



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2004

Vocational Specialism – Active Leisure Studies (240 marks)

Marking Scheme

General Directions

Candidates are required to answer SIX questions in total.

Candidates must attempt TWO questions from compulsory Section 1 (Active Leisure Studies) and TWO questions from compulsory Section 2 (Health Related Fitness).

The first question in Section 1 and in Section 2 is compulsory.

Candidates must select 2 Sections from the remaining 4 Sections and attempt ONE question from each of these Sections.

All answers given in this scheme are purely indicative.

Alternative or equivalent correct answers are equally acceptable.

Section 1 – Leisure Studies

(70 marks)

ANSWER QUESTION ONE AND ONE OTHER QUESTION FROM THIS SECTION.

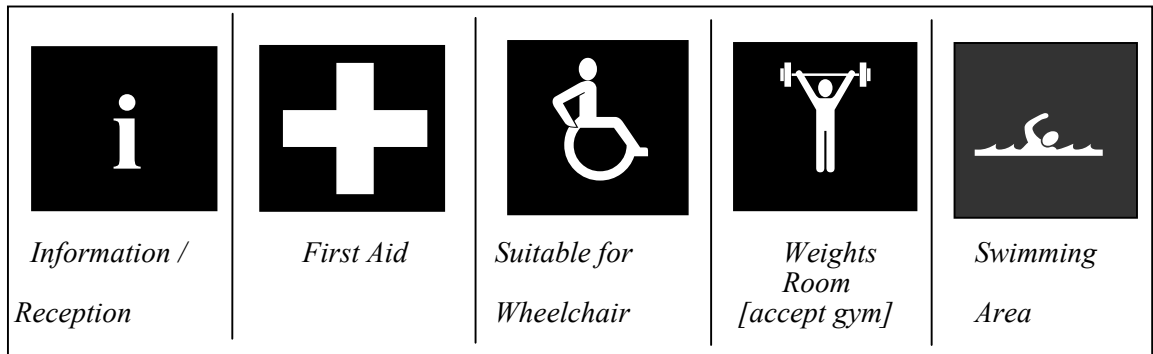
1. (20 marks)
- (a) Define 'leisure time'.
Time which allows the individual the opportunity to participate in any self determined activity outside "work" or "school" (2)
- (b) Give TWO reasons why people take part in sport.
Health / Competition / Achievement / Make/meet friends / Fitness / Excitement (2×1)
- (c) Name the club officer who takes charge of committee meetings.
Chairman (2)
- (d) Give TWO reasons why it is important for a club to have a constitution.
Set out aims of club / Club structure / Club rules / Settle disputes / Important for grant applications (2×1)
- (e) Identify TWO ways a club can raise money.
Membership fee / Grants / Nightly fee / Fund raising (flag day) / Sponsorship (2×1)
- (f) State ONE responsibility of an employer under the Health and Safety and Welfare Act 1998.
Provide safe work environment / Have emergency plan / Specific example (2)
- (g) Give ONE reason why an employee should keep safety rules.
Safety of self / Safety of other workers / Safety of visitors (2)
- (h) Name TWO water-based leisure activities that tourists in Ireland enjoy.
Sailing / fishing / Canoeing / Surfing (2×1)
- (i) Name an organisation that promotes active leisure holidays in Ireland.
FÁILTE IRELAND / AN OIGE / Leisure Centres (2)
- (j) Name the major international sporting event for athletes with special needs that was held in Ireland for the first time in 2003.
Special Olympics (World Summer Games) (2)

2.

(50 marks)

- (a) The following signs may be found in or around a leisure complex.
What do they represent or what information do they provide?

(10 marks)



(5×2)

- (b) State **THREE** ways a local community group can make known what facilities it wants for leisure and recreation. (12 marks)

*Contact local politicians / Form pressure group / Contact facility managers /
Publicity campaign / Publicity events / Letters to local press / Demonstrations* (3×2)

State **THREE** ways a local leisure centre can advertise its activities.

*Local radio (TV) / Run competitions / Advertise in local press / Form pressure group /
Distribute leaflets / Poster campaign* (3×2)

- (c) How should a Leisure Centre make sure the following areas are suitable for wheelchair users? (18 marks)



Car Park: *Parking bays close to entrance / Bays wider than standard* (4+2)

Pathways Outside: *Firm and reasonably smooth / Appropriate ramps / Wide enough for
wheelchairs to pass / Keep clear* (4+2)

Within the Building: *Corridors and doors wide enough / Handles at suitable height / Doors
open both ways / Elevators / toilet (changing) facilities* (4+2)

- (d) How should a receptionist in a Leisure Centre deal with a telephone caller who wishes to speak to the manager who is not there. (10 marks)

*Explain situation / offer help / Offer to find someone else who may be able to help / Offer to take
message / To take caller details / To indicate when manager would be* (2×5)

3. (50 marks)
- (a) Name **THREE** members of staff you might find working in a Sport and Leisure Centre and outline **ONE** duty of each. (12 marks)
- Staff Member: *Receptionist*
- Duty: *Provide welcome / Give information / Deal with problems*
- Staff Member: *Leisure Assistant*
- Duty: *Supervise groups / check equipment / implement Health & Safety*
- Staff Member: *Manager*
- Duty: *Supervise staff / Arrange programme / Purchase equipment*
(6×2)
- [Accept other possible employees]**
- (b) Give **FOUR** examples of mainly active leisure activities and **FOUR** examples of mainly passive leisure activities. (16 marks)
- Active: *Sports, hobbies and other interests which require an active response from participants, e.g. hill walking* (4×2)
- Passive: *Activities which require virtually no response or effort from participants, e.g. sunbathing, reading, listening to radio / music* (4×2)
- (c) A fire breaks out in the main hall of a Leisure Centre where you are in charge of an activity. Outline the steps you would take to make sure of everyone's safety. (12 marks)
- Activate fire alarm / Evacuate the area / Assemble in designated safe point / Roll call / Call emergency services / Do not allow anyone to return to the building* (3×4)
- (d) Non-verbal communication is important when dealing with people. Explain what is meant by *non-verbal communication* and give **TWO** ways in which it can be used. (10 marks)
- Non-verbal C.: *To convey feelings and attitudes / In an unspoken manner* (2×2)
- Ways: *Facial expressions (smiles, scowls, etc) / Attitudes / Eye contact / Gestures (hands, legs, arms) / Behaviour* (2×3)

ANSWER QUESTION FOUR AND ONE OTHER QUESTION IN THIS SECTION.

4. (20 marks)

(a) Does regular exercise result in a higher or lower resting heart rate?

Lower (2)

(b) Is there an age at which a healthy person should stop taking regular exercise?

No (2)

(c) Is long distance running an aerobic or anaerobic exercise?

Aerobic (2)

(d) **RICE** is a method for treating sports injuries. Complete the missing words below explaining the four actions described by **RICE**.

R: Rest I: Ice COMPRESSION ELEVATION (2x1)

(e) State what is meant by *dehydration*.

A drop in the body's fluid level / Loss of water (2)

(f) Identify **ONE** way to help prevent a sports injury.

Proper warm up / Stretching / Appropriate clothing and footwear / Equipment (2)

(g) Name **ONE** food item from the bottom of the food pyramid.

Pasta / Rice / Potato / Bread / Cereals (2)

(h) State **ONE** way in which the use of drugs in sport is controlled.

Testing for banned substances / Medical prescription (2)

(i) Name the most important type of fitness for sprinters.

Speed / Power (2)

(j) Do you need to exercise everyday in order to improve fitness?

No (2)

5. (a) Define *aerobic fitness*. Name **THREE** active leisure activities where aerobic fitness is important. (50 marks)
(12 marks)

Aerobic Fitness: ***Being able to continue a physical activity for a long time / Depends on cardiovascular endurance*** (3)

Activities: ***Distance Running / Distance swimming / Distance Cycling / Distance walking / Orienteering / Hill walking*** (3×3)

- (b) State **THREE** of the health and sport benefits of taking part in a Muscular Strength exercise programme. (6 marks)

Improved strength / Improved sporting performance / Better body shape / Get tired less easily / Improve self-image / Less likely to suffer injury / Posture (3×2)

- (c) Answer the questions below on First Aid. (14 marks)

What are the **THREE** main purposes of First Aid?

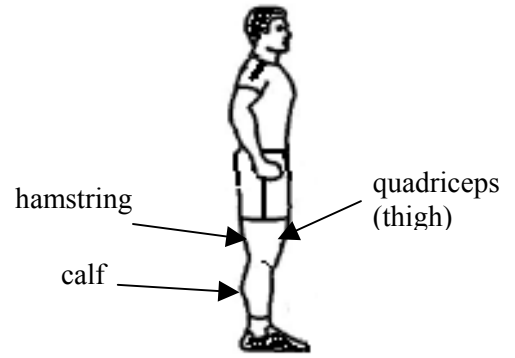
Preserve life / Prevent the situation getting worse / Promote recovery (3×2)

Explain what is meant by the Recovery Position and state the purposes of putting a person in this position.

Lying on side / With arms and legs positioned to prevent the body rolling / Keeps airways clear / Prevents choking on, e.g. vomit, blood, tongue (4+2×2)

(d) Three muscles are identified in the drawing. Explain a flexibility stretch for each in the space provided below.

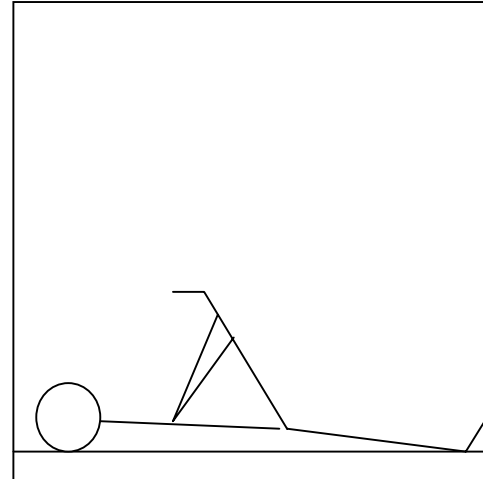
You may do a sketch or drawing in the appropriate space to help your explanation. (18 marks)



hamstring

As appropriate

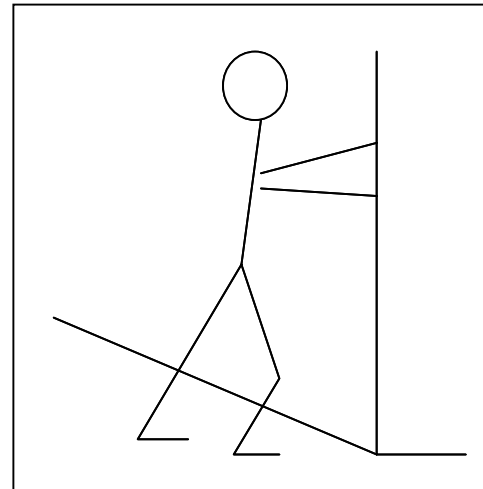
(2x3)



calf

As appropriate

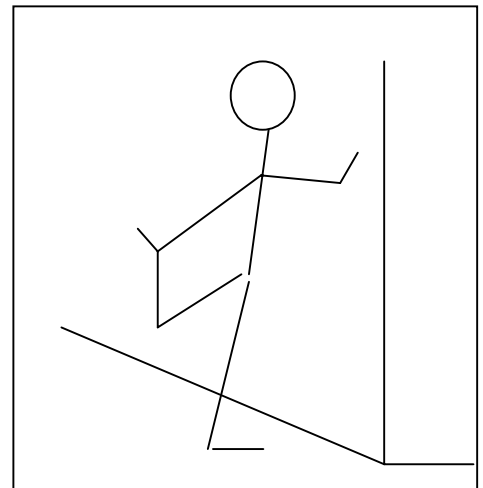
(2x3)



quadriceps (thigh)

As appropriate

(2x3)



6. (50 marks)
(a) Certain drugs are banned from use in competitive sport.
Give **THREE** reasons why this is so. (9 marks)

*Dangers to health / Injury from pushing too far / Unfair advantage /
Dangerous side-effects, e.g. personality change, increased body hair / Affects vocal
chords* (3×3)

- (b) Explain what is meant by 'body image' and state how it can affect self-esteem. (8 marks)
*Your personal view of your own body / High 'body image' results in high self esteem /
Personal confidence / Confidence in relationships with others and vice versa* (2×4)

- (c) Give **THREE** examples of healthy eating practices. (9 marks)
*Balanced diet across food groups / Carbohydrates as principal source of energy /
Regular meals throughout the day / Water rather than soft drinks /
Lean meat / Low fat dairy products / Grilled rather than fried food
Avoid take-away food / Low alcohol intake* (3×3)

(d) A healthy 18 year old asks you to suggest a good breakfast, lunch and evening meal.

Write your suggestions in the boxes below.

(24 marks)

Breakfast	
<i>Orange juice</i>	
<i>Cereal</i>	
<i>Low fat milk</i>	
<i>Tea</i>	
<i>Piece of fruit</i>	
<i>Toast</i>	
<i>Jam</i>	(4x2)

Lunch	
<i>Turkey sandwich</i>	
<i>Side salad</i>	
<i>Piece of fruit</i>	
<i>Low fat yoghurt</i>	
<i>Glass of water</i>	(4x2)

Main Evening Meal	
<i>Grilled chicken</i>	
<i>Pasta</i>	
<i>Vegetable selection</i>	
<i>Tea</i>	
<i>Jaffa cakes (2 to 3)</i>	(4x2)

ANSWER ONE QUESTION IN THIS SECTION.

7. (50 marks)

- (a) The drawing shows an accident at a swimming pool.
State **FIVE** rules which help prevent accidents
at the swimming pool. (10 marks)



**No running / No pushing / No diving at shallow end / Obey lifeguards /
No bombing / No facemasks / No smoking / No eating** (5x2)

- (b) A swimming pool manager has divided his week-day swimming pool times into TIME SLOTS. In the table below fill in the group or type of people who are most likely to use each TIME SLOT. (14 marks)

TIME SLOT		
1	9.00 A.M. - 10.25 A.M.	Parents / Mothers and Toddlers
2	10.35 A.M - 11.55 A.M	School / Elderly
3	12.05 P.M. - 1.55 P.M.	Workers on lunch break
4	2.05 P.M. - 3.55 P.M.	Unemployed / Schools / Elderly
5	4.05 P.M. - 6.55 P.M.	General public
6	7.05 P.M. - 8.55 P.M.	Swimming club
7	9.05 P.M. - 10.00 P.M.	Sub aqua club

(7x2)

- (c) From the above table, pick any **THREE** Time Slots and give reasons for your choice of users. (12 marks)

TIME SLOT: _____ Reason: *As per slot*

TIME SLOT: _____ e.g. Reason: *Swimming class as P.E. lesson*

TIME SLOT: _____ Reason: *As per slot* (3x4)

- (d) Describe **how to tread water** and give an example of its **use in lifesaving**.
You may use a sketch to help your description. (14 marks)

Stated or shown

How to tread water:

Use arms and legs in circular motion to maintain upright position in water / Leg action may be scissors kick, cycling, breast kick / egg beater / Head above water. (2×4 +2)

Use in lifesaving:

To assess condition of subject / Low energy expenditure / Head above water / Keep group together

(4)

Sketch



8. (50 marks)

(a) Select **TWO** categories of people from the list below and in each category give **TWO** reasons why swimming activities would be good for these people. (14 marks)

People with a physical disability	Older adults	People recovering from sports injuries
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Category 1 *e.g. People recovering from sports injuries*

Reasons *Maintain fitness / Helps prevent weight gain
No impact so less likely to aggravate injury / Gradual increase in movement to assist recovery* (4+3)

Category 2 *e.g. Physical disability*

Reasons *Therapeutic relaxation / Increase fitness / Build self esteem /
Introduction to other water sports
Social activity in different setting* (4+3)

(b) Hygiene is high on the list of things a swimming pool manager must consider. Give **THREE** reasons why this is so. (9 marks)

*Health & Safety Act / Limit spread of disease /
Avoid pollution / Avoid aesthetic offence* (3×3)

- (c) List **FOUR** pieces of safety equipment that should be available to life guards at a swimming pool or beach. (14 marks)

Rope / Pole / Buoyancy aid / Whistle / High chair / Lifeguard station (position) (4x2)

Select **TWO** pieces of equipment from the four pieces of safety equipment you have listed and describe how each might be used.

Equipment: ***Rope / pole***

Use: ***To perform dry rescue***

Equipment: ***High chair / Lifeguard station (position)***

Use: ***To ensure greater visibility*** (2 matched usesx3)

- (d) (13 marks)

Name the stroke being performed by the swimmer in the drawing.

Front crawl / Crawl (4)



In this stroke explain the correct technique for:

ARMS / HANDS ***Fingers together / arms lift / reach / catch and pull*** (3)

LEGS / FEET ***Toes pointed / kick up and down*** (3)

BREATHING: ***Turn head to the side - breathe in*** (3)

Section 4 – Outdoor Education

(50 marks)

ANSWER ONE QUESTION IN THIS SECTION.

9. (50 marks)

Study the map provided and answer the following questions.

You are the main leader for a group of 15 year olds on a two-day, one-night outdoor adventure trip.

- (a) If you travelled from Ardara [Grid Ref. 734 907 (bottom right of map)] north along the R261 to Kilclooney [Grid Ref. 719 972 (top right of map)] you would pass a number of historical sites (e.g. a standing stone and a megalithic tomb). (12 marks)

Give the name and six-figure grid reference of a historical site you would see on the way.

Name: *e.g. Standing stone* Grid reference: *736 920* (2×4)
[Allow 2 marks for 4 digit grid ref.]

What distance would you have travelled, in kilometres, from Ardara to reach this site?

1 k (4)

- (b) Identify, using a six-figure grid reference, a suitable place for a water based adventure activity and give the following details. (12 marks)

Grid reference: *e.g. 679 955* (4)
[Allow 2 marks for 4 digit grid ref.]

Activity *Sea canoeing* (4)

Give **TWO** relevant safety factors for this activity

Safety: *e.g. Wear proper buoyancy jacket / Never canoe alone* (2×2)

- (c) (14 marks)

If you were standing at the summit of Binwore [Grid Ref. 674 898 (bottom of map)]

- (i) how high would you be above sea level?

261 m [Allow 3 marks only for 261] (5)

- (ii) describe your view looking north

Land slopes downwards / Beach / Strand / Low-lying land / sea
(3×3)

- (d) Select a suitable route for a **hill walk** in good weather conditions. You have a mini-bus for transport. Give your starting and finishing points using six-figure grid references. State the direction of the walk, approximate time taken and **ONE** feature of interest along the way.

(12 marks)

Start point	<i>As per selection</i>	(3)
Finish point	<i>Route available for walking</i>	(3)
Time taken	<i>Should be appropriate</i>	(3)
Feature of interest	<i>Should relate to route</i> [Allow 2 marks for 4 digit grid ref. in each case]	(3)

Two friends of yours are planning a hill walk. The weather forecast for the day is for fine weather starting out but rain is forecast later.

- (a) What advice would you give them in relation to the clothing, footwear and other equipment they should carry? (18 marks)

Clothing: *3 layer principle -*

Thermal / fleece / jumper / raingear/

Trousers flexible (jeans not suitable) /

Hat / scarf / gloves

(3×3)

Footwear: *Hiking boots (waterproof) / wool socks*

(3)

Other equipment: *Map, whistle, compass etc in rucksack*

(2×3)



- (b) Suggest the order in which items should be packed into their rucksacks. (8 marks)

Less important / Less immediately needed items at bottom / Weight in middle / Stoves and fuel separate from food / Raingear at top / Map (compass) in top or side pocket / Water accessible

(4+2×2)



- (c) Outline **THREE** things to take into account when using a stove for outdoor cooking. (9 marks)

Never cook in a tent / Read operating instructions / practise before trip / Flame may be hard to see / take care when refilling / Use proper (labelled) fuel containers

(3×3)

- (d) List **THREE** elements of the Country Code and **TWO** reasons for each. (15 marks)
- One: ***Close gates you open*** (1)
- Reason 1: ***Stock may stray*** (2)
- Reason 2: ***Damage crops / Cause road accident / Get lost*** (2)
- Two: ***Leave no litter*** (1)
- Reason 1; ***Danger – glass / tins may injure*** (2)
- Reason 2 ***Plastics may choke animals - pollution*** (2)
- Three: ***Respect nature*** (1)
- Reason 1: ***Dogs / Noise may frighten wild creatures*** (2)
- Reason 2: ***Tramping damages young trees (wild flowers / stone walls)*** (2)

Section 5 – Game 1 (Invasion)

(50 marks)

ANSWER ONE QUESTION IN THIS SECTION.

In the space provided, please write the chosen invasion game in which you specialised this year. Questions that refer to games in this section relate to the chosen game only.

Game *e.g. Soccer*

11. (50 marks)

(a) In your game (12 marks)

How many players are there on a team? *11* (3)

How long does a regular game last? *1½ hours / 90 minutes* (3)

Name the National Governing Body. *Football Association of Ireland (F.A.I.)* (3)

How many substitutions are allowed in a regular game? *Depends on competition* (3)

(b) Name **ONE** passing and **ONE** shooting technique and give **TWO** coaching points for each. (14 marks)

PASS: *e.g. Side foot* (3)

Two Points: *Non-kicking foot beside ball / Use arms for balance / Eye on ball / Swing foot and make contact with side of foot / Follow through in direction of pass* (2×2)

SHOT: *As per shot selected* (3)

Two Points: *As appropriate* (2×2)

(c) Explain **TWO** ways you could use each of the following pieces of equipment in practice drills. (12 marks)

Cones: *Mark out playing area / Mark out goals / Practice grids / Positions at which players stand for practice drill* (4)

Bibs: *Identify teams / Identify selected players in practice drill / Designated goalkeeper(scorers)* (4)

Extra Balls: *Allows more individual practice / Allows for quicker restart of drills and practice games / Saves time* (4)

(d) State, in your own words, **THREE** rules that apply to your game and explain the need for each rule. (12 marks)

Rule: *e.g. Goalkeeper must release ball back within 6 seconds* (2)

Need for Rule: *To speed up game* (2)

Rule: *e.g. Opposing teams wear distinctly different uniforms* (2)

Need for Rule: *Easy for officials to distinguish opposing teams* (2)

Rule: *Players must wear shin protection* (2)

Need for Rule: *To help prevent injury* (2)

12. (50 marks)

- (a) In relation to your chosen game explain **THREE** reasons why strength is important. (12 marks)

e.g. Help avoid injury / Adds to fitness and competitiveness / Helps to win tackles
(3×4)

- (b) For an invasion game teamwork is very important. Give **THREE** reasons why this is true. (12 marks)

*To help achieve victory / Not possible to win as an individual /
Different players have different strengths and weaknesses* (6+2×3)

- (c) Give the title of **TWO** officials who officiate at your game and outline **TWO** duties of each. (12 marks)

Official One: *Referee* (2)

Duty One: *To maintain discipline* (2)

Duty Two: *To keep time* (2)

Official Two: *Referee's assistant / linesman* (2)

Duty One: *Signals offside* (2)

Duty Two: *Signals when ball crosses sideline and direction of throw-in* (2)

(d) List **THREE** qualities to be found in a good official. (14 marks)

To be impartial (fair) / Treat players with respect /

To be knowledgeable of and up to date with the rules of the game (2×5+4)

ANSWER ONE QUESTION IN THIS SECTION.

In the space provided, please write the chosen net/fielding game in which you specialised this year. Questions that refer to games in this section relate to the chosen game only.

Game: *e.g. Badminton*

13. (50 marks)

- (a) State **THREE** places where a beginner to your game may get information on rules and regulations. (10 marks)

Local club / National Governing Body (Badminton Union of Ireland) / Library / Internet / Books / Videos (4+2×3)

- (b) Coaches play an important role in the development of a sport. List **THREE** important roles played by coaches in your sport. (12 marks)

Helps players improve techniques (skills) / Motivates players / Advises players on tactics (6+2×3)

- (c) Give **FOUR** reasons why a player may not perform up to normal standard on any given day. (12 marks)

*Injury / Quality of opponent / Poor motivation
Emotional/personal problems / Hangover / Drugs /
Poor tactical decisions* (4×3)

(d)

A coach gives the following choice to the players.



Give **FOUR** reasons why a coach might give this choice to players.

(16 marks)

It is sometimes good to give players choice -ownership /

Beginners can choose their own level /

Allows players to test themselves at their own level /

Shows that sport can be played for social/leisure/fun reasons

(2×5+2×3)

- (a) A player in your care has clearly sprained an ankle.
Describe the first aid treatment you would give.
(12 marks)

Procedure as described by R.I.C.E.

(2x4+2x2)



- (b) Either the serve, the pitch or the bowl is an important skill/technique in your game.
Give **THREE** reasons why this is so. (9 marks)

As per game -

When scoring is possible /

Service (bowl) may target opponent's weakness /

Service (bowl) decides initial tactic and dictates play

(3x3)

- (c) Explain, with the help of a diagram, a drill you would use when coaching the serve, the pitch or the bowl.

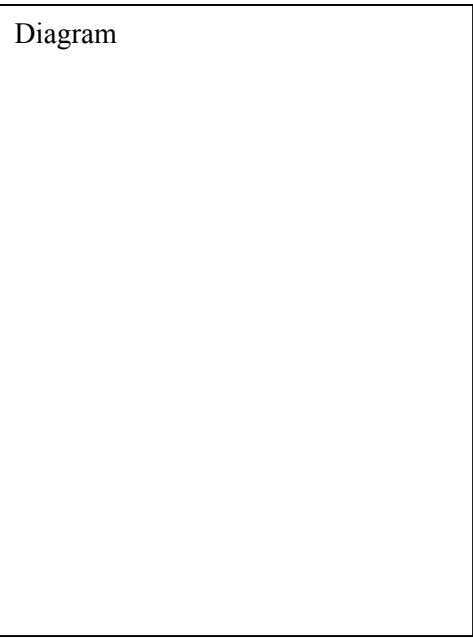
(16 marks)

Explanation of drill: *As per game*

Appropriate to skill (4 points x4)

[Allows 4 marks for maximum participation]

No diagram - deduct 4 marks



(d)

(13 marks)

Name **THREE** careers, apart from playing as a professional, which could involve your game.

Career: ***Coach / Development Officer / Administrator Physiotherapist*** (3×2)

Choose **ONE** of these and outline how you would go about making it your career.

Choice of Career: ***e.g. Coach***

What training, education and qualifications would you need?

e.g. appropriate coaching qualification / e.g. Level 2/3 or coach tutor (3)

Describe the type of activities you would be doing in this job.

Organise coaching courses / Promote the sport / Devise individual and group training schedules / Work with different target groups, e.g. children, beginners, etc. / Liase with other coaches and National organisation. (2×2)