

Leaving Certificate Applied 2002

**Vocational Specialism –
Active Leisure Studies**
(240 marks)

Thursday, 13th June 2002
Morning 9.30 am to 11.00 am

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	

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.

<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) Identify ONE of the benefits of participation in sport.

(b) Name ONE characteristic of 'Recreation'.

(c) Name ONE national organisation involved in the provision of sports facilities.

(d) Identify ONE way that a person with a disability might be encouraged to participate in physical activity.

(e) There are a number of disadvantages to a sedentary lifestyle. Identify ONE.

(f) Identify ONE of the purposes of the constitution of a club.

(g) Who is responsible for keeping a record of all meetings and decisions of a club committee?

(h) Name the Act that serves to protect the wellbeing of employees in their work environment.

(i) In relation to the officers of a club what is meant by P.R.O.?

P _____ R _____ O _____

(j) List THREE items that should be kept in a first-aid kit.

2. **(50 marks)**

A new sports centre has been opened. It is necessary to appoint staff to run the centre.

(a) Name THREE members of staff needed to run the centre. (6 marks)

(1) _____

(2) _____

(3) _____

(b) State TWO functions of each staff member. (24 marks)

Staff member _____

Functions (1) _____

(2) _____

Staff member _____

Functions (1) _____

(2) _____

Staff member _____

Functions (1) _____

(2) _____

- (c) The picture below is that of a sports centre employee. Study the picture and give THREE recommendations that you would make to this employee to ensure that her appearance is professional. (12 marks)



- (1) _____

- (2) _____

- (3) _____

- (d) Explain the term “stock inventory” and provide TWO reasons why it should be undertaken on a regular basis. (8 marks)

A stock inventory is _____

Reason (1) _____

Reason (2) _____

3. (50 marks)

(a) Explain THREE ways in which leisure facilities provided by the private sector are different to those provided by the public sector. (12 marks)

(1) _____

(2) _____

(3) _____

(b)

Unemployed
Youths

Working parents

Retired people

In the case of each of the groups above, name TWO factors that might limit their involvement in active leisure activities. (18 marks)

Unemployed Youths

(1) _____

(2) _____

Working Parents

(1) _____

(2) _____

Retired people

(1) _____

(2) _____

- (c) Choose ONE group mentioned in (b). Describe ONE way you could help the participation of this group through (1) Timetabling (2) Financing (3) Service Provision. (12 marks)

Group:

Timetabling

Financing

Service Provision

- (d) Describe FOUR benefits of participating in active leisure pursuits. (8 marks)

Benefit (1)

Benefit (2)

Benefit (3)

Benefit (4)

Section 2 – Health Related Fitness

(50 marks)

ANSWER QUESTION FOUR AND ONE OTHER QUESTION IN THIS SECTION.

4. (20 marks)

(a) Identify ONE part of the body where a pulse can be counted.

(b) Name ONE of the muscles that can be found in the upper arm.

(c) What is the mineral that is necessary for maintaining healthy bones?

(d) Name ONE food group that has a high energy content.

(e) Name the component of fitness that is required for gymnastics.

(f) Where in the body can the hamstring muscle be found?

(g) Is flexibility influenced by age, by gender or by both factors?

(h) Name a test that measures cardiovascular endurance.

(i) In relation to sports injuries, what is meant by R.I.C.E.?

R _____ I _____ C _____ E _____

(j) Name ONE career that is related to the area of health and fitness.

5. (50 marks)

(a) You have been asked to design an exercise programme for a person who has decided to start training. It is important to have certain information about the person before designing the programme. Identify THREE types of information you would seek from him/her. (12 marks)

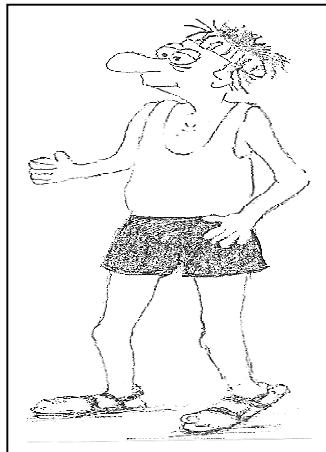
- (1) _____
- (2) _____
- (3) _____

(b) Give TWO reasons why this information is necessary. (10 marks)

- (1) _____

- (2) _____

(c) The person shown in the picture below has just started an exercise programme. What THREE pieces of advice would you give this person regarding what should be worn when exercising outdoors in winter conditions? (12 marks)



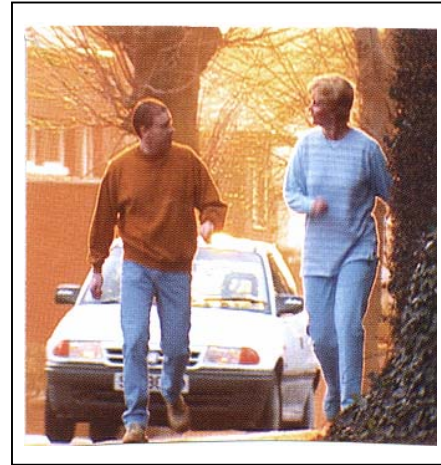
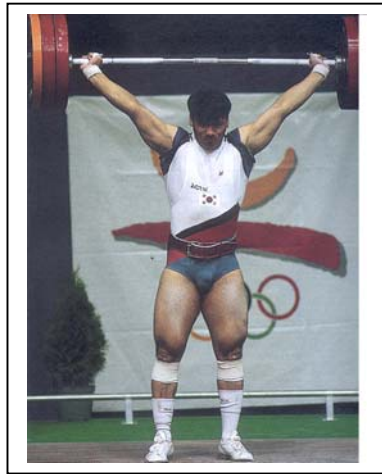
- (1) _____
- (2) _____
- (3) _____

(d) Explain the purpose of the 'warm-up' and the purpose of the 'cool-down' phases of an exercise session. (16 marks)

Warm-up _____

Cool-Down _____

6. (a) (50 marks)



In relation to the activities shown in the pictures above, state TWO components of fitness required for EACH activity. (8 marks)

A Components of fitness

- (1) _____
- (2) _____

B Components of fitness

- (1) _____
- (2) _____

(b) Select TWO of the components that you have named above and explain what they mean. (16 marks)

Component of fitness _____

Meaning _____

Component of fitness _____

Meaning _____

(c) Briefly outline a test to measure a person's fitness in relation to any component of fitness that you have studied. (18 marks)

Component of fitness _____

Test _____

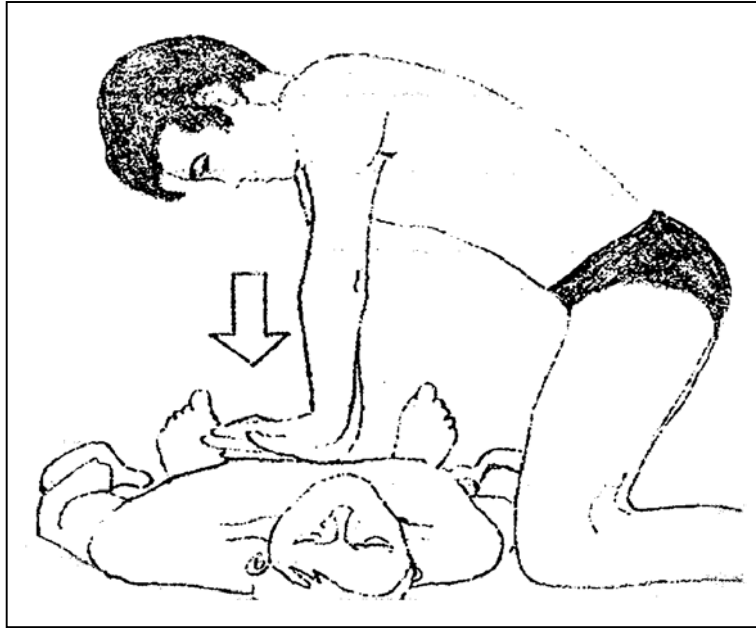
(d) A person's height cannot be altered. Identify TWO body features that can be changed. (8 marks)

- (1) _____
- (2) _____

ANSWER ONE QUESTION IN THIS SECTION.

7.

(50 marks)



The procedure shown in the diagram above is cardio pulmonary resuscitation (CPR).

(a) Describe TWO signs which would indicate that a patient needs to have CPR carried out. (8 marks)

1 _____

2 _____

(b) Explain how you find the correct place on the person's body for carrying out the compressions. (6 marks)

(c) Describe the steps that should be taken while carrying out CPR when there is only one first-aid person present. (20 marks)

(d) Explain what “shock” is and describe how it should be treated.

(16 marks)

Explanation

Treatment

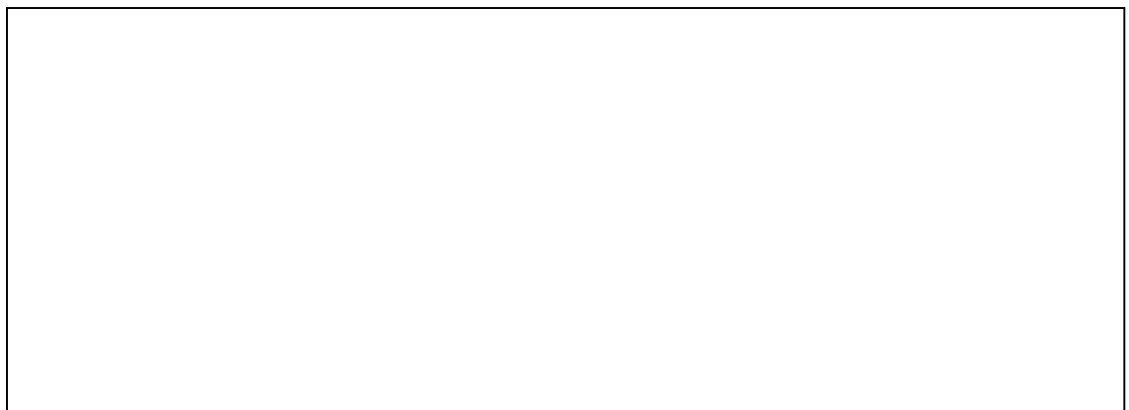
8. (a) Explain what a 'streamlined body position' is and outline THREE pieces of advice you would give to a beginner to ensure that they are streamlined in the water. (50 marks)
(18 marks)

A streamlined body position is ...

Advice

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

- (b) With the aid of a diagram describe how a swimming stroke of your choice should be performed. In your answer refer to body position, arm action and leg action. (12 marks)



Body position

Arm action

Leg action

- (c) Explain why swimming might be of benefit to someone with a sports injury. (8 marks)

- (d) Identify THREE other ways in which the ability to swim can be of benefit to a person. (12 marks)

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

ANSWER ONE QUESTION IN THIS SECTION.

9. (50 marks)

Study the map provided and plan a route for a two-day/one night expedition involving an activity of your choice.

(a) Name the activity _____

In relation to your chosen route give a six-figure grid reference for the starting point, the end point and TWO features of interest. (12 marks)

Start point _____

End point _____

Features of interest

(1) _____

(2) _____

(b) Using a six-figure grid reference select a suitable place for the location of the campsite. Give TWO reasons for your choice. (8 marks)

Location _____

Reason (1) _____

Reason (2) _____

(c) Outline THREE factors that you would take into account when planning your chosen route. (18 marks)

(1) _____

(2) _____

(3) _____

(d) Identify TWO ways in which the behaviour of those involved in outdoor activities could be a nuisance to landowners. (12 marks)

(1) _____

(2) _____

10. (50 marks)

You are introducing a group of 14/15 year olds to ONE of the activities listed below.

Rockclimbing

Canoeing

Orienteering

Sailing

Snorkelling

(a) Name the activity and list TWO basic skills that are required to participate in this activity. (8 marks)

Activity _____

Skills (1) _____

(2) _____

(b) In relation to the activity in (a) above, outline THREE safety rules that should be observed. (12 marks)

(1) _____

(2) _____

(3) _____

(c) Name and explain the purpose of TWO pieces of safety equipment or clothing that should be used for your activity. (12 marks)

(1) Equipment/clothing _____

Purpose _____

(2) Equipment/clothing _____

Purpose _____

- (d) One of the group is suffering from mild hypothermia. Describe the signs of hypothermia and indicate how it should be treated. (18 marks)

Signs of hypothermia

Treatment

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 have been asked to coach a group of 12-year-olds in your sport.

(a) Describe a suitable warm-up for this group. (10 marks)

(b) Select ONE attacking skill and ONE defending skill and describe a practice for each skill. (16 marks)

Attacking skill _____

Practice _____

Defending skill _____

Practice _____

(c) Select ONE of the skills named above and state how you would adapt the game to develop this skill. (14 marks)

Skill _____

Adapted game _____

(d) Describe a suitable “cool-down” activity for the end of a session. (10 marks)

12. (50 marks)

(a) Describe THREE personal qualities a coach should possess and state why each is important. (12 marks)

Personal quality (1) _____

Importance _____

Personal quality (2) _____

Importance _____

Personal quality (3) _____

Importance _____

(b) In relation to competitive games, outline the functions of a coach before, during and after the game. (18 marks)

Before the game

During the game

After the game

(c) From your chosen game identify and explain THREE rules which relate to safety. (12 marks)

(1) _____

(2) _____

(3) _____

(d) Name ONE official who officiates at the game and state TWO of his/her duties. (8 marks)

Official _____

Duties

(1) _____

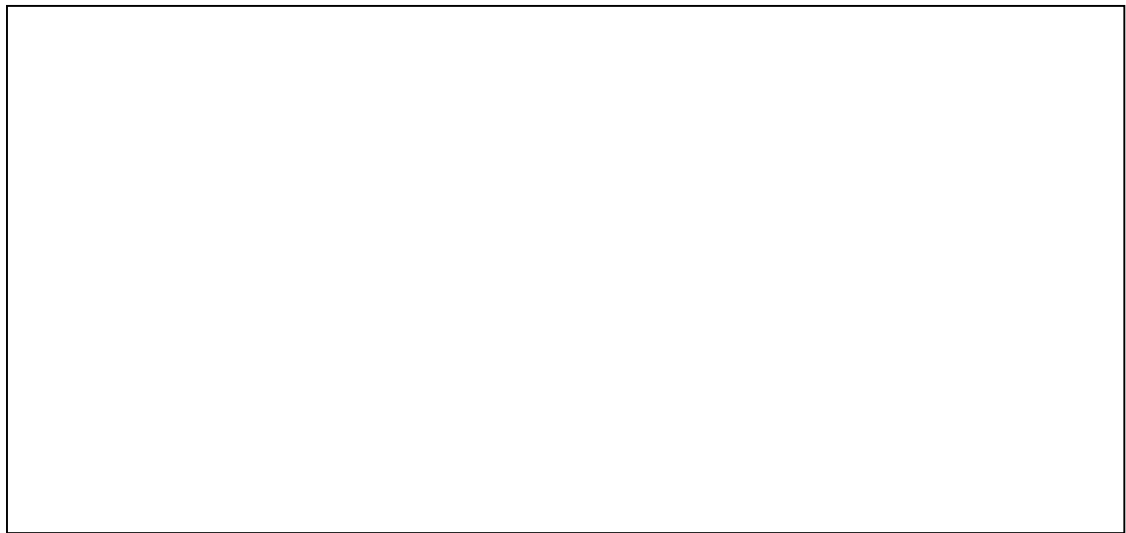
(2) _____

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. (a) In the box below draw in the line markings for your game. Label each line. (50 marks) (10 marks)



- (b) Select THREE of the lines. Name each line and outline their function within the game. (18 marks)

Line (1)	Name	_____
	Function	_____

Line (2)	Name	_____
	Function	_____

Line (3)	Name	_____
	Function	_____

- (c) Describe TWO ways that you would adapt the game to encourage beginners to play. (10 marks)

(1) _____

(2) _____

- (d) Outline ways in which participation in your sport might influence physical fitness, stress management and social life. (12 marks)

Physical fitness

Stress management

Social life

14. (a) List TWO items of equipment used in your chosen sport and state the guidelines that should be taken into account when buying the equipment. (50 marks)
(14 marks)

Equipment (1) _____

Guidelines _____

Equipment (2) _____

Guidelines _____

(b) List THREE skills used in the game. (6 marks)

(1) _____

(2) _____

(3) _____

(c) Select ONE of the skills and describe the technique used in performing the skill using the headings given below. (15 marks)

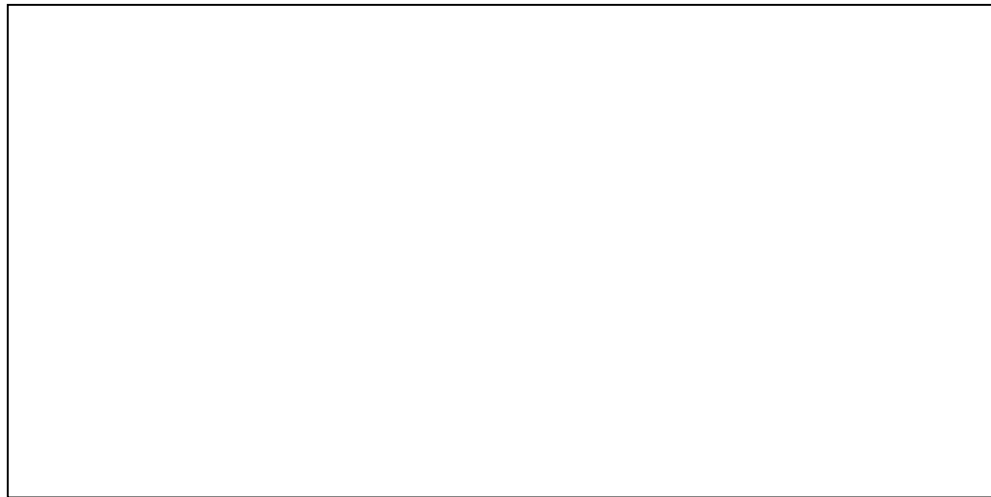
Skill _____

Preparation _____

Action _____

Follow through _____

(d) Explain with the aid of a diagram ONE practice drill for the skill selected in (c) above. (15 marks)



Explanation _____
