



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2005

Vocational Specialism – Active Leisure Studies (240 marks)

Thursday, 16th June, 2005
Morning 9.30am to 11.00am

General Directions

1. Write your EXAMINATION NUMBER in this space:
2. WRITE ALL ANSWERS INTO THIS ANSWER BOOK.

THERE ARE SIX SECTIONS IN THIS PAPER

Candidates must 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 the first question in Section 2 are compulsory.

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

For the examiner only

		Mark
Section 1	Question 1	
	Question 2	
	Question 3	
Section 2	Question 4	
	Question 5	
	Question 6	
Section 3	Question 7	
	Question 8	
Section 4	Question 9	
	Question 10	
Section 5	Question 11	
	Question 12	
Section 6	Question 13	
	Question 14	
Mór Iomlán (Total)		

<i>For the Superintendent only</i>	<i>For the Examiner only</i>	
Centre Stamp	1. Total of end of page totals.	
	2. Aggregate total of all disallowed questions.	
	3. Total mark awarded (1 minus 2)	
	4. Bonus mark for answering through Irish (if applicable)	
	5. Total mark awarded if Irish Bonus. (3 + 4)	
	Note: The mark in row 3 (or row 5 if an Irish bonus is awarded) must equal the mark in the Mór-Iomlán box on the script.	

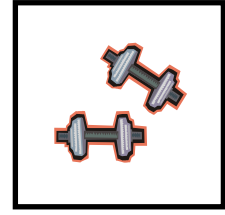
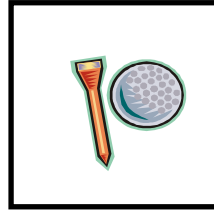
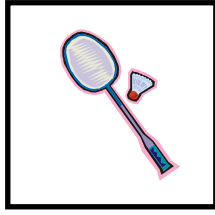
Section 1 – Leisure Studies

(70 marks)

ANSWER QUESTION ONE AND ONE OTHER QUESTION FROM THIS SECTION.

1. (20 marks)
- (a) List **TWO** popular outdoor team games which need the use of playing fields.
- 1 _____ 2 _____
- (b) Which club officer normally records the minutes of a club meeting?
- _____
- (c) Some people in the leisure industry work unsociable hours. What is meant by “unsociable hours”?
- _____
- (d) Give an example of an active leisure activity provided by a private company for profit.
- Example _____
- (e) List **ONE** national agency or organisation, which is involved in providing active leisure activities in your area.
- Agency _____
- (f) It is necessary to have a qualification in life saving in order to work as a lifeguard. True or False?
- _____
- (g) List **ONE** factor which affects the type of active leisure activities in which people take part.
- _____
- (h) Name **ONE** characteristic of sport.
- _____
- (i) You may not become a member of a leisure club if you are 65 years or older. True or False?
- _____
- (j) Disabled people take part in sport less than average. Name **TWO** other groups of people which also participate less than average.
- 1 _____
- 2 _____

2. (a) Visitors to a Sport and Leisure Centre may see the following signs. Write the name of the activity that each sign represents underneath the sign. (50 marks)
(9 marks)



- (b) Outline **TWO** main differences between public sector and private sector leisure organisations. (10 marks)

1 _____

2 _____

- (c) The local council/corporation is planning a summer programme of active leisure activities for primary school children. List and explain **THREE** factors the council/corporation should take into account when planning this programme. (15 marks)

Factor 1 _____

Explain _____

Factor 2 _____

Explain _____

Factor 3 _____

Explain _____

- (d) On a summer project you are in charge of a group of primary school children in a sportshall when a child falls and suffers a serious leg injury. What are the steps you should take to deal with (i) the injured child (ii) the rest of the group (iii) reporting the accident? (16 marks)

(i) the injured child _____

(ii) the rest of the group _____

(iii) reporting the accident _____

3. (50 marks)

- (a) As you enter a Leisure Centre, for the first time to make enquires about joining, you are impressed by the receptionist. Explain **FOUR** things about the receptionist which might give you this good impression. (12 marks)

1 _____

2 _____

3 _____

4 _____

- (b) Explain, with the help of a sketch, the correct way to lift and carry heavy equipment. (12 marks)

Lift _____

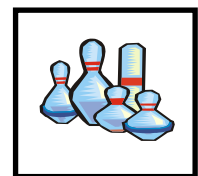
Carry _____

Lift

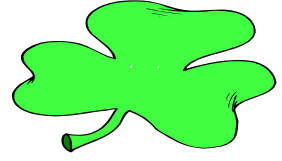
Carry

- (c) You are the receptionist at the local bowling alley. A customer arrives to find that she has been double-booked and someone is already playing on the bowling lane she booked.

Explain how you would deal with this situation. (14 marks)



- (d) Outline **FOUR** ways through which the leisure industry could attract more tourists to Ireland. (12 marks)



1 _____

2 _____

3 _____

4 _____

ANSWER QUESTION FOUR AND ONE OTHER QUESTION IN THIS SECTION.

4.

(20 marks)

- (a) Is playing darts an aerobic or an anaerobic activity?

- (b) Name a test to measure cardiovascular fitness.

- (c) Is the heart a muscle?

- (d) Is using a low fat diet alone the best way to lose weight?

- (e) Is it safe to drink fluids before and during exercise?

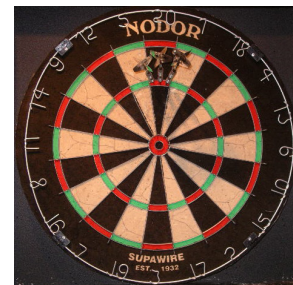
- (f) Which of the following food groups is the most important source of energy for the body, vitamins or carbohydrates?

- (g) Does dehydration affect sporting performance?

- (h) Do anabolic steroids produce side effects?

- (i) When you stop working out do your muscles turn (convert) to fat?

- (j) Name the main component of fitness needed for shot putting.



5.

(50 marks)
(10 marks)

(a) What is meant by the term 'pulse rate'?

(b) Describe **ONE** way to take (measure) a pulse rate. (12 marks)

(c) Give **THREE** reasons why a person should take part in physical activity during their leisure time. (9 marks)

1

2

3

(d) Eating a balanced diet involves selecting from the main food groups. Complete the table below by naming **TWO** choices of food or drink that are good sources of each food group listed. (19 marks)

Food Group	Choice 1	Choice 2
Carbohydrates		
Fats		
Protein		
Vitamins		
Minerals		

List **THREE** benefits of a balanced diet.

1

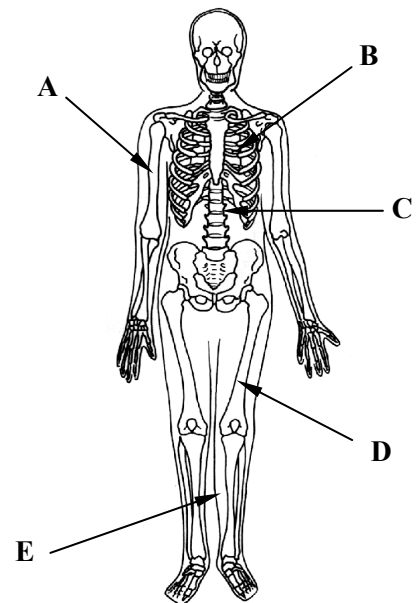
2

3

6. (50 marks)

- (a) Look at the diagram of the human skeleton on the right. Match the labels **A**, **B**, **C**, **D** and **E** with the correct location of muscles in the table below. (10 marks)

Muscle	Label
Deltoid	
Calf	
Bicep	
Abdomen	
Quadriцеп	



- (b) Give **THREE** reasons why a person might enjoy competitive sport. (12 marks)

1 _____

2 _____

3 _____

- (c) A 16 year-old friend of yours, who does NOT exercise regularly and who smokes, has asked your advice on improving his/her fitness. Give **THREE** pieces of advice. (12 marks)

1 _____

2 _____

3 _____

- (d) Explain what is meant by **CIRCUIT TRAINING** and in the box below describe a circuit to include **TWO** exercises for strength and **TWO** exercises for flexibility. (16 marks)

CIRCUIT TRAINING _____

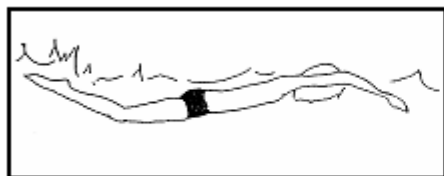
Circuit Training Exercises	Diagram if helpful
Strength _____ _____ _____ _____ _____	
Strength _____ _____ _____ _____ _____	
Flexibility _____ _____ _____ _____ _____	
Flexibility _____ _____ _____ _____ _____	

ANSWER ONE QUESTION IN THIS SECTION.

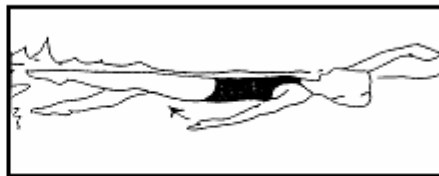
7.

(50 marks)

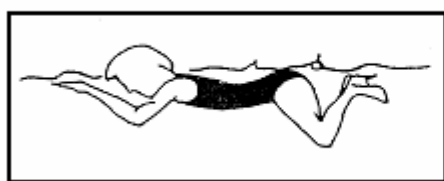
- (a) Study the drawings 1, 2, 3 and 4 below and identify each of the **FOUR** swimming strokes shown. Place the correct name of each stroke on the line given under each drawing. (15 marks)



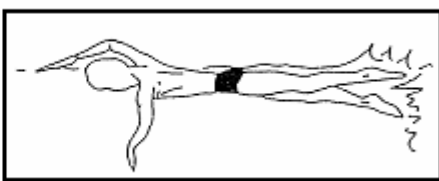
1 _____



2 _____



3 _____



4 _____

Which stroke produces the greatest speed through the water? _____

- (b) Select **ONE** stroke from the drawings above and outline **ONE** coaching point for each of arms, legs and breathing when teaching the stroke. You may use a sketch to help you. (12 marks)

Stroke _____

Arms _____

Legs _____

Breathing _____

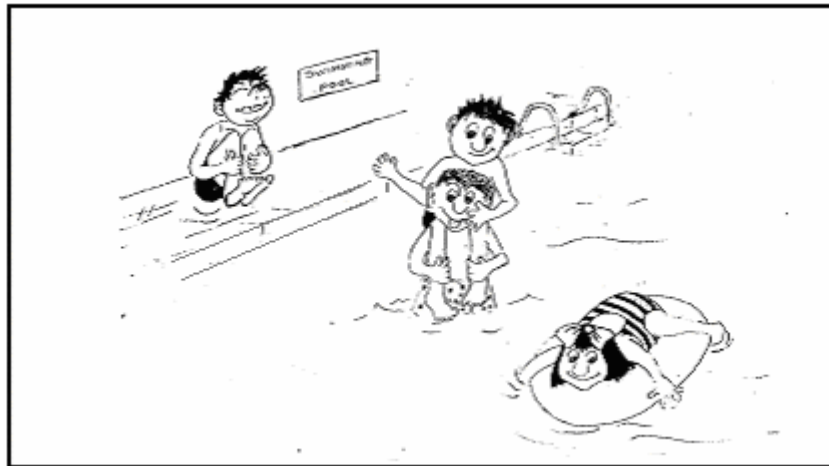
Sketch if helpful

- (c) Name **ONE** dry rescue technique and explain the steps you would take if rescuing someone using this technique. (14 marks)

Name _____

Steps _____

- (d) Look at the picture below and give **THREE** ways in which these swimmers are **not following the safety rules** which should apply in and around the pool. (9 marks)

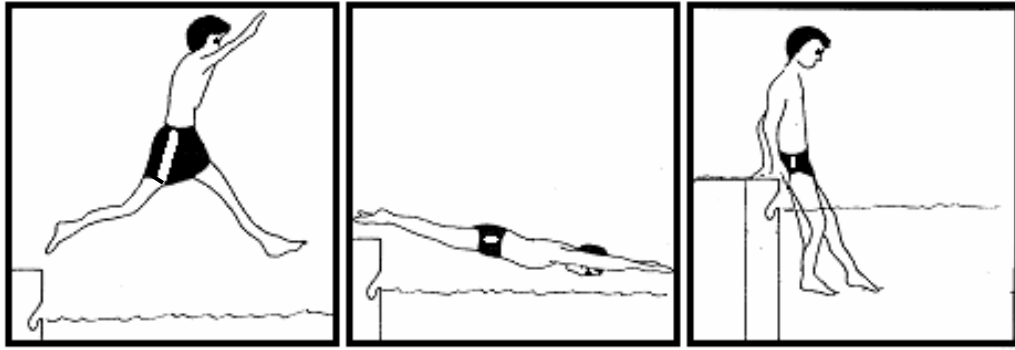


1 _____

2 _____

3 _____

8. (a) Study the drawings 1, 2 and 3 below and name any **TWO** of these methods of entering the water. Place the correct name on the line under each drawing. (50 marks) (14 marks)



1 _____ 2 _____ 3 _____

Choose **ONE** of the above and explain how to enter the water using this method.

Method _____

Give **TWO** reasons for using this method for entering the water.

Reason 1 _____

Reason 2 _____

- (b) A group of friends are going to the beach for the day. List **FOUR** guidelines the group should follow in order to stay safe. (12 marks)

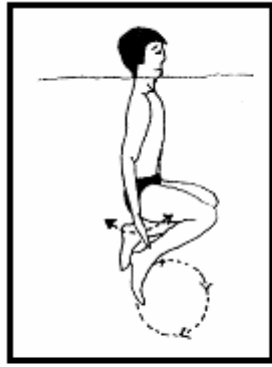
1 _____

2 _____

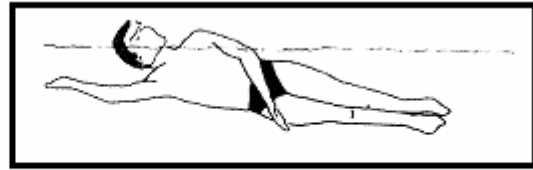
3 _____

4 _____

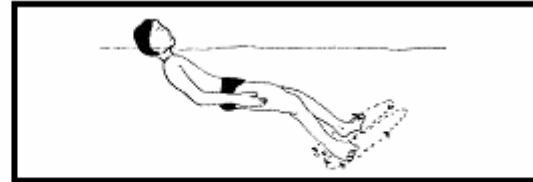
- (c) Study the drawings 1, 2 and 3 below. Each drawing shows a skill used in lifesaving. Identify any **TWO** of these skills. Place the correct name of the skill on the line given under the drawing. (12 marks)



2 _____



1 _____



3 _____

Select **ONE** of the lifesaving skills you have named and explain its purpose in lifesaving.

Skill _____

Purpose _____

- (d) For a person to carry out a successful rescue, he or she should first look carefully at the situation. List **FOUR** points a rescuer should consider before starting a rescue. (12 marks)

1 _____

2 _____

3 _____

4 _____

ANSWER ONE QUESTION IN THIS SECTION.

9. (50 marks)

Study the map provided and answer the following questions.

- (a) Select a suitable spot to camp overnight and give a six figure grid reference for the spot.
Give **TWO** reasons for your selection. (9 marks)

Grid reference _____

Reason 1 _____

Reason 2 _____

- (b) Select, using six figure grid references, a suitable place for **ONE** land based outdoor education activity and a suitable place for **ONE** water based outdoor education activity.
Give **ONE** reason for each selection. (18 marks)

Name of land based activity _____


Grid reference _____

Reason for selection _____

Name of water based activity _____

Grid reference _____

Reason for selection _____

- (c) There is one Youth Hostel marked on the map using the following symbol 
Give a six figure grid reference for where it can be found. (8 marks)

Grid reference _____

Post Offices are marked by the following symbol.

 **PO**

Give the distance in kilometres from the hostel to the nearest Post Office. _____

- (d) It is important to have a first aid kit when going on adventure activities.

Name **FIVE** items which should be included. (15 marks)



Item 1 _____

Item 2 _____

Item 3 _____

Item 4 _____

Item 5 _____

- (a) From the list below, select **ONE** activity you took part in this year.
Name **TWO** skills used in this activity and explain how each skill is used. (12 marks)

rock climbing

canoeing

hill walking

orienteering

snorkelling

sailing

Activity _____

Skill 1 _____

Use _____

Skill 2 _____

Use _____

- (b) Name **THREE** items of equipment used in the activity you have chosen in (a) above and explain how you would care for each item of equipment named. (12 marks)

Equipment _____

Care _____

Equipment _____

Care _____

Equipment _____

Care _____

- (c) The picture shows a tent pitched on top of a mountain.
List **THREE** safety factors which should be considered when setting up camp. (12 marks)



One _____

Two _____

Three _____

- (d) Describe **TWO** signs (symptoms) of hypothermia and describe how hypothermia is treated. (14 marks)

Sign 1 _____

Sign 2 _____

Treatment _____

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 _____

11.

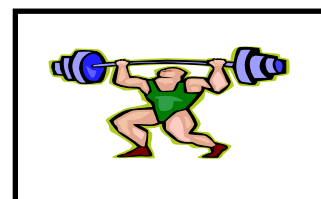
(50 marks)

- (a) In the box below draw in the pitch/court markings for your game and name each line. (14 marks)

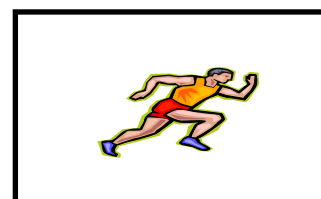


- (b) **Strength, speed and flexibility** are important components of fitness. Explain how each of these components is used in your game. (12 marks)

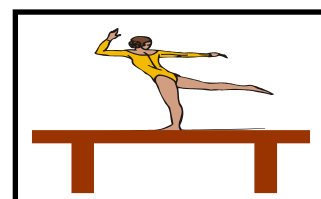
Strength _____



Speed _____



Flexibility _____



- (c) Select **TWO** passing skills from your chosen game and describe the technique involved. (12 marks)

Passing Skill One _____

Technique _____

Passing Skill Two _____

Technique _____

- (d) In each of the passing skills above describe a situation in the game when the skill would be used. (12 marks)

Skill 1 _____

Skill 2 _____

12. (50 marks)

- (a) You have just moved into a new area.
How would you go about joining a local club? (10 marks)

- (b) Name the National Governing Body of your game and outline **THREE** functions it carries out. (12 marks)

National Governing Body _____

Function One _____

Function Two _____

Function Three _____

- (c) Name and describe **TWO** types of competition that may be organised for your game. (16 marks)

Name 1 _____

Description _____

Name 2 _____

Description _____

- (d) You are in charge of a practice match for under 12s in which the same couple of players keep hogging the ball. What rules could you put in place to deal with this situation? (12 marks)



Rules _____

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 _____

13.

(50 marks)

- (a) The person in the illustration is not dressed correctly for sport. In your game name **THREE** correct items of clothing or footwear used and explain why they are suitable.

(12 marks)

Item 1 _____

Why? _____

Item 2 _____

Why? _____

Item 3 _____

Why? _____



- (b) How would you encourage young people to take up your game for the first time? Answer using the headings below.

(15 marks)

Introducing them to the game _____

Basic skills you would introduce _____

Equipment needed _____

- (c) Safety is one of the reasons for having rules in any game. Give examples of **TWO** rules that you think influence safety in your game and explain their use. (14 marks)

Rule One _____

Explanation _____

Rule Two _____

Explanation _____

- (d) Referees/Umpires in charge of sports events want to be seen to be fair. State **THREE** different ways in which they try to do this. (9 marks)

1 _____

2 _____

3 _____

14.

(50 marks)

- (a) Name **THREE** skills which are an important part of your game. (10 marks)

Skill 1 _____

Skill 2 _____

Skill 3 _____

- (b) Outline **THREE** advantages of coaching a group with a small number of players instead of a large number. (15 marks)

1 _____

2 _____

3 _____

- (c) List **THREE** qualities needed in a good coach and say how each quality would help him/her in coaching a group. (15 marks)

Quality 1 _____

How? _____

Quality 2 _____

How? _____

Quality 3 _____

How? _____

- (d) 'Fair Play means more than playing within the rules'.
Explain what this statement means.

(10 marks)

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For the examiner only

		Mark
Section 1	Question 1	
	Question 2	
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Section 2	Question 4	
	Question 5	
	Question 6	
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