



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 the following:

- 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 May.

This paper contains:

- Questions in the format of the Cambridge National in Sport Science R180 Paper
- 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 Tuesday 7th of May 2024 at 15:00.

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	OCR Cambridge National Sport Science R180 Reducing the risk of sports injuries and dealing with common medical conditions: National Mock Exam Summer 2024
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Guidance	<p>This is a full National Mock Exam designed to help support students taking the R180 exam in Summer 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:</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. Pulse raising is one component of a warm-up.
State **two** others.

Other warm up component: _____

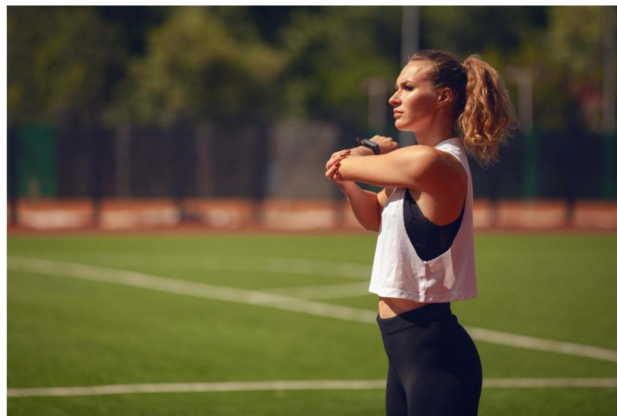
Other warm up component: _____

Marks: [2]

2. Describe the physiological impact on a tendon of **not doing** a warm-up.

Marks: [1]

3. Look closely at this image. State which **two** of the factors are psychological benefits of a warm-up.



- Increase in heart rate
- Increase in confidence
- Improved concentration
- Increase in the speed of muscle contraction

Factor 1: _____

Factor 2: _____

Marks: [2]

4. Other than imagery, identify **two** mental strategies that performers can use to reduce the risk of sports injury.

Mental strategy 1: _____

Mental strategy 2: _____

Marks: [2]

5. Look closely at this image. State the **two** missing components of the PRICE model.



P is: _____

I is: _____

Marks: [2]

6. Describe **both** tennis elbow **and** golfer's elbow.

Marks: **[4]**

7. Describe **one** possible cause of a sprained ankle.

Cause of a sprained ankle: _____

Marks: **[1]**

8. EIA is one possible cause of asthma.

Define EIA.

E: _____

I: _____

A: _____

Marks: **[1]**

9. The L of the SALTAPS model stands for LOOK.
Describe what the first-aider might be looking for.

S	See
A	Ask
L	Look
T	Touch
A	Active
P	Passive
S	Strength

Marks: **[3]**

10. Describe **two** features of an emergency action plan (EAP) that relate to emergency communications.

Feature 1:

.....

Feature 2:

.....

Marks: **[2]**

11. Identify **one** symptom of sudden cardiac arrest (SCA).

.....

.....

.....

Marks: **[1]**

17. Identify **two** acute injuries that could occur if two players clash heads in rugby.

Acute head injury 1: _____

Acute head injury 2: _____

Marks: **[2]**

18. Explain why a rugby player might develop shin splints.

Marks: **[2]**

19. Explain how **both** hypothermia **and** hyperthermia (heat exhaustion) might occur for participants in sport.

Hypothermia is caused by _____

Hyperthermia (heat exhaustion) is caused by _____

Marks: **[4]**

20. Identify **three** possible triggers for an epileptic event.

Trigger 1: _____

Trigger 2: _____

Trigger 3: _____

Marks: **[3]**

Marks: **[8]**