

**Cambridge Technicals
Sport**

Unit 2: Physical preparation and readiness for sport and physical activity

Level 2 Cambridge Technical in Sport and Physical Activity
05885 - 05886

Mark Scheme for January 2019

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Question	Answer	Marks	Guidance
1	<p>Four marks for four from:</p> <ul style="list-style-type: none"> • increased heart rate • increased cardiac output/increased blood flow to muscles • increased stroke volume • more oxygen goes to the muscles/more nutrients goes to muscles • blood pressure increases • vascular shunt mechanism/blood flow is directed away from inactive organs/blood flow directed to working muscles • breathing rate increases • respiratory muscles work harder • increasing the volume of oxygen entering the body 	4	
2	<p>Three marks for three from:</p> <ul style="list-style-type: none"> • Increase the amount of synovial fluid in the joint/ increases range of movement • Reduce viscosity of synovial fluid • Muscles stretch improving flexibility • Muscles increase in temperature reduces resistance to stretch • Tendons stretch improving flexibility. 	3	
3	<p>Three marks for three from:</p> <ul style="list-style-type: none"> • e.g. long distance running/swimming • uses oxygen (to provide energy) • used during long duration activity • used during low/moderate intensity activity 	3	<p>Accept description if embedded within the examples given.</p> <p>Award one mark for eg of sport + sub max of 2 for description of aerobic exercise</p>
4	<p>Two marks for:</p> <ul style="list-style-type: none"> • Osteoporosis • Osteoarthritis/Arthritis 	2	

Question	Answer	Marks	Guidance
5	<p>Two marks for two from:</p> <ul style="list-style-type: none"> • helps prevent accidents/falls etc • helps prevent injuries / reduce the chances of breaking bones • improves ability to do everyday tasks (accept examples) • help him maintain a healthy posture, to reduce the risk of back pain 	2	
6	<p>Six marks for six from:</p> <ul style="list-style-type: none"> • increases the volume of blood that can be pumped in one beat/increased stroke volume • increased cardiac output/ volume of blood in one minute • More blood transported through increased SV and/or CO • allowing more oxygen to be diffused into the blood • more waste products to be removed from the body • improves the efficiency of gaseous exchange • creates a steeper diffusion gradient • more oxygen will go to the working muscles <p>Benefits to rowing performance</p> <ul style="list-style-type: none"> • will be able to row at a higher intensity/faster for longer • delay fatigue/ row for longer without getting tired 	6	Sub max of 4 marks for explanation of physiological impact if no link is made to the benefits to James' rowing performance

Question	Answer	Marks	Guidance
7*	<p>Indicative content:</p> <p>Cool Down</p> <ol style="list-style-type: none"> 1. Pulse lowering <ul style="list-style-type: none"> • Light jog/ brisk walk • Should last for 5 minutes 2. Stretching <ul style="list-style-type: none"> • (E.g) hamstring stretch • Should be full body <p>Help remove waste products</p> <ol style="list-style-type: none"> 1. Heart rate is gradually lowered <ul style="list-style-type: none"> • Prevents the rate of blood circulation from dropping 2. Maintain the rate of blood circulation <ul style="list-style-type: none"> • to stop blood pooling • stop them from feeling dizzy/fainting 3. Helps to remove lactic acid <ul style="list-style-type: none"> • by keeping a supply of oxygen to the working muscles • through oxidation 4. Helps remove carbon dioxide <ul style="list-style-type: none"> • Through the gas exchange process 5. Gradually reduce breathing rate <ul style="list-style-type: none"> • Maintains levels of Oxygen to working muscles 	6	<p>MB3 – 5-6 marks</p> <ul style="list-style-type: none"> • Answer offers suitable suggestion with full justification and considers all/most of the factors. • Quality of written communication show few errors in grammar, punctuation and spelling <p>MB2 – 3-4 marks</p> <ul style="list-style-type: none"> • Answer offers suitable suggestion with justification but may not take all factors into consideration • Quality of written communication show occasional errors in grammar, punctuation and spelling <p>MB1 – 1-2 marks</p> <ul style="list-style-type: none"> • Answer offers suggestions of activities but gives little or no justification. • Answer may not take into consideration all of the factors. • Quality of written communication show errors in grammar, punctuation and spelling may be noticeable and intrusive

Question		Answer	Marks	Guidance
8		<p>Four marks for four from:</p> <ul style="list-style-type: none"> • helps reduce the effects of depression/anxiety/stress • distraction from what is causing the problems/having fun/enjoyment • improves mood/releases hormones/endorphins • improves self-esteem/confidence • make them feel good about their body/control body weight • success from achieving goals/can run further • can help with sleeping • social benefits/meeting new people/friends 	4	
9	(a)	<p>Three marks for three from:</p> <ul style="list-style-type: none"> • football • rugby • cricket • netball • basketball 	3	<p>Accept any relevant answer</p> <p>Do not accept tennis/badminton etc unless specifying doubles or Athletics or swimming unless specifying relays</p>
9	(b)	<p>Three marks for three from:</p> <ul style="list-style-type: none"> • see friends/meet new friends/socialise • improves mental health/reduce stress and anxiety • allows her to take her mind off her work/think of something different than work • do activity away from the workplace • recharge/improve sleep/less tired 	3	
10		<p>Four marks for four from:</p> <ul style="list-style-type: none"> • Rest • Ice • Compress • Elevate 	4	Identification must be in the correct order

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 **Cambridge
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