



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied, 2015

Vocational Specialism

Active Leisure Studies

(240 marks)

Thursday, 11th June 2015

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) Name the organisation responsible for the promotion, development and coordination of sport in Ireland.

- (b) A private leisure facility is normally run to make a profit.
Indicate whether this statement is *true* or *false* by ticking the correct box.

True False

- (c) State **one** source of finance (income) for the day to day running of a public leisure facility.

- (d) Explain what is meant by a *professional sports person*.

- (e) Give **one** advantage of having a retractable roof on an outdoor stadium.

- (f) Give **one** reason why a sports club should have a constitution.

- (g) Why do staff working in the leisure industry need to be trained in first aid?

- (h) Most leisure facilities have early and late opening hours. Why is this important?

- (i) Name any **two** facilities which provide active leisure activities.

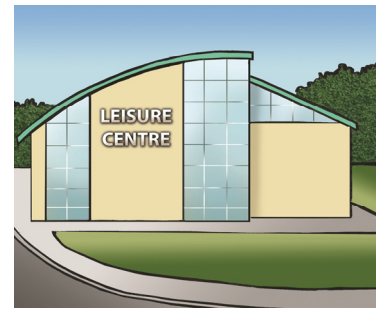
1. _____ 2. _____

- (j) State **one** benefit of participation in active leisure activities.

Question 2.

(50 marks)

- (a) Leisure centres are used for a variety of different activities. Complete the table below by inserting a suitable activity for each of the people listed. State why you selected each activity for each person. One has been completed for you.



(16 marks)

Person	Activity	Reason why activity selected
Professional dancer	<i>Pilates</i>	<i>To help with flexibility</i>
Boxer		
A 65 year old man		
A pregnant woman		
A marathon runner		

- (b) State **one** role of each club officer listed below.

(12 marks)

Chairman

Treasurer

Child Protection Officer

Secretary

(c) Describe **three** ways a Public Relations Officer might gain publicity for a sports club.

(9 marks)

1. _____

2. _____

3. _____

(d) Describe how each of the following may influence the amount of leisure time available to people.

(13 marks)

Work patterns _____

Technology _____

Early retirement _____

Question 3.

(50 marks)

- (a) Name **three** active leisure activities that are popular in Ireland and give **one** reason why each activity is popular. (12 marks)

Activity 1 _____

Reason _____

Activity 2 _____

Reason _____

Activity 3 _____

Reason _____

- (b) Lifestyle choices affect health.



Identify **four** lifestyle choices that have a positive effect on health. (12 marks)

1. _____

2. _____

3. _____

4. _____

(c) Name **two different** injuries that might occur during a summer sports camp for children.
Suggest a suitable first aid treatment for each injury.

(12 marks)

Injury 1 _____

First Aid treatment _____

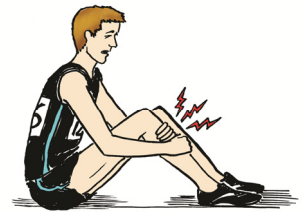
Injury 2 _____

First Aid treatment _____

(d) A talented young sportsperson was forced to retire early due to an injury.

Describe **three** ways in which this person can continue to be involved in their sport.

(14 marks)



1. _____

2. _____

3. _____

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

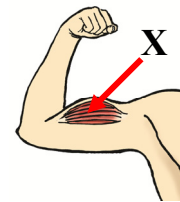
Question 4.

(20 marks)

- (a) How many beats per minute is considered to be a person's normal resting heart rate?

- (b) Name a fitness test used to measure *flexibility*.

- (c) Name the muscle labelled **X** opposite.



- (d) Why do fitness instructors use *Physical Activity Readiness Questionnaires* (PAR-Q) for new gym members?

- (e) Name **two** places on the body where a pulse rate can be taken.

1. _____ 2. _____

- (f) Which of the following is a test of *power*? Tick the correct box.

Sargent jump test 30m sprint test Harvard step test

- (g) What mineral is necessary to keep bones strong and healthy?

- (h) Why is it important to drink water during and after physical exercise?

- (i) Name **one** eating disorder.

- (j) Which of the following components is **most** important for weightlifting?

Tick the correct box.

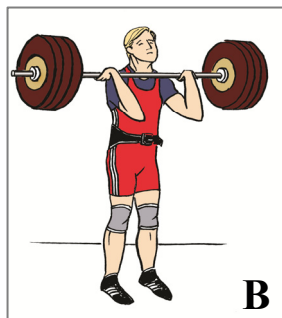
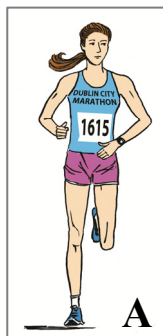
Speed Reaction time Power

Question 5.

(50 marks)

(a) Match the sportsperson below to the most appropriate statement relating to diet, by writing the correct letter in the box provided.

(6 marks)



My diet is high in protein in order to build up muscle.

My diet is high in carbohydrates to ensure I can keep going.

Keeping my weight down, so I can make weight for my sport, is always a problem.

(b) The human body needs a range of nutrients to help it function properly. State how each of the following nutrients help the human body to function.

(6 marks)

Carbohydrates _____

Protein _____

(c) Exercise can have short-term or long-term effects on the body. List **five** effects of exercise on the body.

(10 marks)

1. _____

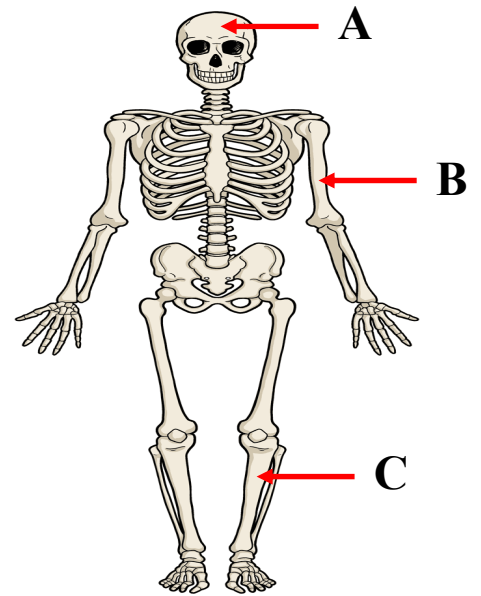
2. _____

3. _____

4. _____

5. _____

(d) Name the bones labelled **A**, **B** and **C** on the skeleton opposite. (12 marks)



A _____

B _____

C _____

Describe **two** functions of the skeleton.

Function 1 _____

Function 2 _____

(e) Name **two** examples of performance enhancing drugs. (16 marks)

1. _____ 2. _____

Explain why an athlete might consider taking performance enhancing drugs.

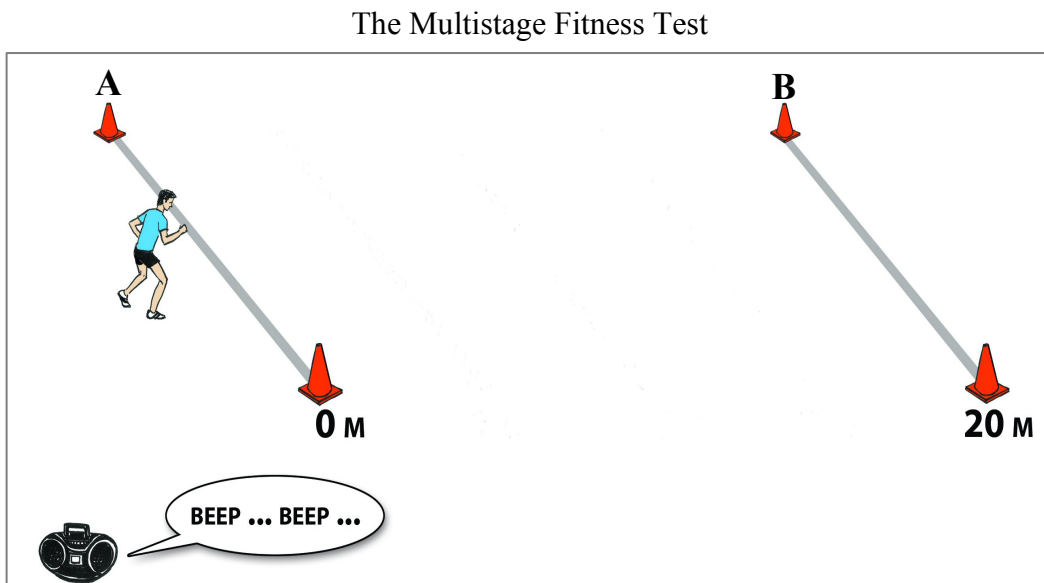
Describe the harmful effects of using performance enhancing drugs.

Question 6.

(50 marks)

(a) Examine the picture below and answer each of the following questions.

(12 marks)



What distance are participants required to run for each shuttle (A to B) during the test?

Name **one** leg muscle used during this type of test. _____

Which of the following components of fitness is this type of test most suitable for measuring?
Tick the correct box.

Cardiovascular Endurance

Flexibility

Agility

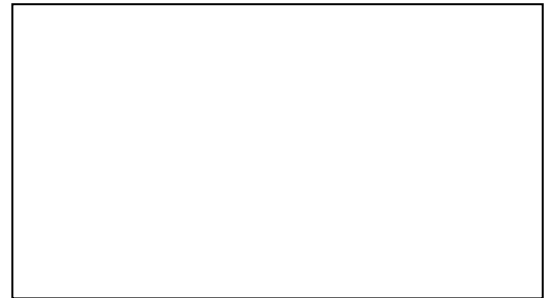
Describe why this component of fitness is important for sporting activities.

(b) State **one** reason why it is important for people participating in sporting activities to warm-up properly. (12 marks)

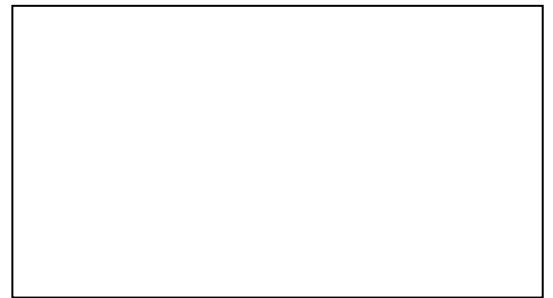
What is the most suitable activity for starting a warm-up session?

Describe any **two** stretching exercises suitable for a warm-up session.
You may use a drawing to help if you wish.

Stretching Exercise 1 _____



Stretching Exercise 2 _____



(c) State **three** ways a person who is participating in an exercise programme would know that their fitness levels are improving. (12 marks)

1. _____

2. _____

3. _____

(d) Design a six-station circuit training session that would be suitable for a person who wants to improve their general fitness.

Name an activity for each of the six stations and name the muscle most associated with each of the activities in the spaces provided below.

(14 marks)

A Six Station Circuit Training Session

Activity _____ Muscle _____	➔	Activity _____ Muscle _____
↑		↓
Activity _____ Muscle _____		Activity _____ Muscle _____
↑		↓
Activity _____ Muscle _____	➔	Activity _____ Muscle _____

State **one** advantage of circuit training as an activity for improving fitness levels.

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

Section 3 – Aquatics

(50 marks)

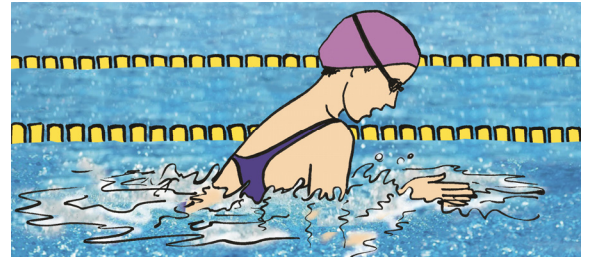
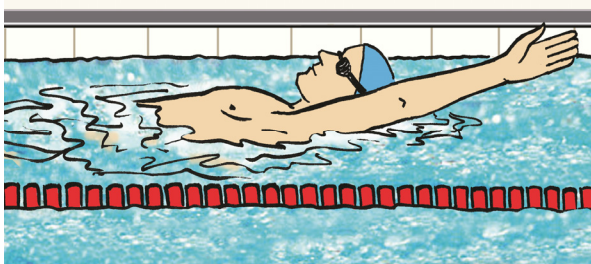
Answer **one** question in this section.

Question 7.

(50 marks)

(a) Name the **two** strokes shown below.

(12 marks)



Stroke 1 _____

Stroke 2 _____

Choose **one** of the strokes above and state **two** points regarding arms and **two** points regarding legs that you would make when coaching this stroke.

Stroke _____

Arms 1. _____

2. _____

Legs 1. _____

2. _____

(b) Describe **two** games that could be played in the swimming pool which would help a group of children gain confidence in the water.

(12 marks)

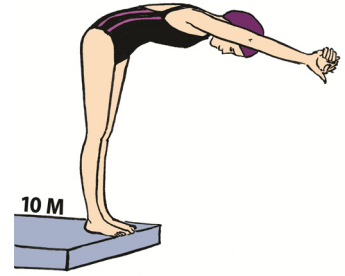
Game 1 _____

Game 2 _____

(c) The person in the picture is performing a dive.

Describe **four** coaching points that you would make when coaching diving.

(12 marks)



1. _____

2. _____

3. _____

4. _____

(d) Describe how you would carry out a water quality test in a swimming pool.
Make at least **three** points.

(14 marks)

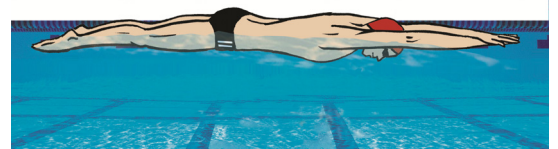
State **one** reason why is it important to regularly test the quality of water in a swimming pool.

Question 8.

(50 marks)

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

(12 marks)



Why is a *streamlined body position* important when swimming?

State **two** points that you would make when coaching a *streamlined body position* to swimmers.

1. _____

2. _____

(b) Describe the advice regarding pool hygiene that you would give to children when using a swimming pool. Make at least **four** points.

(12 marks)

(c) Answer each of the following questions relating to safety in the swimming pool. (12 marks)

List **two** ways a beginner swimmer can ensure safe entry into the water.

1. _____

2. _____

List **two** ways a lifeguard monitors safety in the swimming pool and its surrounding area.

1. _____

2. _____

(d) A swimmer having slipped on the poolside is injured. They have gone into shock. (14 marks)

List **two** symptoms or signs of shock.

1. _____

2. _____

Describe how you would treat a person who has gone into shock.
Make at least **three** points.

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 references for the two Post Offices on this map are X 257 934 and X 264 933. These grid references are given as examples. A group of Outdoor Education students are going on a two-day expedition and you have been asked to co-ordinate their trip. The students will participate in two outdoor adventure activities on day one, camp overnight and go on a hill walk on day two. You have the use of a minibus for transport.

- (a) Choose **one** land-based outdoor adventure activity and **one** water-based outdoor adventure activity suitable for the group on the first day. Identify a suitable location on the map for each activity using a six-figure grid reference **or** a name on the map for this location. Give a reason for your choice of location for each activity.

(14 marks)

Land-based activity _____

Grid reference/Location _____

Reason for location _____

Water-based activity _____

Grid reference/Location _____

Reason for location _____

- (b) Identify a suitable location on the map, for the group to camp overnight and give a six-figure grid reference **or** a name on the map for this location. (12 marks)

Grid reference/Location _____

Give **one** reason for your choice of location. _____

Describe any **two** ways that this expedition would benefit those taking part in it.

1. _____

2. _____

(c) Select a suitable starting point and a suitable finishing point for the hill walk on day two.

Give a six-figure grid reference **or** a name on the map for each of these locations.

(12 marks)



Starting point Grid reference/Location _____

Finishing point Grid Reference/Location _____

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

Direction _____

Describe how hill walkers could damage the environment.
Make at least **two** points.

(d) As the group leader you are responsible for the safety of the group.
Describe **three** ways to ensure the group stays safe on this expedition.

(12 marks)

1. _____

2. _____

3. _____

Question 10.

(50 marks)

(a) One of your key assignments was to complete an 'Environmental Study'.

Describe **three** things that you learned from your 'Environmental Study'.

(12 marks)

1. _____



2. _____

3. _____

(b) Select **one** activity from the list below, that you took part in this year, and answer each of the following with regard to this activity.

(12 marks)

rock climbing

canoeing

hill walking

orienteering

snorkelling

sailing

Activity _____

List **two** pieces of equipment used in your chosen activity and explain how each is used.

Equipment 1 _____

Use _____

Equipment 2 _____

Use _____

- (c) You have been asked to lead an Outdoor Education trip with a group of people who have never met before.
Describe **one** team challenge game that could be used to build trust among the group before the trip.
Make at least **three** points. (12 marks)

- (d) Name **two** careers in the Outdoor Education industry.
State the qualifications required for each career and provide a brief job description for each career named. (14 marks)

Career 1 _____

Qualifications _____

Job description _____

Career 2 _____

Qualifications _____

Job description _____

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.

Invasion game _____

Question 11.

(50 marks)

- (a) Name a skill from your chosen invasion game and answer each of the following with regard to this skill.

(12 marks)

Skill _____

State **one** reason why this skill is important in your chosen invasion game.

Describe a conditioned game that you might use in a training session, to help coach this skill.

- (b) Name the National Governing Body for your chosen invasion game.

(12 marks)

How does this National Governing Body promote participation in your chosen invasion game? Make at least **three** points.

(c) Explain **three** ways a coach in your chosen invasion game can help reduce the risk of injury to players. (12 marks)

1. _____

2. _____

3. _____

(d) Name **one** tactic used in your chosen invasion game. (14 marks)

Tactic _____

Indicate whether this tactic is used in attack **or** defence by ticking the correct box.

Attack

Defence

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

Question 12.

(50 marks)

- (a) Name **two** different types of competition that could be organised for your chosen invasion game.

Describe how each of the competitions is organised.

(12 marks)

Competition 1 _____

Description _____

Competition 2 _____

Description _____

- (b) Select **one** passing skill from your chosen invasion game. Describe a drill your team could use to practice this skill.

You may use a drawing to help if you wish.

(12 marks)

Passing skill _____

Description of drill _____

(c) Professional players can set a positive or negative example for children and young players.

(12 marks)



State **two** ways that professional players from your chosen invasion game can set a **positive** example for children and young players while on the pitch or court.

1. _____

2. _____

State **two** ways that professional players from your chosen invasion game can set a **negative** example for children and young players while on the pitch or court.

1. _____

2. _____

(d) List **three** skills or qualities that make a good coach.

(14 marks)

1. _____

2. _____

3. _____



Choose any **two** of the skills or qualities you have listed and explain the importance of each for good coaching.

Skill / Quality 1 _____

Importance _____

Skill / Quality 2 _____

Importance _____

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.

Net/Fielding game/sport _____

Question 13.

(50 marks)

- (a) Describe how young people could be encouraged to participate in your chosen net/fielding game/sport. Make at least **three** points.

(12 marks)

- (b) Describe **three** ways a coach can encourage players to improve their performance in your chosen net/fielding game/sport.

(12 marks)



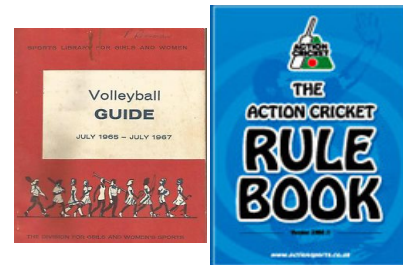
1. _____

2. _____

3. _____

(c) List **two** rules from your chosen net/fielding game/sport.
State **one** reason for each rule.

(12 marks)



Rule 1 _____

Reason _____

Rule 2 _____

Reason _____

(d) Name **one** attacking shot from your chosen net/fielding game/sport and state **one** coaching point for this shot.

(14 marks)

Name of attacking shot _____

Coaching point _____

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

Description of drill _____

Question 14

(50 marks)

(a) List **three** reasons why a player may not perform to the best of their ability while participating in your chosen net/fielding game/sport.

(12 marks)

1. _____

2. _____

3. _____

(b) The table below shows components of skill and health related fitness.

Select any **three** of the components from the table and explain how each is important in your chosen net/fielding game/sport.

(12 marks)

Flexibility	Agility	Power
Cardiovascular Endurance		Speed

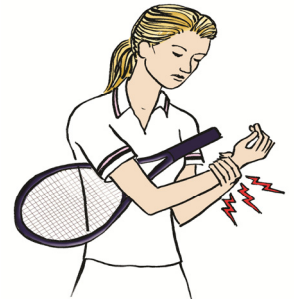
Component 1 _____

Component 2 _____

Component 3 _____

(c) A player in your chosen net/fielding game/sport has sprained their wrist. Describe the first aid treatment you would give. Make at least **three** points.

(12 marks)



(d) Name **two** careers, apart from playing as a professional, which are associated with your chosen net/fielding game/sport.

(14 marks)

Career 1 _____

Career 2 _____

Answer each of the following questions with regard to any **one** of the careers named above.

Career _____

What qualifications are required for this career?



Give a brief job description of this career.
