



**Coimisiún na Scrúduithe Stáit
State Examinations Commission**

2010. AP 9.3

Leaving Certificate Applied 2010

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

Thursday, 17th June 2010
Morning 9.30am to 11.00am

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		

General Directions

Write your EXAMINATION NUMBER in this space:

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

<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)	
	Note: The mark in row 3 must equal the mark in the Total box on the script.	

Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

1. (20 marks)

(a) What is meant by ‘*active leisure*’? _____

(b) Which officer in a club is responsible for publicity?

(c) Give **one** duty of the manager of a Leisure Centre.

(d) Name **two** active leisure activities that attract tourists to Ireland.
1 _____ 2 _____

(e) Give **one** reason why a Leisure Centre should have a Safety Statement.

(f) Which Government Department is responsible for Irish tourism?

(g) Give **two** reasons for maintaining leisure equipment in a good condition.
1 _____ 2 _____

(h) A club should have a constitution. What is a constitution?

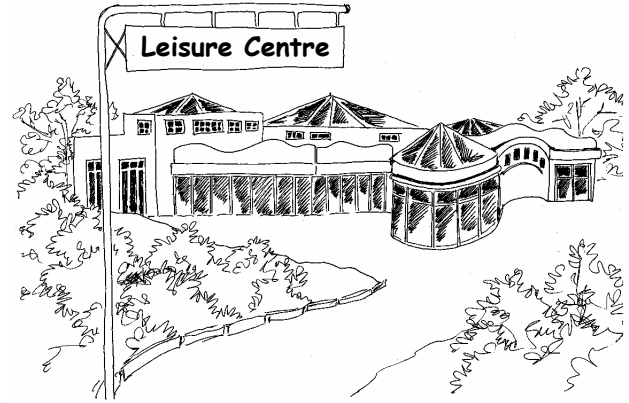
(i) Active leisure activities are important for persons with disabilities.
Name **one** national organisation that mainly provides active leisure activities for people with a disability.

(j) Is watching a DVD an *active* or *passive* leisure activity?

Question 2.

(50 marks)

- (a) A new Leisure Centre is being planned for your area. Complete the table below filling in active leisure activities that are suitable for the different age groups given. Also, state the facilities that would need to be in place to provide the active leisure activity you have selected. (16 marks)



You may not select the same activity twice.
The same facilities may be used more than once.

Age of People	Active Leisure Activities	Facilities
4yrs – 12yrs	1.	
	2.	
13yrs – 19yrs	1.	
	2.	
20yrs – 60yrs	1.	
	2.	
60yrs and over	1.	
	2.	

- (b) You are going to interview a receptionist in a Leisure Centre to get information about a career as a receptionist. List **five** questions you would ask. (10 marks)

- 1 _____
- _____
- 2 _____
- _____
- 3 _____
- _____
- 4 _____
- _____
- 5 _____
- _____

(c) How could some active leisure activities, which able-bodied people play, be made more suitable for the following groups:

(12 marks)

Wheelchair Users _____



Blind People _____



(d) Explain **three** changes to the role of active leisure that have happened over the past 50 years. (12 marks)

1 _____

2 _____

3 _____

Question 3.

(50 marks)

(a) You are new to an area.

Explain **three** ways you could find out details about local clubs. (16 marks)



1 _____

2 _____

3 _____

Describe how you would go about joining a club. Give details.

(b) Explain how to carry out a stock inventory of equipment in a Leisure Centre. (12 marks)

- (c) Public Leisure Facilities that are provided by local authorities (e.g. county or city councils) are sometimes allowed to run at a loss.
Give **three** reasons why this is allowed to happen. (12 marks)

1 _____

2 _____

3 _____

- (d) You are on duty in a Leisure Centre when you are called to a young badminton player who has clearly sprained an ankle. (10 marks)

Apart from administering basic first aid what other actions would you take.

List the details you would later write in the Accident Report.

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

(a) What is the long-term effect of regular cardiovascular exercise on the lungs?

(b) Name the main gas carried by blood in the arteries.

(c) Is *sprinting* mainly an aerobic *or* an anaerobic activity?

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

(e) State **one** reason for taking a fitness assessment before starting an exercise programme.

(f) Where in the body is the *pectoral muscle*?

(g) Is coffee banned in the Olympic Games because it improves performance?

(h) Name **one** way to help avoid sports injuries.

(i) How many calories are there in a normal glass of tap water?

(j) What is *anorexia nervosa*?

Question 5.

(50 marks)

(a) Developing flexibility is an important component of any training programme. Answer the following questions on flexibility training. (12 marks)

(i) Describe an exercise to improve flexibility. You may use a drawing to help.



(ii) Describe a method to test flexibility. You may use a drawing to help.



(b) The table shows each of the five main food groups. Complete the table below giving a good source for each food type and the main use made of that food type in the body.

(14 marks)

<i>Food Group</i>	<i>Source (Food it is found in)</i>	<i>Use</i>
Carbohydrates		
Protein		
Fat		
Vitamins		
Minerals		

(c) Why may some people have low self-esteem?

(12 marks)

How might a healthy lifestyle boost self-esteem?

(d) Name **two** banned drugs and explain **two** dangers involved in taking each of them.

(12 marks)



Name _____

Danger 1 _____

Danger 2 _____

Name _____

Danger 1 _____

Danger 2 _____

Question 6.

(50 marks)

(a) Different injuries are often associated with different active leisure activities.

Complete the table below giving a typical sports injury from each activity and the immediate action to be taken by a First Aid person. (10 marks)

You may not repeat an answer.



<i>Sport</i>	<i>Injury</i>	<i>Immediate Action</i>
Rock Climbing		
Hurling/Camogie		
Soccer		
Tennis		
Cycling		

(b) What is a pulse rate?

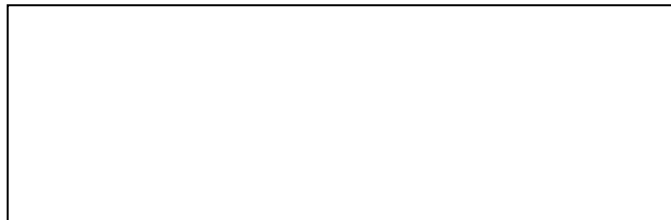
(12 marks)

Describe how to take and measure a pulse rate. Give at least **three** points.

(c) Describe the differences between fitness for *health* and fitness for *sports performance*. (14 marks)

(d) Describe **three** exercises that would improve strength over time. Say how many times (repetitions) and how often in a week you would need to perform the exercises. You may use drawings to help. (14 marks)

Exercise One _____



Exercise Two _____



Exercise Three _____



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

Section 3 – Aquatics

(50 marks)

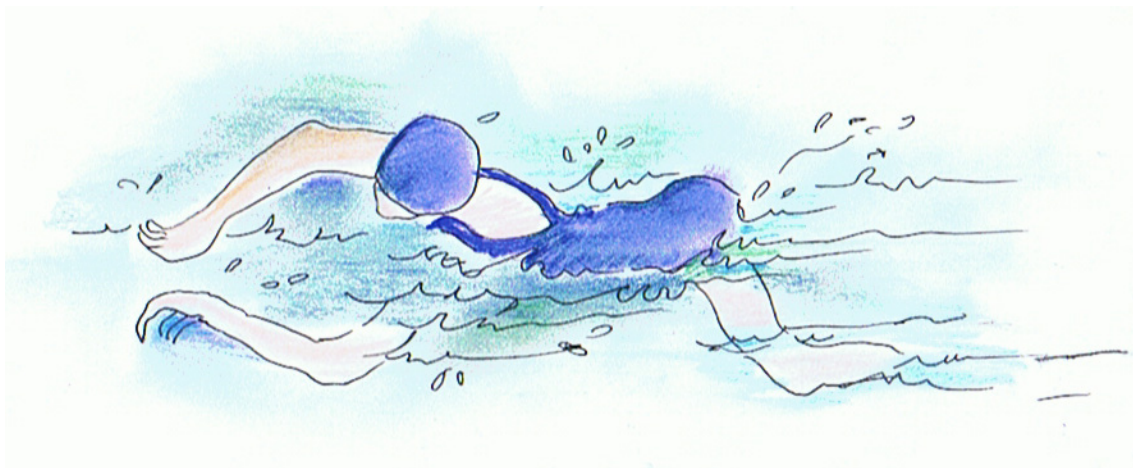
Answer **one** question in this section.

Question 7.

(50 marks)

(a) Name the stroke 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 and a group of friends are going to the beach for the day. Describe **five** things you should do to stay safe. **(12 marks)**

1 _____

2 _____

3 _____

4 _____

5 _____

(c) What is meant by *Aqua-aerobics*?

(14 marks)

Give **three** benefits of *Aqua-aerobics*.

1. _____

2. _____

3. _____

(d) Explain how you would treat a casualty who is bleeding.

(12 marks)



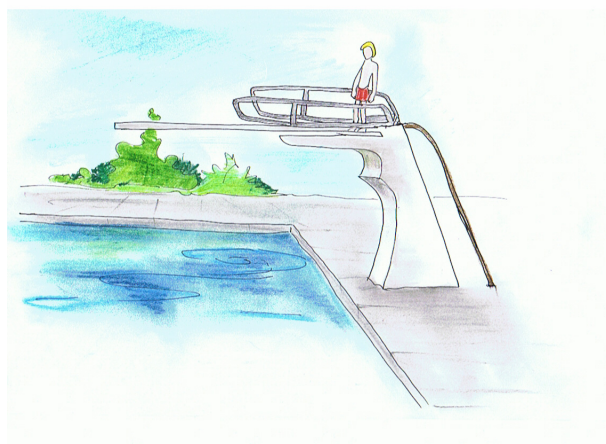
Question 8.

(50 marks)

(a) The person in the drawing is diving.

Describe the coaching points you would make when coaching diving.
(12 marks)

Use the headings below.



Body position when ready to dive _____

Body position in the air _____

Action to be taken after entering the water _____

(b) You have rescued a person from a swimming pool and placed them in the *recovery position*.

Answer the following questions about the *recovery position*. (12 marks)

Describe the *recovery position*.

Give **two** reasons why it would be important to put a person in the *recovery position*?

1 _____

2 _____

(c) Describe a game in the swimming pool which would help a group of children gain confidence in the water. (12 marks)

(d) Describe a method for testing the water quality in a swimming pool. (14 marks)



Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

Study the map provided and answer the following questions.

A film crew is arranging a Tourist Information television program set in the area of Kerry shown in the map.

They intend to invite a number of people of varying ages, who have an interest in different outdoor activities, to take part.

You have been recruited as an advisor.

You arrange to meet the Director of the TV program at Staigue Fort.

Staigue Fort is located towards the right edge of the map, just above the centre;

Grid Reference; V 611 633.



Staigue Fort

- (a) Select **two** other features of scenic, archaeological, historical *or* cultural interest that might be used as back-drops for the program. Give the location of these features using six-figure grid references and the place name on the map that describes their location (i.e. the place named on the map that is nearest to the feature) together with a clear indication of where the place is on the map (i.e. top left, bottom centre, etc.). (18 marks)

Grid reference _____

Location on the map _____

Grid reference _____

Location on the map _____

- (b) As part of the program the Director wishes to highlight the presence of Hostel accommodation in the area. The symbol for a Hostel on the map is ▲ . Give the location of a Hostel in this area by stating the place name on the map that describes its location (i.e. the place named on the map that is nearest to the Hostel). (6 marks)

Location on the map _____

- (c) You have identified the area around Darrynane Bay (at the bottom left of the map; Grid Reference V 530 585) for water-based activities.
Answer the following questions with this area in mind. (14 marks)

- (i) List **two** water-based activities that you think might be suited to highlight this area as a place to visit.

Activity 1 _____

Activity 2 _____

- (ii) Give **two** reasons why you think this area might also be suitable for older people and children.

Reason 1 _____

Reason 2 _____

- (d) The Kerry Way is marked on the map with a broken red line [- - - -].
The Kerry Way is one of Ireland's longest signposted walking trails.
It loops around the Iveragh Peninsula and passes through some of the most isolated and dramatic countryside in the country.



- Give **two** benefits to tourists of such trails. (12 marks)

Benefit 1 _____

Benefit 2 _____

Question 10.

(50 marks)

- (a) Write out a *Safety Plan* for a group of 10 adults who are going on a hill walking trip in April. (14 marks)

- (b) Describe **five** steps to take to protect the environment from outdoor education activities. (10 marks)



1 _____

2 _____

3 _____

4 _____

5 _____

(c) Select **one** outdoor education activity you have studied this year. (12 marks)

Activity _____

Describe the following about the activity selected above:

Skills necessary _____

Equipment needed _____

Care and maintenance of equipment _____

Name of National Governing Body _____

Benefits of keeping a Logbook _____

(d) Select an outdoor leisure activity. (14 marks)

Activity _____

Give details of how the activity could be used to attract tourists to Ireland.

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 the National Governing Body of your sport in Ireland.

(12 marks)

What is the role of the National Governing Body? Give at least **four** points.

(b) Describe a method of shooting for a score.

(12 marks)

Explain a drill for practicing shooting. You may use a diagram to help.

(c) What is meant by *denying space*?

(14 marks)

How might *denying space* be used as a tactic by your team?

Describe how the opposing team might overcome this tactic.

(d) What are the benefits to a team of having a good coach. Give at least **five** benefits.

(12 marks)

Question 12.

(50 marks)

(a) Describe what makes a good team captain. Give at least **five** points. (10 marks)

(b) The word “deception” is used to describe a range of skills that a player might use to mislead or confuse an opponent in order to gain an advantage or a scoring opportunity. Answer the following question on *deception*. (14 marks)

List **two** such skills.

1 _____

2 _____

Describe a drill to practice *deception*. You may use a diagram to help.



- (c) Select a playing position that may suit a *tall player* and a different playing position that may suit a *small player*. Give at least **two** reasons for each choice.

(12 marks)

Tall Player

Position _____

Reasons _____

Small Player

Position _____

Reasons _____

- (d) Describe **two** illegal methods of getting possession of the ball. Explain why you think they are illegal. (14 marks)

Method One _____

Explanation _____

Method Two _____

Explanation _____

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) Give **four** reasons why a player may perform very well on any given day. (10 marks)

1 _____

2 _____

3 _____

4 _____

- (b) Describe a warm-up suitable for your game. Explain the reasons for each part of it. You may use a diagram to help. (12 marks)



Why is it important to do a warm-up?

(c) What type of personality makes a good coach. Give **five** points. (12 marks)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

(d) Striking/Hitting is an important skill. Give **three** reasons why this is true. (16 marks)

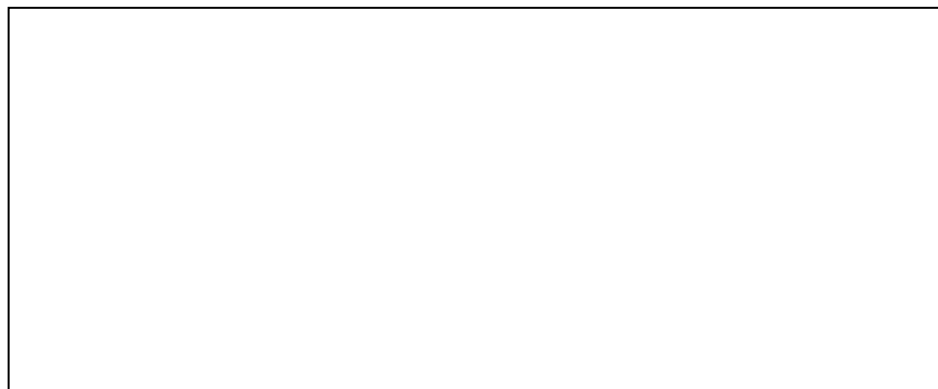
- 1 _____
- 2 _____
- 3 _____

Describe a drill to practice striking/hitting. You may use a diagram to help.

Question 14.

(50 marks)

- (a) Describe a cool-down that is suitable for your game. Explain the reasons for each part of it. You may use a diagram to help. (10 marks)



Why is it important to do a cool-down?

- (b) It is important that equipment used is in good condition. Give **four** reasons why this is true. (12 marks)

1 _____

2 _____

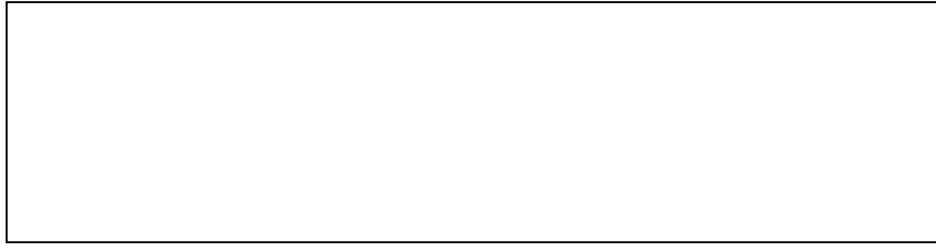
3 _____

4 _____

- (c) Explain **one** method of attack. Describe a drill to practice this method. You may use a diagram to help. (14 marks)

Method of attack _____

Drill _____



- (d) Select **one** possible career in sport, other than coaching. Describe the personal qualities needed to be good at it. State the qualifications needed for this career. (14 marks)

Career _____

Personal Qualities _____

Qualifications _____

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