



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Applied 2016

Marking Scheme

Active Leisure Studies

Common Level

Note to teachers and students on the use of published marking schemes

Marking schemes published by the State Examinations Commission are not intended to be standalone documents. They are an essential resource for examiners who receive training in the correct interpretation and application of the scheme. This training involves, among other things, marking samples of student work and discussing the marks awarded, so as to clarify the correct application of the scheme. The work of examiners is subsequently monitored by Advising Examiners to ensure consistent and accurate application of the marking scheme. This process is overseen by the Chief Examiner, usually assisted by a Chief Advising Examiner. The Chief Examiner is the final authority regarding whether or not the marking scheme has been correctly applied to any piece of candidate work.

Marking schemes are working documents. While a draft marking scheme is prepared in advance of the examination, the scheme is not finalised until examiners have applied it to candidates' work and the feedback from all examiners has been collated and considered in light of the full range of responses of candidates, the overall level of difficulty of the examination and the need to maintain consistency in standards from year to year. This published document contains the finalised scheme, as it was applied to all candidates' work.

In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with their Advising Examiners when in doubt.

Future Marking Schemes

Assumptions about future marking schemes on the basis of past schemes should be avoided. While the underlying assessment principles remain the same, the details of the marking of a particular type of question may change in the context of the contribution of that question to the overall examination in a given year. The Chief Examiner in any given year has the responsibility to determine how best to ensure the fair and accurate assessment of candidates' work and to ensure consistency in the standard of the assessment from year to year. Accordingly, aspects of the structure, detail and application of the marking scheme for a particular examination are subject to change from one year to the next without notice.

Introduction

In considering this marking scheme, the following should be noted:

- The detail required in any answer is determined by the context and the manner in which the question is asked and by the number of marks assigned to the answer in the examination paper.
- Words, expressions or phrases must be correctly used in context and not contradicted, and where there is evidence of incorrect use or contradiction, the marks may not be awarded.
- As a general rule, if in doubt about the validity of any answer, examiners must consult their advising examiner before awarding marks.
- The suggestions, examples etc. in the scheme are not exhaustive and alternative valid answers etc. are acceptable.

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.

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.

They have a duty of care to their employees. (2)

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

To prevent it getting damaged. (2)

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

To receive money for new playing gear or training equipment. (2)

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

A person who receives no payment for playing sport. (2)

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

The Treasurer (2)

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

To ensure that customers return. (2)

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

Bandages, Plasters (1+1)

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

Basketball, Tennis (1+1)

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

Going to the cinema. (2)

- (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. (2)

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)

Increase in career opportunities such as strength and conditioning coach / nutritionist.

Sports stars now have a more influential place in society.

Active leisure now plays a greater role in health promotion seeking to combat the rise in obesity levels in children.

(4+4+4)

Other suggested answers could include:

More time for leisure activities, increase in gyms and leisure facilities, improvements in gym equipment (keycards linked to computer, fitbit. More females involved.

- (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)

Stay calm and keep the group calm.

Gather the group together.

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+3)

- (c) Name **three** careers associated with the active leisure industry. (12 marks)

Leisure Centre manager, Lifeguard, Tennis Coach

(2+2+2)

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

Description as appropriate to chosen career.

(3+3)

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

State **two** pieces of advice you would give to the leisure centre manager regarding each of the following: (14 marks)

Access to the centre:

Install ramps, automatic doors and lifts.

(4+3)

Activities offered:

Offer wheelchair sports like wheelchair basketball, have a sports inclusion day.

(4+3)

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)

Through an internet search.

Talking to local people.

Look at the classified section in local or regional newspapers. (2+2+2)

Describe how you would go about joining a local club.

Make at least **two** points.

Search for particular club on internet.

Getting in contact with club manager / information line.

Attending a trial day / training session.

Attending a fun / information day / evening.

Attending as a free guest with existing member (friend) deals. (3+3)

- (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)

Hold a fundraiser for the local community like The Cube or Strictly Come Dancing.

Advertise in the local press.

Hold a club fun or sports day.

Produce leaflets and organise a house to house drop. (3+3+3+3)

- (c) State **two** factors that might limit the level of participation of each of the following in active leisure activities. (12 marks)

Working Parents: *Working long hours, Lack of time, Availability of a babysitter.* (3+3)

Retired People: *Shortage of money, Availability of transport. Health factors such as illness or injury.* (3+3)

- (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: *Fáilte Ireland* (2)

Description:

Marketing activities in other countries to increase tourism to Ireland.

Offers a wide range of activities to suit leisure needs of tourists.

Maintain an up to date website detailing all upcoming activities / facilities / prices.

(4+4+4)

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. (2)

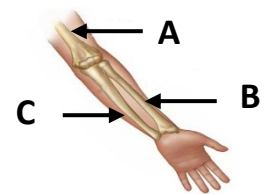
- (b) Name **two** lifestyle factors that may have a negative effect on a person's health.

1. **Heavy Smoking** 2. **Drinking alcohol on a regular basis** (1+1)

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

Could prevent disease / illness such as osteoporosis (2)

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



Ulna, Radius or Humerus (2)

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

True False (2)

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

Oxygen (O₂) or Carbon Dioxide (CO₂). (2)

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

The Multi stage fitness (Beep) test. (2)

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

To assess a person's level of fitness. (2)

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

Increased heart rate. (2)

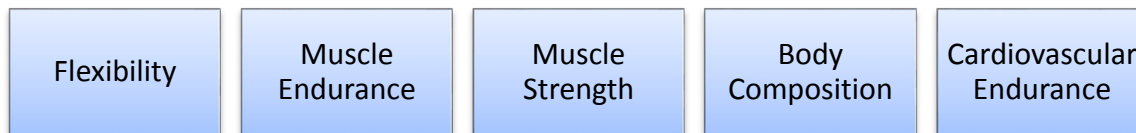
- (j) Name **one** example of an eating disorder.

Anorexia Nervosa. (2)

Question 5.

(50 marks)

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



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. (12 marks)

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

(3+3+3+3)

(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. **Hamstring (3)**

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 **(3)**

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

Helps to prevent injury.

Improve performance in sports that demand excellent flexibility such as gymnastics and dance.

(3+3)

(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: *Sit ups* (2)

Component of fitness: *Muscle strength* (2)

Exercise 2: *Jog around the circuit* (2)

Component of fitness: *Cardiovascular Endurance* (2)

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

To prevent muscle damage or overuse injury. (3)

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

Increase the time spent on each exercise station e.g. from 30 seconds to 45 seconds. (3)

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

Fibre: *To aid the digestive system.* (3)

Carbohydrate: *To provide long/short term energy.* (3)

Protein: *To repair muscles.* (3)

Water: *To rehydrate the body.* (3)

Question 6.

(50 marks)

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

Decrease in resting heart rate.

Able to exercise for longer periods of time.

(3+3)

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

Increase in muscular strength.

Increase in muscular endurance.

(3+3)

- (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 **(2)**

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

Wrist, Neck

(2+2)

What is a normal resting heart rate for an adult?

60-80 beats per minute

(2)

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

Diet, Exercise, Smoking

(2+2+2)

- (c) Explain why it is important to complete a warm-up before an exercise session.
Make at least **three** points. (12 marks)

Prepares the body for exercise by increasing temperature.

Allows for an increase in gradual heart rate / blood flow.

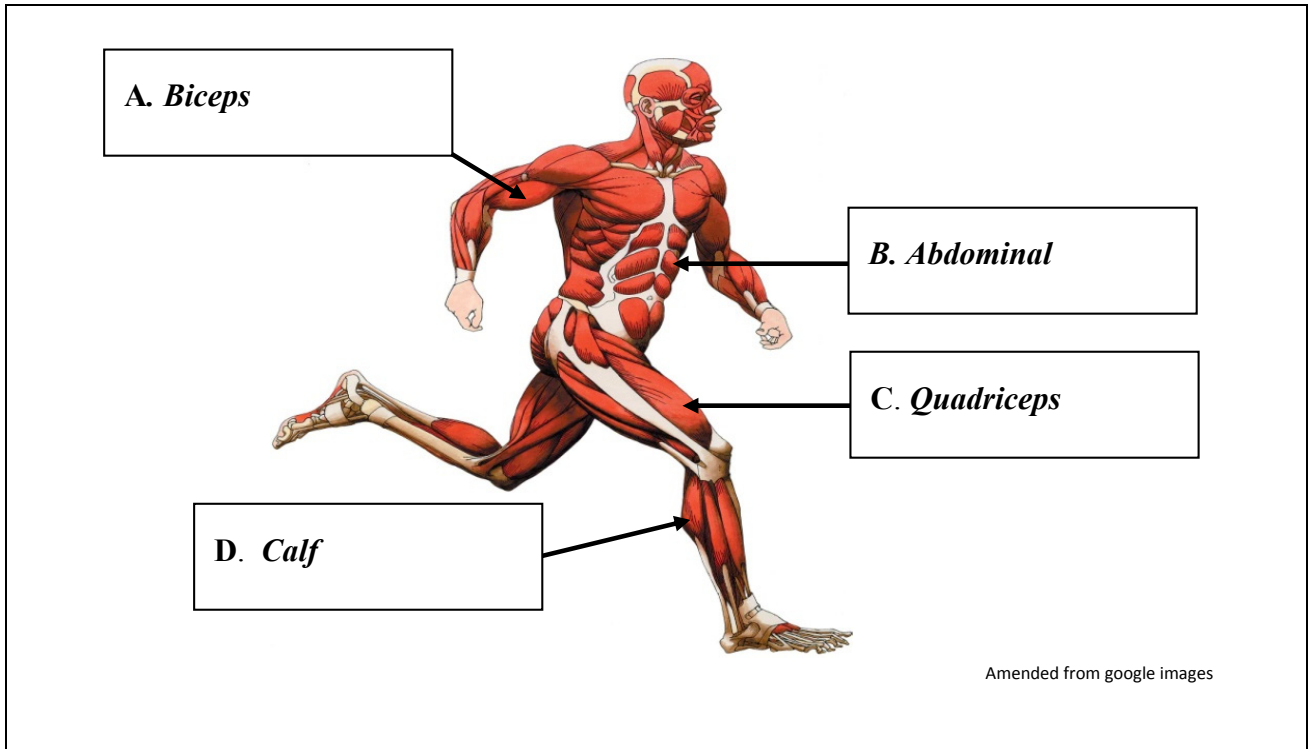
Helps to prevent injury.

(4+4+4)

(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	Biceps	Quadriceps	Triceps	Abdominal	Hamstring
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(3+3+3+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)

Front Crawl

(2)

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

Arms **1. Hands reach into and then pull water.**
2. Fingers closed.

(2+2)

Legs **1. Alternate leg kick.**
2. Kick from the hip.

(2+2)

Breathing **1. Maintain rhythm.**
2. Turn head to the side to inhale.

(2+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: *Step in using the poolside steps, The Sitting Swivel Entry.*

(3+3)

Exit: *Exit using the steps or ladders provided, Raise and turn exit.*

(3+3)

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

No diving at the shallow end.

No running on the pool bank.

No rough play.

Wear a swimming hat.

(3+3+3+3)

- (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)

Rescue pole, Rescue ring, Spinal board

(2+2+2)

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

Reduce damage or wear and tear.

Maintained in optimum condition for use when needed.

Stored safely to maintain health and safety regulations.

Prevent injury.

(3+3)

Question 8.

(50 marks)

(a) Name the stroke shown below. (14 marks)

Back stroke

(2)

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

Arms

1. Thumb leaves the water first.

2. Brush ear with arm before entry to water.

(2+2)

Legs

1. Legs work close together.

2. Relaxed ankles pointed toes.

(2+2)

Breathing

1. Maintain normal breathing.

2. Breath is taken every stroke cycle.

(2+2)

(b) Name the National Governing Body with responsibility for swimming in Ireland. (12 marks)

Swim Ireland

(3)

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

Organises local and national competitions.

Run coaching courses / workshops for swimming teachers.

Visit local swimming clubs.

(3+3+3)

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

Career: ***Any suitable career selected by the candidate.***

(3)

Three appropriate duties.

(3+3+3)

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

Cardio Pulmonary Resuscitation (2)

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

30 to 2 (2)

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 (2)

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

A position to allow breathing to continue.

Person is lying on their side / mouth downward / chin up.

Arms and legs locked to stabilise the position. (3+3)

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 **PO**.

- (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: *Any suitable location selected.* (4)

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

Close to the starting point / good or challenging terrain or any appropriate answer. (4 + 4)

- (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: *Any suitable water-based activity.* (3)

Grid Reference/Location: *Any suitable location.* (3)

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

Any appropriate answer. (3 + 3)

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

Clothing A rain jacket / sun hat / thermal underlay / Fleece (2+2)

Footwear Walking boots / thermal socks / anti ice grips (2+2)

Equipment First aid kit / whistle / mobile phone / torch (2+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: *As selected by candidate.*

List **two** symptoms of this condition.

As appropriate to selected condition. (4+3)

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

As appropriate to selected condition. (4+3)

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: ***Rock Climbing***

Equipment: ***Carabiner*** (3)

Safety reason: ***To attach rope to safety harness and prevent falls.*** (3)

Activity 2: ***Canoeing***

Equipment: ***Lifejacket*** (3)

Safety reason: ***To provide buoyancy in the event of capsizing.*** (3)

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

For fishing expansive coastline, mixture of warm and cold water, all types of fishing from sea to river. (2+2)

For hill walking a vast array of treks and mountains across the country from Dingle to Wicklow. (2+2)

A number of outdoor adventure companies in operation offering a choice of activities. (2+2)

- (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: *As appropriate to expedition undertaken and heading chosen.* (3+2)

Heading 2: *As appropriate to expedition undertaken and heading chosen.* (3+2)

Heading 3: *As appropriate to expedition undertaken and heading chosen.* (2+2)

- (d) List **two** rules of the *Country Code* and state **one** reason for each rule. (12 marks)

Rule 1: Enjoy the countryside and respect its life and work. (3)

Reason: Prevent damage to plants. (3)

Rule 2: Keep to public paths across farmland. (3)

Reason: So not to trespass on private property. (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.

Invasion game _____

Question 11.

(50 marks)

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

Appropriate to selected game.

(3)

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

Appropriate to selected game.

(3)

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

Appropriate to selected game.

(3+3)

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

Passing, shooting, receiving, tackling, dribbling etc.

(2+2+2)

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

As appropriate to selected skill.

(3+3)

- (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)

Any appropriate description of training drill.

(3+3+3+3)

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

Referee, Assistant referee, linesman, TMO Monitor

(3+3)

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

Official: Referee

Enforce the Laws of the Game.

Controlling the match in co-operation with the assistant referees and, where applicable, with the fourth official.

(4+4)

Question 12.

- (a) Name **one** attacking tactic used in your chosen invasion game. (12 marks)

Attacking tactic: *Appropriate to selected game.* (4)

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

Description based on selected tactic. (4+4)

- (b) Teamwork is important for success in your chosen invasion game.
Describe **three** ways of demonstrating that you are a team player. (12 marks)

Supporting / encouraging teammates.

Reassuring teammates if they make mistakes.

Communicating with teammates.

Fulfilling a common objective or goal e.g. winning the league or cup together.

Being positive.

(4+4+4)

- (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: *Pick the team. Producing personalised and team training programmes, prepare the team, motivate the team.* (2+2)

During the game: *Spot weaknesses in opposition and exploit them. Make team adjustments when necessary. Analyse own team and make substitutions when necessary.* (2+2)

After the game: *Evaluate performance of team and individuals. Provide constructive feedback to players, advise on cool down.* (2+2)

- (d) Name **three** careers in your chosen invasion game, that a player could become involved in once their playing career is over. (14 marks)

Team Manager / Coach, Physiotherapist, Nutritionist (3+3+3)

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

Career: *Physiotherapist*

Physiotherapy degree.

Good people skills.

General concern for health and wellbeing of patients.

Excellent knowledge of anatomy and physiology.

Firm but encouraging.

(3+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.

Net/fielding game/sport _____

Question 13.

(50 marks)

- (a) Name **four** skills which are important in your chosen net/fielding game/sport. (12 marks)

Passing, striking, scoring, controlling, serving, returning serve, batting or bowling or any other suitable answers depending on selected game.

(3+3+3+3)

- (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)

Any appropriate description of drill suitable for skill chosen.

(3+3+3+3)

- (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)

As appropriate for chosen net / fielding game.

At least 3 labels required.

(4+4+4)

- (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: *Explanation dependent on chosen game.*

(5)

Component 2: *Explanation dependent on chosen game.*

(5)

Component 3: *Explanation dependent on chosen game.*

(4)

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:

Internet social media, leaflets, school / supermarket notice boards, local newspapers word of mouth. (3+3)

Equipment required: *Equipment dependent on selected net / fielding game.* (3+3)

- (b) Describe how participation in your chosen net/fielding game/sport contributes to a healthy lifestyle. Make at least **three** points. (12 marks)

Suitable answers focusing on the physical, social or mental benefits of taking part in selected net / fielding game. (4+4+4)

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

Rule1: *Any appropriate rule for chosen game.* (3)

Reason: *Any appropriate reason for chosen rule.* (3)

Rule2: *Any appropriate rule for chosen game.* (3)

Reason: *Any appropriate reason for chosen rule.* (3)

- (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: *Television Sports Presenter* (3)

Qualifications required: *Media training, broadcasting or Journalism degree* (3)

Skills/qualities required: *Good presentation and communication skills.* (2+2)

Duties: *Present programme or show.*

Interview guests on show. (2+2)

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