



Coimisiún na Scrúduithe Stáit
State Examinations Commission

LEAVING CERTIFICATE APPLIED

2008

MARKING SCHEME

ACTIVE LEISURE STUDIES

General Directions

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

Section 1 Leisure Studies 70 marks

Candidates should answer Question 1 and one other question

Section 2 Health Related Fitness 70 marks

Candidates should answer Question 4 and one other question

Candidates should answer TWO Sections from Sections 3, 4, 5, and 6:

Section 3 Aquatics 50 marks Candidates should answer one question

Section 4 Outdoor Education 50 marks Candidates should answer one question

Section 5 Games 1 (Invasion) 50 marks Candidates should answer one question

Section 6 Games 2 (Net / Fielding) 50 marks Candidates should answer one question

**All answers given in this scheme are purely indicative.
Alternative or equivalent correct answers are equally acceptable.
Partial marks may be awarded for incomplete / partially correct answers.**

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.

Payment for play is received. 2

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

999 or 112 2

(c) Tick (✓) the correct statement

(i)	Table-tennis is an active leisure activity.	<input checked="" type="checkbox"/>	2
(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.

Supervise staff 2

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

Name, age, address, illnesses 1 + 1

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

Peers, cost, good at it 2

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

Badminton, tennis, volleyball 1 + 1

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

Protect workers safety 2

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

Provide transport, reduced cost 2

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

Promote tourism 2

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?

Any appropriate club

4 x 3

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

Reason 1 **As appropriate e.g. activity not already provided**

Reason 2 **Males & females may participate**

Reason 3 **Encourage people to become active**

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

Rule 1 **As appropriate e.g. a committee will be formed**

4 x 3

Rule 2 **Membership fee must be paid**

Rule 3 **Regular club meetings must be held**

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

Rule: **e.g. Rule 2**

Explanation: **To determine who is a club member**

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

4 x 3

1. **Chair**
2. **Secretary**
3. **Treasury**
4. **P.R.O.**

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

Officer 1 **As per officer selected** **4**
Duty 1 _____

Duty 2 **3**

Officer 2 _____
Duty 1 **4**

Duty 2 **3**

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)

4 x 3



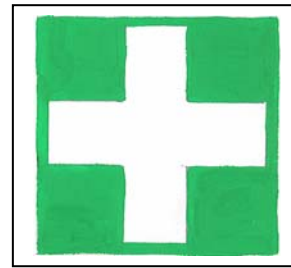
1. **No outdoor footwear**



2. **No food / Eating**



3. **Exit**



4. **First Aid**

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

(12 marks)

2 x 6

Lifeguard 1 **e.g. keep swimmers safe**

Lifeguard 2 **enforce safety rules**

Receptionist 1 **e.g. answer telephone**

Receptionist 2 **Take bookings**

- (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 **As appropriate e.g. relay race** **2**

Reason **Promote teamwork** **3**

Safety Factor **Race course clear of obstacles** **3**

Activity 2 **As appropriate** **2**

Reason **3**

Safety Factor **3**

- (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. Qualifications needed **5 x 2**

2. Duties of manager

3. Favourite part of job

4. Most difficult part of job

5. Hours of work

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.
- (ii) / Height** **2**
- (b) List **one** visible change in the body that can be seen during vigorous activity.
- Sweating** **2**
- (c) Name **one** component of fitness that is important for soccer players.
- Speed** **2**
- (d) State **one** function of the skeleton.
- Protect organs** **2**
- (e) Describe **one** visible change in the body that can be brought about by a six-month programme of exercise.
- Muscle size change** **2**
- (f) Name **one** eating disorder.
- Bulimia** **2**
- (g) Which food group supplies the body with its main source of energy?
- Carbohydrates** **2**
- (h) Give **one** reason why a sportsperson should do a warm-up.
- Helps prevent injury** **2**
- (i) Give **one** benefit of an active lifestyle.
- Better health** **2**
- (j) Where in the body is the triceps muscle?
- Arm** **2**

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)

6 x 4

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

1. **As appropriate e.g. health history**
2. **Favourite sports**
3. **Fitness levels**

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

- Reason 1. **e.g. awareness of needs e.g. inhaler**
- Reason 2. **enjoyment**
- Reason 3. **appropriate exercises**

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

Name a test you would carry out.

e.g. sit and reach **2**

What component of fitness does this test measure?

Flexibility **2**

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

(At least three points of explanation needed) **3 x 2**

Sit on ground, legs straight, hands placed on box, reach forward and hold, measure distance of reach.

- (c) Design a circuit-training programme suitable for young adults and for the needs of a variety of sports. The circuit should include at least four exercises. Explain how the circuit should be used.

(4 x 3)
exercises

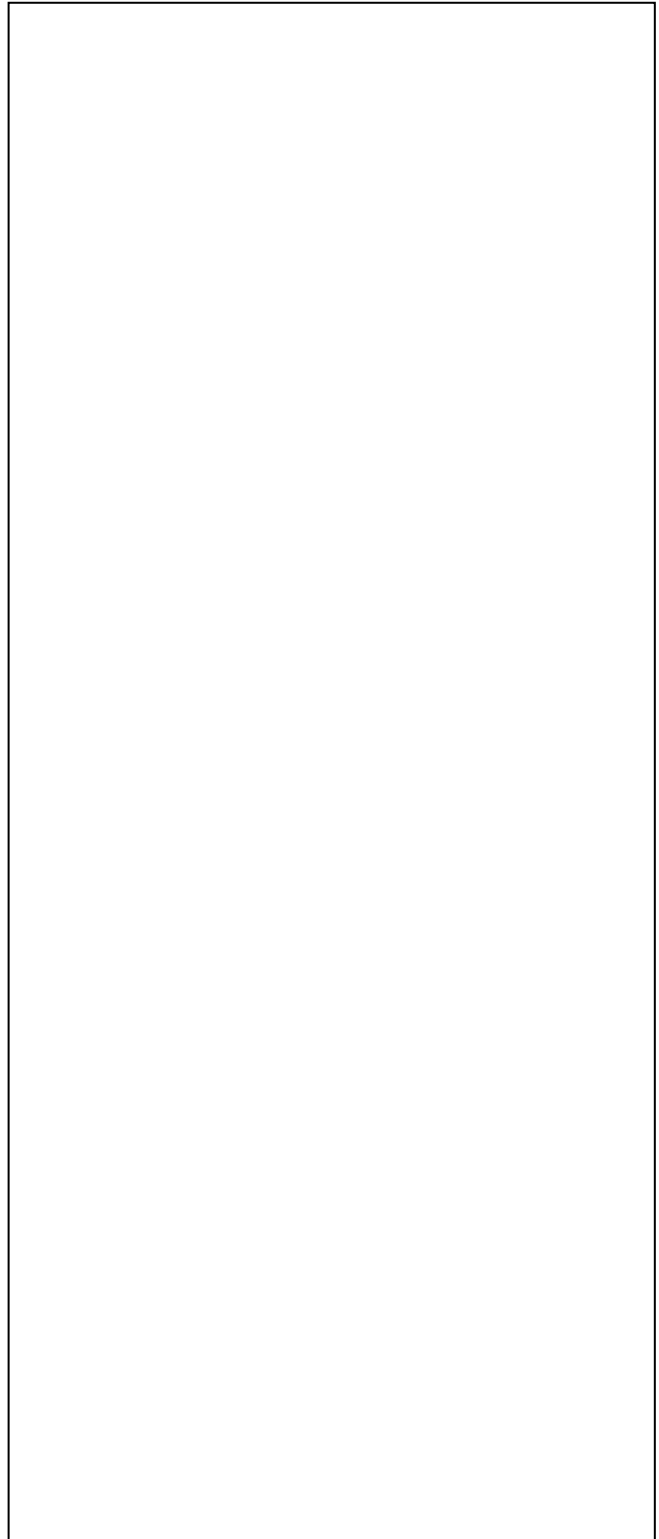
(4)
explanation

You may draw your circuit in the box.

(16 marks)

Circuit should include THREE from strength, stamina, speed, suppleness.

Work : rest ratio should be mentioned e.g. time at each station, or similar.

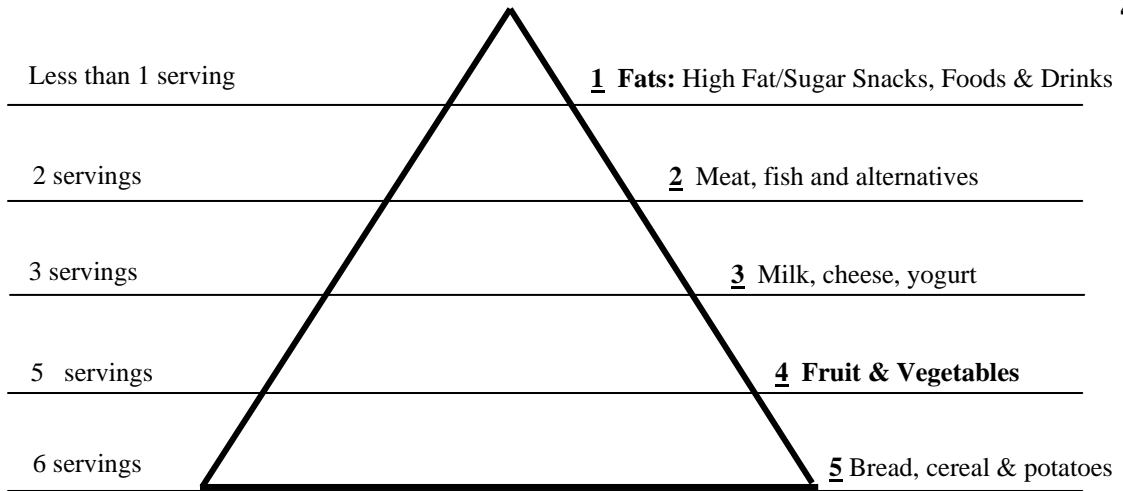


Question 6.

(50 marks)

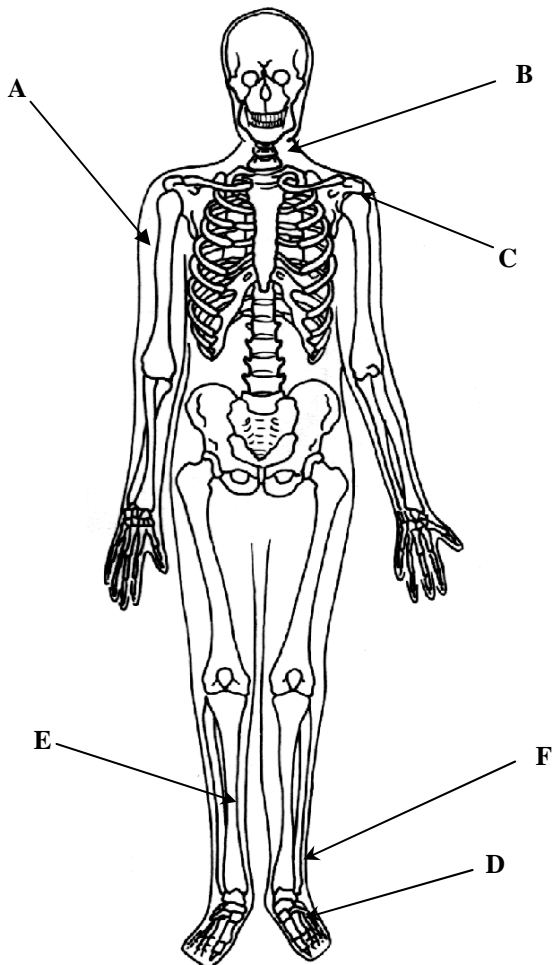
- (a) The Food Pyramid includes the five main food groups. Two of these food groups, **Fats** and **Fruit & Veg.** have been listed in the pyramid below. The recommended daily intake (servings) of each of these is also given. Write in the names of **any two** of the other food groups in the pyramid below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

4 x 3



- (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)

5 x 3



Body Part	Location
Achilles Tendon	F
Biceps	A
Caratoid Artery	B
Deltoid	C
Shin	E
Metatarsals	D

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

1. **Health** **2 x 4**

2. **Disqualification from competition**

(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)

3 x 5

1. **e.g. Rest, Ice, Compression, Elevation, (any one)**

2. **Advise casualty to see doctor**

3.

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

Section 3 – Aquatics

(50 marks)

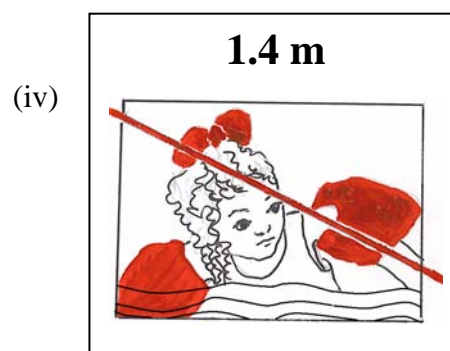
Answer **one** question in this section.

Question 7.

(50 marks)

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

(20 marks)



Explain what each sign means.

- | | | |
|-------|---|----------|
| (i) | Swimming cap must be worn | 3 |
| (ii) | No diving | 3 |
| (iii) | No running on deck | 2 |
| (iv) | Non-swimmers stay in shallow end | 2 |

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

- | | | | |
|---------|-------|--|----------|
| Reasons | (i) | Prevents filters clogging | 3 |
| | (ii) | Prevent injury to self or others | 3 |
| | (iii) | Prevent slipping and falling (injury) | 2 |
| | (iv) | Safety of non-swimmers | 2 |

(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)

4 x 2

Group	Time
1	7am -8.30am
2.	12pm – 1pm
3.	10.30am – 11.30am
4.	8pm – 9pm

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

(12 marks)

1. Swimming Team **Before work / school**
2. Senior Citizens Association **Off peak in pool**
3. Mothers and Toddlers **Children at school**
4. Local Rugby Team **After work / training**

4 x 3

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

(10 marks)

Reason 1 **allows non weight bearing exercise**

2 x 5

Reason 2 **Health / fitness**

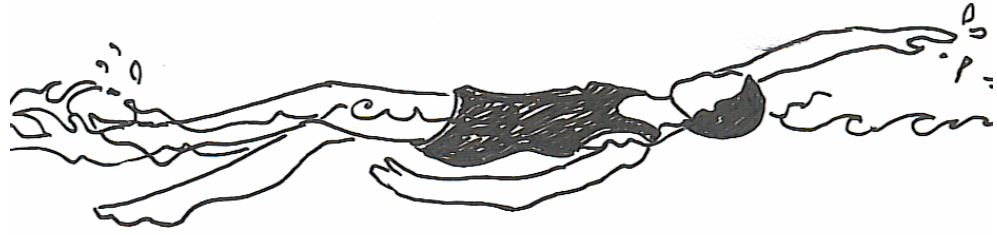
Question 8.

(50 marks)

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

(12 marks)

2 x 6



Stroke 1 **Back Stroke**



Stroke 2 **Breast Stroke**

(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)

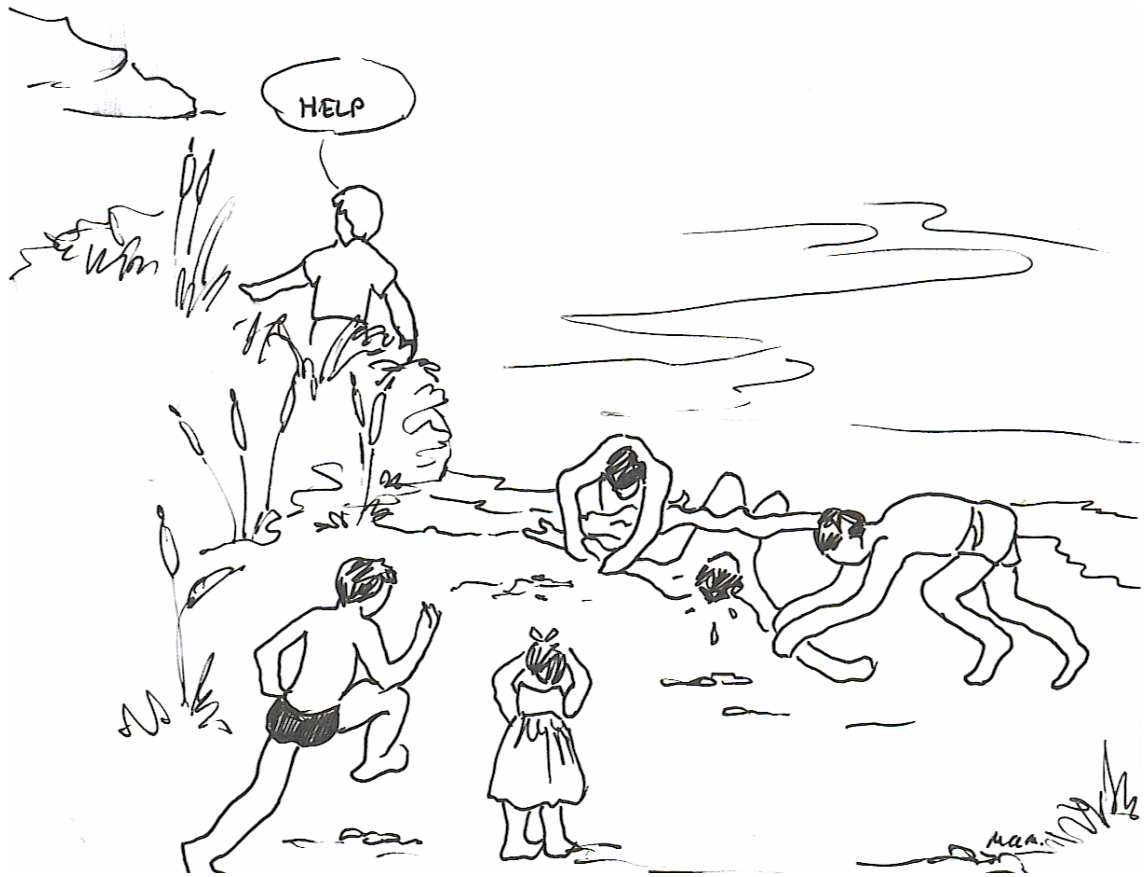
3 x 4

Stroke **e.g. Backstroke**

Arms **Fingers together, Hands pull and then push water.**

Legs **Toes pointed away from body, alternate left, right kick**

Breathing **Face out of water. Breathe in rhythm**



(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. | Send for help | 5 |
| 2. | Check A B C | 5 |
| 3. | Place in recovery position / begin CPR (as appropriate) | 4 |

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

- | | | |
|----|------------------------------------|--------------|
| 1. | as appropriate e.g. Surfing | 3 x 2 |
| 2. | | |
| 3. | | |

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

- | | | |
|----|--|--------------|
| 1. | Lifeguard | 3 x 2 |
| 2. | Instructor e.g. Kayaking, sailing | |
| 3. | swimming coach | |

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)

Any appropriate activity **3**

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 **As given** **6 x 2**

Lunch Stop **As given**

Campsite **As given**

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

Reason for choice of starting point **As appropriate e.g. access**

Reason for choice of lunch stop **As appropriate e.g. shelter**

Reason for choice of campsite

As appropriate e.g. Suitability of site, terrain, safety, accessibility

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

1. **As appropriate e.g. lake, castle** **3 x 3**

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

3 + 3 + 3

1. **As appropriate e.g. wetsuit, boots** **3**
- 2.
- 3.

Equipment

1. **As appropriate** **2 x 2**
- 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 **e.g. Hillwalking** **4**

Water-Based **e.g. Canoeing** **4**

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

Activity **As appropriate e.g. variety of hills**

Explanation **As appropriate e.g. lakes, bays** **5**
(one point of explanation at least)

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 **As appropriate** 2

Land-Based **As appropriate** 2

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

Water-Based Safety Factor

1. **e.g. check equipment** 3 2. **Level of ability** 2

Land-Based Safety Factor

1. **e.g. weather forecast** 3 2. **Leave info with 3rd party** 2

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

Environmental Study **As given**

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

1. **As appropriate** 3 x 4
2. **As appropriate**
3. **As appropriate**

- (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. **Protective gloves** 2. **Bandages** 6 x 2
3. **Plasters** 4. **Sterile wipes**
5. **Scissors** 6. **Cold pack**

(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 **e.g. patience** **3**

Reason **To deal with variety of people** **3**

Personal quality 2 **Good communication skills** **3**

Reason **To get message across** **3**

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 **As appropriate e.g. basketball**

Question 11.

(50 marks)

(a) Name two passing skills you have learned. (16 marks)

1. **e.g. Chest pass** 3 2. **Bounce Pass** 3

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

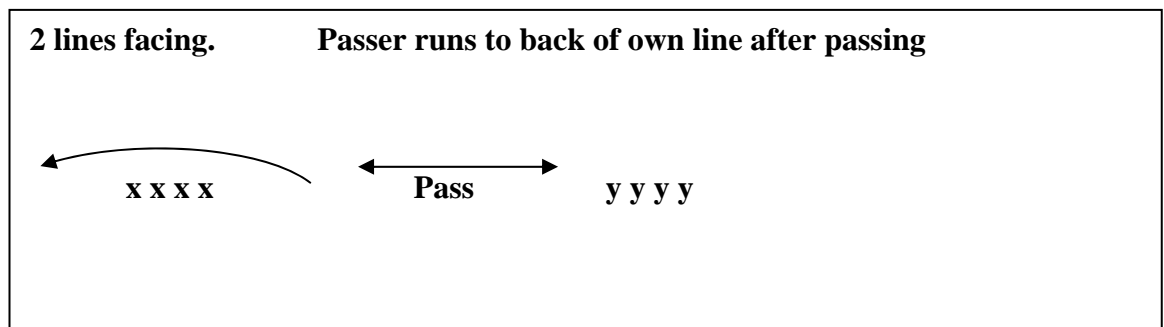
Skill **As chosen**

Point one **Position of feet** 5

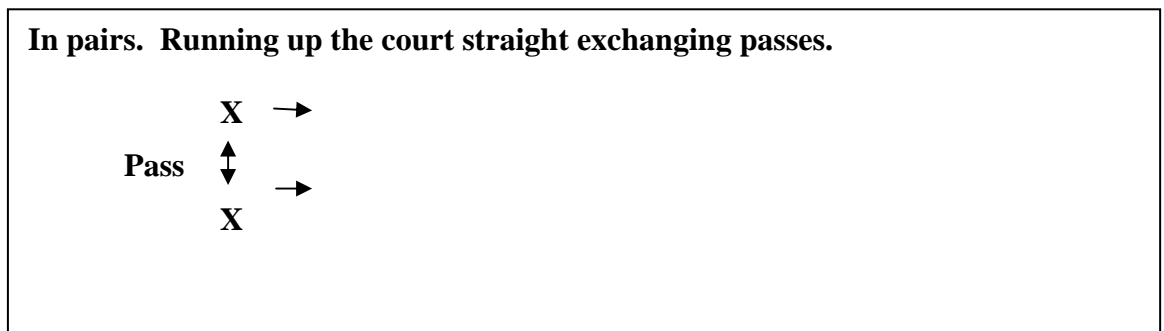
Point two **Position of hands** 5

(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 **Standing Pass** 2 x 8
(2 x 4) (at least two points of explanation per drill)



Drill 2 **Moving Pass**
(2 x 4)



- (c) All games have rules. (8 marks)
List **two** rules relating to safety which apply to your game. **2 x 4**

Rule 1. **As appropriate e.g. no striking**

Rule 2. **As appropriate**

- (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. **e.g. Leadership** **3**

Quality 2. **Fair** **3**

Explanation **e.g. Fair – Treats** all team members fairly and so earns respect. **4**

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)
At least two points with descriptions (4 x 3) 12

Description and reasons

e.g. slow jogging // followed by walking – heart rate gradually returns to normal

Stretching – helps prevent injury

Both above allow mental reflection

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

At least 2 points* (3 + 2) 5

Creating space **Movement of player to allow player or team
mate space to execute play.**

At least 2 points* (3 + 2) 5

Intercepting **Read intent of opponent and move to intercept pass/get ball**

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

Creating space

Attacking

Defensive

2

Intercepting

Attacking

Defensive

2

*** points of explanation**

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

Clothing/Footwear **e.g. runners, singlet, shorts** (2 + 2) 4

Facilities **suitable surface, court markings** (2 + 2) 4

Equipment **Correct size ball, safe backboard and rings** (2 + 2) 4

(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)

2 x 6

Before the game **Make sure playing area is safe, equipment is safe, correct number of players**

After the game **Submit match report – score, cautions, dismissals**

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 **As appropriate e.g. volleyball**

Question 13.

- (a) Name **four** skills which are an important part of your game. (12 marks)
4 x 3

- | | |
|-----------------|------------------------|
| 1. Serve | 2. Volley / Set |
| 3. Dig | 4. Block |

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

Explanation **Stance (up to 12 marks - at least three points of explanation)**

Action – arms / legs / head follow through

- (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 Net | 3 |
| Advice Fold carefully | 4 |
| Equipment 2 Posts | 3 |
| Advice Store safely on flat surface protrusions facing inwards | 4 |

- (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)

At least two points of description with reasons (4 x 3) 12

Description and reasons **As appropriate**

e.g. pulse raisers

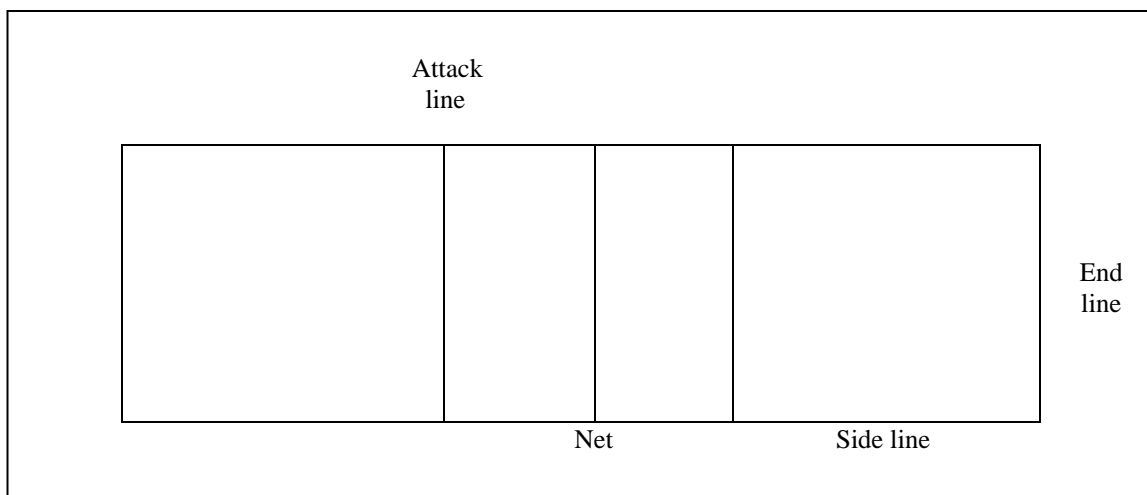
Game relevant movements

Mental preparation

Stretching to suit game

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)

4 x 3

1. **As appropriate e.g. player may not touch net while making a play.**
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)

At least one point of explanation each

3 x 4

Cardiovascular endurance (stamina)

e.g. enables player to play effectively until end of match

Flexibility

e.g. stretch to execute play – dig, block

Muscular strength

Execute play with power e.g. block, spike / smash

(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.

Wheelchair user **4**

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 **e.g. lower net** **5**

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

Rule change **e.g. allow more touches per team.** **5**

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