



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied, 2012

Vocational Specialism – Active Leisure Studies (240 marks)

Thursday, 14th June, 2012

Morning 9.30am to 11.00am

General Directions

Write your Examination Number in space below:

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<i>For the Examiner only</i>		
		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 Mark		

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

Answer any 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 Mark 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) What is meant by *Passive Leisure*?

(b) Which officer in a club keeps a record of what is said at club meetings?

(c) What is meant by *Stock Inventory*?

(d) What is meant by the term *Voluntary* with reference to a *Voluntary* leisure organisation?

(e) State **one** advantage of using a court when playing certain sports.

(f) Name **three** items you would expect to find in a First Aid Box.

1. _____ 2. _____ 3. _____

(g) Name **one** lifestyle benefit of taking part in active leisure activities regularly.

(h) State **two** ways *Fáilte Ireland* might attract more active leisure tourists to Ireland.

1. _____

2. _____

(i) State **two** reasons for the Health, Safety and Welfare at Work Act.

1. _____

2. _____

(j) Has the number of tourists coming to Ireland increased, decreased or remained the same over the last five years? Tick the correct box.

Increased Decreased Remained the same

Question 2.

(50 marks)

- (a) You are in charge of a group of children in a sports hall when the emergency alarm bell rings.
Describe how you would react using the headings below.

(15 marks)



Your first reaction.

What you would do next (List at least **three** actions you would take).

What you would do if you found out, after twenty minutes, that it was a false alarm.

- (b) Describe **three** personal qualities you would expect to find in a good manager of a Leisure Centre.

(11 marks)

1. _____

2. _____

3. _____

- (c) Name **two** groups with special needs in your community.
For each group named, list what special facilities and activities are available to help and encourage them to take part in active leisure activities. (12 marks)

Name of Group _____

Special Facilities and Activities _____

Name of Group _____

Special Facilities and Activities _____

- (d) State **three** reasons why a sports club or active leisure club should have an elected club committee. (12 marks)

1. _____

2. _____

3. _____

Question 3.

(50 marks)

(a) Explain **three** reasons why a company may be willing to sponsor an active leisure event. (15 marks)

1. _____

2. _____

3. _____

(b) Explain **three** advantages of using a computer, instead of a manual system, for stock control. (9 marks)



1. _____

2. _____

3. _____

(c) You are applying for a job in the leisure industry.
List **three** pieces of information, other than your name, address and date of birth, that you would include in your letter of application.

(12 marks)

1. _____

2. _____

3. _____

(d) State **three** changes that have taken place in the role of active leisure in society over the last thirty years.

(14 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) Name **one** place on the body where a pulse rate can be taken.

(b) State **one** reason why fat is necessary in the diet.

(c) What mineral is most needed for healthy bones and teeth?

(d) What is meant by *cardiovascular endurance*?

(e) State **one** reason why a person should do a warm-up before exercise.

(f) Name **one** anaerobic activity.

(g) Name a gas which is carried in high amounts as a waste product in the veins.

(h) Is flexibility influenced by age only, by exercise only or by both age and exercise?
Tick the correct box.

age only

exercise only

age and exercise

(i) Which component of fitness is most important for sprinting 100 metres?

(j) Which of the following contains most calories:
a standard sized potato which is boiled, baked or fried?
Tick the correct box.

boiled potato

baked potato

fried potato

Question 5.

(50 marks)

- (a) A Food Pyramid contains the main food groups.
Name any **three** of the main food groups in the food pyramid.
Name **two** examples of food in each food group named.

(14 marks)

Food Group _____

Example 1 _____

Example 2 _____

Food Group _____

Example 1 _____

Example 2 _____

Food Group _____

Example 1 _____

Example 2 _____

- (b) Describe the first aid treatment you would give to a person who has strained a hamstring muscle during exercise.
Make at least **three** points.

(12 marks)



(c) State **three** reasons why a person might enjoy competitive sport. (14 marks)

1. _____

2. _____

3. _____

State **three** reasons why a person might not enjoy competitive sport.

1. _____

2. _____

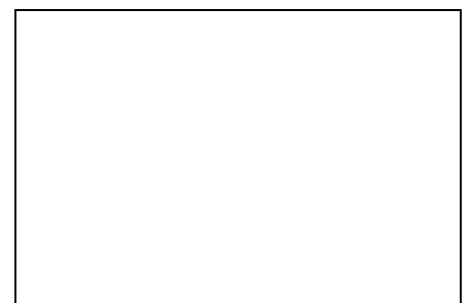
3. _____

(d) Describe **two** stretching exercises that can be used as part of a cool-down after exercise. You may use drawings to help if you wish.

(10 marks)

Stretch 1 _____

Stretch 2 _____

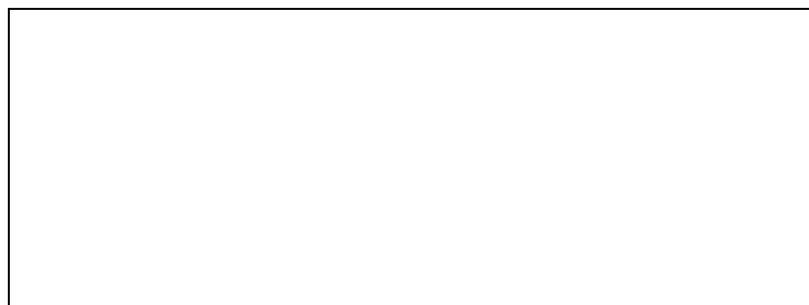


Question 6.

(50 marks)

(a) Describe a test to measure a person's flexibility.
You may use a drawing to help if you wish.

(12 marks)



(b) You have been asked to organise a one-hour fun games session for a group of boys and girls aged ten, each Saturday morning for five weeks. The sessions will be outdoors on an astro-turf area.

(16 marks)

Describe **two** activities you would organise and play during the sessions.

1. _____
2. _____

List the equipment that you would need.

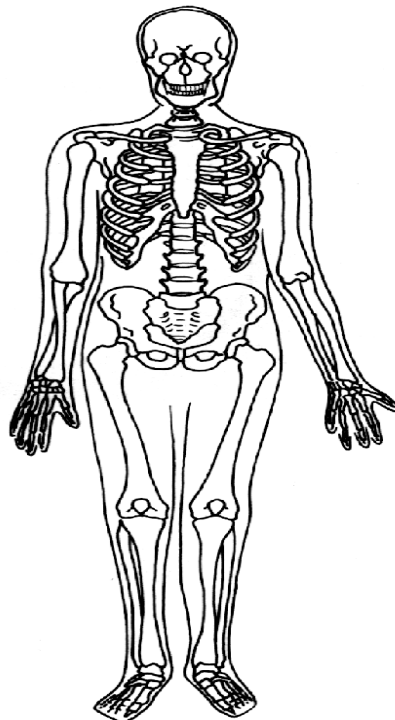
Apart from the time and venue, what information would you email to the parents before the start of the first session?

(c) Look at the diagram of the human skeleton below.
State **two** functions of the skeleton. (13 marks)

1. _____
2. _____

Label the following muscles on the skeleton below.

- | | | |
|---------------|------------|--------------|
| 1. Quadriceps | 2. Calf | 3. Triceps |
| 4. Pectoralis | 5. Deltoid | 6. Abdominal |



(d) State **three** dangers of taking banned substances while training for, or taking part in, sport. (9 marks)

1. _____

2. _____

3. _____

Answer any 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. _____

(13 marks)



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

Arms 1. _____

2. _____

Legs 1. _____

2. _____

Breathing 1. _____

2. _____

(b) As part of your course you had to 'make up' games to be played in the water. Describe **two** games that you made up.

(12 marks)

Game 1 _____

Game 2 _____

(c) Describe an event in the swimming pool which might cause someone to go into medical shock. (14 marks)

Event _____

Describe **two** symptoms or signs of medical shock.

1. _____
2. _____

How would you treat a person who has gone into medical shock?

(d) Name **one** career in Aquatics and give information on this career under the following headings: (11 marks)

Name of Career _____

Qualifications Needed _____

Job Description (Make **three** points) _____

Question 8.

(50 marks)

(a) Describe **five** steps a swimming pool manager might take to make sure hygiene is good, in and around the swimming pool area.

(12 marks)



1. _____

2. _____

3. _____

4. _____

5. _____

(b) Describe **three** coaching points a beginner should be aware of when learning to dive.

(12 marks)

1. _____

2. _____

3. _____

(c) What is meant by Expired Air Resuscitation (EAR)/mouth-to-mouth resuscitation?

(12 marks)

Describe how to use Expired Air Resuscitation (EAR)/mouth-to-mouth resuscitation.

(d) Complete the timetable below for a weekday in a local swimming pool.
State a suitable time for each of the groups named to use the swimming pool.
Give reasons why you selected the particular time for each group.

(14 marks)

SWIMMING POOL TIMETABLE		
Group	Time	Reason why group is given this particular time
Adult Swimming Lessons		
Schools		
Parents and Toddlers		
Swimming Club		

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

Study the map of Glencolumbkille and answer the questions below.

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

The Grid Reference for the Post Office in Glencolumbkille is G 534 845. This grid reference is given as an example.

You have been asked to organise a two-day outdoor education trip, in the area covered by the map, for 6 healthy adults. The trip involves water sport activities on Day 1, camping overnight and a hill walk on Day 2. You have access to a minibus and equipment for the water sport activities.

- (a) Select a suitable location for the water sport activities on Day 1. Give a six-figure grid reference or a name on the map for this location and explain why you selected it.

(24 marks)

Grid Reference/Location _____

Reason for location _____

Name **one** watersport activity the group will participate in and state **four** pieces of equipment needed for this activity.

Name of watersport activity _____

Equipment 1 _____

Equipment 2 _____

Equipment 3 _____

Equipment 4 _____

Name **one** skill which will be used during this watersport activity.
Describe the skill and give **one** coaching point for it.

Name of skill _____

Description _____

Coaching Point _____

(b) Select a suitable location to camp overnight and give a six-figure grid reference or a name on the map for this location. Explain why you selected this location.

(14 marks)



Grid Reference/Location

Reason for location

Describe **two** safety factors to consider when camping.

1. _____

2. _____

How can campers make sure that they do not damage the environment?

1. _____

2. _____

(c) Select a suitable route for the hill walk on Day 2.

Identify a starting point for the hill walk. Give a six-figure grid reference or a name on the map for this starting point.

(12 marks)

Grid Reference/Location _____

State the direction in which you will be walking (North, South, East or West) when you start.

Direction _____

Name **two** features of interest that you would see during the hill walk.

1. _____

2. _____

Question 10.

(50 marks)

- (a) You are leading a group of six adults on a hill walk and you are four kilometres from the nearest village. One person falls and you suspect he has broken his leg. Explain what you would do to make sure that everyone is looked after. Make at least **four** points. (14 marks)

- (b) Name **one** outdoor activity you took part in during the year. (12 marks)

Name **three** pieces of equipment required for that activity.
What advice would give to someone before buying the equipment and on the maintenance of the equipment?

Equipment _____

Buying _____

Maintenance _____

Equipment _____

Buying _____

Maintenance _____

Equipment _____

Buying _____

Maintenance _____

(c) You are thinking about a career as an Outdoor Education Instructor. In order to find out about this career you decide to interview an Outdoor Education Instructor. State **five** suitable questions that you would ask in the interview.

(12 marks)

1. _____

2. _____

3. _____

4. _____

5. _____



(d) During the year you carried out an Environmental Study. State what you studied and describe **three** things that you learned.

(12 marks)

What you studied _____

1. _____

2. _____

3. _____

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.

Invasion game _____

Question 11.

(50 marks)

- (a) Name **three** rules from your chosen invasion game and state why each rule is necessary. (12 marks)

1. _____



2. _____

3. _____

- (b) Managers, coaches and players use video playback to help improve performance. Explain **three** ways video playback is useful.

(12 marks)

1. _____

2. _____

3. _____

(c) Name **one** passing skill from your chosen invasion game.

(12 marks)

Explain **three** coaching points for this passing skill.

1. _____

2. _____

3. _____

Describe a practice drill for this passing skill, for eight players.
You may use a drawing to help if you wish.



(d) What is meant by a *conditioned* game?

(14 marks)

Describe a conditioned game you might use to help coach the passing skill you selected in (c) above.

Give **two** reasons why you chose this particular conditioned game.

1. _____

2. _____

Question 12.

(50 marks)

- (a) Describe what is meant by *support play* in attack.
You may use a drawing to help if you wish.

(14 marks)



Explain how good *support play* may help your team to score.

- (b) Name a component of fitness which is important in your chosen invasion game.

(12 marks)

Why is this component of fitness important?

Describe how you could improve this component of fitness.

(c) Name **one** shooting technique/skill from your chosen invasion game. (12 marks)

Explain **three** coaching points for this shooting technique/skill.

1. _____

2. _____

3. _____

Describe a practice drill for this shooting technique/skill, for ten players.
You may use a drawing to help if you wish.



(d) Name the National Governing Body of your chosen invasion game. (12 marks)

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

1. _____

2. _____

3. _____

Name **three** possible careers within this National Governing Body.

1. _____

2. _____

3. _____

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/sport only.

Net / Fielding game _____

Question 13.

(50 marks)

(a) List **three** pieces of equipment needed to participate in your chosen game/sport.

(13 marks)

1. _____

2. _____

3. _____

State **one** piece of advice you would give to a participant about the maintenance of one of these pieces of equipment.

(b) State **two** safety instructions that you would give to anyone taking up your chosen game/sport.

Give a reason why is it important to follow each of the safety instructions you have stated.

(14 marks)

Safety Instruction 1 _____

Reason _____

Safety Instruction 2 _____

Reason _____

- (c) How is the playing area arranged/marked for competitions in your chosen game/sport?
You may use a drawing to help if you wish. (12 marks)



- (d) How does your chosen game/sport cater for players of different levels of ability?
Give at least **two** examples. (11 marks)

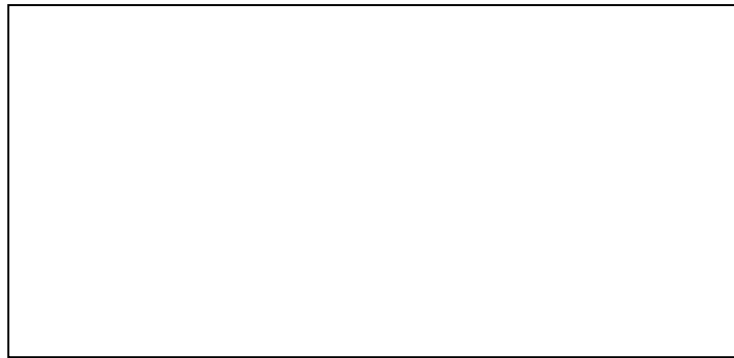
Question 14.

(50 marks)

- (a) Describe a shooting/striking stance used in your chosen game/sport.
You may use a drawing if to help if you wish.
State **two** reasons why this stance is good for shooting/striking in your chosen game/sport.

(16 marks)

Description _____



Reason _____

Reason _____

Describe a practice drill which would help in coaching the shooting/striking stance named in (a) above.

You may use a drawing to help if you wish.



(b) Describe the scoring system in your chosen game/sport. (10 marks)

(c) Name a component of fitness which is important in your game/sport. (12 marks)

Why is this component of fitness important?

Describe how you could improve this component of fitness.

(d) Describe **one** type of competition used in your chosen game/sport at a local level and **one** type of competition used at a national level. (12 marks)

Club level competition _____

National level competition _____

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