

MARK SCHEME

1.2.1

- |     |  |     |
|-----|--|-----|
| 1.  | C  | [1] |
| 2.  | B  | [1] |
| 3.  | C  | [1] |
| 4.  | B  | [1] |
| 5.  | A  | [1] |
| 6.  | C  | [1] |
| 7.  | A  | [1] |
| 8.  | B  | [1] |
| 9.  | D  | [1] |
| 10. | B  | [1] |
| 11. | A  | [1] |
| 12. | C  | [1] |
| 13. | C  | [1] |
| 14. | A  | [1] |
| 15. | D  | [1] |
| 40. | (i) (ii) (iii) DO NOT accept fat/how much they eat/what they eat/reference to water<br>DO NOT accept ref to sport or event<br>DO NOT accept exercise on its own<br>DO NOT accept reference to weight of clothing/equipment | 3   |

Accept any of the following in any order, max 3. NB Only one answer credited per row.

1. Height/length of bones
2. Bone structure/bone density
3. Muscle mass/body composition/body type/somatotype/muscle girth/gender
4. Amount of exercise/ injury /illness/ balancing the energy equation/periodisation /equiv
5. Drug use / hereditary / metabolic rate / age

[3]

41. (i) NB Must be different type of risk for each activity

Activity	Potential Risk	Risk reduced by
Gymnastics	Allow descriptions of risk or potential accidents e.g. falling off the beam Soft tissue injuries Soft tissue injuries Fracture/break/ concussion Cuts/blisters Overuse	<b>If potential risk incorrect, no credit for risk reduction.</b> <b>Risk reduction measure must match stated risk</b> 1. Warm up 2. Check equipment; check position of equipment; use padding for landings; use of support for complex moves 3. Chalk/tape/hand guards 4. Recovery time/incremental progression with technique/use of correct technique
Rock climbing	Allow descriptions of risk or potential accidents e.g. falling off rock, rope breaking. Concussion/break/death/head injury/cuts/abrasions/equiv	Working with 'buddy/use of ropes/helmets/belays/specialist equipment/equiv

4

- (ii) Possible answers:  
Examples of racket sports;  
Examples of track events;  
Examples of 'Jumps';  
Examples of team games other than rugby (due to potential neck injury)

Any two correct, any order

NOT athletic throwing events; equestrian events; rugby; boxing

**Must be different type of risk for each activity.**

**Risk must be associated with stated injury (If activity is incorrect, risk is incorrect).**

*Accept any of the following examples or equivalent:*

1. Allow descriptions of risk or potential accidents (e.g. broken teeth) if appropriate to the sport
2. Examples of soft tissue injury / sprain / strain
3. Pulled muscle / deep bruising
4. Tennis elbow
5. Golfers elbow
6. Cuts / abrasions
7. Joint injury / dislocation
8. Cartilage tear
9. Fracture / break
10. Dehydration

4

[8]

42.(c) (i)-(ii)

Body Type	(i) Description of body type	(ii) How body type could aid performance in chosen activities
Mesomorph (gymnast)	Muscular/wide shoulders <u>and</u> narrow hips / equiv	Greater strength for balances/support positions/pull themselves up on the rings; Greater power for faster movement in tumbling routines/equiv
Ectomorph (rock climber)	Slight build/tall and thin/slim /equiv	Tall – good reach for choice of handholds/foohold/equiv Thin – less weight to support (accept makes it easier to climb)/pull up rock face/equiv

4

[4]

44. (i) (ii)

**Any order, but symptom must match injury across row  
NB Do NOT accept soft tissue injury**

(i) Possible injury	(ii) Signs / Symptoms
Concussion	Dizzy; (severe) headache; vomiting; sickness; drowsiness; dilated pupils/blurred vision; not responding; blackouts/ loss of memory; unconscious
Cuts/abrasions/bruises	Blood; pain/dicolouration
Fracture/break/whiplash	Blood; pain; headache; swelling; sickness; disfigurement/reduction in range of movement

If (i) incorrect, no credit for (ii).

[4]

46. (a) (i) (Narcotic) analgesics.

1

*Do not accept named drugs/ pain killers/  
narcotics/  
or letters to represent class of drug.*

(ii)

1. make injury worse/equiv
2. against the rules/banned/ illegal/ shame/equiv
3. addictive.

Any order

2

*Do not accept: harmful side effects/harm their  
body.*

(b)

1

1. 'mask'/ equiv the presence of another drug/
2. increase need to urinate therefore removing concentration of other drugs from system/ equiv.

*Do not accept lose weight.*

[4]

47. (i) Rules so that equal teams for fair competition. 1  
(ii) Accept any of the following to a maximum of 3: 3
- Similar age
  - Same sex
  - Similar ability/grading/handicap/experience
  - Similar weight.

*NB. DO NOT ACCEPT: similar height or size/  
equal numbers.*

**[4]**

54. (i) Mesomorph 1  
(ii) Ectomorph 1

**[2]**

58. (a) Flexibility. 1

- (b) (i) 1. 'Extra' oxygen required/more oxygen needed.  
2. After exercise has stopped to make up for the shortfall of available oxygen during exercise/working anaerobically/working without oxygen. 2

**Notes**

1 mark to maximum of 2 for each concept ie 'extra' oxygen required or after exercise (or equivalent) or concept of shortfall during exercise.

- (ii) Increased breathing/breath (deeper, harder, faster). 1  
(c) (i) Effect: Increased size in muscle/increased mitochondria/increased myoglobin.  
Benefit: Increased strength. 2  
(ii) Any two of the following:  
lower blood pressure/equivalent  
lower resting heart rate  
increased stroke volume faster recovery  
increased cardiac output  
increased size of heart. 2

- (d) 1. Correct clothing/equivalent.  
2. Warm up.  
3. Correct equipment/equivalent.  
4. Correct facilities/equivalent. 4

**Notes** Any order

*Reject Reference to overtraining/lack of recovery.*

- (e) For adaptations to take place.  
To recover before the next exercise session. 2

**Notes** Accept equivalent of the above, for a maximum of 2 marks.

**[14]**

**Mark out of :- 58**

A*	A	B	C	D	E	F	G	U
90%	80%	70%	60%	50%	40%	30%	20%	10%