AQA A-LEVEL PE – INJURY PREVENTION AND THE REHABILITATION OF INJURY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Which of the following is an extrinsic risk factor for sports injuries?

A. Playing surface

B. Weather

C. Training load

D. Coaching quality

2. Which is a closed-chain knee exercise?

A. Leg extensions

B. Squats

C. Seated knee flexion

D. Calf raises

3. Strength training is described as resistance to prepare the body for exercise and reduce injury. Which statement best fits?

A. Cardiovascular conditioning through steady-state running.

B. Flexibility training focusing on range of motion.

C. Resistance training such as weights to prepare the body and lower injury risk.

D. Mental rehearsal and relaxation techniques.

4. Why is it important to tailor rehabilitation to sport-specific demands?

A. Different sports require unique movement patterns and loads; sport-specific rehab ensures functional return.

B. Rehab should be the same for all sports.

C. Only consider general strength.

D. Focus only on ROM.

5. Cold therapy can help reduce pain and swelling by which mechanism?

A. Increases pain by speeding nerve impulses

B. Increases bleeding at the injury site

C. Causes vasoconstriction and reduces bleeding or swelling

D. Has no effect on pain or swelling

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6. Explain the principle of progressive overload in rehab and conditioning.

A. Gradually reducing load to heal

B. Keeping load constant

C. Focusing only on flexibility

D. Continuously increasing demand on tissue or fitness components over time to stimulate adaptation while avoiding injury

7. How do muscle imbalances contribute to injury risk?

A. They create equal strength across limbs reducing risk

B. They reduce flexibility only

C. They create abnormal movement patterns, overload certain structures, and increase strain on joints and soft tissues

D. They improve coordination and reduce risk

8. During early return-to-sport stages, cross-training aims to:

A. Increase tissue stress to speed adaptation

B. Maintain cardiovascular fitness while avoiding excessive load

C. Replace all sport practice with cycling

D. Isolate the injured tissue

9. Which injury occurs when fatigued muscles transfer overload to the bone, resulting in a tiny crack?

A. Strains

B. Tendonitis

C. Stress fractures

D. Tennis elbow

10. Explain why hydration and nutrition are relevant to injury prevention and recovery.

A. Hydration supports tissue health and performance; nutrition provides substrates for repair, energy for rehab, and immune support.

B. Hydration and nutrition have no impact.

C. Nutrition alone is sufficient; hydration irrelevant.

D. Only vitamins matter.

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Answers

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1. C
2. B
3. C
4. A
5. C
6. D
7. C
8. B
9. C
10. A

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Explanations

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1. Which of the following is an extrinsic risk factor for sports injuries?

A. Playing surface

B. Weather

C. Training load

D. Coaching quality

Extrinsic risk factors are things outside the athlete's body that can be changed through how training and competition are arranged. Training load fits this because it reflects the total amount, intensity, and frequency of work imposed by the training program, which coaches control. If the load is too high or increases too quickly, fatigue accumulates and tissues are stressed beyond what they can safely handle, raising the risk of injury. By managing load through gradual progression, planned rests, and monitoring workload (like the acute-to-chronic workload ratio), injury risk can be reduced. While playing surface and weather are external factors, and coaching quality is also external, the training load is the most direct, modifiable program-related factor highlighted here that teams actively adjust to prevent injuries.

2. Which is a closed-chain knee exercise?

A. Leg extensions

B. Squats

C. Seated knee flexion

D. Calf raises

The concept tested here is identifying movements where the lower limb works as a closed chain, meaning the foot is fixed to the ground and the body moves as a unit through the joints of the leg. In a squat, your feet stay planted on the floor while your hips and knees bend and straighten and your ankle flexes and extends. This creates a single, integrated chain from the ground up, with force traveling through the whole kinetic chain and requiring coordinated stability across the knee, hip, and ankle. Leg extensions isolate the knee on a machine with the foot not fixed to the ground, so the movement happens mainly at the knee and is considered open-chain. Seated knee flexion also isolates movement at the knee with the foot not fixed, so it's open-chain. Calf raises focus on ankle movement and often keep the knee relatively still, so they aren't primarily a knee-focused closed-chain exercise. So squats are the best example of a closed-chain knee exercise because the foot is fixed and multiple joints work together in a functional transfer of load.

3. Strength training is described as resistance to prepare the body for exercise and reduce injury. Which statement best fits?

A. Cardiovascular conditioning through steady-state running.

B. Flexibility training focusing on range of motion.

C. Resistance training such as weights to prepare the body and lower injury risk.

D. Mental rehearsal and relaxation techniques.

Strength training uses resistance to overload the muscles, provoking adaptations that increase strength, power, and the ability to handle the demands of sport. This type of training aims to prepare the body for exercise and, by improving muscle strength, tendon and joint stability, and movement control, it helps reduce the risk of injury. The option describing resistance-based activities like weights to build strength fits this purpose best. The other options describe different training focuses: cardiovascular conditioning develops heart and lung endurance, flexibility work targets range of motion, and mental rehearsal is a cognitive technique rather than physical resistance training.

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4. Why is it important to tailor rehabilitation to sport-specific demands?

A. Different sports require unique movement patterns and loads; sport-specific rehab ensures functional return.

B. Rehab should be the same for all sports.

C. Only consider general strength.

D. Focus only on ROM.

Tailoring rehabilitation to sport-specific demands is essential because each sport places unique movement patterns, joint loads, speeds, and directions on the body. By designing rehab to mirror those exact demands, you retrain the injured area to handle the same stresses it will encounter in competition, restoring not just strength but the timing, control, and coordination needed for safe, effective performance. In practice, this means progressing from general healing to exercises that reflect the sport's tasks—multi-planar movements, rapid direction changes, sprinting or jumping patterns, and sport-specific skills—so the tissue is reintroduced to functional loads in a controlled way. This approach helps ensure a true functional return and lowers the risk of re-injury by preparing the athlete to meet the real demands of their sport. If rehab were the same for all sports, or focused only on general strength or only on range of motion, crucial aspects like neuromuscular control, power, and sport-specific movement patterns would be missed, leaving the athlete less prepared for competition.

5. Cold therapy can help reduce pain and swelling by which mechanism?

A. Increases pain by speeding nerve impulses

B. Increases bleeding at the injury site

C. Causes vasoconstriction and reduces bleeding or swelling

D. Has no effect on pain or swelling

Cold therapy reduces pain and swelling mainly through vasoconstriction: applying cold narrows the blood vessels in the injured area, which lowers blood flow and limits bleeding into tissues, helping to reduce swelling. The cooler environment also slows tissue metabolism and nerve conduction, which dampens pain signals. So the mechanism is the reduction of bleeding or swelling via vasoconstriction. The other statements contradict how cold affects the body—cold does not increase pain or bleeding, nor does it have no effect—so they don't fit.

6. Explain the principle of progressive overload in rehab and conditioning.

A. Gradually reducing load to heal

B. Keeping load constant

C. Focusing only on flexibility

D. Continuously increasing demand on tissue or fitness components over time to stimulate adaptation while avoiding injury

Progressive overload means steadily increasing the demand placed on a tissue or fitness component over time so the body must adapt. In rehab and conditioning this is done carefully, pushing the limits just enough to stimulate strengthening and performance gains while staying within the tissue's tolerance to avoid injury. You might raise the load, add repetitions or sets, increase training frequency, or progress to more challenging exercises as healing allows. The idea is to provide a gradual, controlled increase in stress so adaptation occurs; simply reducing load, keeping everything constant, or focusing only on flexibility won't drive the continued improvements that progressive overload aims for.

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7. How do muscle imbalances contribute to injury risk?

A. They create equal strength across limbs reducing risk

B. They reduce flexibility only

C. They create abnormal movement patterns, overload certain structures, and increase strain on joints and soft tissues

D. They improve coordination and reduce risk

Muscle imbalances change how force is produced and controlled in the body. When one side or muscle group is relatively tight or strong compared with its opposite, it pulls joints into positions they aren't prepared to handle. That creates abnormal movement patterns, which shift loads to certain structures and increase strain on joints and soft tissues. Over time this elevated load raises injury risk and can lead to strains, tendinopathies, or joint problems. For example, tight hip flexors with weak glutes can tilt the pelvis and overload the lower back and back of the leg, while shoulder muscle imbalances can contribute to impingement or rotator cuff problems. So the option that describes abnormal movement patterns, overload of certain structures, and increased joint and soft-tissue strain best captures how imbalances raise injury risk. The other ideas miss the broader effect—imbalances don't simply equalize strength, only reduce flexibility, or improve coordination and reduce risk.

8. During early return-to-sport stages, cross-training aims to:

A. Increase tissue stress to speed adaptation

B. Maintain cardiovascular fitness while avoiding excessive load

C. Replace all sport practice with cycling

D. Isolate the injured tissue

In early return-to-sport stages, the aim is to keep the athlete's overall fitness up without placing too much stress on the injured tissue. Cross-training achieves this by using activities that boost cardiovascular conditioning while limiting loading on the healing area. For example, cycling or swimming can raise heart rate and maintain endurance without the high-impact or sport-specific stresses that could overwhelm the recovering tissue. This approach helps maintain aerobic capacity, muscle performance, and circulation, all of which support rehabilitation and a safer, smoother progression back to sport, as loading can be adjusted to stay within tolerable levels. The idea of increasing tissue stress too early would risk delaying healing or causing setbacks. Replacing all sport practice with cycling neglects the need to regain sport-specific skills and neuromuscular control, which are important for a safe return. Isolating the injured tissue isn't aligned with rehab principles that promote progressive, functional loading and integration with the rest of the body. So cross-training is about maintaining cardiovascular fitness while avoiding excessive load on the healing tissue.

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9. Which injury occurs when fatigued muscles transfer overload to the bone, resulting in a tiny crack?

A. Strains

B. Tendonitis

C. Stress fractures

D. Tennis elbow

Fatigued muscles lose their ability to absorb and dissipate repetitive forces, so the load is transferred to the bone. With continued submaximal stress, microdamage accumulates in the bone tissue, producing a tiny crack known as a stress fracture. This focuses on a bone injury from overuse, unlike a strain, which is damage to muscle fibers; tendonitis, which is inflammation of a tendon from overuse; or tennis elbow, a tendon-related condition at the elbow. The typical signs are localized bone pain that worsens with weight-bearing activity and may linger after rest, with tenderness directly over the affected bone. Preventing these injuries involves gradually increasing training loads, including rest days and cross-training, and ensuring good nutrition and footwear to support bone health.

10. Explain why hydration and nutrition are relevant to injury prevention and recovery.

A. Hydration supports tissue health and performance; nutrition provides substrates for repair, energy for rehab, and immune support.

B. Hydration and nutrition have no impact.

C. Nutrition alone is sufficient; hydration irrelevant.

D. Only vitamins matter.

Hydration and nutrition are fundamental because they directly influence how well tissues stay healthy and how quickly the body can repair damage. When you're well hydrated, blood volume stays sufficient to transport oxygen and nutrients to working muscles and recovering tissues, maintain joints' lubrication through synovial fluid, and regulate temperature during exercise. All of these reduce fatigue and mechanical stress that can lead to injuries. Nutrition provides the building blocks and energy the body needs to prevent and recover from injuries. Protein and amino acids supply the raw materials for repairing muscle and connective tissue, while carbohydrates restore glycogen so rehab sessions are effective and sustainable. Fats support ongoing energy and hormonal functions that underpin recovery. Micronutrients like vitamin C, zinc, calcium, and vitamin D support collagen synthesis, immune function, bone health, and wound healing. So, staying hydrated helps tissue function and performance, while proper nutrition ensures there are enough substrates and energy for repair and immune support. This combination lowers injury risk by supporting training tolerance and technique, and it speeds recovery by facilitating tissue rebuilding and healing after injury.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://aqaalevelpeinjuryprevrehab.examzify.com

We wish you the very best on your exam journey. You've got this!

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