

CAMBRIDGE TECHNICALS LEVEL 2 (2016)

Examiners' report

SPORT AND PHYSICAL ACTIVITY

05889, 05885, 05886

Unit 2 January 2021 series

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Introduction

Our examiners' reports are produced to offer constructive feedback on candidates' performance in the examinations. They provide useful guidance for future candidates.

The reports will include a general commentary on candidates' performance, identify technical aspects examined in the questions and highlight good performance and where performance could be improved. The reports will also explain aspects which caused difficulty and why the difficulties arose, whether through a lack of knowledge, poor examination technique, or any other identifiable and explainable reason.

Where overall performance on a question/question part was considered good, with no particular areas to highlight, these questions have not been included in the report.

A full copy of the mark scheme can be downloaded from OCR.

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Unit 2 series overview

The quality of responses to this Unit 2c Paper were greatly varied, whilst there were some excellent responses, overall there seemed to be a widespread difficulty of recognising the intent or purpose of a question, leading to misunderstandings regarding the response needed. Candidates are reminded to make note of the command words used in the questions.

The more successful candidates were well-prepared by their centres, who have clearly been following the contents of the Unit 2 specification closely. Most candidates were much more successful with questions that required shorter responses. Where questions carried higher maximum marks such as 4 or 6 marks, candidates often struggled to score more than half marks because their responses lacked the extra depth of understanding required by these to achieve the higher marks.

Centres are reminded that Question 1C includes marks for written communication, many candidates would benefit from increased accuracy in the spelling and use of key terminology.

<i>Candidates who did well on this paper generally did the following:</i>	<i>Candidates who did less well on this paper generally did the following:</i>
<ul style="list-style-type: none"> • Maximised the contribution of the multi-choice and shorter response questions to their overall score. 	<ul style="list-style-type: none"> • Misinterpreted the intention or purpose of the questions • Made insufficiently detailed responses to higher tariff questions • Failed to recognise that the 'Levelled Question' (1c) required an extended response.

Question 1 (a)

Dave is a 5000 m runner who runs competitively.

- (a) State whether the 5000 m run is an aerobic or anaerobic activity.

[1]

On the face of it, this question offered candidates a simple opportunity to start the paper positively. Many candidates unfortunately confused aerobic with anaerobic activity.

Question 1 (b)

- (b) Justify your answer.

[2]

Candidates who answered correctly for Question 1(a), were generally correct in 1(b) also. Many justified their choice of aerobic by stating that a 5000m run is generally at low intensity and over a longer duration. Only a few explained that the aerobic activity would use oxygen for energy production.

Question 1 (c)

- (c)* Explain what happens to Dave's cardiorespiratory system during a 5000 m run and how this helps his performance.

[6]

This question (denoted by an *) required extended writing with a maximum of 6 marks available. Many candidates achieved only 1, 2, or 3 marks. In order to meet the MB3 criteria and score highly, candidates were expected to explain, with good knowledge of physiological responses, what happens to Dave's cardio-respiratory system during a 5000m run.

Many candidates simply identified one or two short term responses, typically an increase in heart rate, then added superficial attempts to develop their responses to demonstrate further understanding such as 'increasing blood flow/oxygen supply to the muscles'.

Despite there being a wide range of acceptable responses, few candidates were able to demonstrate more than a limited understanding. The majority of candidates seemed to miss the second part of the question which asked them to explain how the responses of the cardio-respiratory system actually helps Dave's performance, enabling him to work harder or increase his pace.

Centres are encouraged to remind all candidates to read the full question.

This question also included a judgement on the quality of written communication. Overall, the quality of this seemed lower than we might expect; perhaps indicating that many candidates were not aware that this was being judged. This recognition and identification of the Levelled Response (*) question in future papers is something that centres can improve on, as well as emphasising the need to write an extended, structured response.

Centres are encouraged to use past papers and exam builder to ensure candidates are familiar with the requirements of the exam and the command words in use.

Question 2

Select whether the following statement is true **or** false.

A short term benefit of participation in physical activity is that a person's skin looks healthier.

True

False

[1]

The majority answered this question correctly

Question 3

Identify **one** waste product that is removed during a cool down.

[1]

Most candidates collected the mark on offer here by stating that Lactic Acid is removed during a cool down. Very few referred to Carbon Dioxide which would also be a correct response.

Question 4

Complete the sentence below about the long term effects of physical activity on the respiratory system by selecting a word from the drop down list.

The increased size and of the respiratory muscles increases respiratory volumes, allowing more to be into the blood.

[3]

This question was answered well by the majority of candidates. Many gained the maximum 3 marks available, demonstrating good knowledge of the long-term effects of exercise on the respiratory system. Perhaps also demonstrating a greater degree of comfort with the multi-choice format of question.

Question 5

Describe the long term effect that participating in sport and physical activity has on ligaments.

[2]

Most candidates recognised that sport and physical activity serves to strengthen ligaments. Others made the association with reducing the risk of injury.

There was however a number of responses which demonstrated a misconception that ligaments became more flexible as a result of physical activity.

Question 6

Julia is a shot putter. As part of her training programme she regularly lifts weights, resulting in muscular hypertrophy.

Explain why muscular hypertrophy is beneficial to Julia's shot put performance.

[5]

Most candidates recognised that weight-training would result in an increase in the size and/or strength of muscles and some were able to acknowledge the impact of this on performance by saying Julie would be able to throw further. Very few candidates went further than this though suggesting that the number of marks on offer was not noted and acted upon.

Question 7

Warm ups and cool downs are performed before and after physical activity. Each of them involves different activities and some activities are suitable for both the warm up and cool down.

For each activity, select the correct option showing whether the activity is found in a warm up, a cool down or both.

Activity	Warm Up	Cool Down	Both
Brisk Walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hamstring Stretch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jogging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passing a Ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arm Circles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[5]

This question was answered very well by the majority of candidates. Many gained the maximum 5 marks available, demonstrating good knowledge of the content of warm-ups and cool-downs. Perhaps also demonstrating a greater degree of comfort with the multi-choice format of question. There was some confusion with arm circles, with a number of candidates indicating that it could be found in both the warm-up and cool down.

Question 8

Explain how physical activity can promote healthy physical development of young children (0-10 years).

[4]

Whilst many answered this question well, there were a significant number of candidates who demonstrated a narrow understanding of how physical activity can promote the physical development of young children.

There were many possible responses allowed on the mark scheme, but a number of candidates limited themselves to references to increasing the strength of muscles.

Many candidates lost marks by misinterpreting the question and not making the distinction between physical development and social/mental health benefits.

Question 9

Christine is a coach at a junior football club where she works with the under 8's team.

Describe **two** ways in which Christine can make training session activities appropriate for an under 8's team. Use practical examples.

1

2

[4]

This question was not well answered. Responses often described a drill that Christine would deliver (for example, slalom dribbling relays) without specifically saying how she had adapted the drill, practice or activity to make it age appropriate.

While there were general references to 'making it more fun', very few explained how rules, pitch size, goal size or equipment might be adapted to meet the needs of under 8s.

Question 10

Dance and fitness are two types of physical activity.

Name **two** other types of physical activity.

1

2

[2]

This question was rarely answered correctly. Answers credited were leisure/recreation and yoga/pilates; those listed under section 4.3.1m of the specification as types of physical activity and not already mentioned in the question. Credit was not given for named sporting activities, unless candidates had specified the activity was for leisure/recreation.

Question 11 (a)

(a) Identify **two** extrinsic factors that can cause a sports injury.

1

2

[2]

Many candidates misinterpreted this question and mistakenly listed two examples of acute injuries rather than the extrinsic factor that caused them. Some candidates collected a mark by explaining that the injury was caused by contact from another player.

Question 11 (b)

(b) Describe when a sports injury should be referred for professional advice.

[2]

This question was answered well. Many candidates recognised that a serious head injury or a concussion would require professional assessment. Many also gave an example of a serious acute injury such as a fracture.

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