



R180 - Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions

Mark Scheme

Topic Area 1: Different factors which influence the risk and severity of injury



1. Circle the correct option to show whether the statement shown below is true or false.

Mental rehearsal can be used before taking part in sport. **(1 mark)**

True False

Mark 1 - True

2. Circle the correct option to show whether the statement shown below is true or false.

‘Individual variables’ is an intrinsic factor that can influence the risk of injury. **(1 mark)**

True False

Mark 1 – True

3. A runner has slipped over and fractured their arm whilst running in the rain. This injury is due to the environment.

Using practical examples, describe three other extrinsic factors that can cause injury during sport. **(3 marks)**

Mark 1 – Type of activity e.g. a contact sport such as boxing involves heavy collisions which increases the chances of concussion

Mark 2 – Coaching/Instructing e.g. if a weightlifter is taught the incorrect technique by their coach then this could result in a muscle or ligament injury

Mark 3 – Equipment e.g. if a helmet is worn during cycling then a fall is less likely to result in concussion or a severe head injury

Accept other appropriate answers/examples

4. Showing aggression in sport can increase the chance of injury for performers and their opponents. Explain the difference between direct and channelled aggression. **(2 marks)**

Mark 1 – Channelled aggression diverts aggression into more positive actions which are not intended to cause harm

Mark 2 – Direct aggression involves physical contact with others which usually cause harm

5. Describe two reasons why aggression might be shown in a sporting contest. **(2 marks)**

Any two from:

Level of performance.

Retaliation

Pressures to win.

Decisions of officials.

Performance enhancing drugs.

6. Analyse how both extrinsic and intrinsic factors can influence the risk of different types of injury when participating in the sport of rugby.

In your response, you should include practical examples. **(8 marks)**

Marking Guidance:

Level 3 (7-8 marks)

- A thorough discussion
- Excellent knowledge and understanding
- Analysis of the points made, showing logical reasoning throughout
- Justified conclusion (where required)
- Consistent use of appropriate terminology.

Level 2 (4-6 marks)

- An adequate discussion
- Sound knowledge and understanding
- Analysis of the points made with some logical reasoning
- Some use of appropriate terminology.

Level 1 (1-3 marks)

- A basic response
- Limited knowledge and understanding
- Very limited analysis of points made
- Limited or no use of appropriate terminology

Example Content

Extrinsic Factors which can influence the risk of injury

- Coaching - A coach with limited knowledge or experience will not be qualified to teach the correct tackle technique
- Environment - matches can at times take place on 4G artificial surfaces rather than grass. This has been known to heighten the chance of skin damage occurring
- Equipment - rugby is a contact sport and a gumshield should be worn to protect the teeth from damage. Headgear is also worn by some players to protect against concussion.

Intrinsic Factors which can influence the risk of injury

- Individual Variables – if an individual has poor nutrition then this might lead to poor energy release or dehydration. As a result of this, muscle injuries such as cramp or strains may occur
- Sleep deprivation - If an individual taking part in sport has not had adequate sleep then this will increase the chance of injury For example in rugby, a tired participant will be less alert and this will mean that they may go into contact with poor body positioning. This could lead to injuries such as soft tissue damage or concussion.
- Psychological Factors - *If arousal levels are too high in the sport of rugby, this could result in a player rushing in to a tackle too aggressively, which could cause injuries such as fractures to their opponent, or even to themselves.*