



# Coimisiún na Scrúduithe Stáit State Examinations Commission

2009. AP 9.3

*Leaving Certificate Applied 2009*

## Vocational Specialism – Active Leisure Studies (240 marks)

Thursday, 11<sup>th</sup> June 2009  
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	
Total		

<i>For the Superintendent only</i>	<i>For the Examiner only</i>	
<b>Centre Stamp</b>	1. Total of end of page totals.	
	2. Aggregate total of all disallowed questions.	
	3. Total mark awarded (1 minus 2)	
	Note: The mark in row 3 must equal the mark in the <b>Total</b> box on the script.	

## Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

### Question 1.

(20 marks)

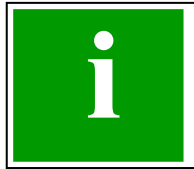
- (a) Is dancing an **active** or **passive** leisure activity? \_\_\_\_\_
- (b) Which officer in a club normally takes charge at a club meeting?  
\_\_\_\_\_
- (c) Give **one** reason why a club should have a constitution.  
\_\_\_\_\_
- (d) What is meant by ‘Leisure Time’?  
\_\_\_\_\_
- (e) Identify **one** way to encourage a person with a disability to take part in physical activity.  
\_\_\_\_\_
- (f) Name **one** organisation involved in promoting leisure holidays in Ireland.  
\_\_\_\_\_
- (g) Give **one** benefit of being involved in a sports club.  
\_\_\_\_\_
- (h) State **one** reason for Health and Safety laws.  
\_\_\_\_\_
- (i) Give **one** disadvantage of a non-active lifestyle.  
\_\_\_\_\_
- (j) Give **one** reason why it is important for a club to keep a stock inventory of equipment.  
\_\_\_\_\_

**Question 2.**

**(50 marks)**

(a) Tourists may see the following signs.  
What do the following signs tell a tourist?

(10 marks)



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

(b) A new Leisure Centre has opened in your area. Name **two** members of staff that will be needed and **one** duty of each staff member. (16 marks)

Staff Member \_\_\_\_\_

Duty \_\_\_\_\_

\_\_\_\_\_

Staff Member \_\_\_\_\_

Duty \_\_\_\_\_

\_\_\_\_\_

(c) You are applying for a job in a new Leisure Centre. List **four** pieces of information you should include in your letter of application. (12 marks)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

(d) Look at the picture.  
List **four** pieces of advice you could give to this employee to improve his appearance. (12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

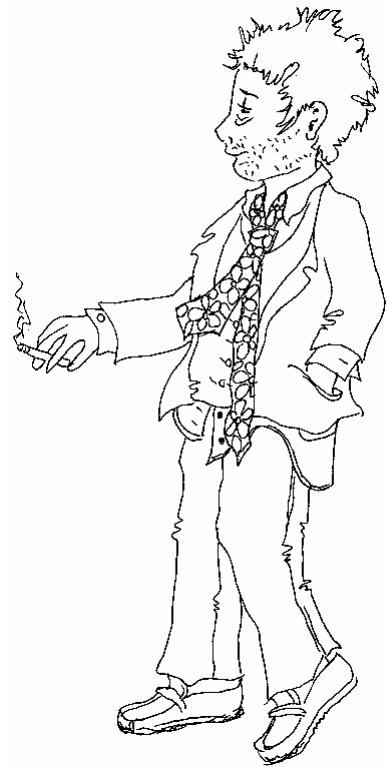
\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_



**Question 3.**

**(50 marks)**

- (a) Explain **four** factors that might limit some people from taking part in leisure activities. (14 marks)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

- (b) Select **three** of the factors from (a) above. Explain how a sports club might deal with each. (12 marks)

Factor \_\_\_\_\_

Explanation \_\_\_\_\_

Factor \_\_\_\_\_

Explanation \_\_\_\_\_

Factor \_\_\_\_\_

Explanation \_\_\_\_\_

(c) You are the new Public Relations Officer (P.R.O.) of your club.  
Describe **three** ways you might get publicity for your club.

(12 marks)



1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

(d) Give **three** reasons why some people may not like taking part in competitive sport.

(12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

## Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

### Question 4.

(20 marks)

(a) Where in the body are the abdominal muscles?

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(b) Is marathon running an aerobic or anaerobic activity?

---

(c) What is 'bulimia'?

---

(d) Is a resting pulse rate of 150 beats per minute normal for a healthy adult?

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(e) What is the main purpose of carbohydrates in our diets?

---

(f) Give **one** reason for having a fitness assessment before starting an exercise programme.

---

(g) Name **one** muscle in the leg.

---

(h) Which activity burns more calories in an hour, playing darts or rowing?

---

(i) Which component of fitness is most important for long distance swimming?

---

(j) Explain 'flexibility'.

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**Question 5.**

**(50 marks)**

(a) Describe a method to test a person's stamina.  
You may use a drawing to help, if you wish.

(11 marks)

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(b) List **five** benefits from regularly taking part in active physical activities.

(15 marks)

1 \_\_\_\_\_

---

2 \_\_\_\_\_

---

3 \_\_\_\_\_

---

4 \_\_\_\_\_

---

5 \_\_\_\_\_

---



- (c) List **three** active leisure activities that are popular in Ireland and give a reason why each activity is popular. (12 marks)

Activity \_\_\_\_\_

Reason \_\_\_\_\_

Activity \_\_\_\_\_

Reason \_\_\_\_\_

Activity \_\_\_\_\_

Reason \_\_\_\_\_

- (d) Explain **three** ways a person would know they are getting fitter. (12 marks)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Question 6.**

**(50 marks)**

- (a) Name a career that is available in the active leisure industry and explain the training/education and qualifications needed for that career. (12 marks)

Career \_\_\_\_\_

Training/Education \_\_\_\_\_

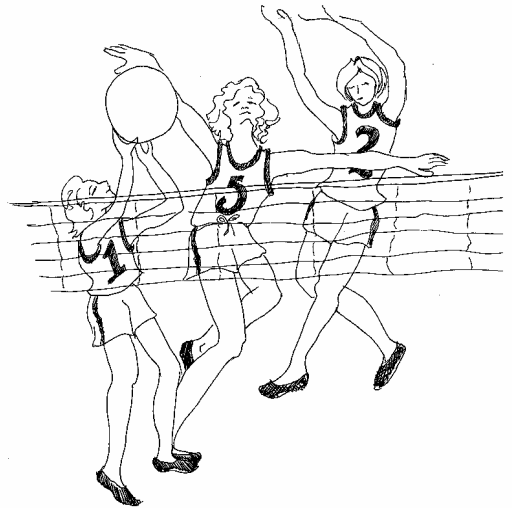
\_\_\_\_\_

Qualifications \_\_\_\_\_

\_\_\_\_\_

- (b) You are asked to organise games/active activities for a group of twenty 12-year-olds for one hour each Saturday in a Sportshall.

Answer the following questions about the games/active activities you would organise. (26 marks)



- (i) List **two suitable** games/activities \_\_\_\_\_

\_\_\_\_\_

- (ii) List **four** pieces of equipment needed \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (iii) What Health & Safety rules would you have? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(iv) List **five** things you would do if a fire broke out in the Sportshall during your activities.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

(c) Explain what influence the following factors may have on people deciding to take part in sport. (12 marks)

Age \_\_\_\_\_

\_\_\_\_\_

Ability \_\_\_\_\_

\_\_\_\_\_

Physique \_\_\_\_\_

\_\_\_\_\_

Gender \_\_\_\_\_

\_\_\_\_\_

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) Name the stroke shown in the drawing below. \_\_\_\_\_ (12 marks)



Give **two** points for each of the following when coaching this stroke:

Arms 1 \_\_\_\_\_

2 \_\_\_\_\_

Legs 1 \_\_\_\_\_

2 \_\_\_\_\_

Breathing 1 \_\_\_\_\_

2 \_\_\_\_\_

(b) Name and explain a dry rescue technique you might use if rescuing someone in difficulty. (12 marks)

Name \_\_\_\_\_

Explanation \_\_\_\_\_

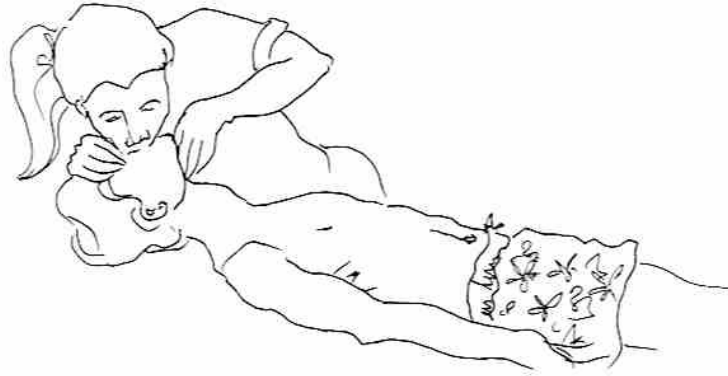
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(c) Explain how to carry out mouth to mouth resuscitation.

(14 marks)



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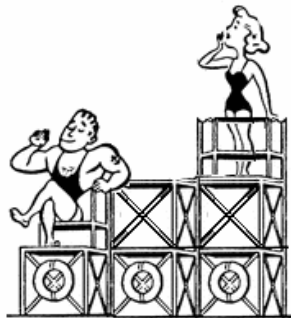
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(d) Describe **three** duties a lifeguard may have to perform each day.

(12 marks)



1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

**Question 8.**

**(50 marks)**

(a) Name the stroke shown in the drawing below. \_\_\_\_\_ (12 marks)



Give **two** points for each of the following when coaching this stroke:

Arms 1 \_\_\_\_\_

2 \_\_\_\_\_

Legs 1 \_\_\_\_\_

2 \_\_\_\_\_

Breathing 1 \_\_\_\_\_

2 \_\_\_\_\_

(b) You are taking a group of children to the swimming pool for the first time. You must write to their parents to let them know about it. Give **four** pieces of information you would include in your letter. (12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_

(c) What information would you give children about hygiene when visiting the swimming pool? (12 marks)



1 \_\_\_\_\_  
\_\_\_\_\_  
2 \_\_\_\_\_  
\_\_\_\_\_  
3 \_\_\_\_\_  
\_\_\_\_\_  
4 \_\_\_\_\_  
\_\_\_\_\_

(d) Name **three** types of infection commonly found around swimming pools and advise how you would try to prevent them. (14 marks)

Infection \_\_\_\_\_

Advice \_\_\_\_\_  
\_\_\_\_\_

Infection \_\_\_\_\_

Advice \_\_\_\_\_  
\_\_\_\_\_

Infection \_\_\_\_\_

Advice \_\_\_\_\_  
\_\_\_\_\_

## Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

### Question 9.

(50 marks)

You have been asked to organise a 4-day outdoor activity camping trip for six young adults. The destination is the West of Ireland area shown in the map. The trip must include water sports and hill-walking. You will have the use of a mini-bus for transportation and to bring some equipment for water sports.

Study the map and answer the questions below referring to the map where required. As an example the six-figure grid reference for the hostel, ▲ , on top right of the map is 769 649.

- (a) You decide that the group will meet at one of the three post offices shown in the map. The symbol for a Post Office is **PO** . Give the six-figure grid reference for your choice of Post Office and the place name closest to this Post Office on the map. (9 marks)

Six-figure grid reference of Post Office \_\_\_\_\_

Place name \_\_\_\_\_

- (b) Find a suitable location for camping that meets **all** the following needs: (i) is an official campsite, (ii) has a sandy beach nearby and (iii) has a public car park nearby. Give a six-figure grid reference for your choice of location and the place name on the map that describes this location (i.e. the nearest place to the campsite named on the map). (12 marks)

Six-figure grid reference of location \_\_\_\_\_

\_\_\_\_\_

Place name \_\_\_\_\_



(c) Name two water-based activities you could do on the trip and name one essential piece of equipment you should bring for each activity. (12 marks)

Activity \_\_\_\_\_

Essential equipment \_\_\_\_\_

Activity \_\_\_\_\_

Essential equipment \_\_\_\_\_

(d) You must plan two hill-walks.  
One hill-walk should be reasonably easy and the other more difficult.  
Choose two of the mountains in the map as the destinations of your hill-walks.  
Give the names and location (either six figure grid reference or clear instructions as to how to find it on the map) of these two mountains.  
Identify the more difficult hill-walk and explain why it is more demanding than the easier one.

(17 marks)

Name of mountain 1 \_\_\_\_\_

Location \_\_\_\_\_

\_\_\_\_\_

Name of mountain 2 \_\_\_\_\_

Location \_\_\_\_\_

\_\_\_\_\_

Which hill-walk is more difficult? \_\_\_\_\_

Explain why this is the more difficult hill-walk of the two. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Question 10.**

**(50 marks)**

- (a) Look at the picture below. Name **five** Outdoor Education activities you could take part in if you were staying in this area. (12 marks)



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- (b) Explain how outdoor activities in the following locations could damage the environment. (10 marks)

Near a lake or river \_\_\_\_\_

\_\_\_\_\_

In the hills \_\_\_\_\_

\_\_\_\_\_

(c) Explain **three** signs or symptoms of hypothermia. (14 marks)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

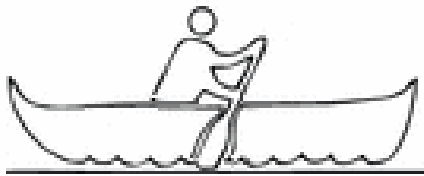
Describe how you would treat someone who has hypothermia.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(d) Describe suitable clothing and footwear for these activities. (14 marks)  
Canoeing



Clothing \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Footwear \_\_\_\_\_

\_\_\_\_\_

Hill-walking



Clothing \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Footwear \_\_\_\_\_

\_\_\_\_\_

## Section 5 – Games 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) Answer the following questions about your game. (12 marks)

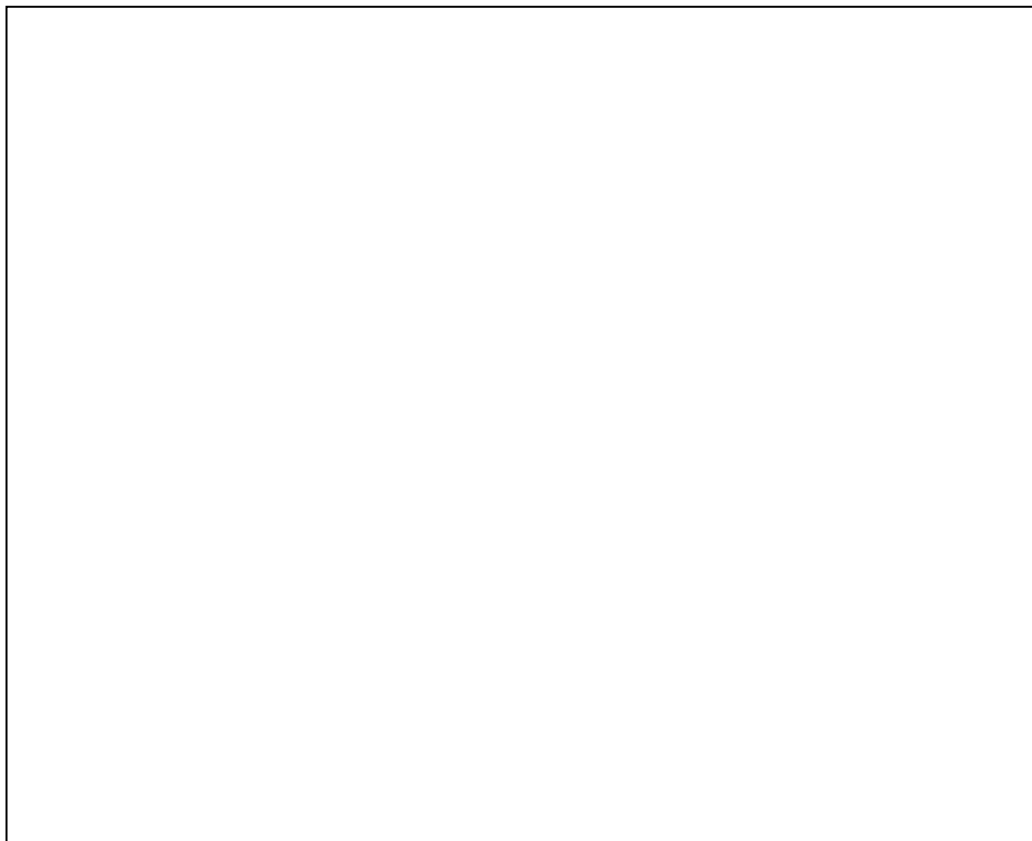
How many players are there on a team? \_\_\_\_\_

How long does a standard adult game last? \_\_\_\_\_

Name the National Governing Body which runs the game in Ireland.

\_\_\_\_\_

(b) In the box below draw and label the line markings for your game. (12 marks)



(c) Describe **three** personal qualities of a referee.

(12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



(d) Explain **two** legal ways to get possession of the ball from the other team.

(14 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Question 12.**

**(50 marks)**

- (a) In the box below draw how a team might line out and then explain the line-out formation. (12 marks)

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (b) Describe a tactic a coach might want her/his players to use when they are attacking. (14 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



- (c) Name **one** method of taking the ball under control and give **three** coaching points for that method. (12 marks)

Control Method \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

- (d) Describe a warm-up you would have your team do before a game. (12 marks)  
You may include a diagram if you wish.

\_\_\_\_\_

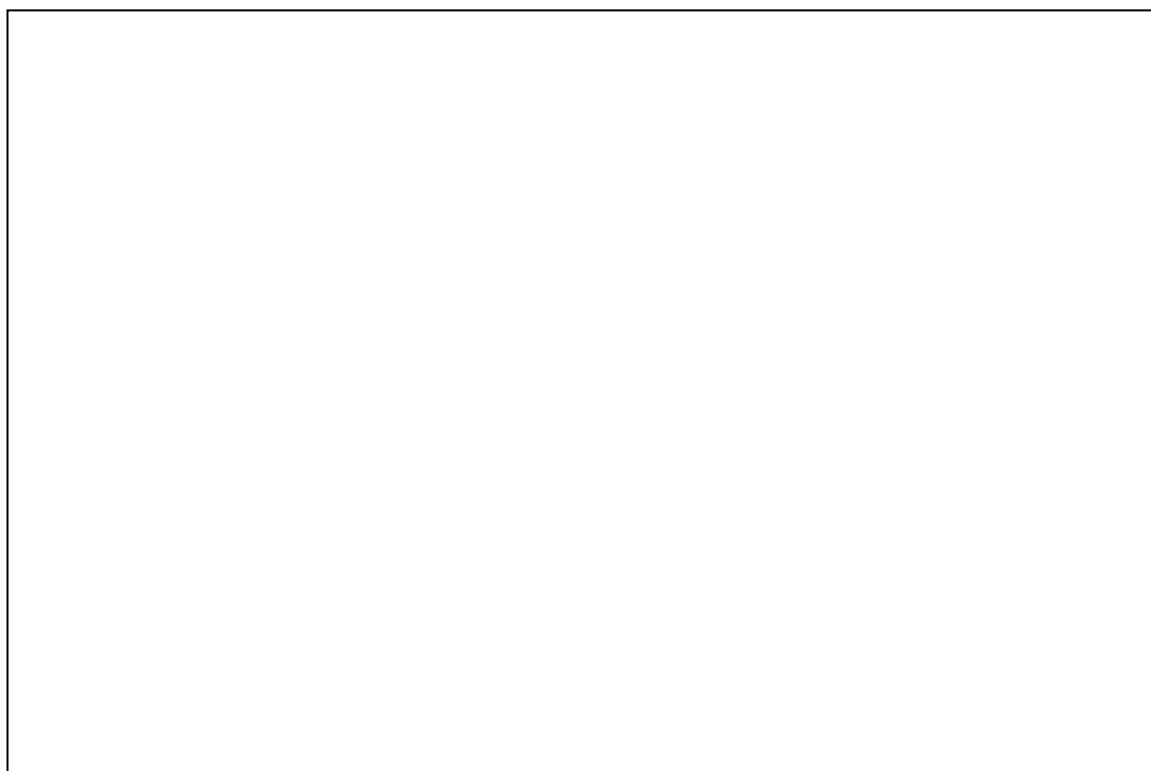
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## 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.

(50 marks)

- (a) Name and describe **two** types of competitions or tournaments used in your game.

(12 marks)

Competition \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Competition \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (b) You are introducing your game to a group of young people. Select **one** basic skill and explain **three** coaching points for it.

(12 marks)

Skill \_\_\_\_\_

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_



- (c) In the box below draw a drill to practice the skill selected in (b) above and then explain the drill. (14 marks)



Explanation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- (d) Name the main official who takes charge at your game and describe **three** of his/her duties. (12 marks)

Official \_\_\_\_\_

Duty 1 \_\_\_\_\_  
\_\_\_\_\_

Duty 2 \_\_\_\_\_  
\_\_\_\_\_

Duty 3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Question 14.**

**(50 marks)**

(a) Describe **three** things a coach might do to help players avoid injury during a training session. (12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(b) Explain the scoring system for your game. (12 marks)

\_\_\_\_\_

\_\_\_\_\_

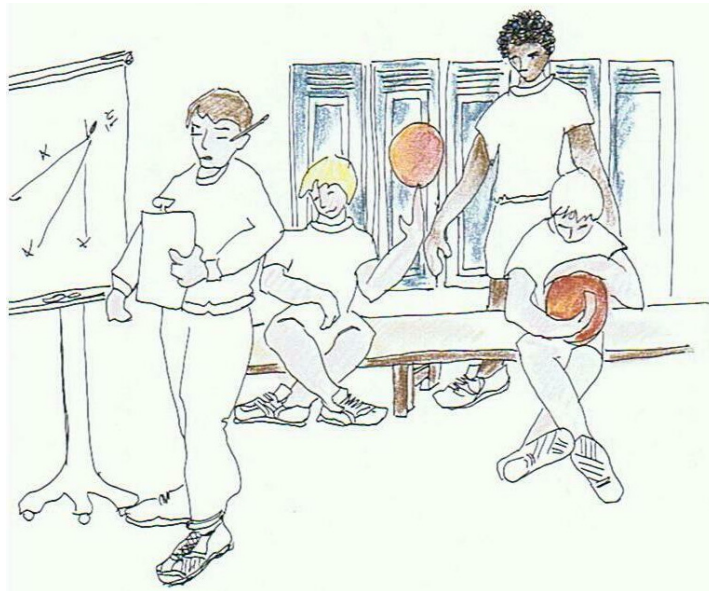
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\_\_\_\_\_

(c) Describe **three** ways a coach might help players to improve their performance.

(12 marks)



1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

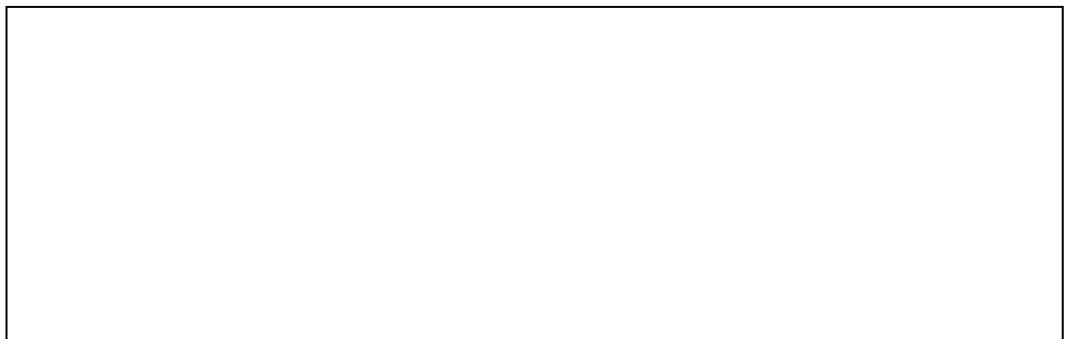
(d) Describe how your game starts. Draw and describe a drill to practice this start.

(14 marks)

Description of start \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Description of drill \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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