

CAMBRIDGE  
NATIONAL

LEVEL 1/LEVEL 2

# SPORT SCIENCE

J828

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# EXAM PRACTICE WORKBOOK

- 3 Sports injuries can be influenced by extrinsic and intrinsic factors. Which **one** of the following is an extrinsic factor?

**Hint**

These **multiple-choice questions** offer you several alternative responses. It is sometimes useful to delete the responses that cannot possibly be correct before choosing the most likely correct response.

- |                         |                          |     |
|-------------------------|--------------------------|-----|
| A Poor sitting position | <input type="checkbox"/> |     |
| B Wet playing surface   | <input type="checkbox"/> |     |
| C Muscle imbalance      | <input type="checkbox"/> |     |
| D Arousal level         | <input type="checkbox"/> | [1] |

- 4 Describe **three** different ways a participant may become injured by extrinsic factors in a named sport or activity.

**Hint**

When a question asks for **a named sport or activity**, pause before choosing your sport or activity. Your favourite may not be the best one to use. In this question, choosing a non-contact sport such as swimming would restrict your possible responses, whereas a contact sport offers more options.

Sport/activity: .....

- a .....  
 .....  
 b .....  
 .....  
 c .....  
 ..... [3]

- 5 Identify **two** sports and explain for each, using practical examples, a way that the type of activity being played can increase the risk of injury.

Type of sporting activity 1: .....

Example of how risk of injury is increased:

.....

Type of sporting activity 2: .....

Example of how risk of injury is increased:

..... [4]

- 10 Which **one** of the following is not usually a reason for aggression when playing sport?
- |                               |                          |     |
|-------------------------------|--------------------------|-----|
| A Decisions of officials      | <input type="checkbox"/> |     |
| B Performance-enhancing drugs | <input type="checkbox"/> |     |
| C Recurring injuries          | <input type="checkbox"/> |     |
| D Retaliation                 | <input type="checkbox"/> | [1] |
- 11 State which mental strategy can be described as 'a filtering of unwanted information'.
- ..... [1]

### Long-answer exam-style practice questions

- 1 Explain how extrinsic factors can influence the risk of injury to sports performers.

#### Hint

#### Answering extended response questions

The sports science examination for unit R180 will include an 8-mark question designed to examine Performance Objective 3 – the candidate's ability to analyse and evaluate knowledge, understanding and performance.

#### Plan your answer

Responses to this question must show a detailed understanding together with detailed discussion of at least three extrinsic factors that influence the risk of injury. There must also be an attempt at evaluating whether the extrinsic factor is likely to be an important factor in terms of the frequency of the factor causing injury and the seriousness of the injury that may be caused.

It is often worthwhile to plan your response. So for this question you would possibly list the most likely extrinsic factors that could cause injury and, for each one you identify, note down an example of that injury and how common that injury is.

You might list the type of sport, where contact sports are more likely to cause injury and be able to explain why that is the case. You might suggest that the use of performance and protective equipment might lead to injury, giving examples of how that can happen, and you could suggest that environmental factors such as the weather or playing conditions could cause injury, again giving specific examples. You should then evaluate your suggestions by deciding which of these is most likely to cause injuries and why they are likely to cause injuries. Note that there is no 'correct' answer when evaluating; it is just your opinion.

.....

.....

.....

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.....

.....

[8]

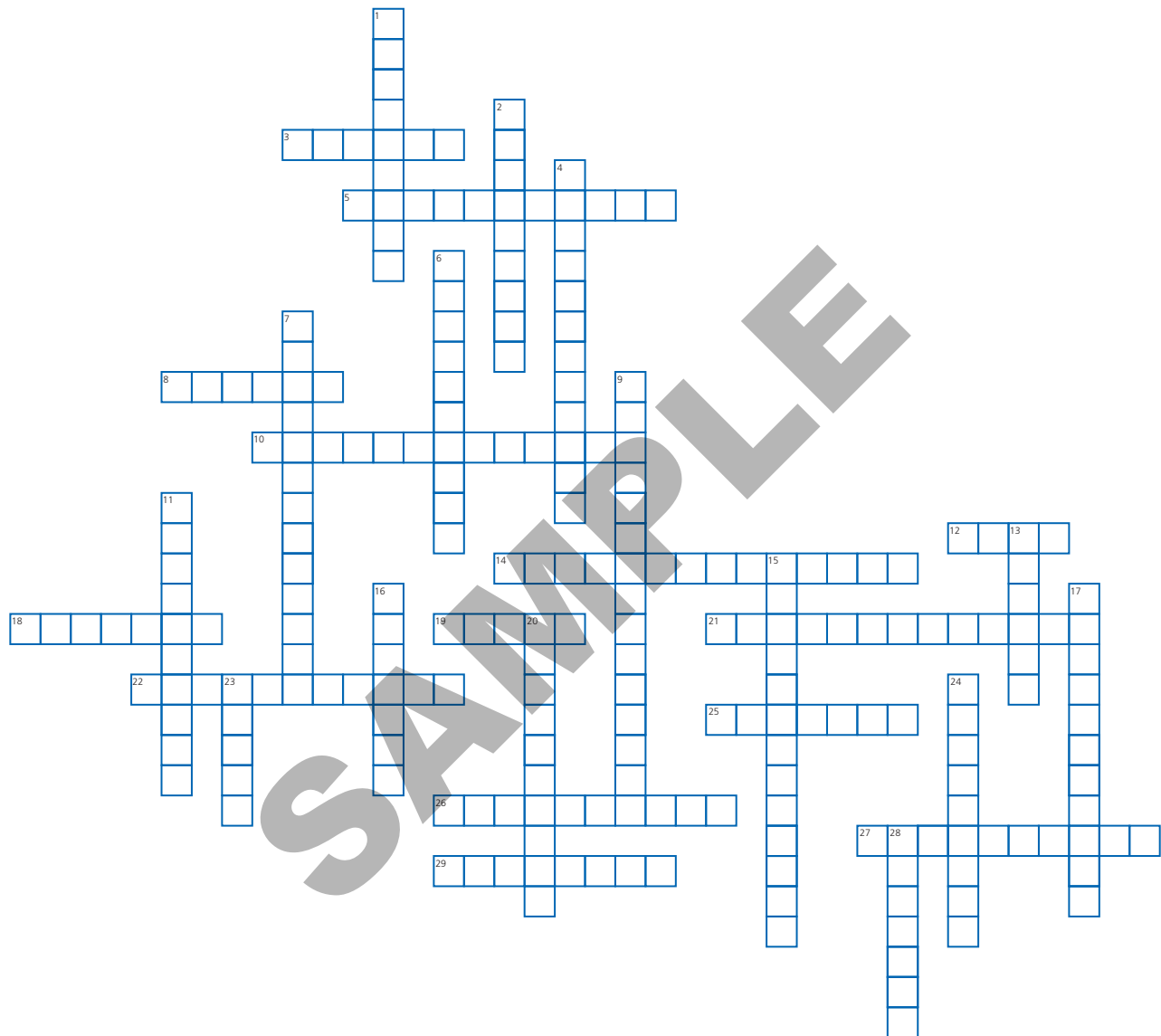
- ### Sample answer
- She needs to be aware that football is a contact sport and there is therefore the possibility of tackles being made, which will cause collisions. The number of collisions and injuries may depend on how well coached the footballers are. Bad coaching may lead to more badly timed tackles and more injuries. She must also be aware of the playing conditions. Wet or icy conditions can be the cause of more collisions because the players have difficulty controlling their movements. She must also make sure that players are wearing suitable shin pads to protect their shins and that the players' studs have no sharp edges. She should also check the goals to make sure the nets are secure and that other objects like the corner flags and any crowd barriers are not dangerous.
- ### Analysis
- A reasonably well-structured response with few grammatical errors. Shows a good level of understanding with some valid points made. Suggest that this is a level 2/competent response, possibly just lacking enough detail to make level 3 and probably worth about 5 or 6 marks.

[illegible]



overall performance. During a warm up there is time for ..... , which involves imagining each part of the activity before performing it. The performer can focus on what they intend to do and avoid any distractions.

- 2 Use the clues to fill in the crossword. Words can go across or down. Letters are shared when the words meet.



**ACROSS**

- |  |  |
|--|--|
| <b>3</b> Type of stretches where there is no movement. (6)     | <b>19</b> Doing a movement. (5)                                    |
| <b>5</b> Type of stretches to keep flexible. (11)              | <b>21</b> Mental. (13)   |
| <b>8</b> This must be done before every physical activity. (6) | <b>22</b> Measured in degrees. (11)                                |
| <b>10</b> Focus. (13)  | <b>25</b> What happens to blood without a cool down. (7)           |
| <b>12</b> Abbreviation for delayed onset muscle soreness. (4)  | <b>26</b> Another name for elasticity. (10)                        |
| <b>14</b> What the P stands for in PNF. (14)                   | <b>27</b> Type of activity to increase the range of movement. (10) |
| <b>18</b> Opposite of static. (7)                              | <b>29</b> Another word for flexibility. (8)                        |

- 3 Identify **four** physiological benefits of a warm up.

Benefit 1: .....

.....

Benefit 2: .....

.....

Benefit 3: .....

.....

Benefit 4: .....

..... [4]

### Hint

Remember  
**physiological** means  
physical effects on the body.

- 4 Which **one** of the following is not a benefit of warming up?

A Increases breathing rate

B Increases heart rate

C Prevents injury to muscles

D Prevents lactic acid build up

☐
☐
☐
☐

[1]

- 5 Identify **three** psychological benefits of a warm up.

a .....

.....

b .....

.....

c .....

..... [3]

### Hint

Remember  
**psychological** means  
mental effects on the brain/  
your thinking.

8 The photograph shows a group of runners.



Identify **three** possible injuries runners may experience as a result of their training and what might have caused each of the injuries.

- a** Injury 1: .....  
Cause: .....  
.....  
.....
- b** Injury 2: .....  
Cause: .....  
.....  
.....
- c** Injury 3: .....  
Cause: .....  
.....  
..... [6]

- 9 State a cause and a treatment for each of the following injuries and medical conditions.

Injury	Cause	Treatment
Fracture		
Concussion		
Abrasion		
Contusion		

[8]

- 10 Describe a cause and a treatment for each of the following sports injuries.

Injury	Cause	Treatment
Tennis elbow		
Blisters		
Dislocation		
Patella tendonitis		

[8]