



Coimisiún na Scrúduithe Stáit State Examinations Commission

2008. AP 9.3

Leaving Certificate Applied 2008

Vocational Specialism – Active Leisure Studies (240 marks)

Thursday 12th June 2008
Morning 9.30am to 11.00am

General Directions

Write your EXAMINATION NUMBER in this space:

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Candidates are required to answer SIX questions. Sections 1 and 2 are compulsory.

- | | | | |
|------------------|-------------------------------|-----------------|--|
| Section 1 | Leisure Studies | 70 marks | Answer Question 1 and one other question |
| Section 2 | Health Related Fitness | 70 marks | Answer Question 4 and one other question |

Choose TWO Sections from Sections 3, 4, 5, and 6:

- | | | | |
|------------------|---------------------------------|-----------------|---------------------|
| Section 3 | Aquatics | 50 marks | Answer one question |
| Section 4 | Outdoor Education | 50 marks | Answer one question |
| Section 5 | Games 1 (Invasion) | 50 marks | Answer one question |
| Section 6 | Games 2 (Net / Fielding) | 50 marks | Answer one question |

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	

<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)	

Section 1 – Leisure Studies – (compulsory)

(70 marks)

Answer **Question 1** and **one** other question from this section.

Question 1.

(20 marks)

(a) Explain what is meant by a professional sportsperson.

(b) In an emergency two different telephone numbers may be dialled for help. List **one** of these.

- (c) Tick (✓) the correct statement
- | | | |
|-------|---|--------------------------|
| (i) | Table-tennis is an active leisure activity. | <input type="checkbox"/> |
| (ii) | Table-tennis is a passive leisure activity. | <input type="checkbox"/> |
| (iii) | Table-tennis is not a leisure activity. | <input type="checkbox"/> |

(d) Give **one** duty of a manager in a leisure facility.

(e) State **two** pieces of information you might be asked about yourself when joining a sports club.

(f) Give **one** reason why a person might choose a particular leisure activity.

(g) List **two** games which are played on courts.

(h) Give **one** reason why Health & Safety Laws are necessary.

(i) State **one** factor that might encourage disabled groups to use a leisure centre.

(j) State **one** activity of *Fáilte Ireland*.

Question 2.

(50 marks)

- (a) You have been asked to set up an activity club in your school, leisure centre or community. (12 marks)

What type of club would you set up?

Give **three** reasons for setting up this type of club.

Reason 1 _____

Reason 2 _____

Reason 3 _____

- (b) The Club needs a constitution or set of rules. List **three** rules you would include in your constitution. (12 marks)

Rule 1 _____

Rule 2 _____

Rule 3 _____

Choose **one** rule and explain why you have included it in your constitution.

Rule _____

Explanation _____

(c) Name **four** office holders you will need to run the club. (12 marks)
[**Note:** Team managers and coaches are not office holders]

1. _____
2. _____
3. _____
4. _____

(d) Choose **two** officers you have named above and outline **two** duties performed by each of these officers. (14 marks)

Officer 1 _____

Duty 1 _____

Duty 2 _____

Officer 2 _____

Duty 1 _____

Duty 2 _____

Question 3.

(50 marks)

(a) When you visit a Leisure Centre you may see these health and safety signs. What does **each sign** mean?

(12 marks)



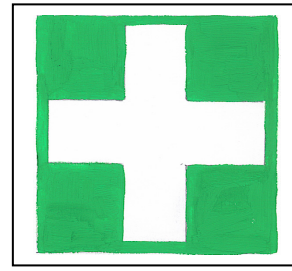
1. _____



2. _____



3. _____



4. _____

(b) List **two** duties of (i) a lifeguard, (ii) a receptionist, in a leisure centre.

(12 marks)

Lifeguard 1 _____

Lifeguard 2 _____

Receptionist 1 _____

Receptionist 2 _____

- (c) You have been asked to organise a sports event in a sports hall for twenty ten-year-old boys and girls. Choose **two** activities to include in your event. Give a reason for each choice and name one safety factor for each activity. (16 marks)

Activity 1 _____

Reason _____

Safety Factor _____

Activity 2 _____

Reason _____

Safety Factor _____

- (d) You are interviewing a manager of a Leisure/Activity centre to find out about the job and the training required for that job. List **five** questions you would include in your interview. (10 marks)

1. _____

2. _____

3. _____

4. _____

5. _____

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

Answer **Question 4** and **one** other question in this section.

Question 4.

(20 marks)

- (a) Which of the following is not a component of Health Related Fitness?
(i) Cardiovascular Endurance (ii) Height (iii) Flexibility (iv) Muscular Strength.

- (b) List **one** visible change in the body that can be seen during vigorous activity.

- (c) Name **one** component of fitness that is important for soccer players.

- (d) State **one** function of the skeleton.

- (e) Describe **one** visible change in the body that can be brought about by a six-month programme of exercise.

- (f) Name **one** eating disorder.

- (g) Which food group supplies the body with its main source of energy?

- (h) Give **one** reason why a sportsperson should do a warm-up.

- (i) Give **one** benefit of an active lifestyle.

- (j) Where in the body is the triceps muscle?

Question 5.

(50 marks)

- (a) You have been asked to design a fitness programme for a group of twelve-year-olds who have just started post-primary school. You need to find out some information about them to help you design the programme. (24 marks)

State **three** pieces of information you would need from each person.

1. _____
2. _____
3. _____

Give **three** reasons why this information is necessary.

- Reason 1. _____
- Reason 2. _____
- Reason 3. _____

- (b) You need to test the fitness of the group described in (a) above. (10 marks)

Name a test you would carry out.

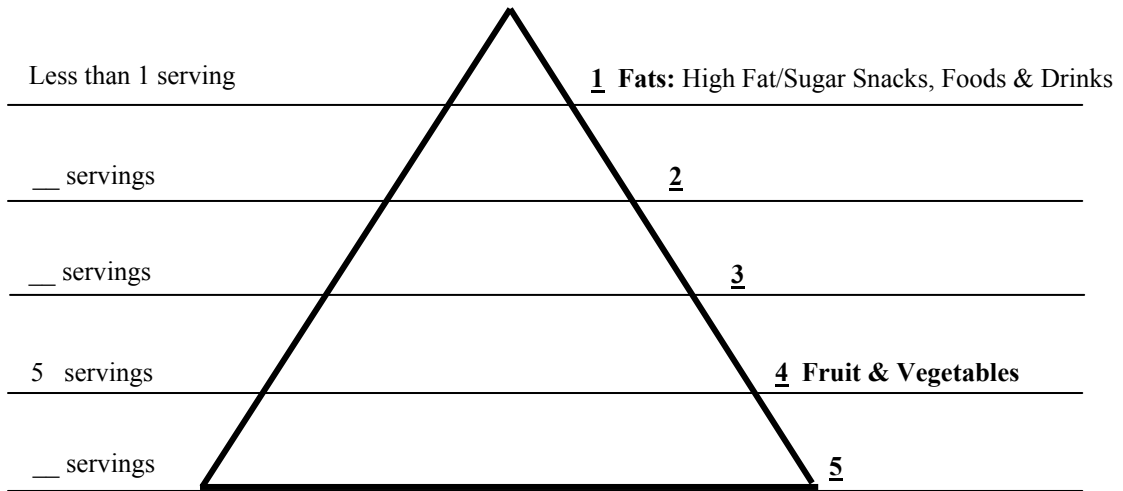
What component of fitness does this test measure?

Explain how the test would be carried out. Draw a sketch if it would help.

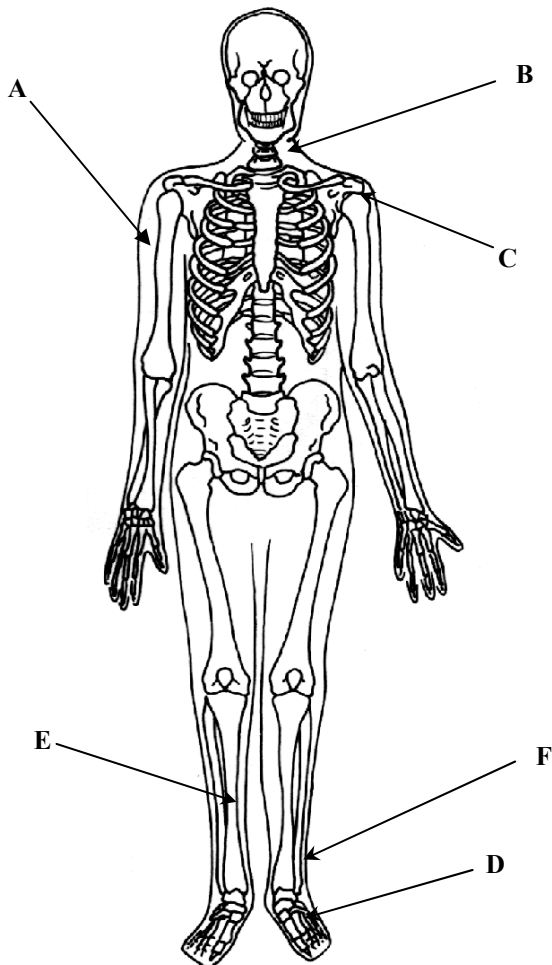
Question 6.

(50 marks)

- (a) The Food Pyramid includes the five main food groups. Two of these food groups, **Fats** and **Fruit & Veg.** have been listed in the pyramid below. The recommended daily intake (servings) of each of these is also given. Write in the names of **any two** of the other food groups in the pyramid below and the recommended number of servings per day. (12 marks)



- (b) Look at the diagram of the human skeleton. Insert the letters **A, B, C, D** and **E** to give the correct location of the body parts listed in the table. One example (**F**) has been completed. (15 marks)



Body Part	Location
Achilles Tendon	F
Biceps	
Caratoid Artery	
Deltoid	
Shin	
Metatarsals	

(c) Give **two** different dangers to athletes from taking banned performance-enhancing drugs. (8 marks)

1. _____

2. _____

(d) During a kick about at lunch-time one of your friends turns on his/her ankle and is in great pain. What FIRST AID should you give? (15 marks)

1. _____

2. _____

3. _____

Choose **two** Sections from Section 3, 4, 5 and 6.

Section 3 – Aquatics

(50 marks)

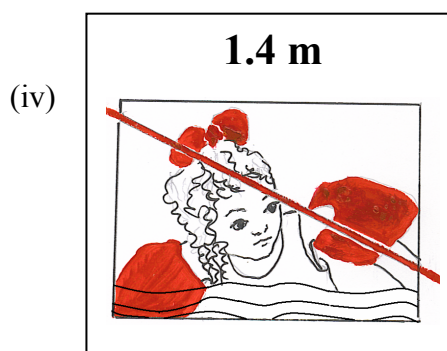
Answer **one** question in this section.

Question 7.

(50 marks)

(a) In a swimming pool you may see the following signs:

(20 marks)



Explain what each sign means.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

Give **one** reason why each of the above signs/instructions is displayed.

- Reasons (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

(b) The following groups of people wish to use the local swimming pool.

1. Swimming team
2. Senior Citizens Association
3. Mothers and Toddlers
4. Local Rugby Team.

Give each group a 1½-hour session at a time that would suit them.

Note: The pool opens at 7 am and closes at 9 pm.

(8 marks)

Group	Time

(c) Give a reason for your time allocation for each group.

(12 marks)

1. Swimming Team _____

2. Senior Citizens Association _____

3. Mothers and Toddlers _____

4. Local Rugby Team _____

(d) Give **two** reasons why swimming might be of benefit to someone who has a sports injury. (10 marks)

Reason 1 _____

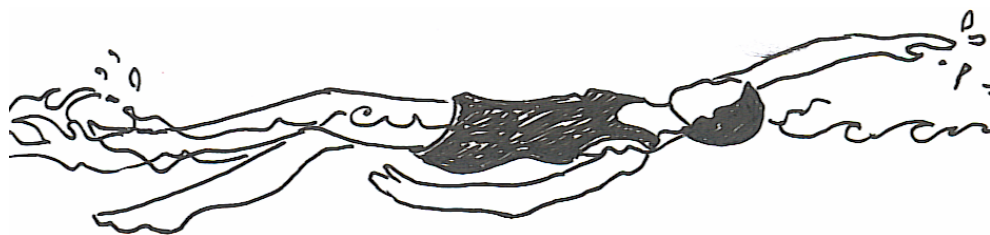
Reason 2 _____

Question 8.

(50 marks)

(a) Look at the drawings below. Name the strokes 1 and 2.

(12 marks)



Stroke 1 _____



Stroke 2 _____

(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.

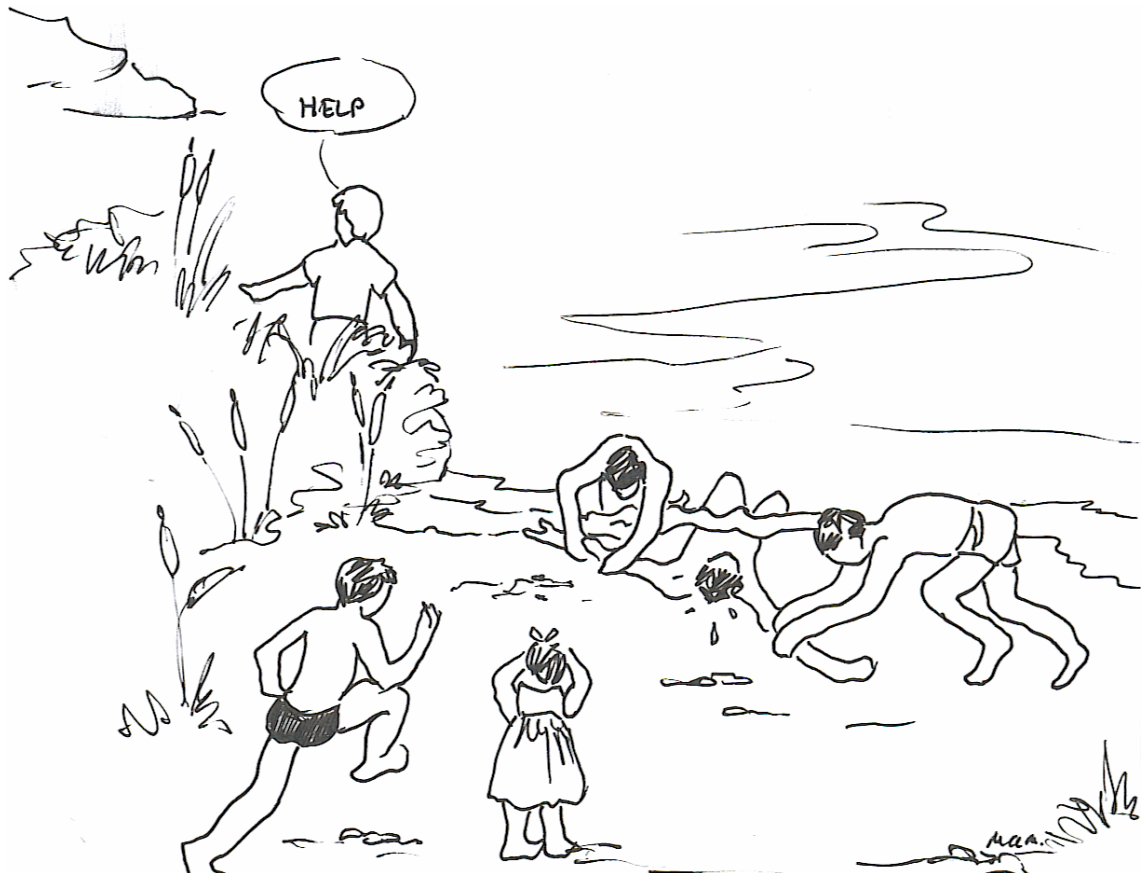
(12 marks)

Stroke _____

Arms _____

Legs _____

Breathing _____



(c) You are walking by a lake. You see a young boy being pulled out of the water by his friends. The young boy does not appear to be breathing. His friends are panicking and don't know what to do.

List **three** things that you should do to help. (14 marks)

1. _____
2. _____
3. _____

(d) List **three** leisure activities for which you need to be able to swim. (12 marks)

1. _____
2. _____
3. _____

List **three** careers for which you need to be able to swim.

1. _____
2. _____
3. _____

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

You have been given responsibility for organising a two-day water-based or land-based trip, involving camping over-night, for a group of 6 seventeen-year-olds. The group will meet at the Post Office at Tonregee, grid reference F783 018 (located at the top of the map). The symbol used to identify a Post Office on the map is **PO**.

You have a minibus available to you for transport.

Study the map provided and answer the following questions.

- (a) Name the main water-based or land-based activity you will organise. (3 marks)

Select a suitable starting point for the first day, a lunch stop and a suitable area to camp overnight. Give 6 figure grid references for each point. (12 marks)

Starting Point _____

Lunch Stop _____

Campsite _____

Give **one** reason for selecting each point above.

Reason for choice of starting point _____

Reason for choice of lunch stop _____

Reason for choice of campsite _____

- (b) Name **three** features of interest that you would see during the two-day trip. (9 marks)

1. _____

2. _____

3. _____

- (c) Based on the main activity you have named in (a), list **three** items of clothing/footwear each person should have and **two** pieces of equipment essential for this activity. (13 marks)

Clothing/Footwear

1. _____
2. _____
3. _____

Equipment

1. _____
2. _____



- (d) The whole area shown in the map is very suitable for activity holidays. Name **one** land-based activity and **one** water-based activity which would attract tourists to this area. The activity selected by you in part (a) cannot be given. (13 marks)

Land-Based _____

Water-Based _____

Select **one** of these activities and explain why this area is suitable for this activity.

Activity _____

Explanation _____

Question 10.

(50 marks)

- (a) Name one water-based outdoor education activity and one land-based outdoor education activity you have taken part in. (14 marks)

Water-Based _____

Land-Based _____

List **two** different safety factors you should take into consideration before taking part in each activity.

Water-Based Safety Factor

1. _____ 2. _____

Land-Based Safety Factor

1. _____ 2. _____

- (b) Name the Environmental Study you carried out as part of your course. (12 marks)

Environmental Study _____

State **three** pieces of information you learned from this study.

1. _____

2. _____

3. _____

- (c) When taking part in Outdoor Education Activities it is very important to carry a First Aid Kit.

List **six** items you would expect a leader to have in his/her First Aid Kit. (12 marks)

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

(d) Outdoor Education Centres employ **instructors**.

(12 marks)

Good instructors have a range of skills and qualities that make them suitable for the job.

Give **two** personal qualities that a person should have to be a good instructor.

Give **one** reason why each of these personal qualities is needed.

Personal quality 1 _____

Reason _____

Personal quality 2 _____

Reason _____

Section 5 – Game 1 (Invasion)

(50 marks)

Answer **one** question in this section.

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

Game _____

Question 11.

(50 marks)

(a) Name two passing skills you have learned.

(16 marks)

1. _____ 2. _____

Choose **one** of the passing skills and give two coaching points for it.

Skill _____

Point one _____

Point two _____

(b) Design **two** drills to practice **one** of the passing skills mentioned in (a).

Drill 1 for beginners and Drill 2 for players who are well able to perform the first drill.

Use the boxes below to explain each drill.

(16 marks)

Drill 1 _____

Drill 2 _____

- (c) All games have rules. (8 marks)
List **two** rules relating to safety which apply to your game.

Rule 1. _____

Rule 2. _____

- (d) You are a member of a team. Each team member has been asked to vote to elect a captain of the team.
List **two** qualities you think a captain should have.
Explain how **one** of these qualities is helpful in the role of captain. (10 marks)

Quality 1. _____

Quality 2. _____

Explanation _____

Question 12

(50 marks)

(a) All activities should end with a cool-down.

Describe a cool down and **explain** the reason for each part of it.

(12 marks)

Description and reasons _____

(b) In invasion games the terms ‘**creating space**’ and ‘**intercepting**’ are used. (14 marks)

Explain each of these terms.

Creating space _____

Intercepting _____

By ticking (✓) the boxes below say whether each of these is used mainly in attacking or defensive play.

Creating space

Attacking

Defensive

Intercepting

Attacking

Defensive

(c) State what is needed in your chosen game under the following headings:

Clothing/Footwear _____

Facilities _____

Equipment _____

(12 marks)

(d) A referee is responsible for making sure that rules are obeyed while a game is being played. Describe **two** other duties of a referee, **one** before a game begins and **one** after the game has ended. (12 marks)

Before the game _____

After the game _____

Section 6 – Games 2 (Net / Fielding)

(50 marks)

Answer **one** question in this section.

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

Game _____

Question 13.

(a) Name **four** skills which are an important part of your game. (12 marks)

1. _____ 2. _____

3. _____ 4. _____

(b) Choose **one** of the skills listed in (a) above and explain how you would perform this skill. (12 marks)

Skill _____

Explanation _____

(c) List **two** pieces of equipment used in your game and explain **two** pieces of advice you would give to someone storing each piece of equipment after use. (14 marks)

Equipment 1 _____

Advice _____

Equipment 2 _____

Advice _____

- (d) Describe a suitable warm-up for a player of your chosen game.
Your description should include all actions involved and a reason for each action.
(12 marks)

Description and reasons _____

Question 14

- (a) In the box below draw in the **pitch markings** or **court markings** or **playing surface markings** for your game and **name each line**. (12 marks)



- (b) List **four** rules that apply to your game. (12 marks)

1. _____
2. _____
3. _____
4. _____

- (c) Cardiovascular endurance (stamina), flexibility and muscular strength are important components of fitness. Explain how **each** of these components is used in your game. (12 marks)

Cardiovascular endurance (stamina) _____

Flexibility _____

Muscular strength _____

- (d) The pitch, or court, or playing area for net / fielding games are sometimes changed or adapted to allow persons with disabilities take part in the sport. (14 marks)

Name or describe a disability that the changes you give below cater for.

Suggest **one** way the pitch, or the court, or the playing area, in your game may be changed or adapted to suit a person with this disability.

Change to playing area _____

Suggest **one** way a rule in your game could be changed or adapted to suit a person with this disability.

Rule change _____

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