



**Coimisiún na Scrúduithe Stáit**  
**State Examinations Commission**

**Leaving Certificate Applied 2017**

**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 <b>one</b> other question.
Section 2	Health Related Fitness	70 marks	Answer Question 4 and <b>one</b> other question.

**Answer any TWO Sections from Sections 3, 4, 5 and 6:**

Section 3	Aquatics	50 marks	Answer <b>one</b> question.
Section 4	Outdoor Education	50 marks	Answer <b>one</b> question.
Section 5	Games 1 (Invasion)	50 marks	Answer <b>one</b> question.
Section 6	Games 2 (Net/Fielding)	50 marks	Answer <b>one</b> question.

## Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

### Question 1.

(20 marks)

(a) Name **two** active leisure activities.

1. *Hill walking*            2. *Swimming* (2)

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

*To ensure matches/games can continue in inclement or bad weather.* (2)

(c) Give **one** reason why a club should have a constitution.

*To ensure all members know and adhere to the club rules.* (2)

(d) Which of the following receives its funding from the government? Tick the correct box.

*Public leisure facility* (2)

(e) State **one** role of the *Public Relations Officer* in a sports club.

*To actively promote the club in the local and wider area.* (2)

(f) Give **one** reason why a sports coach may need to use a defibrillator.

*To restart a person's heart if the heart has stopped.* (2)

(g) Name the organisation with responsibility for promoting leisure holidays in Ireland.

*Fáilte Ireland* (2)

(h) Explain what is meant by the term *professional sportsperson*.

*A person who receives payment for playing sport.* (2)

(i) Name **two** passive leisure activities.

1. *Going to the cinema.*            2. *Playing a board game.* (2)

(j) Give **one** reason why it is important for a club to keep a stock inventory of equipment.

*To monitor and record what equipment the club has.* (2)

**Question 2.**

**(50 marks)**

(a) State **four** reasons why people join a leisure centre.

(12 marks)

1. ***To lose weight.*** (3)
2. ***To meet new people.*** (3)
3. ***To learn new skills.*** (3)
4. ***To have fun.*** (3)

(b) A young climber has been seriously injured after a fall from a climbing wall. Imagine you are the manager of the leisure centre with the climbing wall.

(12 marks)

List **four** pieces of information you would need to provide when you call the emergency services.

1. ***Number of casualties.*** (2)
2. ***Exact location.*** (2)
3. ***Your telephone number.*** (2)
4. ***Type of incident/accident.*** (2)

List any **two** details that should be included in the accident report form.

1. ***Time and date of the accident.*** (2)
2. ***Brief description of what happened.*** (2)

- (c) Complete the table by selecting the most appropriate job title from the list below for each job description. (12 marks)

**Job title:**

- Sports Development Officer
- Fitness Instructor
- Lifeguard
- Outdoor Activity Instructor
- Manager
- Receptionist

Job Description	Job Title
A person with training in leading groups on hill walking trips.	<b><i>Outdoor Activity Instructor (4)</i></b>
A person with the overall responsibility for running a gym.	<b><i>Manager (4)</i></b>
A person responsible for the promotion of sport and exercise in a local area.	<b><i>Sports Development Officer (4)</i></b>

- (d) Your local GAA club needs a new training ground.

Describe **four** ways the club could fundraise for this new training ground. (14 marks)

1. ***The club could hold a sponsored run or walk.*** (2+2)
2. ***The club could hold a quiz night in the clubhouse for all members.*** (2+2)
3. ***Organise a bag collection at a local supermarket.*** (2+1)
4. ***Hold a weekly lottery and sell tickets at all club events.*** (2+1)

**Question 3.**

**(50 marks)**

(a) Explain **two** reasons why each of the following people participate in their chosen sport.

(14 marks)

*Six year old who attends a GAA football training session every Saturday morning.*

1. ***To learn and develop the skills of the sport.*** (2+1)
2. ***To gain a better understanding of the rules of the sport.*** (1+1)

*Twenty-eight year old who plays soccer for their local club.*

1. ***To be competitive and try to win medals.*** (2+1)
2. ***To socialise with friends after training and after the match.*** (1+1)

*Sixty-five year old who is a member of their local running club.*

1. ***To maintain their cardiovascular fitness.*** (1+1)
2. ***To give them a hobby after they retire.*** (1+1)

(b) Describe **three** ways that people with disabilities can be encouraged to participate in active leisure activities.

(12 marks)

1. ***Ask them to attend their local leisure centres to see what Inclusive activities are available.*** (2+2)
2. ***Ask them to contact the national governing body of the sport to see what programmes are available.*** (2+2)
3. ***Include people with disabilities in sport from an early age to prevent barriers to participation.*** (2+2)

(c) Name an activity suitable for young children in a sports camp that would take place on an outdoor grass area. (12 marks)

Activity ***Any suitable activity*** (3)

Give **two** reasons for your choice of activity.

1. ***Any appropriate reason.*** (3)

2. ***Any appropriate reason.*** (3)

List the equipment you would require for this activity.

***Suitable equipment for activity as stated above.*** (3)

(d) With regard to the activity named in question 3(c) above, list **four** safety guidelines that the group would need to follow to ensure the safe participation of everyone in the activity. (12 marks)

1. ***Ensure they are wearing appropriate sports kit for the activity.*** (3)

2. ***Ensure they have fluids to stay hydrated.*** (3)

3. ***Listen to the sports camp organisers directions at all times.*** (3)

4. ***Follow the camp rules at all times.*** (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 factors of a balanced diet is most important to aid digestion?  
Tick the correct box.

**Fibre**

(2)

- (b) State **one** reason why it is important to obey the rules of a gym.

**To prevent accidents or injuries.**

(2)

- (c) Why do fitness instructors carry out a fitness assessment for new gym members?

**To assess the new member's level of fitness.**

(2)

- (d) What generally happens to a person's heart rate when they exercise?

**It increases.**

(2)

- (e) Which of the following make up the cardiovascular system? Tick the correct box.

**Heart, Lungs and Blood Vessels**

(2)

- (f) Which of the following events is an example of an anaerobic activity? Tick the correct box.

**100m sprint**

(2)

- (g) Indicate whether the following statement is true or false by ticking the correct box.

**An adult's normal resting heart rate is 100 - 120 beats per minute.      False**

(2)

- (h) List **one** benefit of a cool-down after exercise.

**To prevent soreness or stiffness.**

(2)

- (i) What is the long-term effect on the lungs of regular cardiovascular exercise?

**It makes them stronger.**

(2)

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

**Anorexia nervosa**

(2)

**Question 5.**

**(50 marks)**

(a) Give **three** reasons for completing a warm-up before an exercise session. (12 marks)

1. ***To gradually raise a person's heart rate before exercise.*** (4)
2. ***To prevent injury.*** (4)
3. ***To prepare a person mentally for the challenge.*** (4)

(b) The activities in the pictures require particular health related components of fitness. (12 marks)

Explain the term *flexibility*.

***The ability to use your joints fully through a wide range of motion.*** (2+2)

Explain the term *cardiovascular endurance*.

***The ability to exercise your entire body for long periods of time.*** (2+2)

Explain the term *muscle strength*.

***The amount of force your muscles can produce.*** (2+2)

(c) Which of the following combination of bones **A**, **B** or **C** would be used in the kicking action displayed in the picture opposite. Tick the correct box. (12 marks)

**B**      **Patella**      **Phalanges**      **Femur** (4)

Describe **two** functions of the skeleton.

1. ***For protection – The skeleton protects the brain and the vital organs in the body.*** (4)
2. ***For blood production - red blood cells to carry oxygen and white blood cells to protect against infection are produced in the bone marrow of some bones.*** (4)

(d) Some athletes take illegal drugs to enhance their performance.

(14 marks)

Name **one** performance enhancing drug and describe **three** risks associated with taking this type of drug.

Performance enhancing drug: ***Anabolic steroids etc.*** (3)

Risks:

1. ***Taking this drug can slow down an athlete's heart rate.*** (4)

2. ***An athlete can become addicted to taking the drug.*** (4)

3. ***Taking this drug increases the risk of getting diabetes.*** (3)

**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 this test?

**20 metres (3)**

List **one** safety check to complete before carrying out this test.

**Check if a participant has an injury. (3)**

Name **one** leg muscle used by participants taking this test.

**Hamstring muscle (3)**

Which of the following does this test measure? Tick the correct box.

**Volume of oxygen (3)**

(b) James plays Gaelic football for the school team but he is concerned that he will lose his place on the team due to his lack of fitness.

Describe **three** ways James could improve his fitness in order to keep his place on the team.

(12 marks)

1. **Increase his level of weekly cardiovascular fitness training. (2+2)**

2. **Monitor his diet to check that it's balanced. (2+2)**

3. **James could walk, run or cycle to school. (2+2)**

(c) Competitions can be balanced for safety reasons by age, weight, gender and skill level.

Complete the table below by stating whether each of the competitions named have been balanced by age, weight, gender or skill level.

(12 marks)

Competition	How the competition has been balanced (age, weight, gender, skill level):
Under 16 football tournament.	<b>Age (3)</b>
Black belt competition in karate.	<b>Skill Level (3)</b>
Heavyweight boxing competition.	<b>Weight (3)</b>
Women's super league basketball.	<b>Gender (3)</b>

(d) Complete the table below by:

- (i) Describing each of the injuries named in the table. One has been completed for you.
- (ii) Giving an example from sport or from an active leisure activity of where the injury may occur.

(14 marks)

(i) Description of injury	(ii) Example from sport or leisure activity of where the injury may occur.
A sprain is: when ligaments are overstretched or torn around a joint.	<b>Turning quickly in a match and twisting the joint. (3)</b>
A strain is: <b>when the muscle has been overstretched and has partially torn. (3)</b>	<b>Sprinting for a ball. (3)</b>
A fracture is: <b>a break in the bone or cartilage. (3)</b>	<b>Poor tackle from opponent during a match. (2)</b>

## 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. **Front crawl (2)** (14 marks)

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

- |            |    |   |            |
|------------|----|---|------------|
| Arms:      | 1. | <b>Hands reach into and then pull the water back.</b> | <b>(2)</b> |
|            | 2. | <b>Fingers closed.</b>                                | <b>(2)</b> |
| Legs:      | 1. | <b>Alternate leg kick.</b>                            | <b>(2)</b> |
|            | 2. | <b>Kick from the hip.</b>                             | <b>(2)</b> |
| Breathing: | 1. | <b>Turn head to the side to inhale.</b>               | <b>(2)</b> |
|            | 2. | <b>Maintain rhythm.</b>                               | <b>(2)</b> |

- (b) List **four** actions a swimmer should take to prevent the spread of infection in a swimming pool. (12 marks)

1. **Take a shower before swimming.** (3)
2. **Wear goggles to prevent eye infection.** (3)
3. **Wear socks to prevent verucas.** (3)
4. **Wear flip flops around the pool side.** (3)

- (c) An adult has collapsed at the swimming pool and is in need of cardio pulmonary resuscitation (CPR) treatment. (12 marks)

Describe how you would carry out CPR treatment for this adult. Make at least **three** points.

**Call for an ambulance and a defibrillator.**

**Find position on chest.**

**Place 2 clasped hands on the centre of the chest.**

**Keep elbows straight.**

**Start with 30 chest compressions.**

**Follow this with 2 rescue breaths.**

**Continue until you tire or help arrives.** (4+4+4)

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

(12 marks)

***Keep head above the water.***

***Use arms and legs in circular motion to maintain upright position in water.***

***Leg action may be scissors kick, cycling or breast kick. (3+3)***

Explain why treading water is used in lifesaving.

***Saves energy.***

***Keep the head above the water.***

***So rescue team can see casualty. (3+3)***

**Question 8.**

**(50 marks)**

(a) Name each of the **two** strokes shown below. (12 marks)

**A Backstroke (2)**

**B Breast stroke (2)**

Choose **one** of the strokes named by you above and give **two** points for each of the following when coaching this stroke.

Arms: 1. **Appropriate to stroke chosen. (2)**  
2. **Appropriate to stroke chosen. (2)**

Legs: 1. **Appropriate to stroke chosen. (2)**  
2. **Appropriate to stroke chosen. (2)**

(b) Describe a method for testing water quality in a swimming pool. Make at least **three** points. (12 marks)

**Using a commercial testing kit take a sample of the pool water.**

**Analyse the water immediately by adding the solution and mixing well.**

**Test the level of chlorine, PH and alkalinity.**

**Compare the colour of each with the chart and ensure you keep a record by noting the reading the date and the time each time you test. (4+4+4)**

(c) Study the pictures below showing different methods of entering the water. (12 marks)  
Which of these methods of entering the water would be most suitable for each of the following:

A person who is learning to swim: **Sitting entry (3)**

A person starting a front crawl race: **Dive (3)**

Describe how to enter the water using any **one** of these methods.

**Description appropriate to method chosen. (3+3)**

(d) Name **one** career in Aquatics and answer each of the following questions with regard to this career. (14 marks)

Career **Any appropriate career. (4)**

List the skills or qualities required for this career.  
**Skills or qualities appropriate to career chosen. (2+2)**

List **two** duties someone in this career would be expected to perform.

1. **Any duty appropriate to career chosen. (3)**

2. **Any duty appropriate to career chosen. (3)**

## 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.

You have been asked to plan an adventure race for a group which is to include a 15 km run, 40 km cycle and kayaking for 1 km in the area on the Ordnance Survey map.

The symbol on the Ordnance Survey map for a Post Office is . The grid reference for the Post Office on this map is L 999 847. This grid reference is given as an example.

(a) Select a suitable starting point for the run. Give a six-figure grid reference **or** a name on the map for this starting point.

(14 marks)

Name / Grid Reference      ***Appropriate starting point /grid reference.***      **(3)**

State **one** reason for your choice of location for the starting point for the run.

***Appropriate reason based on starting point chosen.***      **(3)**

Select a suitable location for the kayaking stage of the race. Give a six-figure grid reference **or** a name on the map for this location.

Name / Grid Reference      ***Appropriate location***      **(3)**

The cycle stage will take place along the Westport Cycle Hub.

Using the Ordnance Survey map, name **two** features of interest that participants will see along the route of the cycle.

1.      ***Holy Well***      **(3)**

2.      ***Stone Row***      **(2)**

(b) Some of the participants have never completed an adventure race before. List **four** pieces of advice you would give in order to help them complete it successfully.

(12 marks)

1.      ***Pace yourself.***      **(3)**

2.      ***Organise the kit you will need for the race.***      **(3)**

3.      ***On the day of the race eat a normal breakfast.***      **(3)**

4.      ***Practice the transitions between the run, cycle and kayak.***      **(3)**

(c) Explain what is meant by an Emergency Rations Pack. (12 marks)

***A pack that contains items of food and drink that a person stores and relies on in case of an emergency.*** (3)

List **three** items you would expect to find in an Emergency Rations Pack.

1. ***Energy bar.*** (3)

2. ***Pack of dried fruit and nuts.*** (3)

3. ***Bottle of water.*** (3)

(d) List **four** rules from the country code that protect the environment from outdoor pursuit activities. (12 marks)

1. ***Leave gates and property as you find them.*** (3)

2. ***Protect plants and animals, and take your litter home.*** (3)

3. ***Guard against all risk of fire.*** (3)

4. ***Help to keep all water clean.*** (3)

**Question 10.**

**(50 marks)**

- (a) Answer each of the following with reference to an expedition you went on as part of your Leaving Certificate Applied programme. (14 marks)

Explain **two** reasons for preparing a safety plan in advance of the expedition.

1. ***To ensure everyone knows the safety procedures in case of an emergency.*** (4)
2. ***To help participants prepare and organise their kit for the expedition.*** (4)

State **two** ways that you benefited from participation in the expedition.

1. ***Any appropriate answer.*** (3)
2. ***Any appropriate answer.*** (3)

- (b) A participant in an orienteering competition has slipped on the route and is bleeding heavily from the leg. As a result they have gone into shock. (12 marks)

List **two** symptoms (signs) of shock.

1. ***Feeling lightheaded or dizzy.*** (2)
2. ***Rapid and shallow breathing.*** (2)

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

***Lay the person down and elevate the feet.***

***Check Airway Breathing and Circulation.***

***Try to stop any bleeding.***

***Keep person warm.***

***Seek immediate medical help.*** (3+3+2)

- (c) Select **one** outdoor pursuit activity that you took part in during the year and answer each of the following questions with regard to this activity. (12 marks)

Name of outdoor pursuit activity ***Any appropriate activity.***

Name **two** skills that you learned while taking part in this activity.

1. ***Any skill appropriate to activity chosen.*** (2)
2. ***Any skill appropriate to activity chosen.*** (2)

Explain why each of these skills are important for successful participation in this activity.

Skill 1 ***Any appropriate explanation.*** (4)

Skill 2 ***Any appropriate explanation.*** (4)

- (d) You are thinking about a career as an Outdoor Education Instructor. In order to find out about this career you decide to interview an Outdoor Education Instructor.

List **four** suitable questions that you would ask in the interview in order to find out about this career.

(12 marks)

1. ***What do you enjoy about the job?*** (3)
2. ***What qualifications are needed?*** (3)
3. ***What skills or qualities are needed?*** (3)
4. ***Are there career opportunities for progression or promotion?*** (3)

## Section 5 – Games 1 (Invasion)

(50 marks)

Answer **one** question in this section.

Questions in this section relate to your chosen invasion game.

The following is a list of invasion games. Tick the invasion game that you have specialised in.

Invasion Game (✓)			
Basketball		Netball	
Gaelic Football		Olympic Handball	
Hockey		Rugby	
Hurling		Soccer	

### Question 11.

(50 marks)

(a) List **four** skills that are important in your chosen invasion game.

(12 marks)

Skill 1 *Any skill appropriate to chosen invasion game.* (3)

Skill 2 *Any skill appropriate to chosen invasion game.* (3)

Skill 3 *Any skill appropriate to chosen invasion game.* (3)

Skill 4 *Any skill appropriate to chosen invasion game.* (3)

(b) Explain why each of the skills you have listed in Question 11(a) are important in your chosen invasion game.

(14 marks)

Skill 1 *As appropriate to the skill chosen.* (4)

Skill 2 *As appropriate to the skill chosen.* (4)

Skill 3 *As appropriate to the skill chosen.* (3)

Skill 4 *As appropriate to the skill chosen* (3)

(c) Choose **one** of the skills named in Question 11(a) and give **two** coaching points for this skill. (12 marks)

Coaching point 1      ***As appropriate to the skill chosen.***      **(3)**

Coaching point 2      ***As appropriate to the skill chosen.***      **(3)**

Conditioned games are often used by coaches to practice specific skills in invasion games. Explain what is meant by a *conditioned game*.

***A conditioned game is a small-sided game used in training aimed at developing an understanding of rules and skills of an invasion game.***      **(3+3)**

(d) Select **one** of the skills named in Question 11(a) and describe a drill you could use to practice this skill. *You may use a drawing to help if you wish.* (12 marks)

***Any appropriate drill for chosen skill.***      **(3+3+3+3)**

**Question 12.****(50 marks)**

(a) Give **three** reasons why it is important that players follow the rules of your chosen invasion game. (12 marks)

1. ***It reduces risk to themselves and others.*** (4)
2. ***It stops the players being penalised, getting sent off or disqualified. Breaking the rules does not help the player or the team.*** (4)
3. ***The invasion game cannot happen unless players cooperate with the opposition whilst competing.*** (4)

(b) List **three** skills / qualities you would expect to find in a good captain. (12 marks)

1. ***An excellent motivator.*** (2)
2. ***An excellent communicator on and off the pitch.*** (2)
3. ***A player who encourages their teammates.*** (2)

Choose **two** of the skills / qualities listed above and explain why each of these skills / qualities are important to the success of a team in your chosen invasion game.

Skill / Quality 1 ***As appropriate to skill / quality chosen.*** (3)

Skill / Quality 2 ***As appropriate to skill / quality chosen.*** (3)

(c) Name **two** player positions on a team in your chosen invasion game and explain **one** role you would expect a player in each of the positions to perform. (12 marks)

Position 1 ***Any appropriate position.*** (3)

Role ***Any appropriate role.*** (3)

Position 2 ***Any appropriate position.*** (3)

Role ***Any appropriate role.*** (3)

(d) Players who retire from playing their game through age or injury often continue to participate in the game in some way other than as a player. (14 marks)

List **two** careers a player could become involved in within their chosen invasion game after they retire from playing.

1. ***Coaching.*** (3)

2. ***Media work.*** (3)

Choose **one** of the careers listed above and give the following information with regard to it:  
Skills / qualities needed for this career ***As appropriate to career chosen.*** (3+3)

List **one** duty someone in this career would be expected to perform.  
***As appropriate to career chosen.*** (2)

## Section 6 – Games 2 (Net/Fielding)

(50 marks)

Answer **one** question in this section.

Questions in this section relate to your chosen net/fielding game (sport).

The following is a list of net/fielding games (sports). Tick the net /fielding game (sport) that you specialised in.

Net/fielding Game (sport) (✓)			
Archery		Squash	
Badminton		Table Tennis	
Cricket		Tennis	
Handball		Volleyball	
Rounders			

### Question 13

(50 marks)

(a) List **four** skills that are important in your chosen net/fielding game (sport).

(12 marks)

Skill 1 ***Any appropriate skill to chosen net/fielding game.*** (3)

Skill 2 ***Any appropriate skill to chosen net/fielding game.*** (3)

Skill 3 ***Any appropriate skill to chosen net/fielding game.*** (3)

Skill 4 ***Any appropriate skill to chosen net/fielding game.*** (3)

(b) Explain why each of the skills you have listed in Question 13(a) are important in your chosen net/fielding game (sport). (14 marks)

Skill 1 ***As appropriate to the skill chosen.*** (4)

Skill 2 ***As appropriate to the skill chosen.*** (4)

Skill 3 ***As appropriate to the skill chosen.*** (3)

Skill 4 ***As appropriate to the skill chosen.*** (3)

(c) Select **one** of the skills from your chosen net/fielding game (sport) named in Question 13(a) and describe a drill you could use to practice this skill.

*You may use a drawing to help if you wish.*

(12 marks)

***Any appropriate drill for chosen skill.*** (3+3+3+3)

(d) Safety is very important for all participants during a training session.

Describe **three** ways a coach can ensure participants are safe during a training session. (12 marks)

1. ***Ensure that participants are supervised at all times during the training session. (4)***
2. ***Check to see if any participant has any injury or medical condition which may prevent them from taking part. (4)***
3. ***Ensure that the playing area/surface is free from any debris and is safe to play on. (4)***

**Question 14**

**(50 marks)**

(a) Name **two** officials from your chosen net/fielding game (sport) and describe each of their roles. (12 marks)

Official 1 ***As appropriate to chosen net / fielding game. (3)***

Role ***As appropriate to official chosen. (3)***

Official 2 ***As appropriate to chosen net / fielding game. (3)***

Role ***As appropriate to official chosen. (3)***

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

***As appropriate to chosen net/fielding game. (3)***

Explain **three** ways that the National Governing Body promotes your chosen net/fielding game (sport).

1. ***Provides facilities and organises coaching camps during school holidays.***

2. ***Provides training and a pathway for coaches.***

3. ***Provides local development officers to visit schools. (3+3+3)***

(c) Describe **two** ways participants can ensure good sportsmanship in your chosen net/fielding game (sport). (12 marks)

1. ***Follow the rules of the game at all times to ensure no one gets injured. (3+3)***

2. ***Cooperate with officials during matches to set a good example to young players. (3+3)***

(d) Name a component of fitness which is important in your chosen net/fielding game (sport). (14 marks)

***Any suitable Health or skill related component of fitness. (2)***

Explain why this component of fitness is important. Make at least **two** points.

***As appropriate to component chosen. (3+3)***

Describe how you could improve this component of fitness. Make at least **two** points.

***As appropriate to component chosen. (3+3)***



