



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2004

Vocational Specialism – Active Leisure Studies (240 marks)

Thursday, 17th June, 2004
Morning 9.30am to 11.00am

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) Define 'leisure time'.

(b) Give **TWO** reasons why people take part in sport.

Reason One _____

Reason Two _____

(c) Name the club officer who takes charge of committee meetings.

(d) Give **TWO** reasons why it is important for a club to have a constitution.

Reason One _____

Reason Two _____

(e) Identify **TWO** ways a club can raise money.

1. _____

2. _____

(f) State **ONE** responsibility of an employer under the Health and Safety and Welfare Act 1998.

(g) Give **ONE** reason why an employee should keep safety rules.

(h) Name **TWO** water-based leisure activities that tourists in Ireland enjoy.

1. _____ 2. _____

(i) Name an organisation that promotes active leisure holidays in Ireland.


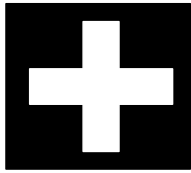



(j) Name the major international sporting event for athletes with special needs that was held in Ireland for the first time in 2003.

2.

(50 marks)

(a) The following signs may be found in or around a leisure complex.
What do they represent or what information do they provide?

(10 marks)

				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

(b) State **THREE** ways a local community group can make known what facilities it wants for leisure and recreation. (12 marks)

1. _____
2. _____
3. _____

State **THREE** ways a local leisure centre can advertise its activities.

1. _____
2. _____
3. _____

(c) How should a Leisure Centre make sure the following areas are suitable for wheelchair users? (18 marks)



Car Park _____

Pathways Outside _____

Within the Building _____

(d) How should a receptionist in a Leisure Centre deal with a telephone caller who wishes to speak to the manager who is not there. (10 marks)

3. (a) Name **THREE** members of staff you might find working in a Sport and Leisure Centre and outline **ONE** duty of each. **(50 marks)**
(12 marks)

Staff Member _____

Duty _____

Staff Member _____

Duty _____

Staff Member _____

Duty _____

- (b) Give **FOUR** examples of mainly active leisure activities and **FOUR** examples of mainly passive leisure activities. (16 marks)

Active _____

Passive _____

- (c) A fire breaks out in the main hall of a Leisure Centre where you are in charge of an activity. Outline the steps you would take to make sure of everyone's safety. (12 marks)

- (d) Non-verbal communication is important when dealing with people. Explain what is meant by *non-verbal communication* and give **TWO** ways in which it can be used. (10 marks)

Non-verbal Communication _____

One _____

Two _____

ANSWER QUESTION FOUR AND ONE OTHER QUESTION IN THIS SECTION.

4. (20 marks)

(a) Does regular exercise result in a higher or lower resting heart rate?

(b) Is there an age at which a healthy person should stop taking regular exercise?

(c) Is long distance running an aerobic or anaerobic exercise?

(d) **RICE** is a method for treating sports injuries. Complete the missing words below explaining the four actions described by **RICE**.

R_____ **I**_____ **C**OMPRESSION **E**LEVATION

(e) State what is meant by *dehydration*.

(f) Identify **ONE** way to help prevent a sports injury.

(g) Name **ONE** food item from the bottom of the food pyramid.

(h) State **ONE** way in which the use of drugs in sport is controlled.

(i) Name the most important type of fitness for sprinters.

(j) Do you need to exercise everyday in order to improve fitness?

5. (a) Define *aerobic fitness*. Name **THREE** active leisure activities where aerobic fitness is important. (50 marks)
(12 marks)

Aerobic Fitness _____

Activity One _____

Activity Two _____

Activity Three _____

- (b) State **THREE** of the health and sport benefits of taking part in a Muscular Strength exercise programme. (6 marks)

One _____

Two _____

Three _____

- (c) Answer the questions below on First Aid. (14 marks)

What are the **THREE** main purposes of First Aid?

One _____

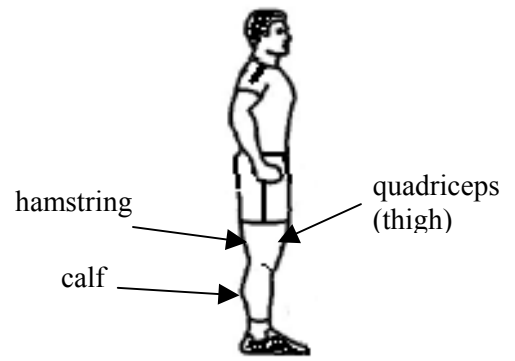
Two _____

Three _____

Explain what is meant by the Recovery Position and state the purposes of putting a person in this position.

(d) Three muscles are identified in the drawing. Explain a flexibility stretch for each in the space provided below.

You may do a sketch or drawing in the appropriate space to help your explanation. (18 marks)



hamstring

calf

quadriceps (thigh)

6. (50 marks)
(a) Certain drugs are banned from use in competitive sport.
Give **THREE** reasons why this is so.

(9 marks)

Reason One _____

Reason Two _____

Reason Three _____

(b) Explain what is meant by '*body image*' and state how it can affect self-esteem. (8 marks)

(c) Give **THREE** examples of healthy eating practices. (9 marks)

Example One _____

Example Two _____

Example Three _____

(d) A healthy 18 year old asks you to suggest a good breakfast, lunch and evening meal.

Write your suggestions in the boxes below.

(24 marks)

Breakfast

Lunch

Main Evening Meal

ANSWER ONE QUESTION IN THIS SECTION.

7. (50 marks)

(a) The drawing shows an accident at a swimming pool.
State **FIVE** rules which help prevent accidents
at the swimming pool. (10 marks)



1. _____
2. _____
3. _____
4. _____
5. _____

(b) A swimming pool manager has divided his week-day swimming pool times into TIME SLOTS. In the table below fill in the group or type of people who are most likely to use each TIME SLOT. (14 marks)

TIME SLOT		
1	9.00 A.M. - 10.25 A.M.	
2	10.35 A.M - 11.55 A.M	
3	12.05 P.M. - 1.55 P.M.	
4	2.05 P.M. - 3.55 P.M.	
5	4.05 P.M. - 6.55 P.M.	
6	7.05 P.M. - 8.55 P.M.	
7	9.05 P.M. - 10.00 P.M.	

(c) From the above table, pick any **THREE** Time Slots and give reasons for your choice of users. (12 marks)

TIME SLOT: _____ Reason _____

TIME SLOT: _____ Reason _____

TIME SLOT: _____ Reason _____

(d) Describe **how to tread water** and give an example of its **use in lifesaving**.
You may use a sketch to help your description. (14 marks)

How to tread water _____

Use in lifesaving _____

Sketch



8. (50 marks)

(a) Select **TWO** categories of people from the list below and in each category give **TWO** reasons why swimming activities would be good for these people. (14 marks)

People with a physical disability	Older adults	People recovering from sports injuries
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Category 1 _____

Reason 1 _____

Reason 2 _____

Category 2 _____

Reason 1 _____

Reason 2 _____

(b) Hygiene is high on the list of things a swimming pool manager must consider. Give **THREE** reasons why this is so. (9 marks)

1. _____

2. _____

3. _____

(c) List **FOUR** pieces of safety equipment that should be available to life guards at a swimming pool or beach. (14 marks)

ONE _____ TWO _____
THREE _____ FOUR _____

Select **TWO** pieces of equipment from the four pieces of safety equipment you have listed and describe how each might be used.

Equipment: _____

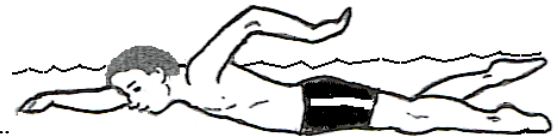
Use: _____

Equipment: _____

Use: _____

(d) (13 marks)

Name the stroke being performed by the swimmer in the drawing.



In this stroke explain the correct technique for:

ARMS / HANDS _____

LEGS / FEET _____

BREATHING: _____

ANSWER ONE QUESTION IN THIS SECTION.

9. (50 marks)

Study the map provided and answer the following questions.

You are the main leader for a group of 15 year olds on a two-day, one-night outdoor adventure trip.

(a) If you travelled from Ardara [Grid Ref. 734 907 (bottom right of map)] north along the R261 to Kilcloonay [Grid Ref. 719 972 (top right of map)] you would pass a number of historical sites (e.g. a standing stone and a megalithic tomb). (12 marks)

Give the name and six-figure grid reference of a historical site you would see on the way.

Name _____ Grid reference _____

What distance would you have travelled, in kilometres, from Ardara to reach this site?

(b) Identify, using a six-figure grid reference, a suitable place for a water based adventure activity and give the following details. (12 marks)

Grid reference _____

Activity _____

Give **TWO** relevant safety factors for this activity

One _____

Two _____

(c) (14 marks)

If you were standing at the summit of Binwore [Grid Ref. 674 898 (bottom of map)]

(i) how high would you be above sea level? _____

(ii) describe your view looking north _____

- (d) Select a suitable route for a **hill walk** in good weather conditions. You have a mini-bus for transport. Give your starting and finishing points using six-figure grid references. State the direction of the walk, approximate time taken and **ONE** feature of interest along the way.

(12 marks)

Start point _____

Finish point _____

Time taken _____

Feature of interest _____

Two friends of yours are planning a hill walk. The weather forecast for the day is for fine weather starting out but rain is forecast later.



- (a) What advice would you give them in relation to the clothing, footwear and other equipment they should carry? (18 marks)

Clothing _____

Footwear _____

Other equipment _____

- (b) Suggest the order in which items should be packed into their rucksacks. (8 marks)



- (c) Outline **THREE** things to take into account when using a stove for outdoor cooking. (9 marks)

One _____

Two _____

Three _____

(d) List **THREE** elements of the Country Code and **TWO** reasons for each. (15 marks)

One _____

Reason 1 _____

Reason 2 _____

Two _____

Reason 1 _____

Reason 2 _____

Three _____

Reason 1 _____

Reason 2 _____

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)

(a) In your game (12 marks)

How many players are there on a team? _____

How long does a regular game last? _____

Name the National Governing Body. _____

How many substitutions are allowed in a regular game? _____

(b) Name **ONE** passing and **ONE** shooting technique and give **TWO** coaching points for each. (14 marks)

PASS _____

Point One _____

Point Two _____

SHOT _____

Point One _____

Point Two _____

- (c) Explain **TWO** ways you could use each of the following pieces of equipment in practice drills. (12 marks)

Cones _____

Bibs _____

Extra Balls _____

- (d) State, in your own words, **THREE** rules that apply to your game and explain the need for each rule. (12 marks)

Rule _____

Need for Rule _____

Rule _____

Need for Rule _____

Rule _____

Need for Rule _____

12.

(50 marks)

(a) In relation to your chosen game explain **THREE** reasons why strength is important.

(12 marks)

One _____

Two _____

Three _____

(b) For an invasion game teamwork is very important. Give **THREE** reasons why this is true.

(12 marks)

Reason One _____

Reason Two _____

Reason Three _____

(c) Give the title of **TWO** officials who officiate at your game and outline **TWO** duties of each.

(12 marks)

Official One _____

Duty One _____

Duty Two _____

Official Two _____

Duty One _____

Duty Two _____

(d) List **THREE** qualities to be found in a good official.

(14 marks)

One _____

Two _____

Three _____

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) State **THREE** places where a beginner to your game may get information on rules and regulations. (10 marks)

One _____
Two _____
Three _____

(b) Coaches play an important role in the development of a sport. List **THREE** important roles played by coaches in your sport. (12 marks)

One _____
Two _____
Three _____

(c) Give **FOUR** reasons why a player may not perform up to normal standard on any given day. (12 marks)

Reason One _____

Reason Two _____

Reason Three _____

Reason Four _____

(d)

A coach gives the following choice to the players.



Give **FOUR** reasons why a coach might give this choice to players.

(16 marks)

Reason One _____

Reason Two _____

Reason Three _____

Reason Four _____

- (a) A player in your care has clearly sprained an ankle.
Describe the first aid treatment you would give.
(12 marks)



- (c) Either the serve, the pitch or the bowl is an important skill/technique in your game.
Give **THREE** reasons why this is so. (9 marks)

Reason One _____

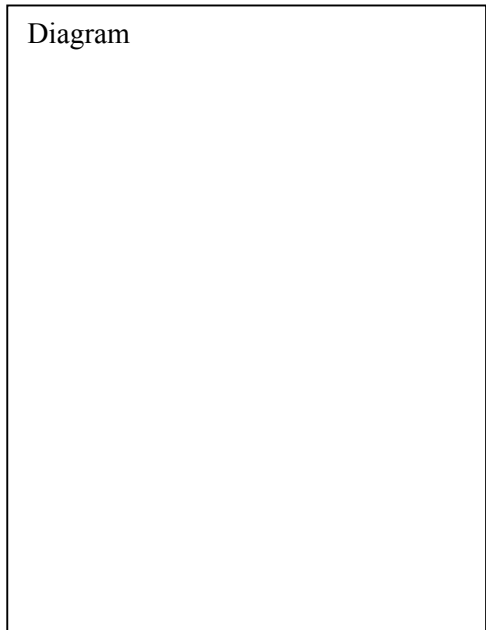
Reason Two _____

Reason Three _____

- (c) Explain, with the help of a diagram, a drill you would use when coaching the serve, the pitch or the bowl.

(16 marks)

Explanation of drill _____



(d)

(13 marks)

Name **THREE** careers, apart from playing as a professional, which could involve your game.

Career _____ Career _____ Career _____

Choose **ONE** of these and outline how you would go about making it your career.

Choice of Career _____

What training, education and qualifications would you need?

Describe the type of activities you would be doing in this job.

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For the examiner only

		Mark
Section 1	Question 1	
	Question 2	
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	Question 5	
	Question 6	
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	Question 8	
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	Question 10	
Section 5	Question 11	
	Question 12	
Section 6	Question 13	
	Question 14	