



Coimisiún na Scrúduithe Stáit
State Examinations Commission

LEAVING CERTIFICATE APPLIED

2009

MARKING SCHEME

ACTIVE LEISURE STUDIES

General Directions

Candidates are required to answer SIX questions in total.

Sections 1 and 2 are compulsory.

Section 1 Leisure Studies 70 marks

Candidates should answer Question 1 and one other question

Section 2 Health Related Fitness 70 marks

Candidates should answer Question 4 and one other question

Candidates should answer TWO Sections from Sections 3, 4, 5, and 6:

Section 3 Aquatics 50 marks Candidates should answer one question

Section 4 Outdoor Education 50 marks Candidates should answer one question

Section 5 Games 1 (Invasion) 50 marks Candidates should answer one question

Section 6 Games 2 (Net / Fielding) 50 marks Candidates should answer one question

All answers given in this scheme are purely indicative.

Alternative or equivalent correct answers are equally acceptable.

Partial marks may be awarded for incomplete / partially correct answers.

Section 1 – Leisure Studies – (compulsory)

(70 marks)

Answer Question 1 and **one** other question from this section.

Question 1.

(20 marks)

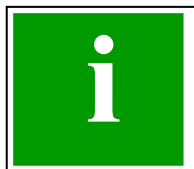
- (a) Is dancing an **active** or **passive** leisure activity? *Active* (2)
- (b) Which officer in a club normally takes charge at a club meeting?
Chairman (2)
- (c) Give **one** reason why a club should have a constitution.
To help settle disputes (2)
- (d) What is meant by ‘Leisure Time’?
Time outside work (school) (2)
- (e) Identify **one** way to encourage a person with a disability to take part in physical activity.
Adapt equipment (facilities) (2)
- (f) Name **one** organisation involved in promoting leisure holidays in Ireland.
Any appropriate organisation e.g. Fáilte Ireland (2)
- (g) Give **one** benefit of being involved in a sports club.
Make friends / improve fitness / health benefits (2)
- (h) State **one** reason for Health and Safety laws.
To maintain the safety of individuals (2)
- (i) Give **one** disadvantage of a non-active lifestyle.
Less physical fitness (2)
- (j) Give **one** reason why it is important for a club to keep a stock inventory of equipment.
To monitor possible theft / to ensure adequate equipment is in place (2)

Question 2.

(50 marks)

(a) Tourists may see the following signs.
What do the following signs tell a tourist?

(10 marks)



Information (2)



Lockers / left luggage (2)



Archery (2)



Drinks (2)



Fishing (2)

(b) A new Leisure Centre has opened in your area. Name **two** members of staff that will be needed and **one** duty of each staff member (16 marks)

Staff Member *Manager* (4)

Duty *Supervise staff* (4)

Staff Member *Receptionist* (4)

Duty *Answer customer queries* (4)

(c) You are applying for a job in the new Leisure Centre. List **four** pieces of information you should include in your letter of application. (12 marks)

1 *Name* (3)

2 *Contact details* (3)

3 *Qualifications* (3)

4 *Experience* (3)

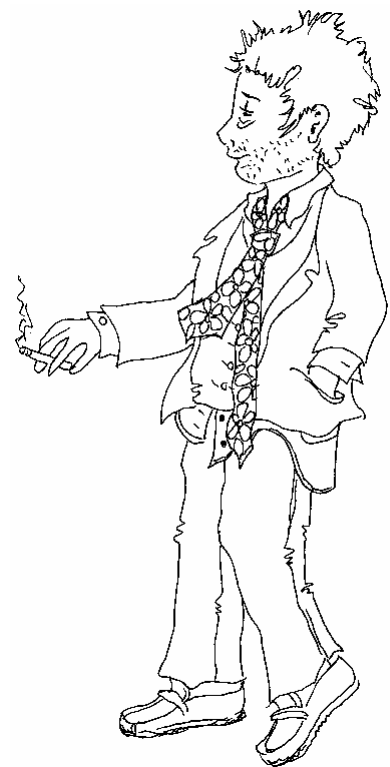
(d) Look at the picture.
List **four** pieces of advice you could give to this employee to improve his appearance. (12 marks)

1 *No smoking* (3)

2 *Tuck in shirt* (3)

3 *Tidy up appearance* (3)

4 *Shave* (3)



Question 3.

(50 marks)

(a) Explain **four** factors which might limit some people from taking part in leisure activities (14 marks)

1 ***Lack of money*** (2 × 4 + 2 × 3)

2 ***Lack of transport***

3 ***No facilities in home area***

4 ***Illness / disability***

(b) Select **three** of the factors from (a) above. Explain how a sports club might deal with each. (12 marks)

Factor ***Lack of money***

Explanation ***Reduce prices / special rates*** (4)

Factor ***Lack of transport***

Explanation ***Car pools / provide mini bus service*** (4)

Factor ***No facilities***

Explanation ***Fund raise to provide facilities*** (4)

- (c) You are the new Public Relations Officer (P.R.O.) of your club. Describe **three** ways you might get publicity for your club.

(12 marks)



1 *Invite media to club events* (4)

2 *Put up posters promoting club events* (4)

3 *Organise charity event* (4)

- (d) Give **three** reasons why some people may not like taking part in competitive sport.

(12 marks)

1 *Non-competitive attitude* (4)

2 *Choice of sport is non-competitive e.g. leisure walking* (4)

3 *Can't deal with losing* (4)

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

(a) Where in the body are the abdominal muscles?

Stomach / trunk (2)

(b) Is marathon running an aerobic or anaerobic activity?

Aerobic (2)

(c) What is 'bulimia'?

Eating disorder (2)

(d) Is a resting pulse rate of 150 beats per minute normal for a healthy adult?

No (2)

(e) What is the main purpose of carbohydrates in our diets?

To provide energy (2)

(f) Give **one** reason for having a fitness assessment before starting an exercise programme.

To learn current fitness condition (2)

(g) Name **one** muscle in the leg.

As appropriate e.g. hamstring (2)

(h) Which activity burns more calories in an hour, darts or rowing?

(i) Which component of fitness is most important for long distance swimming?

Stamina (2)

(j) Explain 'flexibility'.

Ability to stretch, bend or twist the body easily (2)

Question 5.

(50 marks)

- (a) Describe a method to test a person's stamina.
You may use a drawing to help, if you wish.

(11 marks)

e.g. bleep test –

You need 2 cones placed 20 m apart //

Need a CD or tape //

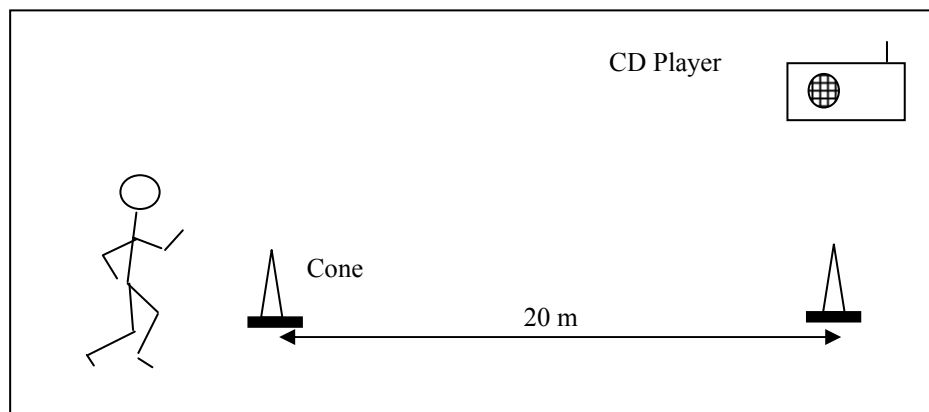
When you hear the bleep you run from one cone to the other //

The time between bleeps progressively shortens //

When you cannot reach the second cone before a bleep you are out //

Record that level

(3, 3, 3, 2)



- (b) List **five** benefits from regularly taking part in active physical activities.

(15 marks)

1 **Better health**

(3)

2 **Fitter**

(3)

3 **Better body shape**

(3)

4 **Feel better**

(3)

5 **Improve self-image**

(3)

(c) List **three** active leisure activities that are popular in Ireland and give reasons why they are popular. (12 marks)

Activity ***GAA*** (2)

Reason ***Pride of parish*** (2)

Activity ***Walking*** (2)

Reason ***Can be done almost anywhere*** (2)

Activity ***Soccer*** (2)

Reason ***Media exposure*** (2)

(d) Explain **three** ways a person would know they are getting fitter. (12 marks)

1 ***By testing fitness and re-testing at a later date*** (4)

2 ***Activities become physically easier to perform*** (4)

3 ***Ability to perform physical tasks which were previously not possible*** (4)

Question 6.

(50 marks)

- (a) Name a career that is available in the active leisure industry and explain the training/education and qualifications needed for that career. (12 marks)

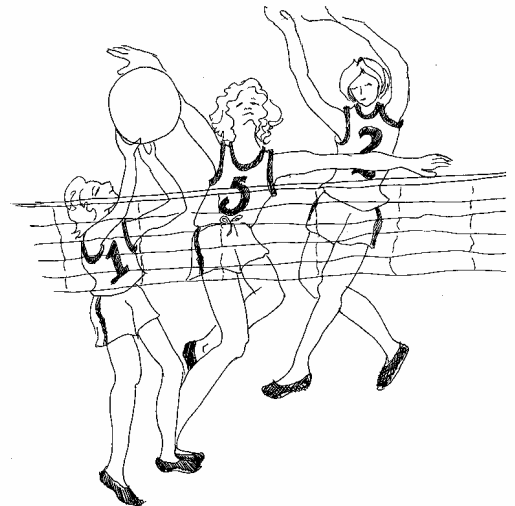
Career ***Fitness instructor*** (3)

Training/Education ***Personal experience / course in fitness training / strength training / team training / coaching at college or other recognised institution*** (3 + 2)

Qualifications ***Certificate / diploma / degree / First Aid qualification*** (4)

- (b) You are asked to organise games/active activities for a group of twenty 12-year-olds for one hour each Saturday in a Sportshall.

Answer the following questions about the games/activities you would organise. (26 marks)



- (i) List **two suitable** games/activities ***Mini-soccer / basketball*** (2, 2)

- (ii) List **four** pieces of equipment needed _____
e.g. badminton racquets / shuttles // balls / bibs (4 × 2)

- (iii) What Health & Safety rules would you have? _____
Obey instructions / no unruly behaviour / appropriate footwear and clothing / no jewellery (3 × 2)

(iv) List **five** things you would do if a fire broke out in the sportshall during your Activities.

1 ***Respond immediately***

2 ***Guide children to safety point***

3 ***Try to ensure calmness***

4 ***Contact emergency services***

5 ***Do not allow re-entry to building*** (3 × 2 + 2 × 1)

(c) Explain what influence the following factors may have on people deciding to take part in sport. (12 marks)

Age ***People who are working may have less time than those who are retired*** (3)

Ability ***Good personal ability may encourage more participation owing to success achieved*** (3)

Physique ***Your physique may influence your choice of sport e.g. all sumo wrestlers are fat*** (3)

Gender ***You may prefer single or mixed gender sports activities e.g. tennis (mixed or single) soccer (single)*** (3)

Choose **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 in the drawing below. *Front crawl / free style*

(3)



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

Arms 1 *Fingers closed* **(2)**

 2 *Arms out of the water one after the other in rhythm* **(1)**

Legs 1 *Toes pointed* **(2)**

 2 *Kick from hips* **(1)**

Breathing 1 *Turn head to side to inhale* **(2)**

 2 *Breathe in time with arm action* **(1)**

(b) Name and explain a dry rescue technique you might use if rescuing someone in difficulty.

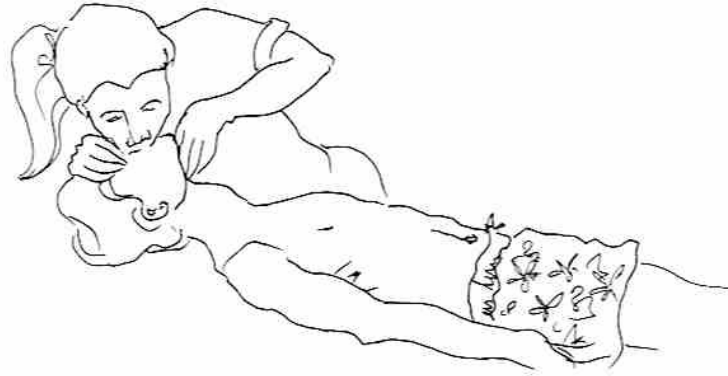
(12 marks)

Name *Throw Rescue / (unweighted rope)* **(2)**

Explanation *Ensure your own safety / loop rope in readiness / re-assure subject /
throw rope to subject / call instructions / secure self / pull subject to bank /
assist subject out of water* **(3, 3, 2, 2)**

(c) Explain how to carry out mouth to mouth resuscitation.

(14 marks)

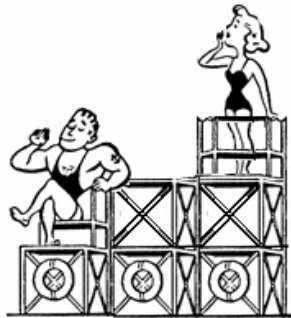


Place subject on flat surface / clear airways / tilt head back / pinch nose / open mouth / inhale and breathe into subjects mouth for 2 seconds / repeat every five seconds until subject is breathing again

(4, 4, 3, 3)

(d) Describe **three** duties a lifeguard may have to perform each day.

(12 marks)



1 *Issue safety instructions to swimmers* (4)

2 *Assist swimmers / non-swimmers in difficulty* (4)

3 *Test water quality* (4)

Question 8.

(50 marks)

- (a) Name the stroke in the drawing below. **Butterfly** (3)



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

- Arms: 1 **Fingers closed** (2)
2 **Both arms leave water at the same time** (1)
- Legs: 1 **Kick together** (2)
2 **Two kick rhythm** (1)
- Breathing: 1 **Inhale as head leaves water** (2)
2 **Inhale every 2 or more strokes** (1)

- (b) You are taking a group of children to the swimming pool for the first time. You must write to the parents to let them know about it. Give **four** pieces of information you would include in your letter. (12 marks)

- 1 **Location of pool** (3)

- 2 **Cost** (3)

- 3 **Clothing / equipment to bring** (3)

- 4 **Safety instructions to be followed** (3)

- (c) What information would you give children about hygiene when visiting the swimming pool? (12 marks)



1 *Make use of toilet* (3)

2 *Shower before and after pool use* (3)

3 *Wear goggles* (3)

4 *No spitting water* (3)

- (d) Name **three** types of infection commonly found around swimming pools and advise how you would try to prevent them. (14 marks)

Infection *Eye infection* (3)

Advice *Wear goggles* (2)

Infection *Ear infection* (3)

Advice *Wear ear plugs* (2)

Infection *Foot infections e.g. veruca* (2)

Advice *Shower before and after pool use / wear footwear only in designated areas* (2)

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

You have been asked to organise a 4-day outdoor activity camping trip for six young adults. The destination is the West of Ireland area shown in the map. The trip must include water sports and hill-walking. You will have the use of a mini-bus for transportation and to bring some equipment for water sports.

Study the map and answer the questions below referring the map where required.

As an example the six-figure grid reference for the hostel, ▲, on top right of the map is 769 649.

- (a) You decide that the group will meet at one of the three post offices shown in the map. The symbol for a Post Office is **PO**. Give the six-figure grid reference for your choice of Post Office and the place name closest to this Post Office on the map. (9 marks)

Six-figure grid reference of Post Office *As appropriate* (5)

Place name *As appropriate* (4)

- (b) Find a suitable location for camping that meets **all** the following needs: (i) is an official campsite, (ii) has a sandy beach nearby and (iii) has a public car park nearby. Give six-figure grid reference for your choice of location and the place name on the map that describes this location (i.e. the nearest place to the campsite named on the map). (12 marks)

Six-figure grid reference of location *As appropriate* (7)

Place name *As appropriate* (5)

- (c) Name two water-based activities you could do on the trip and name one essential piece of equipment you should bring for each activity. (12 marks)

Activity *e.g. wind surfing* (3)

Essential equipment *Board* (3)

Activity *e.g. canoeing* (3)

Essential equipment *Canoe* (3)

- (d) You must plan two hill-walks.
One hill-walk should be reasonably easy and the other difficult.
Choose two of the mountains in the map as the destinations of your hill-walks.
Give the names and location (either six figure grid reference or clear instructions as to how to find it on the map) of these two mountains.
Identify the more difficult hill-walk and explain why it is more demanding than the easier one.

(17 marks)

Name of mountain 1 *As chosen* (2)

Location *As appropriate* (4)

Name of mountain 2 *As chosen* (2)

Location *As appropriate* (4)

Which hill-walk is more difficult and why? *As chosen* (2)

Explain why this is the more difficult hill-walk of the two. _____

e.g. terrain / steepness of climb etc. (3)

Question 10.

(50 marks)

- (a) Look at the picture below. Name **five** Outdoor Education activities you could take part in if you were staying in this area. (12 marks)



1 *Canoeing*

2 *Wind surfing*

3 *Sailing*

4 *Hill walking*

5 *Camping* (2 × 3 + 3 × 2)

- (b) Explain how outdoor activities could damage the environment. (10 marks)

Near a lake or river *Pollute water (e.g. motor boat / jet ski) / alter natural water flow / noise pollution / litter* (3, 2)

In the hills *Litter / damage vegetation / damage habitats / erosion* (3, 2)

(c) Explain **three** signs or symptoms of hypothermia. (14 marks)

1 ***Shivering*** (3)

2 ***Quick and shallow breathing*** (2)

3 ***Lips may become blue*** (2)

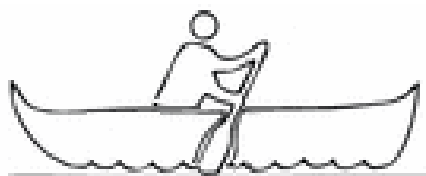
Describe how you treat someone who has hypothermia.

Gradually warm the subject up e.g. us your own body heat / use a warm blanket /

supply warm / sweet drinks (4, 3)

(d) Describe suitable clothing and footwear for these activities. (14 marks)

Canoeing



Clothing ***Wet suit / buoyancy jacket / t-shirt / wind proof jacket*** (2, 2)

Footwear ***Wet boots / old runners*** (3)

Hill-walking



Clothing ***Waterproof and windproof jacket / hat / gloves / leggings / tracksuit bottoms / fleece jumper*** (2, 2)

Footwear ***Socks / hill walking boots / gators*** (3)

Section 5 – Game 1 (Invasion)

(50 marks)

Answer **one** question in this section.

In the space provided, write the invasion game in which you specialised this year.
Questions in this section relate to your chosen game only.

Game *Any appropriate game e.g. Gaelic Football*

Question 11.

(50 marks)

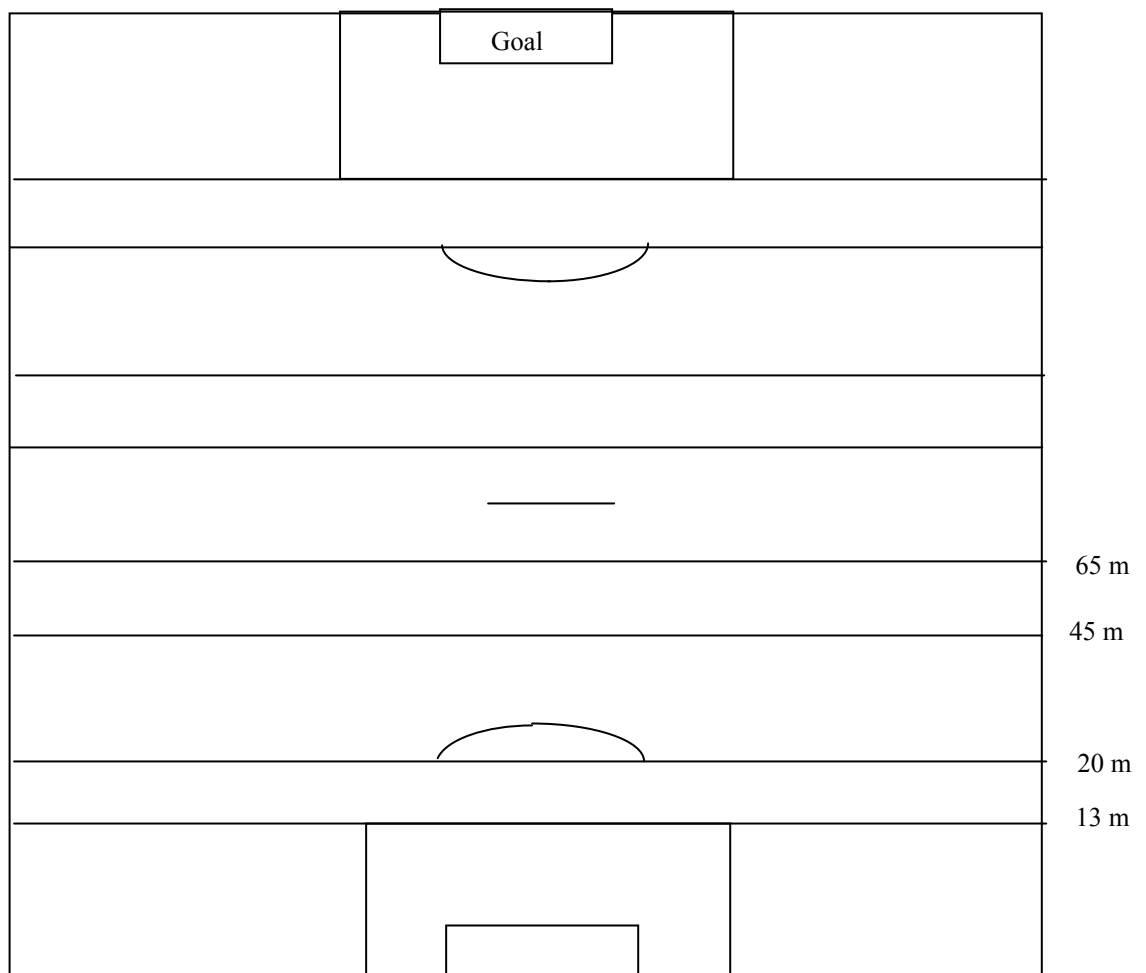
(a) How many players on a team? **15** (4)

How long does a standard adult game last? **60 / 70 minutes** (4)

Name the National Governing Body which runs the game in Ireland.

G.A.A. (4)

(b) In the box below draw and label the line markings for your game. (12 marks)



(6 × 2)

(c) Describe **three** personal qualities of a referee.

(12 marks)

1 ***Fairness*** (4)

2 ***Firmness*** (4)

3 ***Knowledge of rules*** (4)



(d) Explain **two** legal ways to get possession of the ball from the other team. (14 marks)

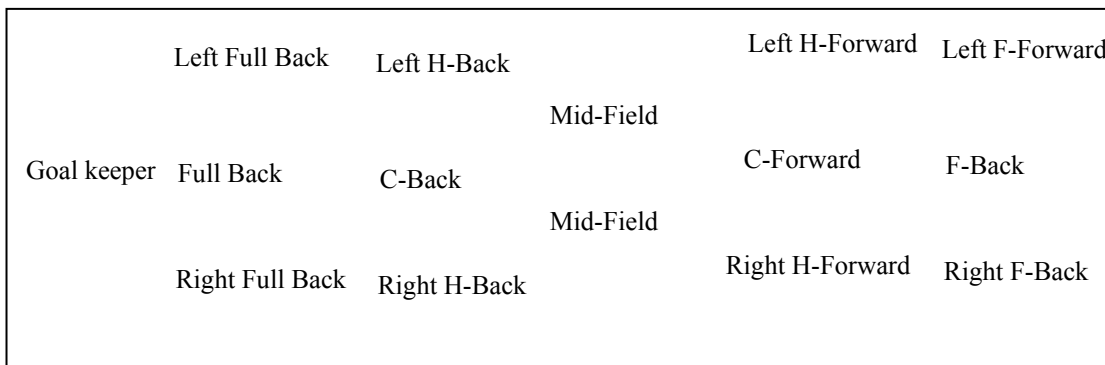
1 ***Intercept pas as one opponent is attempting to hand pass to a team mate*** (4, 3)

2 ***Tackle opponent as he/she is trying to solo past you. Wait for him/her to solo and reach in to knock the ball away*** (4, 3)

Question 12.

(50 marks)

(a) In the box below draw how a team might line out and then explain the line-out formation. (12 marks)



Explanation *Standard line out with goalkeeper, 6 defenders, 2 mid-field and 6 forwards* (4 × 3)

(b) Describe a tactic a coach might want her/his players to use when they are attacking. (14 marks)

*e.g 2-man full forward line with one tall man /
 Instruct players to use tall man as target /
 Ball struck in early and high /
 Tall man may shoot or pass*

(5, 5, 4)



(c) Name **one** method of taking the ball under control and give **three** coaching points for that method. (12 marks)

Control Method *Catch above head* (3)

1 *Eye on ball* (3)

2 *Big soft hands* (3)

3 *Cushion ball on impact* (3)

(d) Describe a warm-up you would have your team do before a game. (12 marks)
You may include a diagram if you wish.

Easy jogging / followed by stretching / followed by practice with ball (3 × 4)

As appropriate

Section 6 – Games 2 (Net / Fielding)

(50 marks)

Answer **one** question in this section.

In the space provided, write the net / fielding game in which you specialised this year. Questions in this section relate to your chosen game only.

Game *Any appropriate game e.g. badminton*

Question 13.

(50 marks)

- (a) Name and describe **two** types of competitions or tournaments used in your game.

(12 marks)

Competition *Knock out cup*

(2)

Description *All names put into hat / first drawn plays second drawn etc. /*

players eliminated round by round until one winner is left (2, 2)

Competition *Ladder*

(2)

Description *Players on ladder ranked in order of ability /*

A player can challenge any player not more than two places above him/her if he/she wins they take their place in the ladder the loser drops down one place. (2, 2)

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- (b) You are introducing your game to a group of young people. Select **one** basic technique and explain **three** coaching points for it. (12 marks)

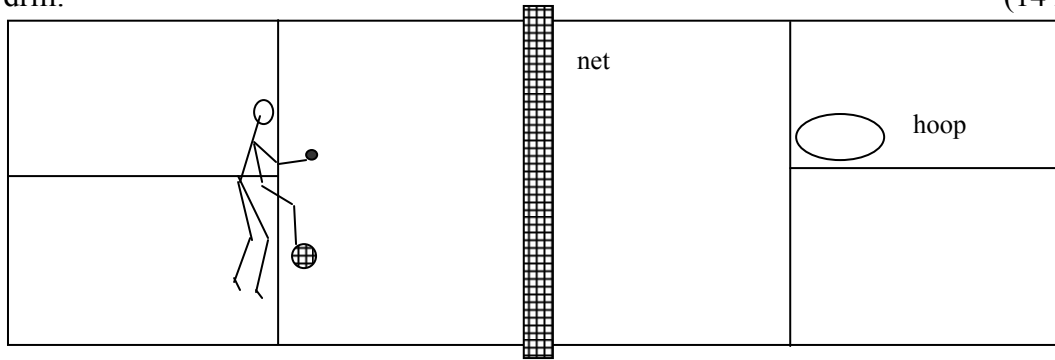
Technique *Low serve* (3)

1 *Feet apart with knees bent* (3)

2 *Hold shuttle between thumb and forefinger* (3)

3 *Strike shuttle with racquet from below* (3)

(c) In the box below draw a drill for the technique selected in (b) above and then explain the drill. (14 marks)



Explanation _____

Place hoop at service line on far side of net / practice serving the shuttle low over the net / and landing the shuttle in the hoop as shown (5, 5, 4)

(d) Name the main official at your game and describe **three** of his/her duties. (12 marks)

Official ***Umpire*** (3)

Duty 1 ***Ensure safe and fair play*** (3)

 Duty 2 ***Keep track of score*** (3)

Duty 3 ***Determine winner*** (3)

Question 14.

(50 marks)

(a) Describe **three** things a coach might do to help players avoid injury during a training session. (12 marks)

1 *Examine playing area for hazards in advance of play* (4)

2 *Ensure players warm up properly* (4)

3 *Avoid dangerous drills / practices* (4)

(b) Explain the scoring system for your game. (12 marks)

Three games to 21 points / rally point scoring system /

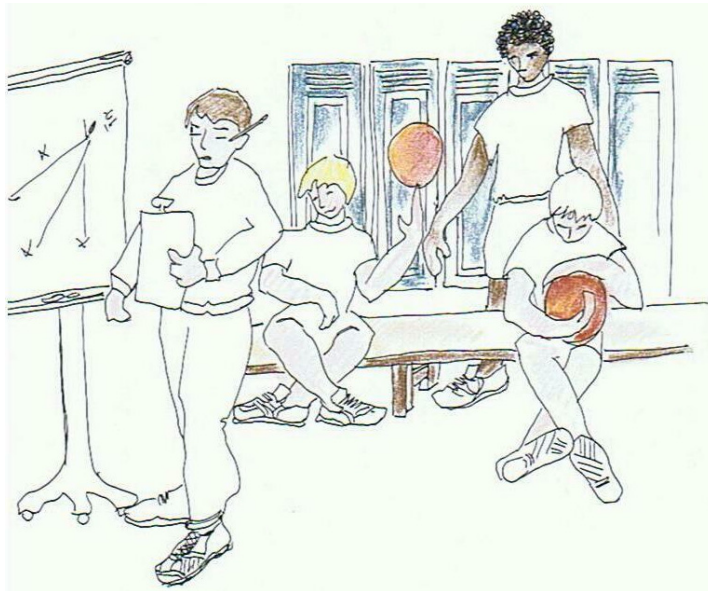
Each game is o 21 points with a 2 point gap required to win(some games go beyond 21 points) /

Winner of a rally scores a point regardless of who serves /

Winner of a point serves next (4, 4, 4)

(c) Describe **three** ways a coach might help players to improve their performance.

(12 marks)



1 **Identify their weak points and given them practices to improve** (4)

2 **Devise good tactics** (4)

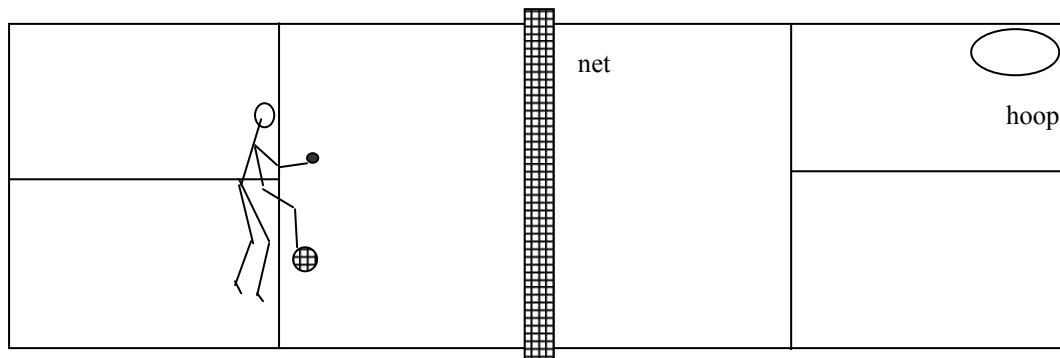
3 **Get players in a positive frame of mind before games** (4)

(d) Describe how your game starts. Draw and describe a drill to practice this start.

(14 marks)

Description of start **Get game started with an underarm serve over the net in a diagonal direction**

(4, 3)



Description of drill **Place a hoop at the back of the court and practice serving long and high over the net into the hoop** (4, 3)

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