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A dislocated shoulder in rugby is an example of an acute sporting injury.

(i) Compare acute and chronic injuries.

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----- [2]

(ii) Apart from dislocation, give a sporting example of an acute injury **and** a chronic injury.

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----- [1]

(iii) Outline the correct medical treatment a sports coach should apply to a dislocation injury.

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----- [3]

- 2 Complete the table below explaining the SALTAPS assessment routine for a suspected sprain, suffered during a sporting activity.

See	See what happened
Ask	Ask what happened/where it hurts
Look	Look for swelling or deformity
Touch	
Active	
Passive	
Strength	

[4]

3 Explain the use of PRICE to manage a hamstring strain in a triple jumper.

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[5]

4 Rugby union players, like most sports performers, will aim to minimise the risk of injury during a game.

(i) Describe **three** intrinsic risk factors associated with contact sports such as rugby union.

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[3]

(ii) During a rugby union game, one of the players is suspected to be suffering from concussion. Explain how a coach should respond to this injury to prevent the possibility of further injury to the player.

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[3]

- (i) Describe **three** physiological benefits of a warm up.

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[3]

- (ii) Plan an effective warm up, which includes dynamic stretching, for a performer in a named activity.

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[3]

**END OF QUESTION PAPER**

Question			Answer/Indicative content	Marks	Guidance									
1		i	<p>Two marks for:</p> <table><tr><td></td><td>Acute injuries</td><td>Chronic injuries</td></tr><tr><td>1.</td><td>Sudden/ develop quickly</td><td>Develop slowly/ over a period of time</td></tr><tr><td>2.</td><td>Caused by a knock/ impact/ collision/ fall/ trauma</td><td>Caused by overuse/ incorrect technique/ repetitive strain/ sudden increase in training/ reduced recovery/ poor ROM/ lack of warm-up</td></tr></table>		Acute injuries	Chronic injuries	1.	Sudden/ develop quickly	Develop slowly/ over a period of time	2.	Caused by a knock/ impact/ collision/ fall/ trauma	Caused by overuse/ incorrect technique/ repetitive strain/ sudden increase in training/ reduced recovery/ poor ROM/ lack of warm-up	<p>2 2 × AO1</p>	<p>KU individual points TICK for comparison</p> <p>DNA short-term/long-term for point 1</p> <p><u>Examiner's Comments</u></p> <p>Candidates were required to make two comparisons between chronic and acute injuries. Higher ability candidates made comparisons with relative ease; some candidates struggled to give two complete comparisons.</p>
	Acute injuries	Chronic injuries												
1.	Sudden/ develop quickly	Develop slowly/ over a period of time												
2.	Caused by a knock/ impact/ collision/ fall/ trauma	Caused by overuse/ incorrect technique/ repetitive strain/ sudden increase in training/ reduced recovery/ poor ROM/ lack of warm-up												
		ii	<p>One mark for:</p> <table><tr><td></td><td>Acute injury</td><td>Chronic injury</td></tr><tr><td>1.</td><td>E.g. fractured leg from high tackle in football</td><td>E.g. shin splints from too much running on hard surface E.g. tennis elbow/ golfer's elbow</td></tr></table>		Acute injury	Chronic injury	1.	E.g. fractured leg from high tackle in football	E.g. shin splints from too much running on hard surface E.g. tennis elbow/ golfer's elbow	<p>1 1 × AO2</p>	<p>KU individual points TICK for comparison</p> <p><b>Do not accept: Injury unless related to a sport</b></p> <p><b>Acute:</b> Fracture, torn cartilage, bruise (contusion), haematoma, sprain, strain, graze (abrasion), blister, cut, concussion.</p> <p><b>Chronic:</b> Stress fracture, shin splints (MTSS), tendinosis/itis, bursitis, (osteo)arthritis</p> <p><u>Examiner's Comments</u></p> <p>Candidates were required to make a comparison between sporting examples of chronic and acute injuries. Most candidates gave a comparison of two injuries however did not apply these to sporting situations.</p>			
	Acute injury	Chronic injury												
1.	E.g. fractured leg from high tackle in football	E.g. shin splints from too much running on hard surface E.g. tennis elbow/ golfer's elbow												
		iii	<p>Three marks from:</p> <p>1. Call for medical attention/ ambulance/ doctor/ first aider/ hospital/ surgery</p> <p>2. Immobilise/ keep still/ protect/ support/ rest joint</p> <p>3. Do not attempt to manipulate/ relocate bones</p> <p>4. Ice to reduce swelling/ relieve pain</p> <p>5. Pain medication/ anti-inflammatories</p>	<p>3 (AO1)</p>	<p>DNA SALTAPS</p> <p>'PRICE' on own TV</p> <p><u>Examiner's Comments</u></p> <p>Three key points regarding the medical treatment for a dislocation were needed. Many candidates used the acronym SALTAPS, which was not appropriate, or PRICE, which if elements were unexplained was too vague. The strongest answers considered the need for medical attention, immobilisation and pain medication.</p>									
			Total	6										

Question			Answer/Indicative content	Marks	Guidance
2			<p>Four marks from:</p> <ul style="list-style-type: none"> <li>• (Touch) to assess pain / swelling</li> <li>• (Active) movement – can player move the limb on their own</li> <li>• (Passive) movement – physio moves body part and checks response</li> <li>• (Strength) – can player show strength needed to carry on playing / perform skills at full pace</li> </ul>	4 (AO1)	
			<b>Total</b>	<b>4</b>	

Question			Answer/Indicative content	Marks	Guidance	
3			Five marks from:	5 (AO2)	<u>Examiner's Comments</u>  A well-answered question with most candidates showing good knowledge of PRICE well applied to hamstring strain. Less successful candidates struggled to explain how compression or elevation would manage the hamstring strain.	
			1. <u>Protect</u> injury			To prevent further damage Or by not attempting to run/walk/stretch injury off or support/carry athlete from jumping area
			2. <u>Rest</u> injury			To allow sufficient time to repair/recover Or prevent from having any further jumps/ remove from event
			3. <u>Ice</u> injury			To reduce swelling/i nflammation/pain Or vasoconstrict/reduc e blood flow (to the hamstring)
			4. <u>Compress</u> injury			To reduce swelling/i nflammation/blood pooling Or use pressure/tap e/bandage to reduce blood flow (to the hamstring)
			5. <u>Elevate</u> injury			To reduce blood flow (to the hamstring) Or raise the leg above heart level
			Total			5



Question			Answer/Indicative content	Marks	Guidance
4		i	<p>Three marks from:</p> <ul style="list-style-type: none"> <li>1 Body size / weight / height / BMI / age (compared to opponents)</li> <li>2 Individual skill level / previous playing experience / fitness</li> <li>3 Previous injury / lack of joint stability / poor flexibility</li> <li>4 Posture / alignment issues</li> <li>5 Poor preparation / nutrition / hydration or lack of sleep</li> <li>6 Lack of / ineffective warm up</li> </ul>	3 (AO2)	<p>Descriptions of intrinsic risk factors needed. Must be related to rugby union.</p>
		ii	<p>Three marks from:</p> <ul style="list-style-type: none"> <li>1 World Rugby's 6R's or "Recognise and Remove" message</li> <li>2 Recognise - the signs / symptoms of concussion</li> <li>3 Remove - player from field of play immediately</li> <li>4 Refer - to qualified professional for evaluation</li> <li>5 Rest - from exercise until symptom-free</li> <li>6 Recover – full recovery from symptoms is required before return to play</li> <li>7 Return – player must have written permission from qualified professional to play</li> </ul>	3 (AO1)	
			<b>Total</b>	<b>6</b>	

Question			Answer/Indicative content	Marks	Guidance
5		i	<p>Three marks from:</p> <ul style="list-style-type: none"> <li>• reduced risk of injury / muscle soreness / DOMS</li> <li>• increased elasticity of muscle / increased range of movement</li> <li>• increased oxygen / oxygenated blood to muscles</li> <li>• dilation of blood vessels to working muscles</li> <li>• increased speed of contraction / relaxation of muscles</li> <li>• increased enzyme activity</li> <li>• improved oxygen utilisation / haemoglobin give up oxygen more easily (at higher blood temperature)</li> <li>• faster nerve transmission / improved recruitment of motor units</li> <li>• reduced size of EPOC / oxygen debt</li> </ul>	3 (AO1)	
		ii	<p>Three marks from:</p> <ul style="list-style-type: none"> <li>• pulse raiser e.g. jogging / swimming / cycling etc.</li> <li>• (dynamic stretch) Use slow, controlled movements to increase ROM in relation to the activity</li> <li>• gradually increase speed / intensity of dynamic stretching</li> <li>• 6-10 reps of the dynamic stretch</li> <li>• a named dynamic stretch. e.g. lunges; opening / closing gate</li> <li>• dynamic stretches should mimic actions of named activity.</li> <li>• then perform specific skills of named activity.</li> </ul>	3 (AO2)	Sub max 2 if no named activity.
			<b>Total</b>	<b>6</b>	