



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied, 2013

Vocational Specialism

Active Leisure Studies

(240 marks)

Thursday, 13th June

Morning 9.30 - 11.00

General Directions

Write your Examination Number in the space below:

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 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) Is swimming an *active* or a *passive* leisure activity?

(b) Name **one** organisation involved in promoting leisure holidays in Ireland.

(c) In recent years participation levels in sport have increased. State **one** reason for this.

(d) What does the term *volunteer* mean in sport?

(e) State **one** benefit of sponsorship for a sports club.

(f) List **two** advantages of taking part in exercise.

1. _____

2. _____

(g) Why would someone dial the number 112?

(h) Name **one** factor that influences an individual's participation in active leisure.

(i) State **one** reason for displaying Health and Safety rules in a Leisure Centre.

(j) List **two** items that you would find in a First Aid kit.

1. _____

2. _____

Question 2.

(50 marks)

- (a) Complete the table by writing the most suitable job title from the list below beside each job description. (12 marks)

Car Park Attendant *Fitness Instructor* *Steward*
Caretaker *Manager* *Receptionist*

Job Description	Job Title
A person with formal training in customer service.	
A person with the overall responsibility for running a gym.	
A person who runs classes and designs personal exercise programmes.	

- (b) Choose any job in the Leisure Industry and outline **three** duties carried out by a person in this job. (12 marks)

Job in the Leisure Industry _____

1. _____

2. _____

3. _____

(c) You are applying for a position as a Personal Trainer.
List **three** pieces of information other than your name, address and date of birth that you should include in your letter of application.

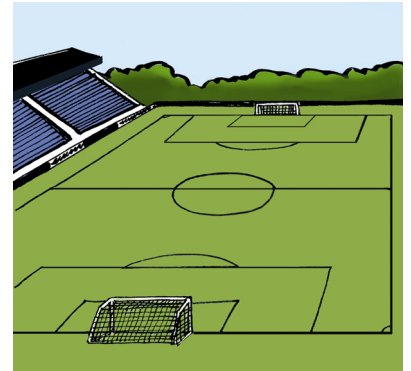
(12 marks)

1. _____
2. _____
3. _____

(d) You are about to set up a new GAA or soccer club in your local area.

(14 marks)

Name **two** different job titles to be filled within the club and give a brief description of each.



Job title 1 _____

Description _____

Job title 2 _____

Description _____

State **two** rules that should be included in your club's constitution.

1. _____

2. _____

Describe how you would promote the club to persuade new members to join.

Question 3.

(50 marks)

(a) Your local sports club needs a new team minibus.
Describe **three** ways the sports club could fundraise for this.

(12 marks)

1. _____

2. _____

3. _____

(b) Describe a First Aid treatment suitable for each
of the injuries listed below.
Make at least **two** points for each.

(12 marks)



Sprained ankle _____

Nose bleed _____

Cut on the leg _____

(c) A new Leisure Centre has opened in your local area. It has an indoor swimming pool, a fitness suite, a sports hall, football pitches and tennis courts.

Explain how the Leisure Centre can promote the active participation of both blind people and wheelchair users. Make at least **two** points for each.

(12 marks)

Blind people _____

Wheelchair users _____

(d) Explain **two** reasons why each of the following people take part in their given sport.

(14 marks)

Seven year old soccer player

1. _____

2. _____



Twenty eight year old gym member

1. _____

2. _____



Sixty five year old marathon runner

1. _____

2. _____



Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

(a) Which component of fitness is the ability to exercise for a long time?

(b) State **one** reason why carbohydrates are necessary in the diet.

(c) Which mineral is most important for strong bones?

(d) Name **one** bone found in the leg.

(e) List **two** *physical* benefits gained from regular fitness training.

1. _____

2. _____

(f) Is distance running an *aerobic* or *anaerobic* activity?

(g) What is meant by *dehydration*?

(h) Where in the body is the *quadriceps* muscle?

(i) Which of the following components is **most** important for sprinting?

Tick the correct box.

agility reaction time balance

(j) During a cross country run does your *heart rate* increase, decrease **or** stay the same?

Tick the correct box.

increase decrease stay the same

Question 5.

(50 marks)

(a) Explain each of the following components of skill related fitness and describe how each component is used in a specific sporting activity.

(12 marks)

Agility _____

Use _____

Balance _____

Use _____

Speed _____

Use _____

(b) Heart rate is measured by finding the *pulse rate* of the body.

(12 marks)

Name **two** places on the body where the *pulse rate* can be measured.

1. _____ 2. _____

Describe how *pulse rate* is measured. Give at least **two** points.

List **two** factors that affect *resting heart rate*.

1. _____

2. _____

- (c) Complete the table below by writing in the correct **Component of a balanced diet**, **Food Source** and **Function for the body** in the spaces provided for each. One has been completed for you.

(10 marks)

Component of a balanced diet	Food Source	Function for the body
Fats	Dairy products	Slow release of energy
Protein		Growth and repair
Vitamins	Fruit	
Fibre		
	Pasta	Energy

- (d) List **four** pieces of advice that you would give to a friend to help them lead a healthy lifestyle.

(8 marks)

1. _____
2. _____
3. _____
4. _____

- (e) Name **two** eating disorders and describe the dangers they pose to a person's health.

(8 marks)

Eating Disorder 1 _____

Danger _____

Eating Disorder 2 _____

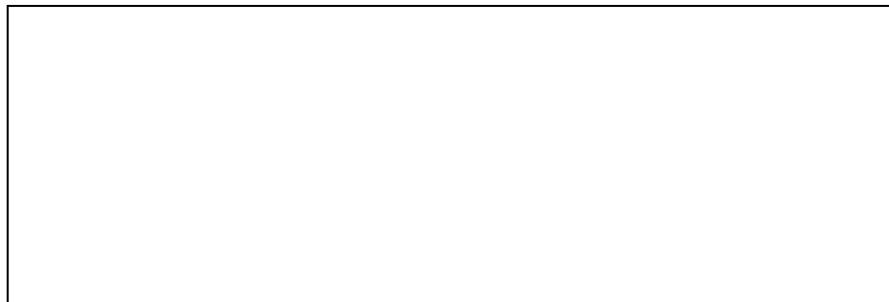
Danger _____

Question 6.

(50 marks)

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

(12 marks)



- (b) Design a training circuit with **five** stations that would improve fitness levels.
For each station, name the exercise and the component of fitness it focuses on.
Station 1 has been completed for you.

(12 marks)

<p style="text-align: center;">Station 1</p> <p>Exercise: Stretching</p> <p>Component: flexibility</p>	<p style="text-align: center;">Station 2</p> <p>Exercise: _____</p> <p>Component: _____</p>	<p style="text-align: center;">Station 3</p> <p>Exercise: _____</p> <p>Component: _____</p>
<p style="text-align: center;">Station 4</p> <p>Exercise: _____</p> <p>Component: _____</p>	<p style="text-align: center;">Station 5</p> <p>Exercise: _____</p> <p>Component: _____</p>	

- (c) You have been asked to take a group of 14 year olds for a fitness training session. (16 marks)

Describe a suitable *warm-up* for the group.

Give **three** reasons for doing a *warm-up* before an exercise session.

1. _____
2. _____
3. _____

Describe a suitable *cool-down* for the group.

Give **three** reasons for doing a *cool-down* after an exercise session.

1. _____
2. _____
3. _____

- (d) Performance enhancing drugs are banned from use in competitive sport. (10 marks)

Name **one** performance enhancing drug that is banned from use in competitive sport.

1. _____

List **two** reasons why performance enhancing drugs are banned from use in competitive sport.

1. _____
2. _____

Answer any TWO Sections from Section 3, 4, 5 and 6.

Section 3 – Aquatics

(50 marks)

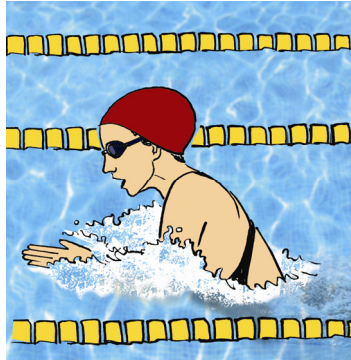
Answer **one** question in this section.

Question 7.

(50 marks)

(a) Name the stroke shown below. _____

(14 marks)



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

Arms 1. _____

2. _____

Legs 1. _____

2. _____

Breathing 1. _____

2. _____

(b) Describe **two** games which would help a beginner group learning to swim gain confidence in the water.

(12 marks)

Game 1 _____

Game 2 _____

- (c) An adult has collapsed at the swimming pool and is in need of CPR (cardio-pulmonary resuscitation) treatment. (12 marks)
Make at least **three** points.

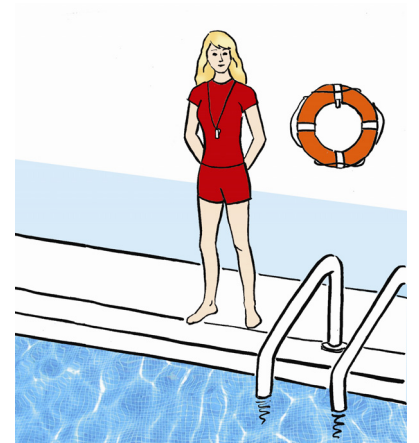
Describe how CPR is performed.



- (d) List **two** important qualities required to be a lifeguard. (12 marks)

1. _____

2. _____



Describe **two** duties of a lifeguard.

1. _____

2. _____

Question 8.

(50 marks)

(a) Name the National Governing Body for swimming in Ireland.

(14 marks)

Explain **three** ways that the National Governing Body promotes the sport of swimming in Ireland.

1. _____

2. _____

3. _____

(b) Describe **two** actions that swimmers should take before entering a swimming pool and **two** actions that they should take on leaving a swimming pool to reduce the risk of infection.

(12 marks)

Actions before entering a swimming pool

1. _____

2. _____

Actions on leaving a swimming pool

1. _____

2. _____

(c) Running is not permitted in the swimming pool area.
Give **one** reason for this rule.

(12 marks)

Reason _____



List **three** other safety rules for a swimming pool and state **one** reason why each rule is important.

Rule 1 _____

Reason _____

Rule 2 _____

Reason _____

Rule 3 _____

Reason _____

(d) A person has got into difficulty while swimming in the sea.
List **four** points a rescuer should consider before starting the rescue.

(12 marks)

1. _____

2. _____

3. _____

4. _____

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

Study the Ordnance Survey map provided and answer the following questions.

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

The Grid Reference for the Post Office is Q 447 015. This grid reference is given as an example.

A group of Transition Year students are going on a two day adventure challenge and you have been asked to co-ordinate their trip. Their teacher would like the students to participate in a number of outdoor adventure activities on day one, camp overnight and go on a hill walk on day two.

- (a) Choose **one** land based outdoor adventure activity and **one** water based outdoor adventure activity suitable for the group to participate in. Identify a suitable location on the map for each activity using a six-figure grid reference **or** a name on the map. In each case give a reason for your choice of location. (14 marks)

Land based activity _____

Grid reference/Location _____

Reason for location _____

Water based activity _____

Grid reference/Location _____

Reason for location _____

- (b) In relation to the above activities list **one** piece of essential equipment and **one** safety factor for each. (12 marks)

Land-based activity:

Essential equipment _____

Safety factor _____

Water-based activity:

Essential equipment _____

Safety Factor _____

- (c) Select a suitable location on the Ordnance Survey map, to camp overnight and give a six-figure grid reference **or** a name on the map for this location. Explain **one** reason for your choice of location. (12 marks)

Grid Reference/Location _____

Reason for location _____

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

1. _____

2. _____

- (d) Select a suitable route for a hill walking trip on day two. (12 marks)

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

Grid Reference/Location _____

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

Direction _____



Explain **two** ways that hill walkers could damage the environment.

1. _____

2. _____

Question 10.

(50 marks)

(a) As part of your LCA programme you went on an expedition.

(16 marks)

What advice would you give to someone preparing for such an expedition with regard to the following:

Clothing _____

Footwear _____

Explain **two** reasons for preparing a safety plan before the expedition.

1. _____

2. _____

State **two** positive outcomes for you resulting from your participation in the expedition.

1. _____

2. _____

(b) Name **two** ways of checking the weather forecast.

(10 marks)

1. _____

2. _____

State **two** ways that the weather forecast influences participation in outdoor education activity.

1. _____

2. _____

- (c) Select **one** outdoor education activity that you took part in during the year and answer the following questions with regard to this activity. (9 marks)

Name of activity _____

Describe **two** skills that you learned while taking part in this activity.

Skill 1 _____

Skill 2 _____

Name a career that involves this activity.

- (d) List **three** rules of the *Country Code* and state **one** reason for each rule. (15 marks)

Rule 1 _____

Reason _____

Rule 2 _____

Reason _____

Rule 3 _____

Reason _____

Section 5 – Games 1 (Invasion)

(50 marks)

Answer **one** question in this section.

In the space provided, write the **invasion game** (not a net/fielding game) in which you specialised this year.

Questions in this section relate to your chosen game only.

Invasion game _____

Question 11.

(50 marks)

(a) Answer the following questions with regard to your chosen invasion game.

(12 marks)

How many players are there on a team during play? _____

How long does a regular game last? _____

Name the National Governing Body. _____

Name **one** competition in this game. _____

(b) A captain of a team is often described as a *leader* on the field of play.

Describe **three** ways in which the captain can show leadership on the field of play.

(12 marks)

1. _____

2. _____

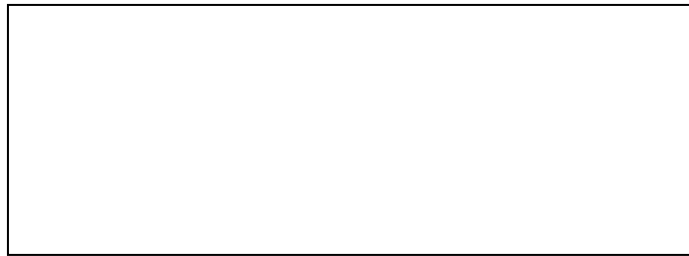
3. _____

- (c) List **one** skill from your chosen invasion game.
Explain a drill your team could use to practice this skill.
You may use a diagram to help if you wish.

(14 marks)

Skill _____

Description of drill



Explain where you would use this skill in a match situation.

- (d) Safety for all players on the field of play is very important.
Describe **two** ways a coach can ensure players are safe before a match and describe **one** way a coach can ensure players are safe during a match.

(12 marks)

Before 1 _____

Before 2 _____

During 1 _____



Question 12.

(50 marks)

- (a) Design a skill related circuit training programme to improve the performance of players in your chosen invasion game. The circuit training programme should include **four** skill stations. Make **two** points for each station.
You may use a diagram to help you if you wish. (16 marks)

1. _____

2. _____

3. _____

4. _____

1.	2.
3.	4.

- (b) Name **two** player positions on a team from your chosen invasion game and explain **one** role for each position named. (12 marks)

Position 1 _____

Role _____

Position 2 _____

Role _____

(c) Select a possible career in your chosen invasion game and give information on this career using the following headings: (12 marks)

Career _____

Qualifications needed _____

Skills required for the job _____

Job description _____

(d) In your chosen invasion game a team finds themselves losing at the halfway point of a match. (10 marks)

Describe **two** tactics a coach can employ to change the way the team play in order to increase scoring chances in the second half of the match.



1. _____

2. _____

Section 6 – Games 2 (Net/Fielding)

(50 marks)

Answer **one** question in this section.

In the space provided, write the **net/fielding game/sport** (not an invasion game) in which you specialised this year.

Questions in this section relate to your chosen game/sport only.

Net/Fielding game/sport _____

Question 13.

(50 marks)

(a) You are coaching a group of 12 year olds who are new to your chosen game/sport.

Describe a coaching session making at least **three** points.

(12 marks)

(b) One of the main principles involved in most net/fielding games/sport is to outscore your opponent.

In relation to your chosen game/sport describe **three** ways to achieve this principle.

(14 marks)

1. _____

2. _____

3. _____

- (c) List **two** rules that influence the safety of participants in your chosen game/sport and explain each rule. (12 marks)

Rule 1 _____

Explanation _____

Rule 2 _____

Explanation _____

- (d) What does the term *sportsmanship* mean in sport? (12 marks)

Describe **two** ways participants can ensure they show sportsmanship in your chosen game/sport.

1. _____

2. _____

Question 14.

(50 marks)

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

Why is this component of fitness important?

Describe how you could improve this component of fitness.

(b) List **two** skills from your chosen game/sport and explain **one** coaching point for each skill. (12 marks)

Skill 1 _____

Coaching Point _____

Skill 2 _____

Coaching Point _____

Describe a drill to practice **one** of the skills named above.

You may use a diagram to help if you wish.

- (c) Name **one** organisation involved in promoting your chosen game/sport locally and name **one** organisation involved in promoting your chosen game/sport nationally. (14 marks)

Local Organisation _____

National Organisation _____

Choose any **one** of the organisations named above and describe how it promotes your chosen game/sport. Make at least **two** points.

- (d) Describe how participation in your chosen game/sport contributes to a healthy lifestyle. (12 marks)

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