



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied, 2016

Vocational Specialism Active Leisure Studies (240 marks)

Thursday, 16th 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>	
<div style="border: 1px solid black; padding: 10px; text-align: center;"> Centre Stamp </div>	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 **one** responsibility that employers in the leisure industry have regarding health and safety.

(b) Why is it important to store and maintain sports equipment in the correct manner?

(c) Why might it be necessary for a voluntary GAA club to gain a sponsor?

(d) Explain what is meant by the term *amateur* sports person.

(e) Which officer in a club is responsible for the finances of the club?

(f) Explain why high standards of customer service are important in the leisure industry.

(g) Name **two** items in a first aid kit.

1. _____ 2. _____

(h) Name **two** games which are played on courts.

1. _____ 2. _____

(i) Name **one** example of a *passive* leisure activity.

(j) Which of the following statements describes a **physical** benefit of exercise?

Tick the correct box.

A chance to meet new people.

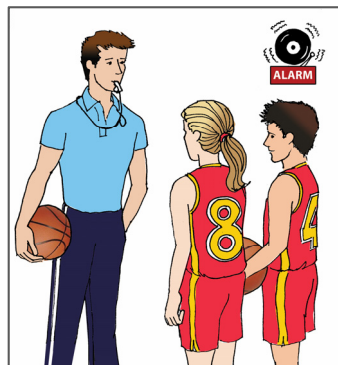
A chance to improve body shape.

Question 2.

(50 marks)

(a) Describe how the role of active leisure in society has changed over the last thirty years.
Make at least **three** points.

(12 marks)



(b) You are in charge of a group of children in a sports hall when the emergency alarm bell rings.
Describe the action you would take to ensure the children's safety.
Make at least **four** points.

(12 marks)

(c) Name **three** careers associated with the active leisure industry.

(12 marks)

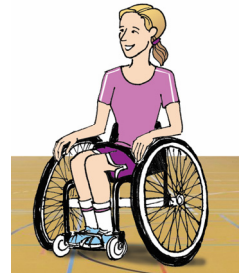
1. _____
2. _____
3. _____

Choose **one** of the careers named above and describe the skills/qualities a person would need for this career. Make at least **two** points.

Career: _____

(d) A leisure centre manager has asked you to provide advice on ways to encourage more wheelchair users to join the leisure centre.

(14 marks)



State **two** pieces of advice you would give to the leisure centre manager regarding each of the following:

Access to the centre:

1. _____
2. _____

Activities offered:

1. _____
2. _____

Question 3.

(50 marks)

(a) You have just moved to live in a new area. List **three** ways you could find out details about local clubs.

(12 marks)

1. _____

2. _____

3. _____

Describe how you would go about joining a local club.
Make at least **two** points.

(b) You have been elected Public Relations Officer of your local sports club.

Describe how you would promote the club. Make at least **four** points.

(12 marks)

(c) State **two** factors that might limit the level of participation of each of the following in active leisure activities.

(12 marks)

Working Parents:

1. _____

2. _____

Retired People:

1. _____

2. _____



(d) Name the organisation with the responsibility for promoting holidays in Ireland and describe **three** ways that this organisation promotes leisure activity holidays in Ireland.

(14 marks)

Name of organisation: _____

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) Which of the following activities would be most suitable to include in a training programme for a long distance runner? Tick the correct box.

Aerobic work on a track.

Anaerobic work using heavy weights.

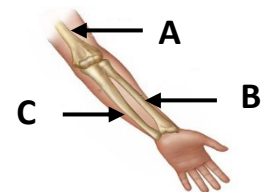
- (b) Name **two** lifestyle factors that may have a negative effect on a person's health.

1. _____

2. _____

- (c) State **one** way that physical activity has a positive effect on a person's health.

- (d) Name any **one** of the bones found in the arm labelled **A**, **B** and **C** shown opposite.



- (e) The tibia bone is found in the leg.
Indicate whether this statement is true or false by ticking the correct box.

True

False

- (f) Name the **main** gas carried by blood in the arteries.

- (g) Name a fitness test used to measure cardiovascular endurance.

- (h) State **one** reason for having a fitness assessment before starting an exercise programme.

- (i) State **one** physical side-effect of the use of illegal drugs in sport.

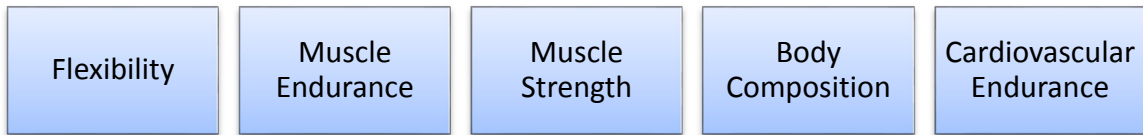
- (j) Name **one** example of an eating disorder.

Question 5.

(50 marks)

(a) The five components of health related fitness are listed below.

(12 marks)

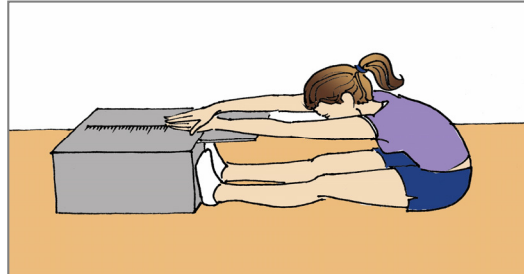


Match each description in the table below with the component of health related fitness most associated with it from the list above. One has been completed for you.

Component of health related fitness	Description
<i>Body Composition</i>	Percentage of body weight which is fat, muscle and bone.
	Range of movement possible at a joint.
	Ability to exercise the whole body for long periods of time.
	Ability to use voluntary muscles many times without becoming tired.
	Amount of force a muscle can exert against a resistance.

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

(12 marks)



Name the muscle in the leg that is **specifically** tested during this activity. _____

The test shown above is most suitable for measuring which of the following components of health related fitness? Tick the correct box.

Cardiovascular Endurance Muscle strength Flexibility

Describe **two** reasons why this component of health related fitness is important for sporting activity.

1. _____

2. _____

(c) Circuit training is a popular method of training. (14 marks)

Name **two** different exercises suitable for a circuit training programme and name the component of health related fitness most associated with each exercise.

Exercise 1: _____

Component of fitness: _____

Exercise 2: _____

Component of fitness: _____

Why is it important to consider the order of exercises when planning a circuit?

If the circuit was too easy state **one** way it could be made more difficult without increasing the number of exercise stations.

(d) Suggest **one** advantage of including each of the following in your daily diet. (12 marks)

Fibre: _____

Carbohydrate: _____

Protein: _____

Water: _____

Question 6.

(50 marks)

(a) State **two** long-term benefits of physical training on a person's cardiovascular system. (12 marks)

1. _____

2. _____

State **two** long-term benefits of physical training on a person's muscular system.

1. _____

2. _____

(b) Tick the correct box below to indicate the impact of strenuous exercise on heart rate. (14 marks)

Decreased heart rate Increased heart rate Heart rate remains the same

Name **two** places on the body where a person's heart rate can be measured by taking their pulse.

1. _____ 2. _____



What is a normal resting heart rate for an adult?

List **three** factors that affect a person's resting heart rate.

1. _____

2. _____

3. _____

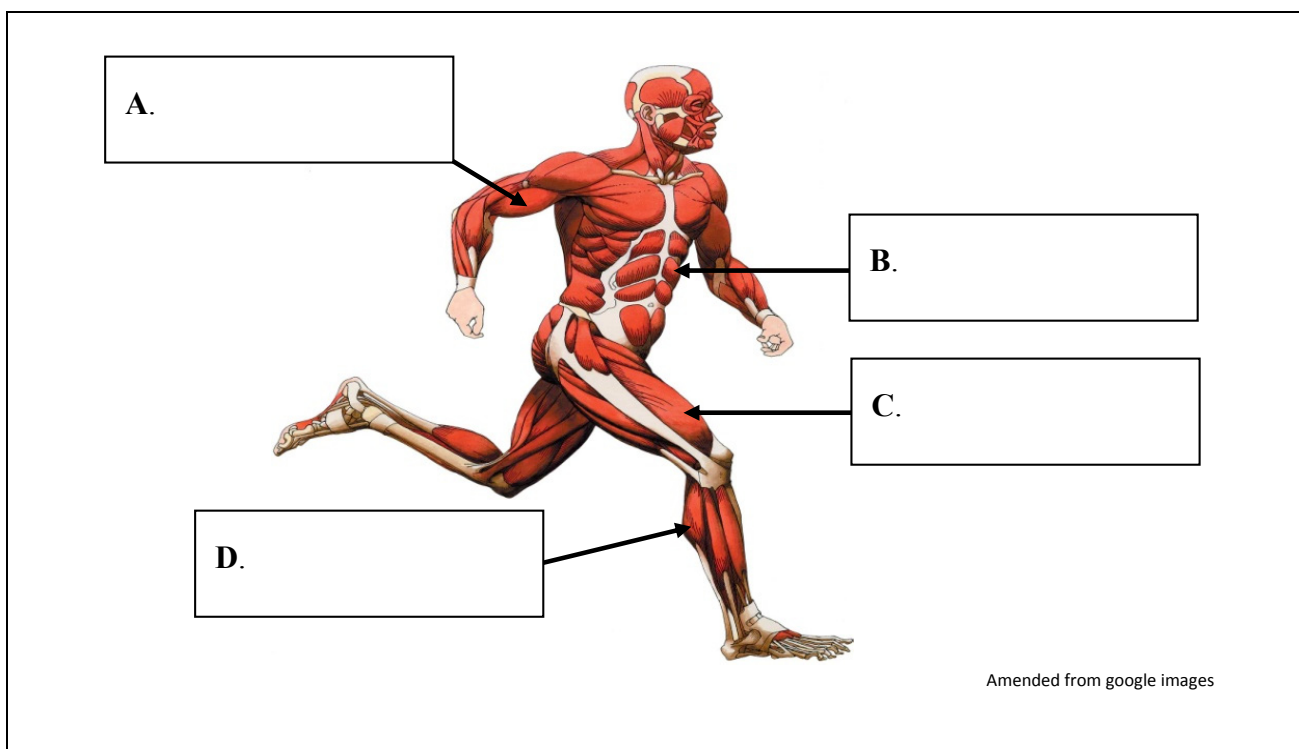
(c) Explain why it is important to complete a warm-up before an exercise session.
Make at least **three** points.

(12 marks)

(d) Examine the information below.
Label each of the muscles **A**, **B**, **C** and **D** on the diagram by inserting the correct muscle name from the box below in the space provided.

(12 marks)

Calf	Bicep	Quadricep	Tricep	Abdominal	Hamstring
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Answer any **TWO** Sections from Section 3, 4, 5 and 6.

Section 3 – Aquatics

(50 marks)

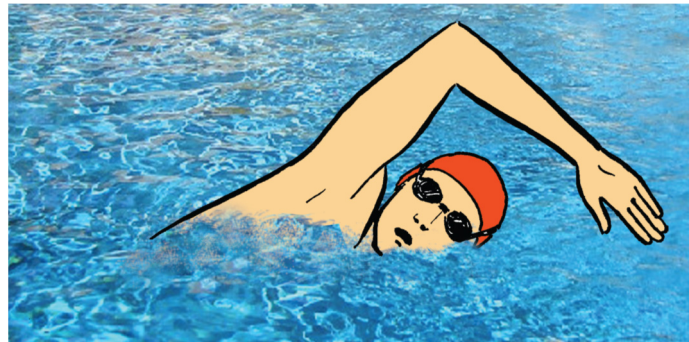
Answer **one** question in this section.

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) State **two** ways a person learning to swim can ensure that they make a safe entry into the swimming pool and state **two** ways that they can ensure a safe exit from the swimming pool.

(12 marks)

Entry:

1. _____

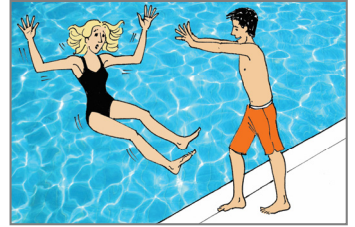
2. _____

Exit:

1. _____

2. _____

(c) List **four** rules that should be displayed in a swimming pool area to ensure the safety of all using it. (12 marks)



1. _____

2. _____

3. _____

4. _____

(d) List **three** items of safety equipment which should be available for rescuing someone who gets into difficulty while swimming in a pool. (12 marks)

1. _____
2. _____
3. _____

Explain **two** reasons why it is important that this equipment be stored and maintained correctly.

1. _____

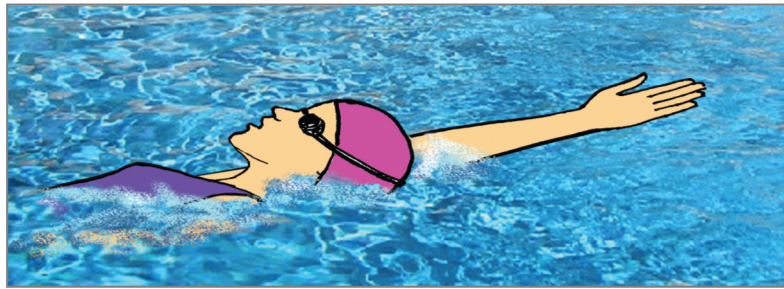
2. _____

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 the National Governing Body with responsibility for swimming in Ireland.

(12 marks)

Outline **three** ways that this Governing Body promotes swimming in Ireland.

1. _____

2. _____

3. _____

(c) Name **one** career in the area of aquatics and list **three** duties associated with this career. (12 marks)

Career: _____

Duties:

1. _____

2. _____

3. _____

(d) In first aid what do the letters CPR stand for? Tick the correct box. (12 marks)

Cardio Pulmonary Resuscitation

Cardiac Pulse Returning

Cardio Pressure Reviving



When performing CPR on an adult casualty what is the ratio of compressions to ventilation?

Indicate whether the following statement is true or false by ticking the correct box.

The best position for a casualty when you are performing CPR is flat on the floor.

True

False

Describe how you would put a casualty into the Recovery Position. Make at least **two** points.

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.

You have been asked to organise a two-day outdoor activity event for a group of young adults, in the area covered by the map. The event is to start with an orienteering competition on day one followed by a water-based activity. The group are to camp overnight and undertake a hill walk on day two. You have access to a minibus and equipment for the water-based activity.

The meeting place on day one is Dromahair Post Office at grid reference G 802 312.

The symbol for a Post Office is  .



- (a) Identify a suitable location nearby for the orienteering competition to take place, using a six-figure grid reference **or** a name on the map for this location. (12 marks)

Grid reference/Location: _____

Give **two** reasons for your choice of location for the orienteering competition.

Reason 1: _____

Reason 2: _____

- (b) Name a suitable water-based activity and identify a suitable location on the map for this activity, using a six-figure grid reference **or** a name on the map for this location. (12 marks)

Water-based activity: _____

Grid Reference/Location: _____

Name **two** pieces of equipment required for this water-based activity.

1. _____

2. _____

(c) List **two** examples of clothing, footwear and equipment that are required for the hill walk on day two. (12 marks)

Clothing:

1. _____

2. _____

Footwear:

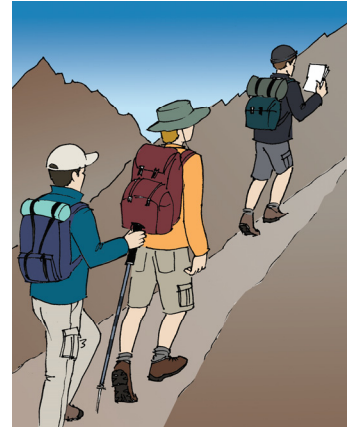
1. _____

2. _____

Equipment:

1. _____

2. _____



(d) The table below contains a number of conditions that a person might suffer from while on a hill walk.

Choose **one** of the conditions and answer each of the following questions with regard to this condition.

(14 marks)

Hypothermia	Dehydration	Altitude sickness
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Condition: _____

List **two** symptoms of this condition.

1. _____

2. _____

Describe how you would treat a person suffering from this condition.
Make at least **two** points.

Question 10.

(50 marks)

- (a) Select any **two** of the activities named in the table below.
List **one** piece of equipment required for each of the activities selected and state **one** safety reason for using each piece of equipment. (12 marks)

Hill walking	Rock climbing	Canoeing
Sailing	Orienteering	Snorkelling

Activity 1: _____

Equipment: _____

Safety reason: _____

Activity 2: _____

Equipment: _____

Safety reason: _____

- (b) Outline **three** advantages that Ireland offers to tourists who wish to participate in outdoor pursuit activities and adventure holidays. (12 marks)

1. _____

2. _____

3. _____

(c) Explain how you prepared for an expedition that you undertook during the Active Leisure Studies course using any **three** of the headings from the table below. Make at least **two** points for each heading.

(14 marks)

Route	Equipment
Safety	Food
Weather forecast	



Heading 1: _____

Heading 2: _____

Heading 3: _____

(d) List **two** rules of the *Country Code* and state **one** reason for each rule.

(12 marks)

Rule 1: _____

Reason: _____



Rule 2: _____

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 invasion game only.

Invasion game _____

Question 11.

(50 marks)

(a) How many players are on a team in your chosen invasion game? _____ (12 marks)

What is the duration of an official match in your chosen invasion game? _____

Name **two** playing positions in your chosen invasion game.

1. _____

2. _____

(b) List **three** skills required for your chosen invasion game. (12 marks)

1. _____

2. _____

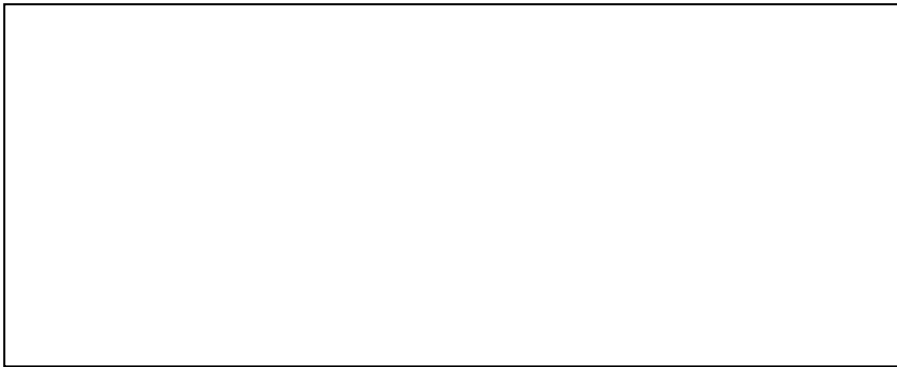
3. _____

Choose **one** of the skills named above and describe the technique required to perform this skill effectively. Make at least **two** points.

Skill: _____

(c) Choose **one** of the skills named in Q.11(b).
Describe a training drill you would use to coach this skill to young players.
You may use a drawing to help if you wish.

(12 marks)



(d) What is the name given to any **two** officials that officiate in your chosen invasion game. (14 marks)

1. _____
2. _____



Outline **two** duties that any **one** of the officials named above performs during your chosen invasion game.

Official: _____

1. _____

2. _____

Question 12.

(a) Name **one** attacking tactic used in your chosen invasion game.

(12 marks)

Attacking tactic: _____

Describe a situation in your chosen invasion game when this tactic might be used.
Make at least **two** points.

(b) Teamwork is important for success in your chosen invasion game.
Describe **three** ways of demonstrating that you are a team player.

(12 marks)



1. _____

2. _____

3. _____

(c) Explain the role of a team coach before the game, during the game and after the game has finished.

(12 marks)

Before the game: _____

During the game: _____

After the game: _____

(d) Name **three** careers in your chosen invasion game, that a player could become involved in once their playing career is over.

(14 marks)

1. _____

2. _____

3. _____

Choose **one** of the careers named above and describe the qualifications/skills required for this career. Make at least **two** points.

Career: _____

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) Name **four** skills which are important in your chosen net/fielding game/sport.

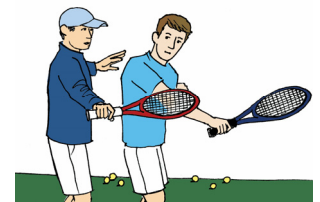
(12 marks)

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

(b) Choose **one** of the skills named above and describe a drill you would use to coach this skill.

You may use a drawing to help if you wish.

(12 marks)



Skill: _____

(c) In the box below, draw the line markings for the playing area for your chosen net/fielding game/sport. Label each line.

(12 marks)



(d) Choose any **three** of the skill related components listed below and explain why each is important in your chosen net/fielding game/sport.

(14 marks)

Agility	Balance	Coordination
Power	Reaction time	Speed

Component 1: _____

Component 2: _____

Component 3: _____

Question 14.

(50 marks)

- (a) You have been asked to organise a summer sports camp for children for your chosen net/fielding game/sport.

(12 marks)

Explain how you would organise the summer sports camp using the following headings:

Promotion: _____

Equipment required: _____

- (b) Describe how participation in your chosen net/fielding game/sport contributes to a healthy lifestyle. Make at least **three** points.

(12 marks)

(c) List **two** rules from your chosen net/fielding game/sport and describe **one** reason for each of the rules listed. (12 marks)

Rule1: _____

Reason: _____

Rule 2: _____

Reason: _____

(d) Name a career in your chosen net/fielding game/sport, that a person could become involved in once their playing career is over. Describe this career under each of the following headings: (14 marks)

Career: _____

Qualifications required: _____

Skills/qualities required: _____

Duties: _____

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