



# Coimisiún na Scrúduithe Stáit State Examinations Commission

*For the Examiner only*

*Leaving Certificate Applied 2011*

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

Thursday, 16<sup>th</sup> June 2011  
Morning 9.30am to 11.00am

### *General Directions*

Write your EXAMINATION NUMBER  
in this space:

		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	
<b>Mór-Iomlán</b>		

**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>	
<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>Mór-Iomlán</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) Why might you dial the telephone number 112?

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(b) Which officer in a club is responsible for looking after the club's money?

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(c) Give **one** duty of a receptionist in a leisure centre.

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(d) Name an emergency service, other than An Garda, fire or ambulance, available in a mountain area.

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(e) State **one** advantage of being involved in active leisure activities.

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(f) Give **one** reason why leisure equipment needs to be handled correctly.

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(g) Give **one** way that *Fáilte Ireland* encourages foreign tourists to visit Ireland.

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(h) State **two** ways of marking indoor courts.

1 \_\_\_\_\_ 2 \_\_\_\_\_

(i) State **two** items of safety equipment to be found in a leisure centre.

1 \_\_\_\_\_ 2 \_\_\_\_\_

(j) Is taking part in active leisure activities in Ireland more common, less common or at the same level as 50 years ago?

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**Question 2. (50 marks)**

- (a) Describe a survey you carried out which helped you find out about active leisure participation in your school or community. Use the following headings. (15 marks)

Planning your survey

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Carrying out your survey

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What you found out

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- (b) You are the manager of a local leisure centre. Explain **three** ways you might encourage more use of the centre by people with special needs. (12 marks)

1 \_\_\_\_\_

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2 \_\_\_\_\_

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3 \_\_\_\_\_

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- (c) Select any job in the leisure industry. In the box below write an advertisement, to be placed in a newspaper, for the job you selected. (11 marks)

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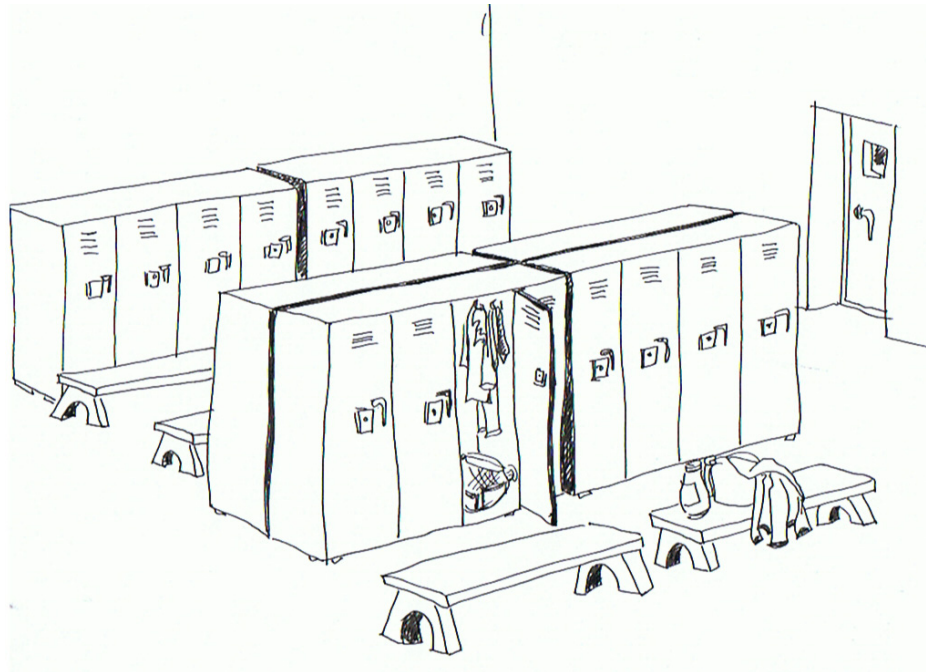
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- (d) List **two** advantages and **two** disadvantages of a locker system of clothes storage in a typical leisure centre. (12 marks)



**Advantages**

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

**Disadvantages**

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

**Question 3.**

**(50 marks)**

(a) Explain **four** factors that have influenced your participation in active leisure activities. (14 marks)

1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_



(b) You were involved in a role-play exercise, as part of a group, on emergency call-out procedures. Describe this exercise under the following headings. (12 marks)

Your own role within the group

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Three things you have learned from the role-play exercise

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

(c) Explain **three** important differences between first aid and a visit, by appointment, to the doctor.

(12 marks)

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_



(d) Name **three** National Governing Bodies of sport within Ireland, and give the initials by which they are usually known.

(12 marks)

1 \_\_\_\_\_  
\_\_\_\_\_ Initials \_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_ Initials \_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_ Initials \_\_\_\_\_

Select **one** National Governing Body from above and answer the following questions.

Name of National Governing Body \_\_\_\_\_

What career opportunities does it offer? \_\_\_\_\_  
\_\_\_\_\_

How does it encourage people in your local area to take part in sport?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

(70 marks)

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

### Question 4.

(20 marks)

(a) Name a muscle from the upper arm.

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(b) Is throwing the javelin an aerobic or an anaerobic activity?

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(c) Name an eating disorder.

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(d) Which component of fitness is most important for race-walking?

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

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(f) What is the long-term effect of regular cardiovascular exercise on the pulse rate?

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(g) Name **one** factor which influences flexibility.

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(h) State **one** danger of drug abuse in sport.

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(i) What does *dehydration* mean?

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

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**Question 5.**

**(50 marks)**

(a) What is meant by *circuit training*?

(14 marks)

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In the box below give an example of a circuit.

(b) How would you motivate an inactive teenager to take part in regular physical activity?

(12 marks)

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- (c) Select a physical activity and then describe a warm-up suitable for that activity. (14 marks)  
You may use a drawing to help if you wish.

Activity \_\_\_\_\_

Warm-up \_\_\_\_\_

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- (d) Describe how the use of drugs in sport is controlled. (10 marks)

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**Question 6.**

**(50 marks)**

- (a) Describe a test to measure a person's cardiovascular endurance. (12 marks)  
You may use a drawing to help if you wish.

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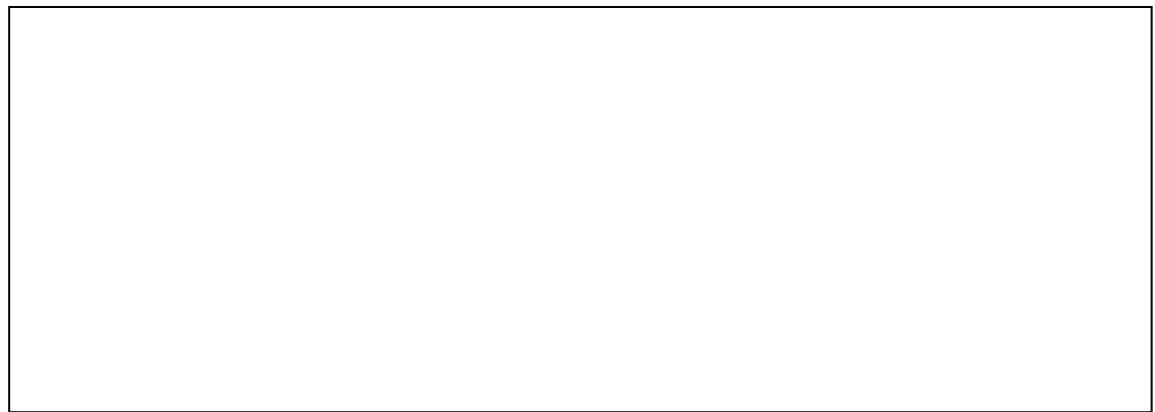
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- (b) Name **three** body parts whose appearance may be changed through regular exercise. (12 marks)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Select **one** body part from above. Describe an exercise programme to bring about an appearance change and describe the change.

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

**Section 3 – Aquatics**

**(50 marks)**

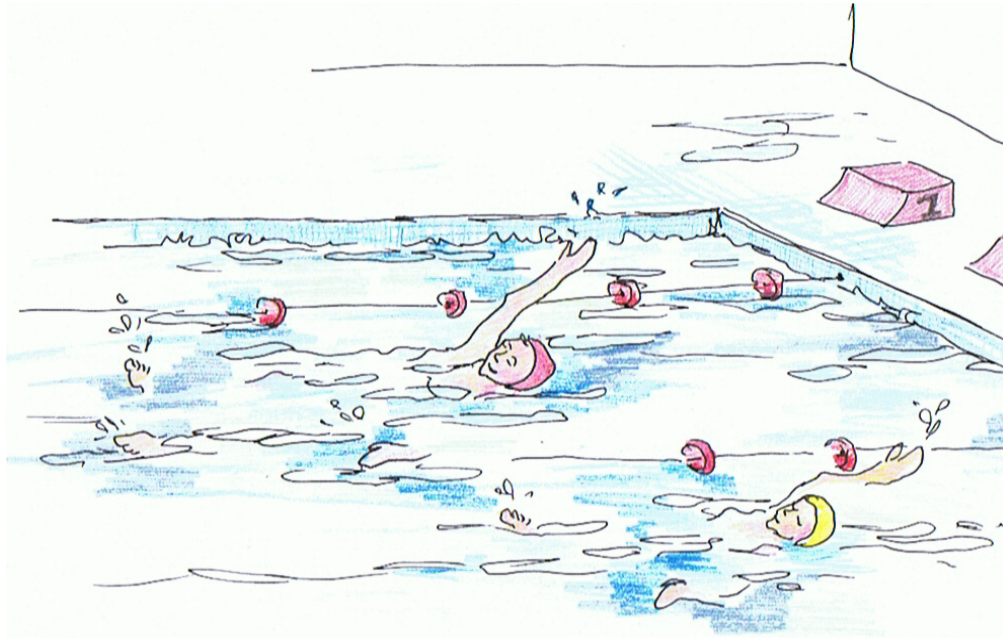
Answer **one** question in this section.

**Question 7.**

**(50 marks)**

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

**(12 marks)**



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

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

2 \_\_\_\_\_

3 \_\_\_\_\_

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

2 \_\_\_\_\_

3 \_\_\_\_\_

(b) Name **two** common foot infections you may get in a swimming pool.

**(12 marks)**

1 \_\_\_\_\_

2 \_\_\_\_\_

Explain **three** ways to guard against getting these infections.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

(c) State **three** health benefits people get from regular swimming.

(14 marks)



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Name **three** active leisure activities for which being able to swim is important.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

(d) What is meant by a *streamlined body position*?

(12 marks)

\_\_\_\_\_  
\_\_\_\_\_

Why is a streamlined body position important in swimming?

\_\_\_\_\_  
\_\_\_\_\_

Explain **two** coaching points you make when coaching a streamlined body position.

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

**Question 8.**

**(50 marks)**

(a) Describe how to *tread water*. You may use a drawing to help if you wish. (12 marks)

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Explain how treading water may be useful in life-saving. Give **two** points.

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

(b) Name the National Governing Body for swimming in Ireland. (12 marks)

\_\_\_\_\_

Describe **three** roles of this National Governing Body.

**1** \_\_\_\_\_

\_\_\_\_\_

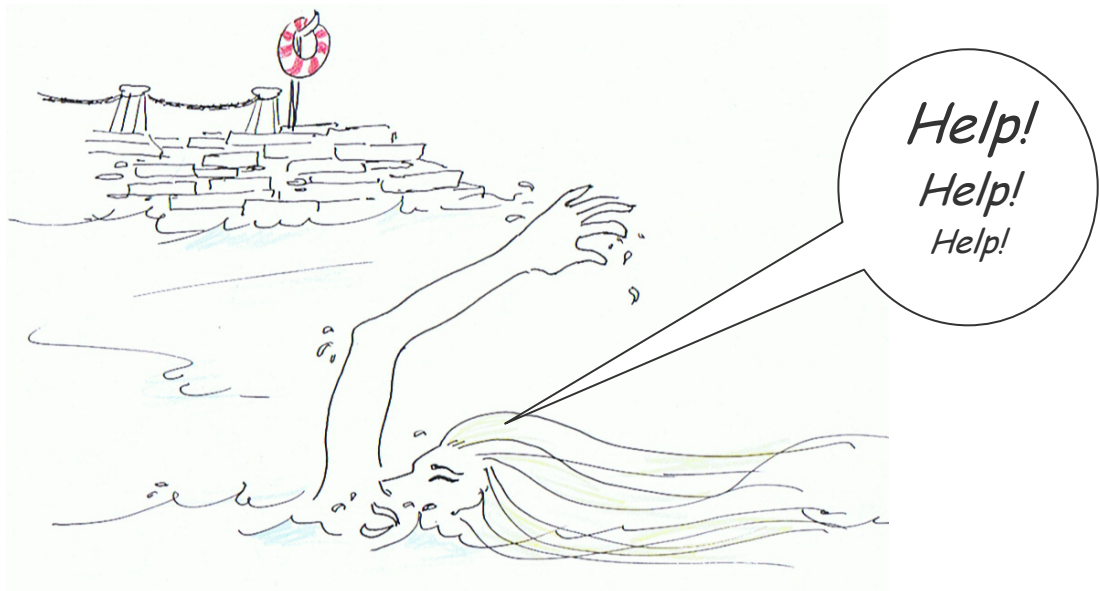
**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

- (c) A swimmer is in difficulty off a pier. Explain **three** factors a rescuer should consider, or think about, before trying to rescue the swimmer in difficulty. (12 marks)



1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

- (d) Explain what is meant by *cardio pulmonary resuscitation (CPR)*. (14 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Explain how to use cardio pulmonary resuscitation (**CPR**).

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

### Question 9.

(50 marks)

**Study the map of the Béara Peninsula and answer the questions below.**


There are two Post Offices on the map.

The symbol on the map for a Post Office is **PO**.


The Grid Reference for the Post Office that is located at the top right of the map is V 617 483. This grid reference is given as an example.

You have been asked to organise a 4-day outdoor activity trip for 6 young adults in this area. All are fit and are used to outdoor activities. You have access to a minibus and equipment for the water-based activities.

The trip will involve two days of kayaking in the sea near a beach.

It will also include a one and half-day hill-walking expedition on the Béara Way. The Béara Way is marked as follows on the map: [  ].

The trip will involve three overnights. Two of these nights will be spent at a Hostel. The third night will involve locating a suitable place to camp as part of the hill-walking expedition.

- (a) There are two Hostels on the map. The symbol on the map for a Hostel is . Answer the following questions about the Hostels. (24 marks)

Locate the Hostels and give the six-figure grid reference for each.

**1** \_\_\_\_\_ **2** \_\_\_\_\_

Give the name of the nearest town or village to the Hostels.

Name \_\_\_\_\_

From the information given on the map decide which Hostel you would choose?  
Give **two** reasons why you have chosen this Hostel over the other.

**Choice** \_\_\_\_\_

**Reason 1** \_\_\_\_\_

**Reason 2** \_\_\_\_\_



(b) Answer the following questions about the hill-walking and camping expedition.  
(22 marks)

Give **one** advantage of choosing to use the Béara Way instead of just picking a route from the map.

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Identify a starting point for the one and a half day hill-walking expedition. Give either the name of this location together with its position on the map (i.e. top middle, bottom right etc.) or the six-figure grid reference.

Starting point \_\_\_\_\_

Location on map or grid reference \_\_\_\_\_

State whether you will be walking North, South, East or West when you start.

Starting direction \_\_\_\_\_

Identify a place on the route where it would be suitable to camp overnight. Give either the name of this location together with its position on the map (i.e. top middle, bottom right etc.) or the six-figure grid reference.

Place to camp \_\_\_\_\_

Location on map or grid reference \_\_\_\_\_

Give **two** reasons why you selected this place to camp.

1 \_\_\_\_\_

2 \_\_\_\_\_

(c) Give the name and location of a beach that would be suitable for the kayaking part of the trip. Indicate the location of this beach on the map (i.e. top middle, bottom right etc.) or give the six-figure grid reference. (4 marks)

Name \_\_\_\_\_

Location on map or grid reference \_\_\_\_\_

**Question 10.**

**(50 marks)**

- (a) During the year you went on an expedition. Explain how you planned the expedition. Make **four** points. (12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_

State **three** things you learned from taking part in the expedition.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

- (b) Select **one** outdoor activity you took part in during the year (you may not select the expedition). (12 marks)

\_\_\_\_\_

State **three** skills needed for that activity and explain why each skill is important.

Skill \_\_\_\_\_

Importance \_\_\_\_\_

Skill \_\_\_\_\_

Importance \_\_\_\_\_

Skill \_\_\_\_\_

Importance \_\_\_\_\_

(c) Explain what is meant by an Emergency Rations Pack.

(14 marks)

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List **three** items you would expect to find in an Emergency Rations Pack.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Describe what is meant by a *bivouac*.

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(d) During the year you carried out an interview with a person working in the outdoor adventure industry. State **five** things you learned from doing this interview. (12 marks)

1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_

5 \_\_\_\_\_

\_\_\_\_\_



## 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.

**Invasion game** \_\_\_\_\_

### Question 11.

(50 marks)

- (a) You kept a logbook of activities you did during the year. Explain the value of keeping a logbook. Make **three** points. (12 marks)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

- (b) *Marking* is used in your game. What is meant by *marking*? (14 marks)

\_\_\_\_\_

Explain **three** points you would make if you were coaching a player how to mark.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Describe how a coach might tell his/her team to use marking as a tactic.

\_\_\_\_\_

(c) Select **one** personality factor a player may have.

(12 marks)

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Explain how this factor may influence a player's sports performance. Make **two** points.

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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(d) Select a possible career in your chosen sport and give information on this career using the following headings. (12 marks)

Career \_\_\_\_\_

Qualifications needed \_\_\_\_\_

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

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Job description \_\_\_\_\_

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**Question 12.**

**(50 marks)**

(a) Describe what is meant by *tackling*.

(14 marks)

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Explain **three** coaching points to make when coaching a player how to tackle.

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

Describe a drill to practice tackling. You may use a drawing to help if you wish.

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(b) What are the maximum length and width of the playing area?

(10 marks)

Maximum length \_\_\_\_\_ Maximum width \_\_\_\_\_

Draw the outline of the playing area and ground markings in the box below.



- (c) You are about to take charge of the first coaching session for a group of twenty 12-year-old beginners. You will choose one specific skill which cannot be tackling. Describe your session under the following headings. (26 marks)

Selected skill \_\_\_\_\_

Safety \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Equipment \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Warm-up \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Description of **one** drill \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Description of type of conditioned game you may use \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Give any other factors to be considered about the coaching session.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can a session like this lead to an improvement in the skill you have chosen?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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.

Net / Fielding game \_\_\_\_\_

### Question 13.

(50 marks)

- (a) Select a career in your game. You are going to interview a person working in that career. State **five** questions you would ask that person. (12 marks)

Career \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

- (b) When discussing sport, the notion of *fair play* or *being sporting* often comes up. What do people mean by this? (12 marks)

\_\_\_\_\_

\_\_\_\_\_

Give an example of '*sporting*' and an example of '*unsporting*' behaviour.

Sporting behaviour \_\_\_\_\_

\_\_\_\_\_

Unsporting behaviour \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



(c) Select a defensive shot in your game.

(14 marks)

Shot \_\_\_\_\_

Give **three** coaching points for that shot.

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

Describe a drill to practice this shot. You may use a drawing to help if you wish.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



(d) Fitness is important in all games. Answer the following questions relating to fitness in your game. (12 marks)

Name a component of fitness that is important in your game. \_\_\_\_\_

Give an example of a situation where this component of fitness is needed.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe **three** exercises to improve this component of fitness.

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**Question 14.**

**(50 marks)**

- (a) Select **one** of the three basic skills you demonstrated during this year for your Key Assignments. (12 marks)

Skill \_\_\_\_\_

Describe how you would coach this skill to a beginner.

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- (b) State **two** reasons why it is important for a coach to have qualifications. (14 marks)

1 \_\_\_\_\_

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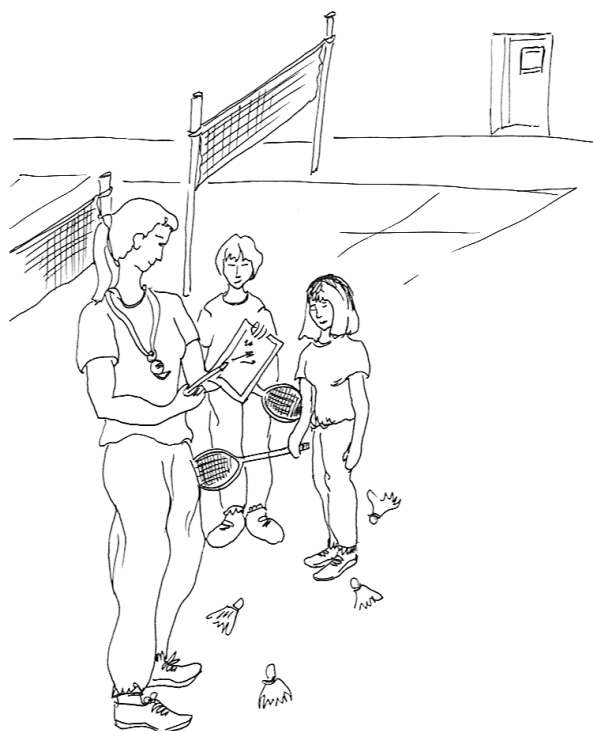
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2 \_\_\_\_\_

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Name a coaching qualification

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Give **two** places where a person could get information on coaching courses.

1 \_\_\_\_\_

2 \_\_\_\_\_

(c) State a common injury in your game.

(12 marks)

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Why is this injury common in your game?

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What could you do to help to prevent this injury occurring? Give **two** points.

**1** \_\_\_\_\_

**2** \_\_\_\_\_

(d) Describe an *attacking tactic* used in your game which might end up in you getting a score. Make at least **three** points in your answer. You may use a drawing to help if you wish. (12 marks)

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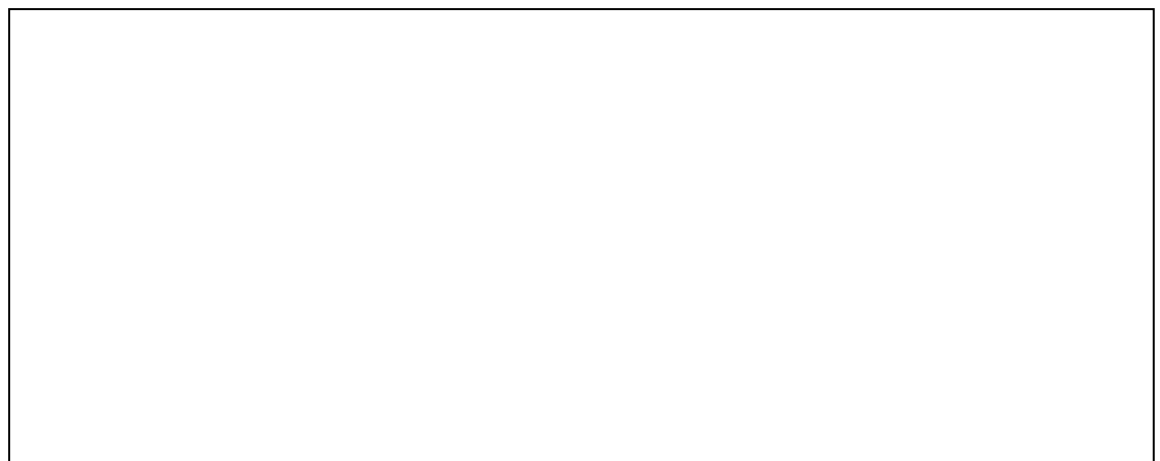
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