



Revision 2025

CNAT Sport Science R180

Student Notes

spotlight session

Recommended



**Before the revision
session**

Complete the 2025
National Mock Exam

Essential



**During the revision
session**

Complete the notes

Recommended



**After the revision
session**

Review with your
teacher



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Hot Topic 9: Intrinsic factors



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

A lack of sleep can lead to _____ within a sports contest. This can increase the chances of injury. Furthermore, someone who is tired may _____ and, therefore, be more likely to experience injury.

Marks: **[2]**

Let's select a different intrinsic factor:

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

Marks: **[2]**



Could this topic be an eight-marker? Yes!

15* A triathlon is a long-distance event that consists of swimming, cycling and running.

Using practical examples, discuss the different individual variables that can influence injury to a performer when competing in a triathlon.

Your answer should include:

- Different individual variables that can influence injury.
- Different ways these individual variables can cause **and** help prevent injury.
- Use of different practical examples for swimming, cycling and running.

[8]

Taken from OCR R180 exam Summer 2024.

I have written the first two paragraphs for you. Please complete the answer.

The variables I will discuss are age, gender, weight, fitness level and medical conditions.

If a triathlete has a medical condition such as asthma, this needs to be managed with both preventative treatments such as brown inhaler and also relieving treatments should an attack occur such as blue inhaler. Without this treatment, an asthmatic triathlete is likely to experience asthma attacks at some points which could, in turn, increase the chances of other injuries.

If a triathlete has good fitness levels, they are likely to meet the physical demands of the racing and, thus, prevent probable injuries. A lack of fitness, however, could lead to early-onset fatigue and this, in turn, could cause errors whilst cycling and lead to falls, which could be serious.

In paragraph 1 and 2, what do you notice about the structure?

Now write paragraph 3:

If a triathlete is a healthy weight _____

And paragraph 4:

If a triathlete is a child or, perhaps, elderly _____



How might you finish your answer?

In conclusion, _____

DID YOU KNOW



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Hot Topic 7: Chronic injuries

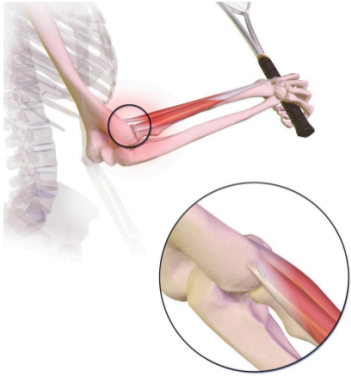
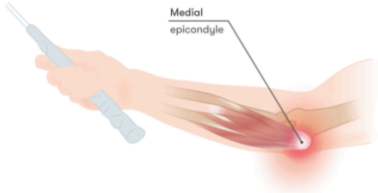
11. Identify **three** possible causes of tendonitis.

Cause 1: _____

Cause 2: _____

Cause 3: _____

Marks: **[3]**

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

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

Marks: [1]

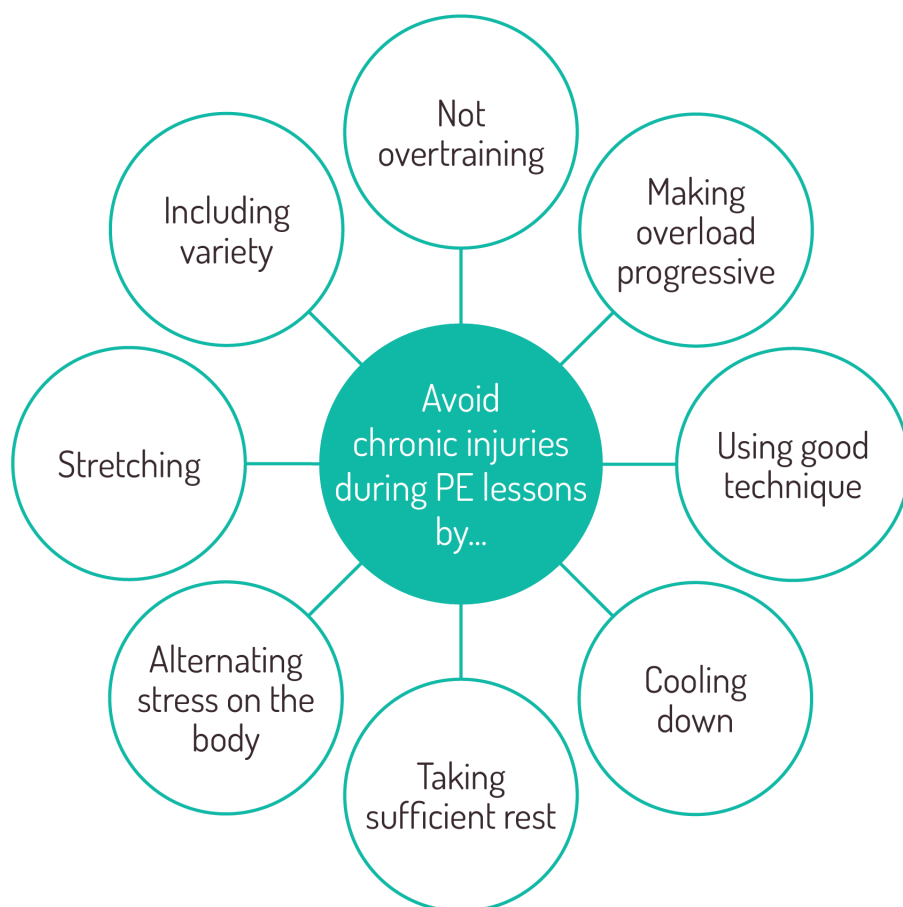
23. Identify **one** characteristic of a stress fracture.

Tiny cracks in bone.

Marks: [1]

What if you were to be asked about avoiding chronic injuries? What if the question were something like:

All young people in the UK do a minimum of two hours of PE lessons each week. Explain how a PE teacher could ensure that the pupils don't develop chronic injuries. (4)



Hot Topic 6: SALTAPS

2. Describe the active movement phase of SALTAPS.

*Check whether the patient can move through a _____
but do so _____.*

Marks: **[1]**

<div> <div>S</div> <div>A</div> <div>L</div> <div>T</div> <div>A</div> <div>P</div> <div>S</div> </div> <div> <div>See</div> <div>Ask</div> <div>Look</div> <div>Touch</div> <div>Active</div> <div>Passive</div> <div>Strength</div> </div>	See...	
	Ask...	
	Look...	
	Touch...	
	Active...	
	Passive...	
	Strength...	



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