

**CAMBRIDGE TECHNICALS LEVEL 2 (2016)**

**Examiners' report**

# **SPORT AND PHYSICAL ACTIVITY**

**05889, 05885, 05886**

**Unit 2 Summer 2022 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 question paper and the mark scheme can be downloaded from OCR.

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## Unit 2 series overview

The quality of responses to this Unit 2 paper was generally encouraging.

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 did not score more than half the marks because they did not appreciate the extra depth of understanding they were expected to demonstrate to achieve the higher marks. There also appeared to be some difficulty with recognising the intent or purpose of these longer response questions, leading to misunderstandings regarding the response needed.

The quality of written communication overall was adequate, although few candidates scored well for this in Question 1c.

Candidates who did well on this paper generally did the following:	Candidates who did less well on this paper generally did the following:
<ul style="list-style-type: none"> <li>● maximised the contribution of the multi-choice, true/false and shorter response questions to their overall score</li> <li>● understood the intention or purpose of the longer response questions by identifying key words in the question.</li> </ul>	<ul style="list-style-type: none"> <li>● misinterpreted the intention or purpose of the questions</li> <li>● did not recognise the points value of a question and make sufficient valid responses to score multiple marks</li> <li>● did not recognise that the 'Levelled Question' (1c) required an extended response.</li> </ul>

### Question 1 (a)

Layla is a marathon runner.

1 (a) State whether the marathon is an aerobic or anaerobic activity.

..... [1]

This question offered candidates a good opportunity to start the paper positively. The majority of candidates were able to correctly recognise that a marathon is an aerobic activity.

### Question 1 (b)

(b) Justify your answer to 1(a).

.....  
.....  
.....  
..... [2]

Candidates who answered correctly for Question 1(a), were generally correct in Question 1(b) as well, although very few scored both marks available by giving two justifications. Most justified their choice of aerobic in 1(a) by stating that a marathon is generally run over a long duration or distance. Few mentioned low/moderate intensity as being a factor. Some stated that aerobic activity would use oxygen for energy production.

### Misconception



There still appears to be some confusion around the nature of aerobic and anaerobic exercise. Aerobic exercise tends to be of low intensity over a long duration (such as a marathon run), whereas anaerobic exercise tends to be of high intensity over short duration (e.g., 100m sprint). In addition, aerobic activity uses oxygen for energy production, although it would be incorrect to say that it uses 'air'.



**Assessment for learning**



Candidates should be taught to identify the keyword in the question that signposts which of the body systems is being examined. In this case it was the cardiorespiratory system and candidates should be advised to restrict their responses to that system. There is no credit given for giving responses related to other systems, even if they are accurate.

**Question 2 (a) (i)**

**2 (a) (i)** Select whether the following statement is true or false.

Taking part in sport can increase the risk of osteoarthritis.

**True**

**False**

**[1]**

The majority of candidates answered this question correctly.

**Question 2 (a) (ii)**

**(ii)** Select whether the following statement is true or false.

Skill rehearsal is normally associated with part of a warm-up.

**True**

**False**

**[1]**

The majority of candidates answered this question correctly.

**Question 2 (b)**

**(b)** Give **one** example of a contact sport.

..... **[1]**

Most candidates collected the mark here by giving a suitable example of a contact sport, with rugby being by far the most common response.

### Question 3

- 3 Training and exercise has short term effects on the musculoskeletal and cardiorespiratory systems.

For each short term effect given in **Table 1**, **select** the appropriate column to identify the system affected.

Short term effect	Musculoskeletal	Cardiorespiratory
Blood pressure increases		
Increase in cardiac output		
Increase in synovial fluid production		
Lactic acid build-up		
Tendons stretch		

**Table 1**

**[5]**

This question was answered very well by the majority of candidates. Many gained the maximum 5 marks available, demonstrating good knowledge of the short-term effects of exercise on the Musculoskeletal and Cardiorespiratory system. Perhaps also demonstrating a greater degree of comfort with this either/or format of question.



### Question 4

4 Complete the statement below about long term health benefits of physical activity for an individual, by selecting appropriate terms from the drop down list.

Improved \_\_\_\_\_ helps to control \_\_\_\_\_ ,  
which helps in preventing conditions such as type 2 \_\_\_\_\_ .

breathing rate	diabetes	heart rate
metabolic rate	osteoporosis	weight

[3]

This question was answered well by some candidates who gained the maximum 3 marks available, demonstrating good knowledge of the long-term benefits of physical activity for an individual. The majority recognised that type 2 diabetes was a medical condition that could be prevented by physical activity but were less clear about how that might be as a result of an improved metabolic rate helping to control weight.

### Question 5

5 Beth is a 70 year old table tennis player. Through participation in training and matches, Beth has improved her flexibility and mobility.

Describe why improving flexibility and mobility is beneficial for Beth's long term health.

.....

.....

.....

..... [2]

Some candidates interpreted this question correctly by describing how 70 year old Beth's long-term health might be impacted by the improved mobility and flexibility gained from playing table tennis. For example, they correctly referenced how this might help her to complete everyday tasks, maintain an active lifestyle, continue to live independently or other long-term health benefits. However, many mistakenly described how it was beneficial for her success as a table tennis player.



### Question 8

8 Ali is 9 years old and has been participating in gymnastics for the last 4 years.

Describe how gymnastics will promote healthy physical development for Ali.

.....

.....

.....

.....

.....

.....

..... [3]

This question specifically relates to how long-term participation in gymnastics could promote physical development of children. Some scored good marks by referring to improvements in physical qualities such as flexibility or strength. However, many mistakenly referred to social benefits such as making new friends, or long-term health benefits such as less chance of getting arthritis in old age.

### Question 9

9 Name **three** outdoor and adventurous activities.

1 .....

2 .....

3 .....

[3]

This question was mostly answered correctly, with candidates listing three suitable outdoor and adventurous activities, of which there is a huge range of possible responses to choose from. In some cases, it was clear that candidates had either misread the question or misunderstood the nature of OAA and gave three outdoor sports such as golf, tennis or football.

#### Misconception



This question identified a misconception with regard to the nature of what constitutes an 'outdoor and adventurous activity'. It is not merely an activity that takes place outdoors; it is, by definition, a challenging activity which involves significant inherent risk, without which the activity would lose much of its value, which takes place in a remote or hazardous outdoor location. For example, climbing, caving or kayaking.

## Question 10

10 Complete **Table 2** to show what RICE means when treating a sports injury.

R _____
I _____
C _____
E _____

**Table 2**

**[4]**

It was clear that many centres had been taught RICE as a method of treating a sports injury and, as a result, all 4 marks were given easily. Others attempted to insert other possible relevant, but incorrect, alternatives such as 'rehab' or 'evaluate'.

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