



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Applied 2012

Marking Scheme

Active Leisure Studies

Common Level

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 any 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) What is meant by *Passive Leisure*?
Leisure activities which require little or no physical exertion 2
- (b) Which officer in a club keeps a record of what is said at club meetings?
Secretary 2
- (c) What is meant by *Stock Inventory*?
Checking and recording what stock/equipment you have 2
- (d) What is meant by the term *Voluntary* with reference to a *Voluntary* leisure organisation?
People give of their time free of charge 2
- (e) State **one** advantage of using a court when playing certain sports.
Good underfoot conditions/clear line markings 2
- (f) Name **three** items you would expect to find in a First Aid Box.
1. Bandages 2. Plasters 3. Analgesic spray 1+1
- (g) Name **one** lifestyle benefit of taking part in active leisure activities regularly.
You may feel more energetic 2
- (h) State **two** ways *Fáilte Ireland* might attract more active leisure tourists to Ireland.
1. More advertising
2. Special Offers 1+1
- (i) State **two** reasons for the Health, Safety and Welfare at Work Act.
1. Protect workers' safety
2. Identify employers' responsibilities 1+1
- (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 2

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.

Stay calm and keep the group calm.

3

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

Address the group, reassure them, guide them safely and quickly to an exit, make sure no one is left behind, guide them to an assembly point, take a roll call.

3+3+3

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

Inform the group that it was a false alarm, reassure them, check for anyone who may be particularly upset. If it is safe to do so, return to the hall.

3

- (b) Describe **three** personal qualities you would expect to find in a good manager of a Leisure Centre. (11 marks)

1. *Good communication skills.*

4

2. *A willingness to listen to others.*

4

3. *A good ability to solve problems.*

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	<i>Any appropriate group e.g. Special Olympics</i>	2
Special Facilities and Activities	<i>Adapted sports equipment/adapted competition rules/specific competitions.</i>	2+2
Name of Group	<i>Any appropriate group</i>	2
Special Facilities and Activities	<i>As per group</i>	2+2

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

1. *So members feel they have a say in running the club.* 4
2. *New candidates can be voted onto committee.* 4
3. *The committee can settle disputes.* 4

Question 3.

(50 marks)

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

1. *To get publicity for the company.* 5
2. *To help increase business for the company.* 5
3. *The company owner may have a personal interest in the event or activity.* 5

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



1. *Easier to make changes to information.* 3
2. *Quicker to find information.* 3
3. *Easier to transport/transfer information.* 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. *Name or type of qualifications.* 4
2. *Any relevant work experience.* 4
3. *Reason why you should get the job.* 4

(d) State **three** changes that have taken place in the role of active leisure in society over the last thirty years. (14 marks)

1. *Active leisure now has a more prominent role.* 5
2. *Sports stars now have a more influential place in society.* 5
3. *Active leisure now plays a greater role in health promotion.* 4

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.
Wrist 2
- (b) State **one** reason why fat is necessary in the diet.
For good health. 2
- (c) What mineral is most needed for healthy bones and teeth?
Calcium 2
- (d) What is meant by *cardiovascular endurance*?
The ability to sustain physical effort over a reasonable period of time. 2
- (e) State **one** reason why a person should do a warm-up before exercise.
To help avoid injury. 2
- (f) Name **one** anaerobic activity.
Doing one press-up. 2
- (g) Name a gas which is carried in high amounts as a waste product in the veins.
Carbon dioxide 2
- (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 2
- (i) Which component of fitness is most important for sprinting 100 metres?
Speed 2
- (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 2

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	<i>Carbohydrates</i>	2			
Example 1	<i>Pasta</i>	2	Example 2	<i>Rice</i>	1
Food Group	<i>Proteins</i>	2			
Example 1	<i>Chicken</i>	2	Example 2	<i>Beef</i>	1
Food Group	<i>Vitamins</i>	2			
Example 1	<i>Fruit</i>	1	Example 2	<i>Vegetables</i>	1

- (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)

Rest 3 x 4

Apply ice to the hamstring.

Put on a compression bandage.

Elevate the leg.



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

1. *She/he is good at a particular sport.* 3

2. *She/he likes the thrill of the challenge.* 2

3. *She/he enjoys the effort that goes into preparing/training for competitive sport.* 2

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

1. *May have a non-competitive temperament.* 3

2. *May have a fear of losing.* 2

3. *May be poor at sport.* 2

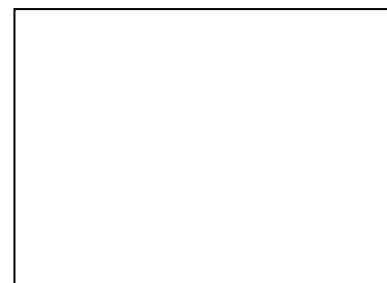
(d) Describe **two** stretching exercises that can be used as part of a cool-down after exercise.

You may use drawings to help if you wish.

(10 marks)

Stretch 1 *Any appropriate stretch*

3+2



Stretch 2 *Any appropriate stretch*

3+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)

e.g. Sit and Reach Test

Use a Sit and Reach Box. Sit on the floor and extend your legs until your feet are flat against the side of the box and your legs are flat on the floor. Reach forward with both hands as far as you can along the top of the box and hold the reach for 2 seconds. Partner measures distance reached.

4+4+4



- (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. *Catch-a-tail. Two teams, one team has bibs as red tails, the other blue. Chase, catch and collect the other team's tails. Count tails collected after 30 seconds.*

2+2

2. *Any appropriate game*

2+2

List the equipment that you would need.

Two sets of different coloured bibs to act as tails.

Cones to line out the chase area.

A whistle to indicate start and stop.

A stopwatch to time 30 seconds.

2+2

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

A general description of activities, appropriate clothing and footwear, advice on snacks and drinks, your contact information.

2+2

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

1. *Provides support for the muscles.* 4

2. *Protects vital organs.* 3

Label the following muscles on the skeleton below.

1. Quadriceps

2. Calf

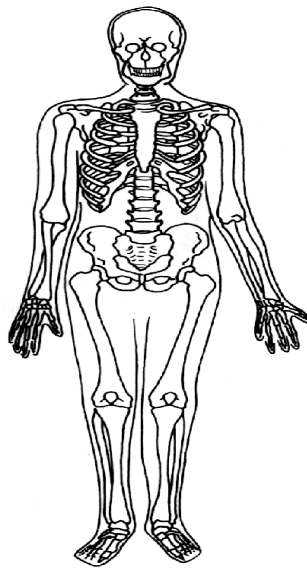
3. Triceps

4. Pectoralis

5. Deltoid

6. Abdominal

6x1



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

1. *Personality change e.g. more aggressive.* 3

2. *Health problems e.g. heart attack.* 3

3. *May get disqualified from the event.* 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)

Front crawl

2



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

Arms	1. <i>Hands reach into and then pull water.</i>	2
	2. <i>Fingers closed.</i>	2
Legs	1. <i>Alternate leg kick.</i>	2
	2. <i>Kick up and down.</i>	2
Breathing	1. <i>Maintain rhythm.</i>	2
	2. <i>Turn head to the side to inhale.</i>	1

(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 *Description of any appropriate ‘Tag’ game.* 3+3

Game 2 *Description of any fun relay race.* 3+3

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

Event *A person may slip on the deck and bang their head heavily upon falling.* 3

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

1. *Skin becomes clammy and pale-coloured.* 3

2. *Rapid weak heartbeat.* 3

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

*Lay the person down and elevate the feet, if possible.
Check ABCs. Try to stop any bleeding.
Keep person warm. Seek immediate medical help.* 3+2

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

Name of Career
Swimming Pool Manager 2

Qualifications Needed
*Degree/Diploma/Certificate in sports administration.
Life-saving qualification* 3

Job Description (Make **three** points)
*Supervise staff.
Ensure high level of hygiene.
Plan timetable of pool use.
Deal with outside suppliers.* 2+2+2

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. *Make sure staff are properly trained.* 3
2. *Keep up-to date with latest hygiene issues.* 3
3. *Keep all areas clean e.g. deck, changing, rooms etc.* 2
4. *Advise customers on hygiene e.g. signs saying 'shower before swim'.* 2
5. *Check water quality regularly.* 2

- (b) Describe **three** coaching points a beginner should be aware of when learning to dive. (12 marks)

1. *The position of the head.* 4
2. *The position of the arms/hands.* 4
3. *The position of the feet.* 4

- (c) What is meant by Expired Air Resuscitation (EAR)/mouth-to-mouth resuscitation? (12 marks)

To mechanically force breath into a patient's respiratory system. 4

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

Place the patient lying down. Make a seal between the rescuer's and the patient's mouth. Blow to pass air into the patient's body. Repeat this blowing in a rhythmical manner.

4+4

- (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)

(2+2) (2+2) (1+2) (1+2)

SWIMMING POOL TIMETABLE		
Group	Time	Reason why group is given this particular time
Adult Swimming Lessons	<i>8pm-9pm</i>	<i>A lot of people are home from work</i>
Schools	<i>11am-3pm</i>	<i>During school opening hours</i>
Parents and Toddlers	<i>10am-11am</i>	<i>Other children are gone to school</i>
Swimming Club	<i>7am-8am</i>	<i>Little demand from other users at this time</i>

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 *Beach at Glen Bay 522 847* 3

Reason for location *Easy access, parking area nearby* 3

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

Name of watersport activity *Kayaking* 1

Equipment 1 *Kayak* 2

Equipment 2 *Paddle* 2

Equipment 3 *Buoyancy Jacket* 2

Equipment 4 *Helmet* 2

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

Name of skill *Sweepstroke (forward)* 2

Description *This stroke allows you to quickly change the direction your kayak is facing.* 2+2

Coaching Point *Rotate your body to the side. Place the paddle blade in the water near your feet. Rotate your body so as to pull the blade through the water in an arc to the back tip of the kayak.* 3

- (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

e.g. *Min n bhFiann 545 805* 3



Reason for location

Near a forest in which to go on a night walk. 3

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

1. *Do not camp near a cliff.* 2
2. *Do not camp too close to a river.* 2

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

1. *Do no damage to any flora.* 2
2. *Take all litter away with them.* 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 *As selected* 3

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

Direction *As selected* 3

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

1. *As appropriate* 3
2. *As appropriate* 3

(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. *What qualifications do you need?* 3

2. *What are your duties?* 3

3. *What do you enjoy most about your job?* 2

4. *What is the pay like?* 2

5. *Are there any opportunities for promotion?* 2



(d) During the year you carried out an Environmental Study. (12 marks)
State what you studied and describe **three** things that you learned.

What you studied e.g. *Stream Study*

1. *As appropriate* 4

2. *As appropriate* 4

3. *As appropriate* 4

(c) Name **one** passing skill from your chosen invasion game. (12 marks)

Punt pass 1

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

1. *Drop the ball from the right hand if kicking with the right foot.* 2
2. *Kick through the ball with the laced part of the boot.* 2
3. *Follow through in the direction of the pass.* 2

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

Any appropriate practice drill 3+2



(d) What is meant by a *conditioned* game? (14 marks)

When a coach places an additional, specific condition on a game. 4

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

A team must complete at least 2 punt passes before attempting to score. 4

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

1. *It makes players think about punt passing.* 3
2. *It forces players to practice punt passing in a game situation.* 3

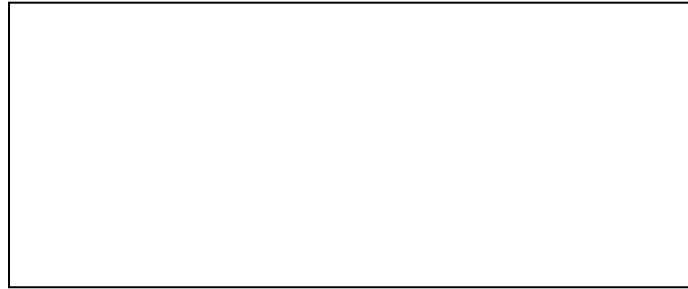
Question 12.

(50 marks)

- (a) Describe what is meant by *support play* in attack.
You may use a drawing to help if you wish. (14 marks)

When a player gets possession of the ball, team-mates must immediately consider how they can help that player and then go and do so e.g. by running towards the player to take a pass.

This is done to try and create a scoring opportunity. 4+3



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

A support player may run into space in order to receive a pass from a team-mate who is being tackled and under pressure.

The support player may then take a shot for a point or goal.

4+3

- (b) Name a component of fitness which is important in your chosen invasion game. (12 marks)

Speed 2

Why is this component of fitness important?

There are many times in a game when a player is racing against an opponent in an attempt to get to the ball first. 3+2

Describe how you could improve this component of fitness.

In training, as well as practicing your skills, you could do a number of sprints. You could time how long each sprint takes and try to improve over time.

3+2

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

Taking a 20 metre free-kick 1

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

1. *Compose yourself before kicking.* 2
2. *Position of the head – eye on the ball.* 2
3. *Follow through with kicking leg.* 2

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

Any appropriate practice drill 3+2



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

*Gaelic Athletic Association (GAA) or
Cumann Luthchleas Gael* 2

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

1. *To encourage more people to play gaelic games.* 2
2. *To organise and run competitions.* 2
3. *To organise and run coaching courses.* 1

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

1. *A full-time coach.* 2
2. *A clerical career with a province or Croke Park.* 2
3. *An administrator with a county board.* 1

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 e.g. *Badminton*

Question 13.

(50 marks)

- (a) List **three** pieces of equipment needed to participate in your chosen game/sport. (13 marks)

- | | | |
|----|--------------------|---|
| 1. | <i>Racquet</i> | 3 |
| 2. | <i>Shuttlecock</i> | 3 |
| 3. | <i>Net</i> | 3 |

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

*Net. Fold it up carefully after each use and store it carefully.
Do not roll it up and throw it in a corner.* 4

- (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
Make sure both your shoelaces are always tied securely. 4

Reason
You may step on a loose lace, trip, fall and injure yourself. 3

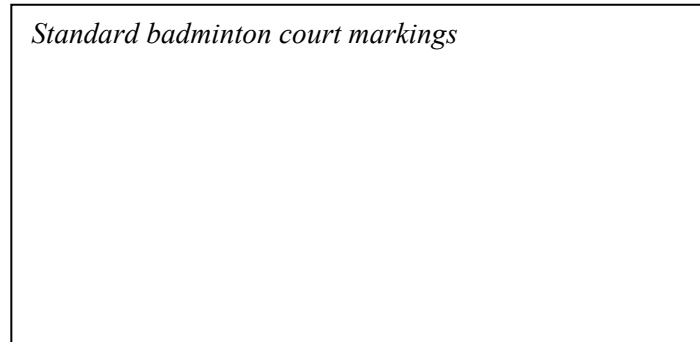
Safety Instruction 2
Check the court for spilled water. 4

Reason
*Spilled water may make the ground slippery.
You may slip and hurt yourself.* 3

- (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)

The court is marked for both singles and doubles using tape or paint. Marking include an outer line and a service area on both sides of a net. The net is placed along the centre of the court.

4+4+4



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

1. *Competitions are graded according to ability levels e.g. Division 1, Division 2 etc. As a player improves she/he moves up the divisions.* 3+3

2. *Competitions are held for both singles and doubles. This caters for people who are better as part of a team and for other people who are better playing as an individual.* 3+2

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 *Service. Stand with one foot in front of the other, feet approx shoulder width apart, knees slightly bent. One hand holds the shuttle in front of your body, other hand holds the racquet behind you ready to be brought forward to strike the dropped shuttle.*

3+2



Reason *You are standing in a well balanced position*

3

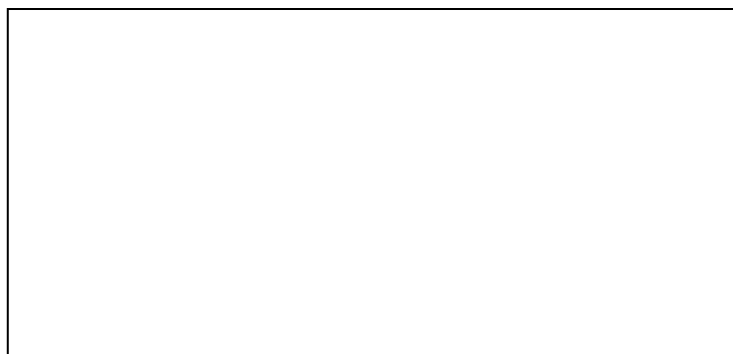
Reason *You are well positioned to quickly move backwards or forward as you choose.*

3

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.

As appropriate

3+2



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

Make at least two points re singles and/ or doubles. 5+5

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

Agility 2

Why is this component of fitness important?

Badminton involves a lot of quick movement, many changes of direction, reaching down/up/left/right, twisting and turning. 3+2

Describe how you could improve this component of fitness.

*Speed Agility Quickness training.
Dynamic and static flexibility exercises.* 3+2

(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

Intra/Inter-club competitions to determine club/county champions at different ability levels and ages. 3+3

National level competition

Inter-county competitions to determine Irish champions at different ability and age levels. 3+3

