



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Applied 2013

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.

Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

Question 1.

(20 marks)

- (a) Is swimming an *active* or a *passive* leisure activity?
Active (2)
- (b) Name **one** organisation involved in promoting leisure holidays in Ireland.
Failte Ireland (2)
- (c) In recent years participation levels in sport have increased. State **one** reason for this.
Unemployment rates have increased. (2)
- (d) What does the term *volunteer* mean in sport?
Giving freely of your time without pay. (2)
- (e) State **one** benefit of sponsorship for a sports club.
Receive playing kit. (2)
- (f) List **two** advantages of taking part in exercise.
1. Improve fitness levels (1)
2. Meet new friends (1)
- (g) Why would someone dial the number 112?
In an emergency. (2)
- (h) Name **one** factor that influences an individual's participation in active leisure.
Age / weight / finance/ (2)
- (i) State **one** reason for displaying Health and Safety rules in a Leisure Centre.
To prevent accidents. (2)
- (j) List **two** items that you would find in a First Aid kit.
1. Bandages (1)
2. Plasters (1)

Question 2.**(50 marks)**

- (a) Complete the table by writing the most suitable job title from the list below beside each job description. (12 marks)

Car Park Attendant Fitness Instructor Steward
Caretaker Manager Receptionist

Job Description	Job Title
A person with formal training in customer service.	<i>Receptionist (4)</i>
A person with the overall responsibility for running a gym.	<i>Manager (4)</i>
A person who runs classes and designs personal exercise programmes.	<i>Fitness Instructor (4)</i>

- (b) Choose any job in the Leisure Industry and outline **three** duties carried out by a person in this job. (12 marks)

Job in the Leisure Industry ***Lifeguard***

1. Monitor the swimming pool (4)

2. Carry out water tests (4)

3. Ensure rescue equipment is working (4)

(c) You are applying for a position as a Personal Trainer.
List **three** pieces of information other than your name, address and date of birth that you should include in your letter of application. (12 marks)

1. *Qualifications* (4)

2. *Experience* (4)

3. *Reasons why you want the job / Skills / Qualities* (4)

(d) You are about to set up a new GAA or soccer club in your local area. (14 marks)

Name **two** different job titles to be filled within the club and give a brief description of each.

Job title 1 *Team Manager* (1)

Description *Selects the team* (2)

Job title 2 *Treasurer* (1)

Description *Keeps records of accounts* (2)

State **two** rules that should be included in your club's constitution.

1. *The club colours* (2)

2. *An annual subscription shall be required of all full members* (2)

Describe how you would promote the club to persuade new members to join.

Advertise in local newspapers (2)

Hold an open day (2)

Question 3.

(50 marks)

(a) Your local sports club needs a new team minibus.
Describe **three** ways the sports club could fundraise for this.

(12 marks)

1. *Hold a quiz night.* (4)
2. *Organise a bag collection at a local supermarket.* (4)
3. *Ask members to complete a sponsored walk.* (4)

(b) Describe a First Aid treatment suitable for each
of the injuries listed below.
Make at least **two** points for each.

(12 marks)

Sprained ankle	<i>Rest, Ice, Compression, Elevation</i>	2+2	(4)
Nose bleed	<i>Sit down, pinch nose, lean forward, hold for ten minutes</i>	2+2	(4)
Cut on the leg	<i>Clean the cut, apply cream, plaster</i>	2+2	(4)

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

- (a) Which component of fitness is the ability to exercise for a long time?

Cardiovascular endurance (2)

- (b) State **one** reason why carbohydrates are necessary in the diet.

Provides energy to the body. (2)

- (c) Which mineral is most important for strong bones?

Calcium (2)

- (d) Name **one** bone found in the leg.

Femur (2)

- (e) List **two** *physical* benefits gained from regular fitness training.

1. Build Muscle (1)

2. Improve cardiovascular fitness (1)

- (f) Is distance running an *aerobic* or *anaerobic* activity?

Aerobic (2)

- (g) What is meant by *dehydration*?

Lack of water in the body. (2)

- (h) Where in the body is the *quadriceps* muscle?

The leg (2)

- (i) Which of the following components is **most** important for sprinting?
Tick the correct box.

agility reaction time balance (2)

- (j) During a cross country run does your *heart rate* increase, decrease **or** stay the same?
Tick the correct box.

increase decrease stay the same (2)

Question 5.

(50 marks)

(a) Explain each of the following components of skill related fitness and describe how each component is used in a specific sporting activity.

(12 marks)

Agility *the ability to move and change direction and position of the body quickly and effectively while under control.* (2)

Use *Side step in rugby* (2)

Balance *the ability to stay upright or stay in control of body movement.* (2)

Use *Competing on the balance beam* (2)

Speed *the ability to move quickly across the ground.* (2)

Use *Competing in the 100m sprint race* (2)

(b) Heart rate is measured by finding the *pulse rate* of the body.

(12 marks)

Name **two** places on the body where the *pulse rate* can be measured.

1. Wrist (2) 2. Neck (2)

Describe how *pulse rate* is measured. Give at least **two** points.

Find pulse by placing two fingers on the neck or wrist.

Count the beats for 6 seconds.

Muiltply the beats by 10. **2+2 (4)**

List **two** factors that affect *resting heart rate*.

1. Diet (2)

2. Smoking (2)

- (c) Complete the table below by writing in the correct **Component of a balanced diet**, **Food Source** and **Function for the body** in the spaces provided for each. One has been completed for you.

(10 marks)

Component of a balanced diet	Food Source	Function for the body
Fats	Dairy products	Slow release of energy
Protein	<i>Chicken (2)</i>	Growth and repair
Vitamins	Fruit	<i>Better vision (2)</i>
Fibre	<i>Brown bread (2)</i>	<i>Aids the digestive system (2)</i>
<i>Carbohydrates (2)</i>	Pasta	Energy

- (d) List **four** pieces of advice that you would give to a friend to help them lead a healthy lifestyle.

(8 marks)

1. *Avoid drinking alcohol.* (2)
2. *Join a local sports club.* (2)
3. *Eat five fruit and vegetables a day.* (2)
4. *Socialise with friends.* (2)

- (e) Name **two** eating disorders and describe the dangers they pose to a person's health.

(8 marks)

- | | | |
|-----------------|--|-----|
| Eating Disorder | <i>1. Anorexia Nervosa</i> | (2) |
| Danger | <i>Body and mind are starved of nutrients.</i> | (2) |
| Eating Disorder | <i>2. Obesity</i> | (2) |
| Danger | <i>Risk of heart disease.</i> | (2) |

Question 6.

(50 marks)

- (a) Describe a fitness test to measure a person's cardiovascular endurance.
You may use a drawing to help if you wish.

(12 marks)

Multistage fitness test / beep test

You need 2 cones placed 20m apart

Need a CD player

When you hear the beep you run from one cone to the other

The time between beeps progressively shortens

When you cannot reach the second cone before a beep you are out

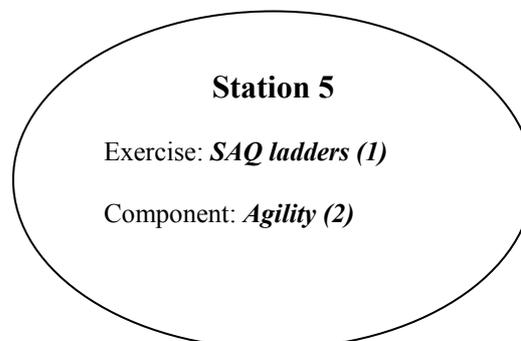
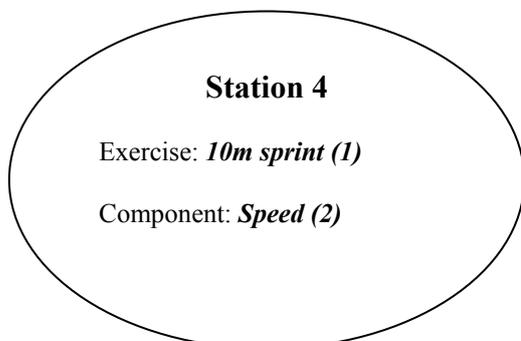
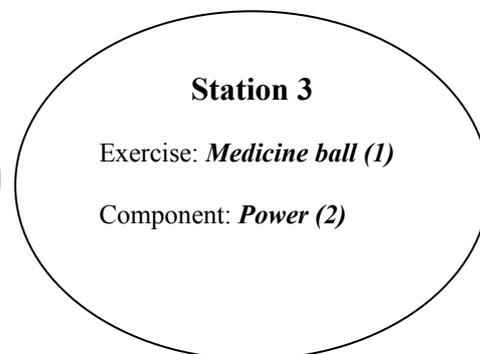
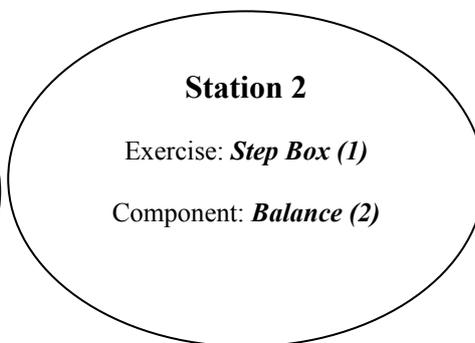
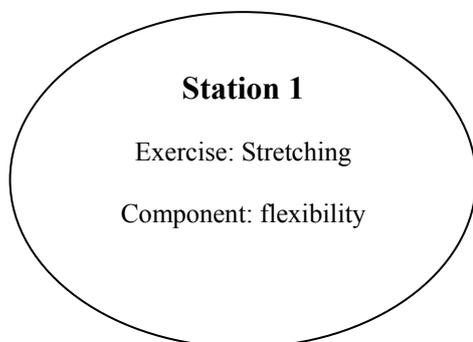
Record that level

3+3+3+3 (12)



- (b) Design a training circuit with **five** stations that would improve fitness levels.
For each station, name the exercise and the component of fitness it focuses on.
Station 1 has been completed for you.

(12 marks)



- (c) You have been asked to take a group of 14 year olds for a fitness training session. (16 marks)

Describe a suitable *warm-up* for the group.

Jog for three laps then complete stretches. (2)

Give **three** reasons for doing a *warm-up* before an exercise session.

1. ***Prepare the body for exercise.*** (2)
2. ***Prevent injury.*** (2)
3. ***Gradually raise the heart rate.*** (2)

Describe a suitable *cool-down* for the group.

Bounding slowly resting to a walk. (2)

Give **three** reasons for doing a *cool-down* after an exercise session.

1. ***Allows heart rate to return to resting rate.*** (2)
2. ***Prevent the onset of muscle soreness.*** (2)
3. ***Prevent dizziness.*** (2)

- (d) Performance enhancing drugs are banned from use in competitive sport. (10 marks)

Name **one** performance enhancing drug that is banned from use in competitive sport.

Anabolic Steroids (4)

List **two** reasons why performance enhancing drugs are banned from use in competitive sport.

1. ***Unfair advantage to competitor*** (3)
2. ***Health risks*** (3)

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. *Breast Stroke* (2) (14 marks)

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

Arms *1. Reach arms forward sweeping outwards and down* (2)

2. Keep fingers closed (2)

Legs *1. Keep legs together during thrust phase* (2)

2. The knees should not sink too low (2)

Breathing *1. Breathe in above the surface of the water during insweep phase* (2)

2. Breathe out under the water during recovery phase (2)

- (b) Describe **two** games which would help a beginner group learning to swim gain confidence in the water. (12 marks)

Game 1

Retrieve an object from the bottom of the pool by surface diving down and place the object on the side of the pool.

(3+3) (6)

Game 2

Water polo - two teams compete against each other and attempt to score in their opponents goal.

(3+3) (6)

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

Describe how CPR is performed.

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 (12)

(d) List **two** important qualities required to be a lifeguard. (12 marks)

1. Reliable (3)

2. Positive attitude (3)

Describe **two** duties of a lifeguard.

1. Monitor all areas / zones of the swimming pool at all times. (3)

2. Use rescue equipment if swimmers get into danger. (3)

Question 8.

(50 marks)

- (a) Name the National Governing Body for swimming in Ireland. (14 marks)

Swim Ireland (2)

Explain **three** ways that the National Governing Body promotes the sport of swimming in Ireland.

1. Organises local and national competitions. (4)

2. Run coaching courses. (4)

3. Visit local swimming clubs. (4)

- (b) Describe **two** actions that swimmers should take before entering a swimming pool and **two** actions that they should take on leaving a swimming pool to reduce the risk of infection. (12 marks)

Actions before entering a swimming pool

1. Take a shower before getting into the pool. (3)

2. Wear veruka socks. (3)

Actions on leaving a swimming pool

1. Take a shower to wash chlorine off. (3)

2. Wear slippers / flipflops on return to changing room. (3)

(c) Running is not permitted in the swimming pool area. (12 marks)

Give **one** reason for this rule.

Reason *Could slip and injure the body* (3)

List **three** other safety rules for a swimming pool and state **one** reason why each rule is important.

Rule 1 *Do not swim alone.* (2)

Reason *No-one around to help or call for help.* (1)

Rule 2 *No diving at the shallow end.* (2)

Reason *Could cause serious head injury.* (1)

Rule 3 *No rough play.* (2)

Reason *Could seriously injure somebody.* (1)

(d) A person has got into difficulty while swimming in the sea. (12 marks)
List **four** points a rescuer should consider before starting the rescue.

1. Their own safety (3)

2 Condition of the casualty (3)

3. Water conditions (3)

4. Equipment available (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.

The symbol on the Ordnance Survey map for a Post Office is **PO**.

The Grid Reference for the Post Office is Q 447 015. This grid reference is given as an example.

A group of Transition Year students are going on a two day adventure challenge and you have been asked to co-ordinate their trip. Their teacher would like the students to participate in a number of outdoor adventure activities on day one, camp overnight and go on a hill walk on day two.

- (a) Choose **one** land based outdoor adventure activity and **one** water based outdoor adventure activity suitable for the group to participate in. Identify a suitable location on the map for each activity using a six-figure grid reference **or** a name on the map. In each case give a reason for your choice of location. (14 marks)

Land based activity ***Orienteering*** (3)

Grid reference/Location ***415 012/ Woods near Milltown*** (2)

Reason for location ***Good terrain*** (2)

Water based activity ***Kayaking*** (3)

Grid reference/Location ***485 004 / Short strand*** (2)

Reason for location ***On the water*** (2)

- (b) In relation to the above activities list **one** piece of essential equipment and **one** safety factor for each. (12 marks)

Land-based activity:

Essential equipment ***Control points*** (3)

Safety factor ***Locate the controls where the safety of the competitor is not jeopardized by hazardous terrain or other circumstances.*** (3)

Water-based activity:

Essential equipment ***Spray deck*** (3)

Safety Factor ***make sure it fits properly*** (3)

- (c) Select a suitable location on the Ordnance Survey map, to camp overnight and give a six-figure grid reference **or** a name on the map for this location. Explain **one** reason for your choice of location. (12 marks)

Grid Reference/Location **462 001/ Ballintaggart** (3)

Reason for location **Campsite in this area** (3)

Describe **two** safety factors to consider when camping.

1. Do not camp too close to water. (3)

2. Never light a stove or barbecue inside a tent. (3)

- (d) Select a suitable route for a hill walking trip on day two. (12 marks)

Identify a starting point for the hill walk. Give a six-figure grid reference **or** a name on the map for this starting point.

Grid Reference/Location **462 021/ An Chorr** (3)

State the direction in which you will be walking (North, South, East or West) when you start.

Direction **North** (3)

Explain **two** ways that hill walkers could damage the environment.

1. Damage to fences or walls (3)

2. Damage to plants (3)

Question 10.

(50 marks)

- (a) As part of your LCA programme you went on an expedition. (16 marks)

What advice would you give to someone preparing for such an expedition with regard to the following:

Clothing *Any appropriate answer/ dependent on expedition* (3)

Footwear *Any appropriate answer/ dependent on expedition* (3)

Explain **two** reasons for preparing a safety plan before the expedition.

1. *Any appropriate answer/ dependent on expedition* (3)

2. *Any appropriate answer/ dependent on expedition* (3)

State **two** positive outcomes for you resulting from your participation in the expedition.

1. *Any appropriate answer/ dependent on expedition* (2)

2. *Any appropriate answer/ dependent on expedition* (2)

- (b) Name **two** ways of checking the weather forecast. (10 marks)

1. *Radio* (3)

2. *Internet* (3)

State **two** ways that the weather forecast influences participation in outdoor education activity.

1. *Determines whether water based activities can go ahead.* (2)

2. *Determines how high up to climb on a hill walk.* (2)

- (c) Select **one** outdoor education activity that you took part in during the year and answer the following questions with regard to this activity. (9 marks)

Name of activity *Any appropriate activity*

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

Skill 1 *Any appropriate answer/ dependent on activity* (3)

Skill 2 *Any appropriate answer/ dependent on activity* (3)

Name a career that involves this activity.

Any appropriate answer/ dependent on activity (3)

- (d) List **three** rules of the *Country Code* and state **one** reason for each rule. (15 marks)

Rule 1 *Enjoy the countryside and respect its life and work.* (3)

Reason *Prevent damage to plants.* (2)

Rule 2 *Keep to public paths across farmland.* (3)

Reason *So not trespass on private property.* (2)

Rule 3 *Make no unnecessary noise.* (3)

Reason *So no to disturb wildlife or animals.* (2)

Section 5 – Games 1 (Invasion)

(50 marks)

Answer **one** question in this section.

In the space provided, write the **invasion game** (not a net/fielding game) in which you specialised this year.

Questions in this section relate to your chosen game only.

Invasion game _____

Question 11.

(50 marks)

(a) Answer the following questions with regard to your chosen invasion game.

(12 marks)

How many players are there on a team during play? *Appropriate answer* (3)

How long does a regular game last? *Appropriate answer* (3)

Name the National Governing Body. *Appropriate answer* (3)

Name **one** competition in this game. *Appropriate answer* (3)

(b) A captain of a team is often described as a *leader* on the field of play.

Describe **three** ways in which the captain can show leadership on the field of play.

(12 marks)

1. *Motivate their teammates* (4)

2. *Organise the team on the pitch* (4)

3. *Carry out managers instructions* (4)

- (c) List **one** skill from your chosen invasion game.
Explain a drill your team could use to practice this skill.
You may use a diagram to help if you wish. (14 marks)

Skill *Any appropriate skill* (2)

Description of drill

Any appropriate description of drill 2+2+2 (6)



Explain where you would use this skill in a match situation.

Any appropriate explanation 3+3 (6)

- (d) Safety for all players on the field of play is very important.
Describe **two** ways a coach can ensure players are safe before a match and describe **one** way a coach can ensure players are safe during a match. (12 marks)

Before 1 *Warm up* (4)

Before 2 *Check the playing surface* (4)

During 1 *Stay hydrated* (4)

Question 12.

(50 marks)

(a) Design a skill related circuit training programme to improve the performance of players in your chosen invasion game. The circuit training programme should include **four** skill stations. Make **two** points for each station. *You may use a diagram to help you if you wish.* (16 marks)

1. Any appropriate skill station 2+2 (4)

2. Any appropriate skill station 2+2 (4)

3. Any appropriate skill station 2+2 (4)

4. Any appropriate skill station 2+2 (4)

1.	2.
3.	4.

(b) Name **two** player positions on a team from your chosen invasion game and explain **one** role for each position named. (12 marks)

Position 1 *Any appropriate position* (3)

Role *Any appropriate role* (3)

Position 2 *Any appropriate position* (3)

Role *Any appropriate role* (3)

(c) Select a possible career in your chosen invasion game and give information on this career using the following headings: (12 marks)

Career *Any appropriate career* (3)

Qualifications needed *Any appropriate qualifications* (3)

Skills required for the job *Any appropriate skills* (3)

Job description *Any appropriate description* (3)

(d) In your chosen invasion game a team finds themselves losing at the halfway point of a match. (10 marks)

Describe **two** tactics a coach can employ to change the way the team play in order to increase scoring chances in the second half of the match.

1. Press further up the field /court. (5)

2. Change to a more attacking formation. (5)

Section 6 – Games 2 (Net/Fielding)

(50 marks)

Answer **one** question in this section.

In the space provided, write the **net/fielding game/sport** (not an invasion game) in which you specialised this year.

Questions in this section relate to your chosen game/sport only.

Net/Fielding game/sport _____

Question 13.

(50 marks)

- (a) You are coaching a group of 12 year olds who are new to your chosen game/sport.

Describe a coaching session making at least **three** points.

(12 marks)

Any appropriate description of coaching session

4+4+4 (12)

- (b) One of the main principles involved in most net/fielding games/sport is to outscore your opponent.

In relation to your chosen game/sport describe **three** ways to achieve this principle.

(14 marks)

1. Any appropriate answer

(5)

2. Any appropriate answer

(5)

3. Any appropriate answer

(4)

(c) List **two** rules that influence the safety of participants in your chosen game/sport and explain each rule.

(12 marks)

Rule 1 *Any appropriate rule* (3)

Explanation *Any appropriate explanation* (3)

Rule 2 *Any appropriate rule* (3)

Explanation *Any appropriate explanation* (3)

(d) What does the term *sportsmanship* mean in sport? (12 marks)

The ability to be fair and play by the rules of the game (4)

Describe **two** ways participants can ensure they show sportsmanship in your chosen game/sport.

1. *Any appropriate answer* (4)

2. *Any appropriate answer* (4)

Question 14.

(50 marks)

(a) Name a component of fitness which is important in your chosen game/sport. (12 marks)

Any appropriate answer/ dependent on chosen game/sport (3)

Why is this component of fitness important?

Any appropriate answer/ dependent on chosen game/sport (3)

Describe how you could improve this component of fitness.

Any appropriate answer/ dependent on chosen game/sport 3+3 (6)

(b) List **two** skills from your chosen game/sport and explain **one** coaching point for each skill. (12 marks)

Skill 1 *Any appropriate skill* (1)

Coaching Point *Any appropriate answer* (2)

Skill 2 *Any appropriate skill* (1)

Coaching Point *Any appropriate answer* (2)

Describe a drill to practice **one** of the skills named above.
You may use a diagram to help if you wish.

Any appropriate drill 3+3 (6)



(c) Name **one** organisation involved in promoting your chosen game/sport locally and name **one** organisation involved in promoting your chosen game/sport nationally. (14 marks)

Local Organisation *Any appropriate local organisation* (4)

National Organisation *Any appropriate national organisation* (4)

Choose any **one** of the organisations named above and describe how it promotes your chosen game/sport. Make at least **two** points.

Any appropriate answer (3)

Any appropriate answer (3)

(d) Describe how participation in your chosen game/sport contributes to a healthy lifestyle. (12 marks)

Any appropriate answer 4+4+4 (12)

