



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied, 2014

Vocational Specialism

Active Leisure Studies

(240 marks)

Thursday, 12th 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) List **two** reasons why people take part in active leisure activities.

1. _____

2. _____

(b) Identify **one** way a sports club can raise money for new training equipment.

(c) Explain what is meant by an *amateur sports person*.

(d) Name an organisation responsible for promoting tourism in Ireland.

(e) Give **one** reason why equipment in a Leisure Centre should be regularly maintained.

(f) List **two** popular sports which attract tourists to Ireland.

1. _____ 2. _____

(g) Identify **one** way a person who is blind might be encouraged to take part in active leisure activities.

(h) Some people in the active leisure industry work unsociable hours.
What is meant by *unsociable hours*?

(i) People over 65 years of age cannot join a Leisure Centre. Indicate whether this statement is *true* or *false* by ticking the correct box.

True

False

(j) List **two** activities a Leisure Centre offers to the public.

1. _____

2. _____

Question 2.

(50 marks)

- (a) Indicate whether each of the activities in the table below are examples of *active* or *passive* leisure activities, by ticking the correct box. (12 marks)



Activity	Active	Passive
Cycling		
Going to the cinema		
Playing cards		
Playing rugby		

- (b) You are the receptionist in a Leisure Centre. A customer arrives to find that her squash court has been double-booked and someone is already playing on the court. Describe how you would deal with this situation. Make at least **three** points.

(12 marks)

- (c) A new Leisure Centre is opening soon and a number of positions (jobs) within the Leisure Centre will have to be filled.
List **three** positions (other than a receptionist) that will have to be filled and outline **one** duty of a person in each of the positions named. (12 marks)

Position 1 _____

Duty _____

Position 2 _____

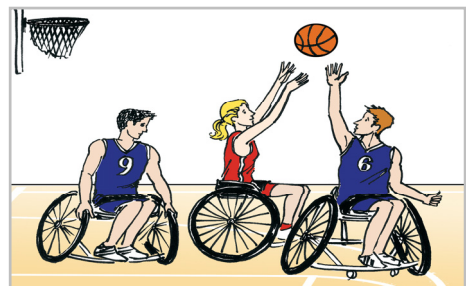
Duty _____

Position 3 _____

Duty _____

- (d) Describe **three** ways in which the Irish Wheelchair Association promotes and increases participation levels in sport, for its members.

(14 marks)



1. _____

2. _____

3. _____

Question 3.

(50 marks)

- (a) The table below describes the main role of some of the officers in a sports club. Complete the table by matching the correct title of the officer from the list below with the correct description. One has been completed for you.

(12 marks)

Chairperson Child Protection Officer Club Registrar
Secretary Public Relations Officer Treasurer

Description	Title of Officer
The officer with the responsibility for the safe-keeping of the funds of the club.	
The principle officer of a club who provides leadership and management in the club.	
The officer who promotes the club in the local community and communicates with the general public on behalf of the club.	
The chief administrator in the club.	Secretary

- (b) Name **one** example of a Public Leisure Facility and name **one** example of a Private Leisure Facility.

(12 marks)

Public Leisure Facility _____

Private Leisure Facility _____

State **two** ways that Public Leisure Facilities and Private Leisure Facilities differ.

1. _____

2. _____

- (c) The athlete in the picture has suffered a sprained ankle. There are four key steps in the treatment of a sprained ankle that are often referred to as RICE. Complete the words below to explain what RICE means.

(12 marks)



R _____

I _____

C _____

E _____

- (d) The casualty in the picture requires CPR (Cardio-Pulmonary Resuscitation).

(14 Marks)



List any **five** checks that must be completed before commencing CPR.

1. _____

2. _____

3. _____

4. _____

5. _____

In what position should the casualty be placed once CPR is complete and the casualty is breathing?

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** fitness test used to measure cardiovascular fitness.

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

(c) List **one** effect of exercise on the body.

(d) The ulna bone can be found in the arm. Indicate whether this statement is *true* or *false* by ticking the correct box.

True

False

(e) Name **two** factors that affect a person's level of fitness.

1. _____

2. _____

(f) Is running a marathon an aerobic or anaerobic activity? Tick the correct box.

Aerobic

Anaerobic

(g) Name **one** eating disorder.

(h) Which of the following components of fitness is **most** important for weight lifting? Tick the correct box.

Speed

Flexibility

Muscular strength

(i) Which of the following foods could form part of a high carbohydrate diet. Tick the correct box.

Pasta

Tomatoes

Eggs

(j) State **one** consequence of using illegal drugs in sport.

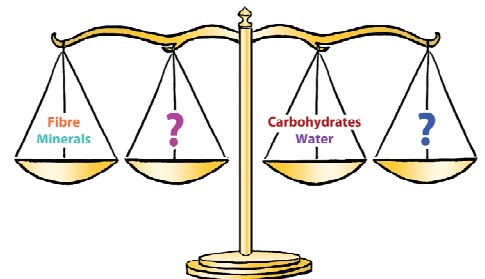
Question 5.

(50 marks)

(a) Complete the table below to show the seven components of a balanced diet.

(12 marks)

Seven Components of a Balanced Diet	
1.	Carbohydrates
2.	Fibre
3.	Water
4.	Minerals
5.	
6.	
7.	



Suggest **one** advantage of including each of the following components in your daily diet.

Carbohydrates _____

Fibre _____

(b) State **three** ways of encouraging a person to join a sports club.

(12 marks)

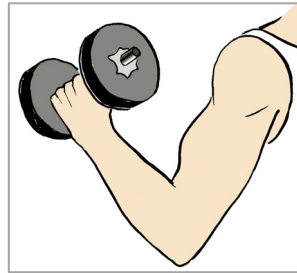
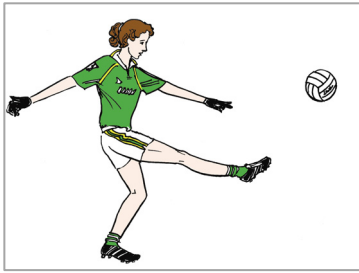
1. _____

2. _____

3. _____

(c) Name the **main** muscle being used in each of the activities shown in the pictures below.

(12 marks)



Muscle:

Muscle:

Muscle:

(d) Complete the table by matching each of the components of fitness from the list below with its correct explanation.

One has been completed for you.

(14 marks)

Agility

Balance

Cardiovascular endurance

Speed

Flexibility

Explanation of Component of Fitness	Component of Fitness
The ability of the heart to deliver oxygen to the working muscles during prolonged exercise.	
The ability of an individual to move his or her joints through a full range of motions.	Flexibility
The ability to change direction and position of the body while under control.	
The ability to stay upright or stay in control of body movement.	
The ability to move quickly across the ground.	

Question 6.

(50 marks)

- (a) Name and describe a test used to measure a person's flexibility.
You may use a drawing to help if you wish.

(12 marks)

Name of test _____

Description _____



- (b) What is meant by *pulse rate*?

(14 marks)

Does a person's pulse rate increase or decrease during exercise?

Describe how pulse rate is measured. Make at least **three** points.

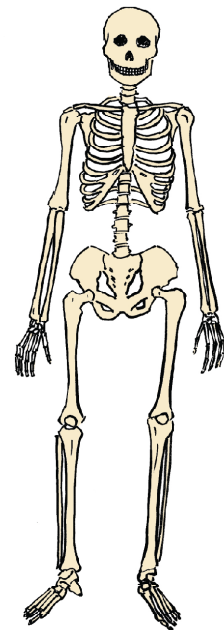
(c) Describe either the warm-up session *or* the cool-down session that you conducted for one of your key assignments. Make at least **three** points. (12 marks)

(d) List **three** functions of the skeleton. (12 marks)

1. _____

2. _____

3. _____



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

Section 3 – Aquatics

(50 marks)

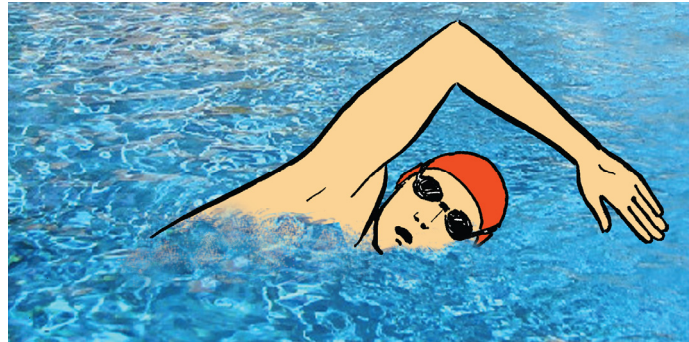
Answer **one** question in this section.

Question 7.

(50 marks)

(a) Name the stroke 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) List **three** important skills/qualities required to be a swimming coach.

(12 marks)

1. _____

2. _____

3. _____

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

(12 marks)



Name **one** use of treading water in life saving.

(d) Describe how you would assist a swimmer in difficulty using a *dry rescue* technique.
Make at least **three** points.

(12 marks)

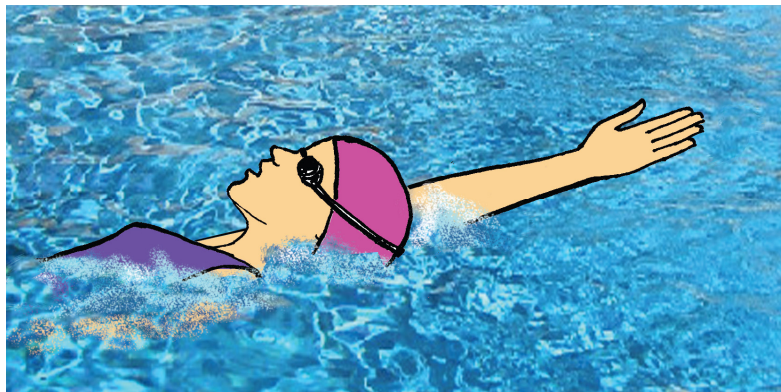


Question 8.

(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) Name **two** infections which may occur from the use of a swimming pool.
For each infection, describe how the infection could be prevented.

(12 marks)

Infection 1 _____

Prevention _____

Infection 2 _____

Prevention _____

(c) State **two** ways a swimming pool manager can ensure that the swimming pool is both safe and clean.

(12 marks)

Safe:

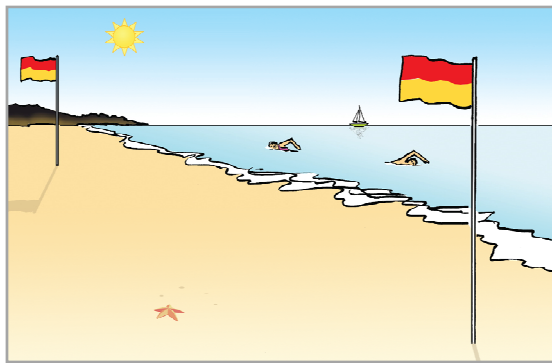
1. _____

2. _____

Clean:

1. _____

2. _____



(d) You and your friends are going to the beach for the day.
Describe **four** safety precautions to be followed to ensure the safety of all.

(12 marks)

1. _____

2. _____

3. _____

4. _____

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.

The symbol on the map for a Post Office is **PO**. The Grid Reference for the Post Office is O 225 173. This grid reference is given as an example. You have been asked to organise a two-day outdoor activity event for a group of students, in the area covered by the map. The event involves a land-based and water-based outdoor activity and camping overnight.

- (a) Name one land-based outdoor activity suitable for the group. (12 marks)

Select a suitable location for the land-based outdoor activity. Give a six-figure grid reference *or* a name on the map for this location and explain why you selected it.

Grid Reference/Location _____

Reason for selecting this location _____

List **two** skills required by the students to participate in this land-based outdoor activity.

1. _____

2. _____

- (b) Following the land-based outdoor activity the group are planning to participate in a water-based outdoor activity. (12 marks)

Name **one** water-based outdoor activity suitable for the group and name **three** pieces of equipment required for this activity.

Name of water-based outdoor activity _____

Equipment 1 _____

Equipment 2 _____

Equipment 3 _____

What advice would you give on the maintenance of any **one** of the pieces of equipment named above?

(c) Select a suitable location for the group to camp overnight.

(14 marks)

Give a six-figure grid reference *or* a name on the map for this location and explain why you selected it.



Grid Reference/Location _____

Reason for selecting this location _____

List **three** pieces of equipment required to camp overnight.

1. _____

2. _____

3. _____

(d) Imagine one of the group is suffering from hypothermia. Describe the signs of hypothermia and explain how it should be treated. Make at least **two** points for each.

(12 marks)

Signs of hypothermia:

Treatment of hypothermia:

Question 10.

(50 marks)

(a) Select any **three** of the outdoor pursuit activities listed below.
Name a piece of specialised equipment for each of your chosen activities and describe briefly how this piece of equipment makes the activity safe.

(12 marks)

- Hill-walking
- Rock climbing
- Canoeing
- Sailing
- Orienteering
- Snorkelling

Activity 1 _____

Specialised equipment _____

Description of how the specialised equipment makes the activity safe:

Activity 2 _____

Specialised equipment _____

Description of how the specialised equipment makes the activity safe:

Activity 3 _____

Specialised equipment _____

Description of how the specialised equipment makes the activity safe:

(b) It is important to have a first aid kit when participating in outdoor pursuit activities.

Name **four** items which should be included in a first aid kit. (12 marks)

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

(c) Explain **three** ways how careless hill-walkers could damage the environment by not following the rules of the Country Code.

(12 marks)

1. _____

2. _____

3. _____

(d) Outline **three** advantages that Ireland offers to tourists who wish to participate in outdoor pursuit activities and adventure holidays.

(14 marks)

1. _____

2. _____

3. _____

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 invasion game only.

Chosen Invasion game _____

Question 11.

(50 marks)

(a) Name **three** positions in your chosen invasion game.

(12 marks)

1. _____

2. _____

3. _____

(b) Choose **two** positions from part (a) above and explain **two** roles of the player in each of the positions named.

(14 marks)

Position 1 _____

Role 1 _____

Role 2 _____

Position 2 _____

Role 1 _____

Role 2 _____

- (c) List **three** rules from your chosen invasion game and state **one** reason why each rule is necessary.
(12 marks)



Rule 1 _____

Reason _____

Rule 2 _____

Reason _____

Rule 3 _____

Reason _____

- (d) State what a coach might do to ensure safety in your chosen invasion game with regard to each of the following:

(12 marks)

Equipment:

Preparation for taking part:

Recovery after the game:

Question 12.

(a) State **one** tactic used for *defence* in your chosen invasion game.

(12 marks)

Describe a situation in a match when this tactic might be used. Make at least **two** points.

(b) Name **two** passing skills in your chosen invasion game.

(12 marks)

1. _____ 2. _____

Choose **one** of the passing skills named above and give **two** coaching points for this passing skill.

Skill _____

Coaching Point 1 _____

Coaching Point 2 _____

(c) Describe **three** benefits of taking part in your chosen invasion game.

(12 marks)

1. _____

2. _____

3. _____

(d) The table below gives examples of skills used in invasion games. Indicate whether each of the skills is an *attacking* or a *defensive* skill by ticking the correct box in the table below.

(14 marks)



Skill	Attacking Skill	Defensive Skill
Tackling		
Shooting		
Creating space		

Choose **two** of the skills in the table above and state why a player might use them in a match situation.

Skill 1 _____

Skill 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 net/fielding game/sport only.

Chosen Net/Fielding game/sport _____

Question 13.

(50 marks)

- (a) Describe **two** activities which would help a group of beginners gain confidence in your chosen net/fielding game/sport.
Make at least **two** points for each activity.

(12 marks)

Activity 1 _____

Activity 2 _____

- (b) In the box below, draw and label the line markings for your chosen net/fielding game/sport.

(12 marks)



(c) State **three** ways that a coach can encourage players to improve their performance in your chosen net/fielding game/sport. (12 marks)

1. _____

2. _____

3. _____

(d) State the title of **one** official in your chosen net/fielding game/sport and outline **two** duties of this official. (14 marks)

Title of Official _____

Duty 1 _____

Duty 2 _____

Question 14.

(50 marks)

- (a) Select **two** skills that you have learned from your chosen net/fielding game/sport and explain **two** coaching points for each skill. (12 marks)

Skill 1 _____

Coaching Point 1

Coaching Point 2

Skill 2 _____

Coaching Point 1

Coaching Point 2

- (b) Outline **three** advantages of coaching a group with a small number of players rather than a group with a large number of players, in your chosen net/fielding game/sport.

(12 marks)



1. _____

2. _____

3. _____

(c) Name the National Governing Body for your chosen net/fielding game/sport. (12 marks)

What is the role of the National Governing Body within your chosen net/fielding game/sport?

Explain **two** ways that the National Governing Body carries out this role.

1. _____

2. _____

(d) Select a possible career in your chosen net/fielding game/sport and give information on this career using the following headings: (14 marks)

Career _____

Qualifications required _____

Skills required for the job _____

Job description _____

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