



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2003

Vocational Specialism – Active Leisure Studies (240 marks)

Thursday, 12th June, 2003
Morning 9.30am to 11.00pm

General Directions

1. Write your EXAMINATION NUMBER in this space:

2. WRITE ALL ANSWERS INTO THIS ANSWER BOOK.

THERE ARE SIX SECTIONS IN THIS PAPER

Candidates must answer SIX questions in total.

Candidates must attempt TWO questions from compulsory Section 1 (Active Leisure Studies) and TWO questions from compulsory Section 2 (Health Related Fitness).

The first question in Section 1 and in Section 2 is compulsory.

Candidates must select 2 Sections from the remaining 4 Sections and attempt ONE question from each of these Sections.

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	

<i>For the Superintendent only</i>	<i>For the Examiner only</i>	
Centre Stamp	1. Total of end of page totals.	
	2. Aggregate total of all disallowed questions.	
	3. Total mark awarded (1 minus 2)	
	4. Bonus mark for answering through Irish (if applicable)	
	5. Total mark awarded if Irish Bonus. (3 + 4)	
	Note: The mark in row 3 (or row 5 if an Irish bonus is awarded) must equal the mark in the Mór-Iomlán box on the script.	

Section 1 – Leisure Studies

(70 marks)

ANSWER QUESTION ONE AND ONE OTHER QUESTION FROM THIS SECTION.

1. (20 marks)

(a) Explain what is meant by an amateur sportsperson.

(b) Name the club officer responsible for keeping an account of the day-to-day spending of the club.

(c) Identify **ONE** benefit of being involved in a sports club.

(d) State **ONE** reason for the Health and Safety and Welfare at Work Act 1989.

(e) Give **ONE** reason why the equipment in a Leisure Centre should be maintained and stored properly.

(f) Identify **TWO** groups of people who have special leisure and recreation needs.

(g) Name the organisation responsible for promoting holidays in Ireland.

(h) Identify **TWO** leisure activities that attract tourists to Ireland.

(i) Name a city that has hosted one of the last four Olympic Games.

(j) State **TWO** of the aims of the Irish Sports Council.

2. (50 marks)

(a) Explain the following categories of leisure activities: (15 marks)

Sport

Active Leisure

Passive Leisure

(b) Provide **TWO** examples of activities in each of the three categories. (8 marks)

Sport

(1) _____

(2) _____

Active Leisure

(1) _____

(2) _____

Passive Leisure

(1) _____

(2) _____

(c) Outline **FOUR** factors that might limit participation in active leisure activities by some members of the community.

(12 marks)

Factor (1) _____

Factor (2) _____

Factor (3) _____

Factor (4) _____

(d) Select **THREE** factors that you have identified above. Outline **ONE** way in which a sports club could deal with **EACH** of these factors.

(15 marks)

(1) _____

(2) _____

(3) _____

3. **(50 marks)**
- (a) You are working at a Sports Camp and have been assigned the task of organising an activity for a group of fifteen 9/10 year olds using an outdoor grass area. Name an activity that would be suitable for them. Give **THREE** reasons for your choice. (12 marks)

Activity _____

Reasons

(1) _____

(2) _____

(3) _____

- (b) List the equipment you would use for this activity. State the quantity of equipment required and the safety factors you would take into account in relation to its use.

(10 marks)

Equipment	Quantity	Safety Factors

(c) In relation to the activity, list **FOUR** safety guidelines that the group would need to understand in order to participate safely. (12 marks)

(1) _____

(2) _____

(3) _____

(4) _____

(d) An accident occurs during the activity. Describe **TWO** steps that you would take to deal with (a) the injured person, (b) the other group members and (c) reporting the accident. (16 marks)

The injured person

(1) _____

(2) _____

The other group members

(1) _____

(2) _____

Reporting the accident

(1) _____

(2) _____

ANSWER QUESTION FOUR AND ONE OTHER QUESTION IN THIS SECTION.

(20 marks)

4.

(a) State **ONE** reason for taking a fitness assessment before starting an exercise programme.

(b) Name the part of the body where the carotid pulse can be found.

(c) Explain the term ‘working heart-rate’.

(d) An increase in breathing rate is one effect of exercise on the body. State **ONE** other effect.

(e) State where the ‘triceps’ muscle can be found in the body.

(f) State **ONE** purpose of a warm-up.

(g) What is the role of carbohydrates in the diet?

(h) Name **ONE** type of eating disorder.

(i) State **ONE** function of blood.

(j) The respiratory system deals with two types of gases. Name the **TWO** types of gases.

5. (50 marks)

(a) Flexibility and strength are components of fitness. Give a description of **EACH** of these components. Name **ONE** other component. (12 mark)

Flexibility _____

Strength _____

Other Component of Fitness _____

(b) Design a circuit of **SIX** stations that would improve your fitness level. Include exercises that involve the components of fitness named above. An example has been provided in Station 1.

(10 marks)

STATION 1	STATION 2	STATION 3
<p style="text-align: center; margin: 0;">EXAMPLE</p> <p>Exercise:</p> <p style="text-align: center; margin: 5px 0;">Calf-stretch</p> <hr style="width: 80%; margin: 5px auto;"/> <p>Component:</p> <p style="text-align: center; margin: 5px 0;">Flexibility</p> <hr style="width: 80%; margin: 5px auto;"/>	<p>Exercise:</p> <hr style="width: 80%; margin: 5px auto;"/> <p>Component:</p> <hr style="width: 80%; margin: 5px auto;"/>	<p>Exercise:</p> <hr style="width: 80%; margin: 5px auto;"/> <p>Component:</p> <hr style="width: 80%; margin: 5px auto;"/>
STATION 4	STATION 5	STATION 6
<p>Exercise:</p> <hr style="width: 80%; margin: 5px auto;"/> <p>Component:</p> <hr style="width: 80%; margin: 5px auto;"/>	<p>Exercise:</p> <hr style="width: 80%; margin: 5px auto;"/> <p>Component:</p> <hr style="width: 80%; margin: 5px auto;"/>	<p>Exercise:</p> <hr style="width: 80%; margin: 5px auto;"/> <p>Component:</p> <hr style="width: 80%; margin: 5px auto;"/>

(c) State how **EACH** of the terms of the FIT principle can improve your fitness level. (16 marks)

(1) _____

(2) _____

(3) _____

(d) State **TWO** effects of exercise on each of the following:

(i) lungs, (ii) heart, (iii) muscles. (12 marks)

Lungs

(1) _____
(2) _____

Heart

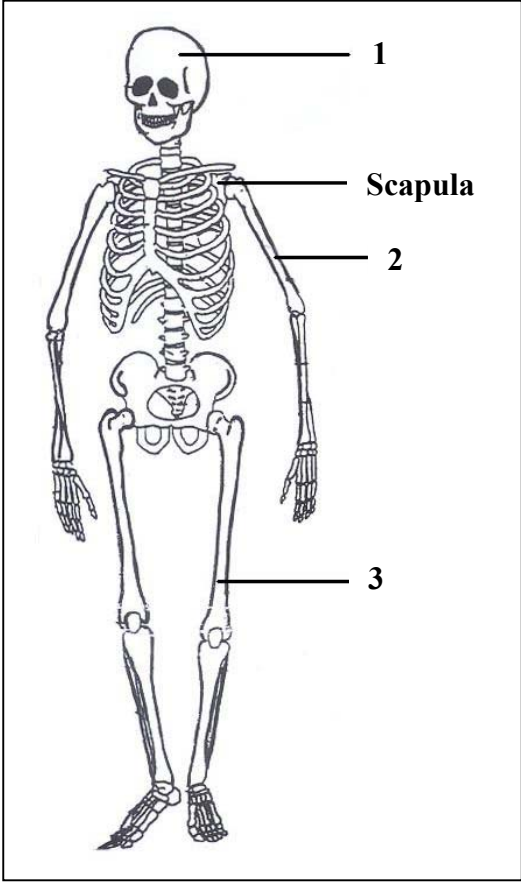
(1) _____
(2) _____

Muscles

(1) _____
(2) _____

(a) One of the bones of the skeleton has been identified in the picture below. Name the other **THREE** bones and state **TWO** functions of the skeleton. (12 marks)

The Skeleton

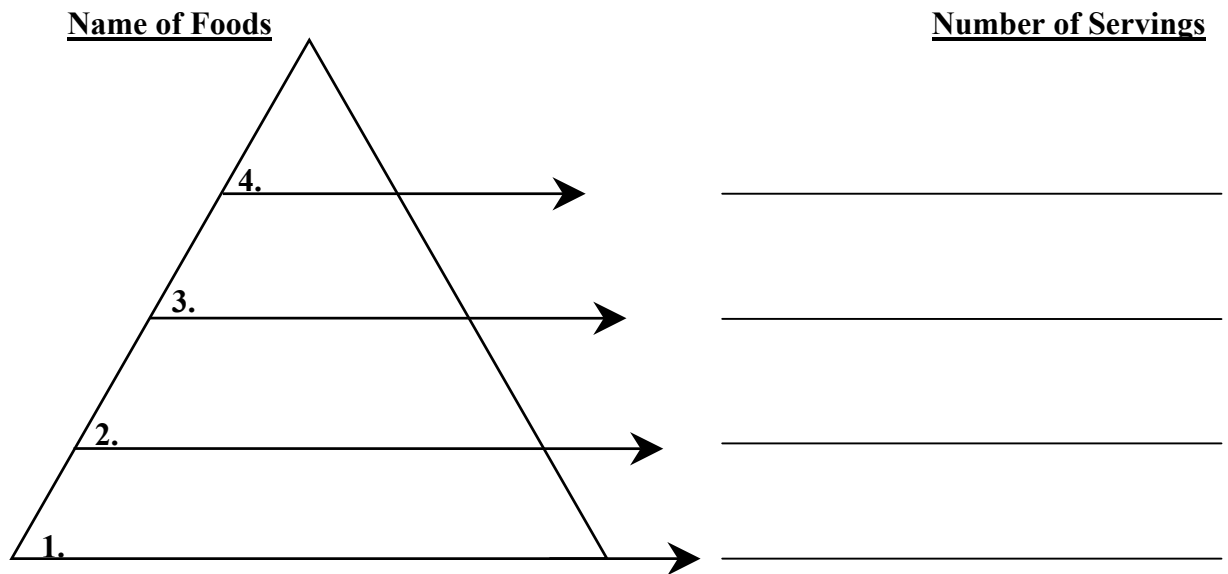


- Scapula _____
- 1. _____
- 2. _____
- 3. _____

Function (1) _____

Function (2) _____

- (b) On the drawing below, write in the name of **EACH** of the **FOUR** food groups and on the given line state the number of servings of **EACH** food group that a person needs to maintain a healthy body. (16 marks)



- (c) Name **ONE** mineral that is important for the growth and maintenance of healthy bones and list **THREE** foods in which this mineral is found. (10 marks)

Mineral _____

Foods

1. _____

2. _____

3. _____

- (d) Your friend has many daily snacks of crisps, sweets and biscuits and spends his/her free time watching TV. What advice would you give your friend in order to improve his/her lifestyle? Give reasons for your advice. (12 marks)

ANSWER ONE QUESTION IN THIS SECTION.

7. (50 marks)

(a) Name **TWO** types of infections that are associated with swimming pools. (10 marks)

1. _____

2. _____

(b) You are working as a swimming pool assistant. To reduce possibility of infection, outline **TWO** actions that swimmers should take before entering the pool and **TWO** actions that they should take on leaving the pool. (12 marks)

Actions before swimming

(1) _____

(2) _____

Actions after swimming

(1) _____

(2) _____

- (c) Name the chemicals that should be used and describe the procedures that should be followed in testing the water quality in the pool. (16 marks)

Chemicals

Procedure

- (d) A swimmer has cut his/her arm and has slight bleeding. State how the wound should be treated and give reasons why he/she should not continue to swim at that time. (12 marks)

Treatment

Reasons for not continuing to swim.

8. (50 marks)

(a) List **THREE** health benefits associated with swimming and name **THREE** activities for which the ability to swim is important. (15 marks)

Health benefits

- (1) _____

- (2) _____

- (3) _____

Activities

- (1) _____
- (2) _____
- (3) _____

(b) Describe **TWO** methods of entering and **TWO** methods of exiting the pool safely. (10 marks)

Entry

- (1) _____

- (2) _____

Exit

- (1) _____

- (2) _____

(c)

This learner-swimmer is confident in the water, but needs to learn more basic water skills. Describe **THREE** activities that would improve this learner's performance.

(15 marks)



(1) _____

(2) _____

(3) _____

(d)

Describe **TWO** activities that would help the learner to propel him/herself forward in the water. (10 marks)

(1) _____

(2) _____

ANSWER ONE QUESTION IN THIS SECTION.

9. (50 marks)
Study the map provided and answer the following questions.

A film crew is setting up an Adventure Challenge for six people and has asked you to work with them as advisor. They propose to involve the participants in a number of outdoor adventure activities.

(a) Choose **TWO** of the activities listed below and identify a suitable location on the map for each activity using a six-figure grid reference. In each case give a reason for your choice. (12 marks)

Mountain biking	Orienteering	Hill walking	Sailing
Wind surfing	Snorkelling	Canoeing	Rock climbing

Activity (1) _____ Location _____
Reason _____

Activity (2) _____ Location _____
Reason _____

(b) In relation to the **TWO** activities you have chosen above, explain how they might damage the environment. (12 marks)

Activity (1) _____
Damage _____

Activity (2) _____
Damage _____

- (c) Using a six-figure grid reference, identify a suitable location for the challenge group to set up camp and give **THREE** reasons for your choice using map evidence. (14 marks)

Grid Reference _____

Reasons

(1) _____

(2) _____

(3) _____

- (d) Name **TWO** ways of getting a weather forecast. In relation to **ONE** of the activities you have chosen explain how bad weather conditions would make the activity unsafe for the participants. (12 marks)

Weather forecast sources

(1) _____

(2) _____

Activity _____

Weather conditions _____

(a) There are many careers associated with the Outdoor Adventure industry. Identify **TWO** of these careers and state the qualifications required for each and describe the work involved (18 marks)

Career (1) _____

Qualifications _____

Job description _____

Career (2) _____

Qualifications _____

Job description _____

(b) Choose **ONE** of the careers identified above and state **THREE** personal skills necessary for that career. In **EACH** case state the reason why this skill is important. (10 marks)

Career: _____

Skill (1) _____

Reason

Skill (2) _____

Reason

Skill (3) _____

Reason

- (c) Name the organisations responsible for Outdoor Education at local and national level in Ireland. (10 marks)

Local Level _____

National Level _____

- (d) You have been asked by Bord Failte to assist them with the development of a brochure on Outdoor Adventure Activities in Ireland. Outline the advantages that Ireland possesses as a venue for such activities using the following headings: (12 marks)

Landscape _____

Heritage _____

Section 5 – Game 1 (Invasion)

(50 marks)

ANSWER ONE QUESTION IN THIS SECTION.

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

Game _____

11. **(50 marks)**

You are starting a club in your chosen activity.

(a) Name the national organisation responsible for promoting your sport and state **THREE** functions it fulfils. **(14 marks)**

National Organisation _____

Functions

(1) _____

(2) _____

(3) _____

(b) State **THREE** functions of a local sports club. **(9 marks)**

(1) _____

(2) _____

(3) _____

- (c) List the official title of **THREE** members of a club committee and describe their functions. (18 marks)

Member 1 Title _____
Function _____

Member 2 Title _____
Function _____

Member 3 Title _____
Function _____

- (d) Clubs require money in order to operate effectively. Identify **THREE** ways that clubs might gain funding. (9 marks)

(1) _____

(2) _____

(3) _____

12.

(50 marks)

(a) In relation to your chosen game name **TWO** passing skills that are important to learn. (4 marks)

(1) _____

(2) _____

(b) Choose **ONE** of the passing skills and outline the main points that you would make in teaching the skill, using the headings given below. (12 marks)

Skill _____

Preparation _____

Action _____

Follow through _____

(c) There are principles of play common to all games. In relation to your game state **ONE** principle of **attack** and **ONE** principle of **defence** used and in each case describe how it is used. (18 marks)

Principle of attack _____

Description _____

Principle of Defence _____

Description _____

(d) Describe **ONE** advantage and **ONE** disadvantage of each of the principles you have identified above. (16 marks)

Principle of Attack _____

Advantage

Disadvantage

Principle of Defence _____

Advantage

Disadvantage

ANSWER ONE QUESTION IN THIS SECTION.

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

Game _____

13. (50 marks)

(a) There are four phases in a training session. Name **EACH** phase and state its purpose. (16 marks)

Phase (1) _____
Purpose _____

Phase (2) _____
Purpose _____

Phase (3) _____
Purpose _____

Phase (4) _____
Purpose _____

- (b) Give **THREE** reasons why appropriate clothing and footwear are important when playing the game. (9 marks)

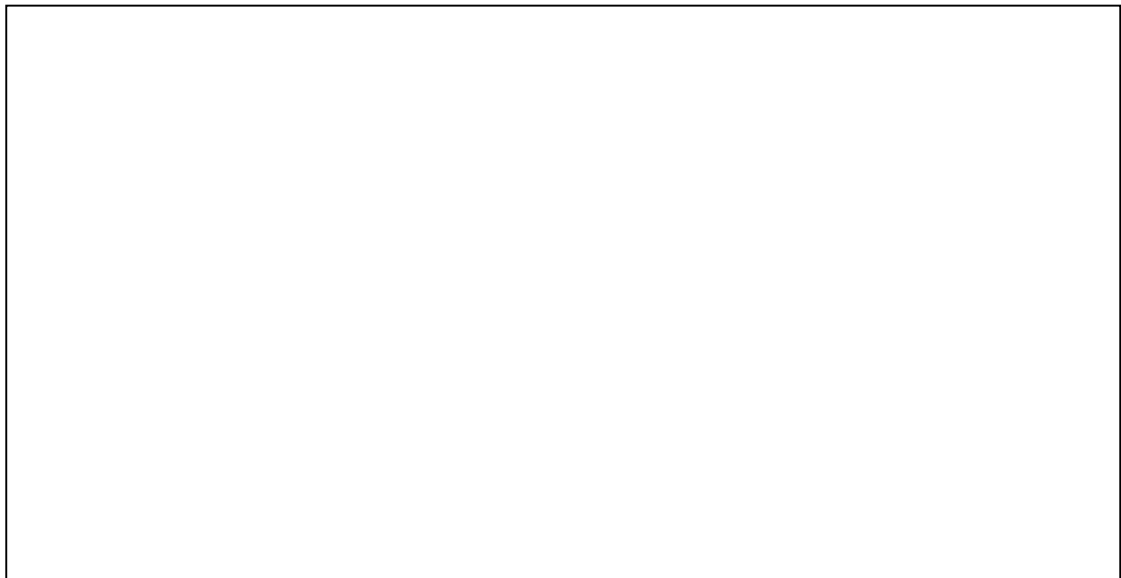
Reasons

- (1) _____

- (2) _____

- (3) _____

- (c) You are organising a league match at a home venue. In the diagram below **mark in** and **name** the equipment and personnel that is needed for the game. (10 marks)



- (d) Explain the scoring system for the game. (15 marks)

14.

(50 marks)

- Passing
- Scoring
- Controlling
- Serving
- Returning serve
- Footwork

(a) Choose **TWO** skills from the list above. Identify a common fault that beginners might have in relation to these skills and explain what practice might be used to correct the fault. (16 marks)

Skill (1) _____

Fault

Practice

Skill (2) _____

Fault

Practice

- (b) Name and explain **TWO** methods that a coach can use to encourage players to improve their performance. (10 marks)

Method (1)

Method (2)

- (c) Describe **THREE** uses for video recording in the game. (12 marks)

(1) _____

(2) _____

(3) _____

- (d) Name **THREE** careers related to the game and outline the qualifications and experience required for these careers. (12 marks)

Career (1) _____

Qualifications

Experience

Career (2) _____

Qualifications

Experience

Career (3) _____

Qualifications

Experience

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For the examiner only

		Mark
Section 1	Question 1	
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