



National Mock Exams 2025

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 2025 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 potential educational experiences of students in other schools/colleges.
- Finally, please use this paper together with the mark scheme and make sure you attend the revision session in May.

This paper contains:

- Questions in the format of the Cambridge National in Sport Science R180 Paper 2025
- 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 revision sessions offered by James Simms on Thursday 8th of May 2025 at 17:00 (available to all subscribing schools live and on demand; a shorter version for non-subscribers will be available on YouTube after the live session).

This paper is available to be set, answered and marked online via [ExamSimulator](#). [ExamSimulator](#) is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer. [Get in touch with us](#) to start a free trial.

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 NME 2025
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Guidance	<ul style="list-style-type: none">• The total mark for this paper is 70.• You have 1 hour 15 minutes (plus additional time for those who have exam access arrangements).• The marks for each question are shown in brackets (use this as a guide for how much time should be spent on each question).• Read each question carefully and answer all questions.• If the time reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck!
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Total marks	70
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1. Identify **two** psychological benefits of a warm-up.

Benefit 1: _____

Benefit 2: _____

Marks: **[2]**

2. Describe the active movement phase of SALTAPS.

Marks: **[1]**

3. Identify **three** components of an effective cool-down.

Component 1: _____

Component 2: _____

Component 3: _____

Marks: **[3]**

4. Identify **two** physiological benefits of a cool-down.

Benefit 1: _____

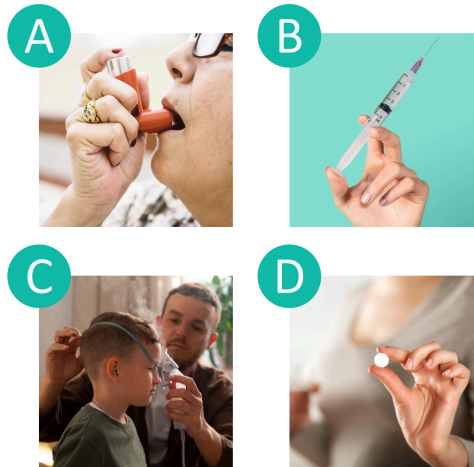
Benefit 2: _____

Marks: **[2]**

5. Identify **four** different symptoms of asthma.

Marks: [4]

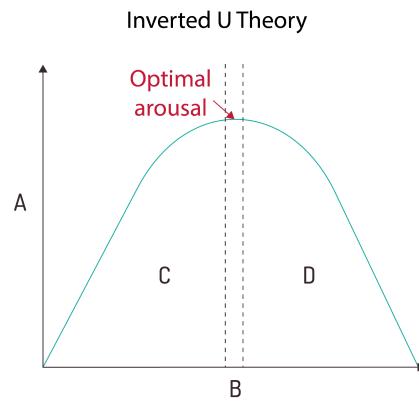
6. Which one of the following is a way of preventing asthma?



My answer is option: _____

Marks: [1]

7. Look closely at this image. Identify the missing labels from the inverted U theory.



A is: _____
B is: _____
C is: _____
D is: _____

Marks: **[4]**

8. Look closely at the image. Complete the missing elements relating to aggression.

Type of aggression	Description	Example
Direct	A	Rugby player throwing an uppercut punch to an opponent's stomach when they are in the scrum
B	Aggression that does not involve physical contact	C

A is: _____

B is: _____

C is: _____

Marks: [3]

9. Identify **one** reason why selective attention can decrease the chances of an injury occurring due to aggression.

Marks: [1]

10. Identify **one** weakness of X-rays for the purpose of investigating injuries.

Marks: [1]

11. Identify **three** possible causes of tendonitis.

Cause 1: _____

Cause 2: _____

Cause 3: _____

Marks: **[3]**

12. Describe the use of massage as a treatment therapy.

Marks: **[4]**

13. Identify three causes of type 1 **and** type 2 diabetes.

Marks: **[3]**

14. Identify three symptoms and three treatments for hypothermia.

Symptom 1: _____

Symptom 2: _____

Symptom 3: _____

Treatment 1: _____

Treatment 2: _____

Treatment 3: _____

15. Identify one common symptom of epilepsy.

Marks: [1]

16. Other than a loss of bodily fluids, identify **four** possible causes of dehydration.

Marks: [4]

17. Describe **two** ways in which sleep quality can influence the likelihood of suffering an injury.

Marks: [2]

18. Describe the I of PRICE as an injury treatment.

Marks: **[2]**

19. Look closely at this table. Complete the missing elements.

Type of injury	Cause	Treatment
Dislocation	A	B
Contusion	C	D
E	Skin rubbing against a surface	F

A is: -----

B is: -----

C is: -----

D is: -----

E is: -----

F is: -----

Marks: **[6]**

20. Identify **one** injury that involves skin damage.

21. Describe the best treatment for a sprained ankle.

Marks: [2]

22. Identify **one** type of epicondylitis.

Marks: [1]

23. Identify **one** characteristic of a stress fracture.

Marks: [1]

24. Explain why some performers become aggressive during performance.

Marks: [4]

Marks: [8]