

# **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 June 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><b>Effects</b>  <b>Two marks for two from:</b></p> <ul style="list-style-type: none"> <li>• causes cramps/pain/soreness in the muscle</li> <li>• causes fatigue</li> </ul> <p><b>Impact on performance</b>  <b>Two marks for two from:</b></p> <ul style="list-style-type: none"> <li>• he will have to slow down</li> <li>• he will run the race in a slower <u>time</u>/ slower <u>pace</u></li> <li>• he will not be able to respond to a change of pace</li> <li>• he may have to stop (due to cramps/ pain/ soreness)</li> </ul>	4	Two marks for effects and two marks for effects on performance
2		<p><b>Two marks for two from:</b></p> <ul style="list-style-type: none"> <li>• rate of breathing increases/take more breaths</li> <li>• increases the uptake of oxygen in the body</li> <li>• respiratory muscle work harder</li> <li>• more oxygen comes into the lungs/increased tidal volume/ increased oxygen volume in lungs</li> </ul>	2	
3	(a)	<p><b>Three marks for three from:</b></p> <ul style="list-style-type: none"> <li>• Improved mood/happiness/well-being</li> <li>• Skin looks healthier</li> <li>• Blood pressure lowers</li> <li>• Sleep is improved</li> </ul>	3	Do not accept: - increase / boost in metabolism (in the question)
3	(b)	<p><b>One mark for:</b></p> <ul style="list-style-type: none"> <li>• Helps control weight</li> <li>• More calories converted to energy</li> </ul>	1	

Question	Answer	Marks	Guidance
4*	<p><b>Indicative content:</b></p> <ol style="list-style-type: none"> <li>1. Bones become stronger <ul style="list-style-type: none"> <li>• as they increase in size and density.</li> <li>• due to the impact on the road</li> <li>• this, in turn, reduces the risk of osteoporosis</li> </ul> </li> <li>2. Increase in synovial fluid into joints <ul style="list-style-type: none"> <li>• means a decrease in its viscosity over time</li> <li>• reducing friction at joint</li> <li>• improving the range of movement at the joint</li> <li>• she can lengthen her stride and run quicker/ more efficient</li> <li>• reduces the risk of osteoarthritis</li> </ul> </li> <li>3. Cartilage in joints grows thicker and strengthens the joint <ul style="list-style-type: none"> <li>• able to take the impact from the road</li> <li>• reduction of pain</li> </ul> </li> <li>4. Ligaments are able to bear more load <ul style="list-style-type: none"> <li>• due to collagen fibres increase</li> <li>• increasing stability of joint</li> <li>• reducing risk of injury</li> </ul> </li> <li>5. Muscle hypertrophy <ul style="list-style-type: none"> <li>• increases the size and strength of muscles,</li> <li>• allowing them to cope with additional stress/generate more force</li> </ul> </li> <li>6. Muscles are able to produce more energy <ul style="list-style-type: none"> <li>• able to perform more efficiently for longer</li> </ul> </li> </ol>	6	<p>MB3 – 5-6 marks</p> <ul style="list-style-type: none"> <li>• Answer offers suitable suggestion with full justification and considers all/most of the factors.</li> <li>• Quality of written communication show few errors in grammar, punctuation and spelling</li> </ul> <p>MB2 – 3-4 marks</p> <ul style="list-style-type: none"> <li>• Answer offers suitable suggestion with justification but may not take all factors into consideration</li> <li>• Quality of written communication show occasional errors in grammar, punctuation and spelling</li> </ul> <p>MB1 – 1-2 marks</p> <ul style="list-style-type: none"> <li>• Answer offers suggestions of activities but gives little or no justification.</li> <li>• Answer may not take into consideration all of the factors.</li> <li>• Quality of written communication show errors in grammar, punctuation and spelling may be noticeable and intrusive</li> </ul>

Question	Answer	Marks	Guidance
5	<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• increase in haemoglobin</li> <li>• allows more oxygen to be transported around the body</li> <li>• more oxygen will go to the working muscles</li> <li>• increase gaseous exchange</li> <li>• heart/cardiac muscle will not have to work as hard (improved cardio-vascular fitness)</li> <li>• will be able to play at a higher intensity/be able to tackle and recover</li> <li>• delay fatigue/ play for longer without getting as tired</li> </ul>	4	
6	<p><b>Five marks (must be in the correct place)</b></p> <ol style="list-style-type: none"> <li>1. Pulse Raising Exercise (e.g. jogging)</li> <li>2. Mobility exercise (e.g. arm circles)</li> <li>3. Dynamic movements (e.g. Shuttle runs)</li> <li>4. Stretching (e.g. hamstring stretch)</li> <li>5. Skill Rehearsal (e.g. practicing a badminton serve)</li> </ol>	5	Must be in the correct place on the table
7	<p><b>One mark for:</b></p> <ul style="list-style-type: none"> <li>• False</li> </ul>	1	

Question		Answer	Marks	Guidance
8		<p><b>Four marks for four from:</b></p> <ul style="list-style-type: none"> <li>• allows them to forget what is causing the problems</li> <li>• improves mood/endorphins (hormones) released</li> <li>• become more socially active/able to share problems with friends</li> <li>• improves self-esteem/self-confidence</li> <li>• make them feel good about their body/control body weight</li> <li>• success from achieving goals/can run further/ do more activity</li> <li>• provide fun/enjoyment/relieve stress</li> <li>• improve sleep patterns</li> </ul>	4	
9	(a)	<p><b>Three marks for three from:</b></p> <ul style="list-style-type: none"> <li>• badminton</li> <li>• tennis</li> <li>• table tennis</li> <li>• golf</li> <li>• swimming</li> <li>• walking (football/ netball/ rugby)</li> <li>• sailing</li> <li>• cycling</li> </ul>	3	Accept any relevant answer appropriate to that age group. DNA physical activities (e.g. jogging/walking)
9	(b)	<p><b>Three marks for three from:</b></p> <ul style="list-style-type: none"> <li>• manage health/medical conditions</li> <li>• control weight</li> <li>• prevent illnesses</li> <li>• injury rehabilitation</li> <li>• improve posture</li> <li>• improve cardio-vascular fitness</li> <li>• improve ability to complete everyday tasks</li> <li>• improve coordination/balance - reduce risk of slips/trips/falls</li> </ul>	3	

Question		Answer	Marks	Guidance
10	(a)	<p><b>Two marks for two from:</b></p> <ul style="list-style-type: none"> <li>• Fractures</li> <li>• Dislocations</li> <li>• Sprains (ligament injuries)</li> <li>• Muscle strains/tears/pulls</li> <li>• Concussion</li> <li>• Contusions/abrasions/blisters/cuts/bruises etc</li> </ul>	2	
10	(b)	<p><b>One mark for definition:</b></p> <ul style="list-style-type: none"> <li>• An injury that occurs overtime/an overuse injury/injury due to continuous stress on the area</li> </ul> <p><b>One mark for an example:</b></p> <ul style="list-style-type: none"> <li>• Shin splints</li> <li>• Tennis elbow</li> <li>• Tendonitis</li> </ul>	2	One mark for defining chronic injury and one mark for an example

**OCR (Oxford Cambridge and RSA Examinations)**  
**The Triangle Building**  
**Shaftesbury Road**  
**Cambridge**  
**CB2 8EA**

**OCR Customer Contact Centre**

**Education and Learning**

Telephone: 01223 553998

Facsimile: 01223 552627

Email: [general.qualifications@ocr.org.uk](mailto:general.qualifications@ocr.org.uk)

[www.ocr.org.uk](http://www.ocr.org.uk)

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**OCR (Oxford Cambridge and RSA Examinations)**  
Head office  
Telephone: 01223 552552  
Facsimile: 01223 552553

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