinsic. For example poor flexibility could lead to tennis elbow. Technique is intrinsic and, over time, it can cause chronic injury. Previous injury is intrinsic such as a history of stress fractures leading to a likelihood of others.

Achilles tendonitis is often experienced by power athletes such as cricket fast bowlers who experience swelling of the achilles tendon. Rotator cuff tendonitis can be caused when twisting such as ice skating.

Lateral epicondylitis occurs from repeatedly striking a ball with poor technique. Medial epicondylitis is Golfer's elbow which may occur if a player fails to warm up.

Shin splints occur in running sports such as hockey due to repeated landings from sprints.

Stress fractures occur in the area most-stressed by a sport.

Marks: [8]

END OF PAPER