



Coimisiún na Scrúduithe Stáit
State Examinations Commission

**LEAVING CERTIFICATE
APPLIED 2010**

MARKING SCHEME

ACTIVE LEISURE STUDIES

COMMON LEVEL

General Directions

**Candidates are required to answer SIX questions in total.
Sections 1 and 2 are compulsory.**

Section 1 Leisure Studies 70 marks

Candidates should answer Question 1 and one other question

Section 2 Health Related Fitness 70 marks

Candidates should answer Question 4 and one other question

Candidates should answer TWO Sections from Sections 3, 4, 5, and 6:

Section 3 Aquatics 50 marks Candidates should answer one question

Section 4 Outdoor Education 50 marks Candidates should answer one question

Section 5 Games 1 (Invasion) 50 marks Candidates should answer one question

Section 6 Games 2 (Net / Fielding) 50 marks Candidates should answer one question

All answers given in this scheme are purely indicative.

Alternative or equivalent correct answers are equally acceptable.

Partial marks may be awarded for incomplete / partially correct answers.

Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

Question 1.

(20 marks)

(10 × 2)

(a) What is meant by ‘active leisure’? *Active activities during leisure time*

(b) Which officer in a club is responsible for publicity?

Public Relations Officer (PRO)

(c) Give **one** duty of the manager of a Leisure Centre.

to supervise (manage) staff

(d) Name **two** active leisure activities that attract tourists to Ireland.

Walking // surfing // horse riding // golfing (2 × 1)

(e) Give **one** reason why a Leisure Centre should have a Safety Statement.

To maintain safety of individuals / to prevent accidents

(f) Which Government Department is responsible for Irish tourism?

Dept of Tourism // Culture & Sport

(g) Give **two** reasons for maintaining leisure equipment in a good condition.

Prevent accidents // Delay cost of replacement (2 × 1)

(h) A club should have a constitution. What is a constitution?

A set of rules to help run the club

(i) Active leisure activities are important for persons with disabilities.

Name **one** national organisation that mainly provides active leisure activities for people with a disability.

Special Olympics // Paralympics Council // Irish Blind Sport

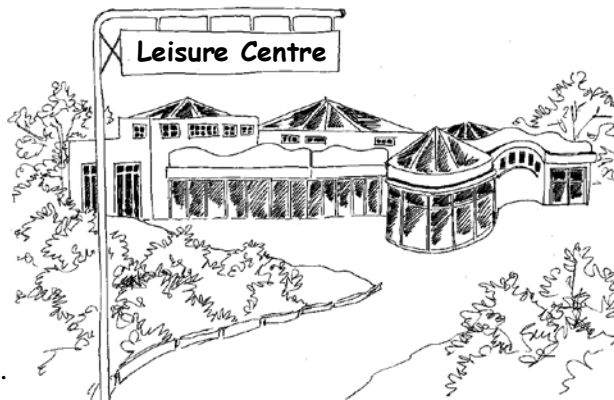
(j) Is watching a DVD an *active* or *passive* leisure activity?

Passive

Question 2.

(50 marks)

- (a) A new Leisure Centre is being planned for your area. Complete the table below filling in active leisure activities that are suitable for the different age groups given. Also, state the facilities that need to be in place to provide the active leisure activity you have selected. (16 marks)



You may not select the same activity twice.
The same facilities may be used more than once.
(16 × 1)

Age of People	Active Leisure Activities	Facilities
4yrs – 12yrs	1. <i>Active Play</i>	<i>Play park</i>
	2. <i>Basketball</i>	<i>Hall / Court</i>
13yrs – 19yrs	1. <i>Gaelic Games</i>	<i>Park / pitch</i>
	2. <i>Tennis</i>	<i>Court</i>
20yrs – 60yrs	1. <i>Swimming</i>	<i>Pool</i>
	2. <i>Cycling</i>	<i>Secure cycle parking</i>
60yrs and over	1 <i>Bowling</i>	<i>Appropriate surface (Mat)</i>
	2. <i>Walking</i>	<i>Trail / path</i>

- (b) You are going to interview a receptionist in a Leisure Centre to get information about a career as a receptionist. List **five** questions you would ask. (5 × 2)

1 *What do you enjoy about the job?*

2 *What qualifications are needed?*

3 *What is the pay like?*

4 *What are the working hours?*

5 *Are there career opportunities?*

- (c) How could some active leisure activities, which able-bodied people play, be made more suitable for the following groups:

(12 marks)

Wheelchair Users _____ (2 × 3)



Modify equipment and facilities

e.g. lower basketball hoops //

Include wheelchair category in competition

Modify rules

e.g. in wheelchair tennis ball may bounce twice

Blind People _____ (2 × 3)

Ball to contain bell or ball bearing to produce noise //

Use a solid surface //

Sighted participants to wear blind folds //

Adapt rules



- (d) Explain **three** changes to the role of active leisure that have happened over the past 50 years.

(12 marks)

(3 × 4)

1 *More people involved*

2 *More females are involvede*

3 *Nore career opportunities*

Question 3.

(50 marks)

(a) You are new to an area.

Explain **three** ways you could find out details about local clubs. (16 marks)



(3 × 3)

1 Ask local people



2 Check the internet

3 Check local newspapers

Describe how you would go about joining a club. Give details.

(4 + 3)

Contact the club secretary // Visit club // Complete application form

(b) Explain how to carry out a stock inventory of equipment in a Leisure Centre. (12 marks)

(4 × 3)

Go to each room/hall etc. and record the type of equipment and number of pieces present // Describe the condition of each piece of equipment // Compare with the previous stock take.

- (c) Public Leisure Facilities that are provided by local authorities (e.g. county or city councils) are sometimes allowed to run at a loss.
Give **three** reasons why this is allowed to happen. (12 marks)

(4 × 3)

1 The local authority is not required to make a profit

2 Top-up grants are available from government

3 Public health // Social reasons

- (d) You are on duty in a Leisure Centre when you are called to a young badminton player who has clearly sprained an ankle. (10 marks)

Apart from administering basic first aid what other actions would you take. (2 × 2 + 1)

Contact parents/guardian /

Arrange transport /

Check if faulty facilities caused accident /

Complete accident report

List the details you would later write in the Accident Report. (2 × 2 + 1)

Name, address, age of injured person /

Name of parent (guardian) /

Circumstances of incident /

Actions taken /

Names of witnesses

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

(10 × 2)

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

Improves capacity / strengthens

- (b) Name the main gas carried by blood in the arteries.

Oxygen

- (c) Is *sprinting* mainly an aerobic *or* and anaerobic activity?

Anaerobic

- (d) State **ONE** function of skeleton.

Maintain posture

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

Provide baseline to measure improvement

- (f) Where in the body is the *pectoral muscle*?

Chest

- (g) Is coffee banned in the Olympic Games because it improves performance?

No

- (h) Name **one** way to help avoid sports injuries.

Use proper equipment

- (i) How many calories are there in a normal glass of tap water?

Zero

- (j) What is *anorexia nervosa*?

Eating disorder

Question 5.**(50 marks)**

(a) Developing flexibility is an important component of any training programme. Answer the following questions on flexibility training. (12 marks)

(i) Describe an exercise to improve flexibility. You may use a drawing to help. (3 × 2)

Any appropriate exercise e.g. Stand of right leg /

Use left hand to pull left foot towards buttock /

Use right hand against object to maintain balance /

Hold for 30 seconds.

As appropriate

(ii) Describe a method to test flexibility. You may use a drawing to help. (3 × 2)

Any appropriate method e.g. Lie supine. Raise one leg only, keeping it slightly bent, gently pull it towards trunk (backwards) - hamstring

As appropriate

(b) The table shows each of the five main food groups.

Complete the table below giving a good source for each food type and the main use made of that food type in the body.

(14 marks)

[(4 × 2) + (6 × 1)]

<i>Food Group</i>	<i>Source (Food it is found in)</i>	<i>Use</i>
Carbohydrates	<i>Pasta</i>	<i>Provides energy</i>
Protein	<i>Meat</i>	<i>Growth & body repair</i>
Fat	<i>Animal products</i>	<i>Provides energy</i>
Vitamins	<i>Fruit / dairy products</i>	<i>Helps keep body healthy</i>
Minerals	<i>Vegetables, meat, fish, dairy products</i>	<i>Helps body to function / maintain bones</i>

(c) Why may some people have low self-esteem? (12 marks)

May feel body shape or skin or hair is unattractive or lifestyle is unattractive (6)

How might a healthy lifestyle boost self-esteem? (6)

*It may improve physical appearance leading to greater self-esteem /
it may provide increased energy and sense of achievement*

(d) Name **two** banned drugs and explain **two** dangers involved in taking each of them. (12 marks)

(6 × 2)



Name *Anabolic steroids*
Danger 1 *Coronary heart disease*
Danger 2 *Sexual disorder*

Name *Cocaine*
Danger 1 *Addiction, damage to nasal cavity*
Danger 2 *Overdose causing death/ high blood pressure*

Question 6.

(50 marks)

- (a) Different injuries are often associated with different active leisure activities.

Complete the table below giving a typical sports injury from each activity and the immediate action to be taken by a First Aid person. (10 marks)

You may not repeat an answer.

(10 × 1)



<i>Sport</i>	<i>Injury</i>	<i>Immediate Action</i>
Rock Climbing	<i>Neck injury</i>	<i>Do not move / send for help</i>
Hurling/Camogie	<i>Strained finger</i>	<i>Strapping</i>
Soccer	<i>Sprained ankle</i>	<i>R.I.C.E.</i>
Tennis	<i>Tennis elbow</i>	<i>Refer to doctor / rest</i>
Cycling	<i>Grazed leg or arm from fall</i>	<i>Clean wound / apply antiseptic</i>

- (b) What is a pulse rate? (12 marks)
(4)

Heart beats per minute

Describe how to take and measure a pulse rate. Give at least **three** points. [(2 × 3) + 2]

Find artery e.g. neck or wrist /

place two fingers on artery /

count for 10 seconds and multiply figure by 6

- (c) Describe the differences between fitness for *health* and fitness for *sports performance*. (14 marks)
[(2 × 4) + (2 × 3)]

Health – able to maintain a normal active lifestyle without difficulty

Sports performance – higher level of fitness, ability to maintain physical effort

- (d) Describe **three** exercises that would improve strength over time. Say how many times (repetitions) and how often in a week you would need to perform the exercises. You may use drawings to help. (14 marks)

Exercise One (3 + 2)

Press-ups – pushing body weight from floor using arms

repeat 30 times /

repeat 3 times a week /

increase over time

As appropriate

Exercise Two (3 + 2)

Squats – move from standing to squat position and back /

holding weight in hands /

repeat up to 15 times /

repeat 3 times a week /

increase over time

As appropriate

Exercise Three (2 + 2)

Abdominal crunch – lie on floor with knees bent /

raise and lower head, shoulders and upper back up to 20 times /

repeat 3 times a week /

increase over time

Choose **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 in the drawing below. **Breaststroke** (3)

(12 marks)



Give **two** points for each of the following when coaching this stroke: $[3 \times (2 + 1)]$

Arms 1 ***Fingers closed***

2 ***Pull at same time***

Legs 1 ***Kick in rhythm with arms***

2 ***Finish kick with long straight legs***

Breathing 1 ***Breath out as you kick back***

2 ***Breath in in established rhythm***

(b) You and a group of friends are going to the beach for the day. Describe **five** things you should do to stay safe. (12 marks)

$[(2 \times 3) + (3 \times 2)]$

1 ***Inform a responsible adult of your plans***

2 ***Select a beach with a lifeguard***

3 ***Avoid alcohol***

4 ***Swim parallel to beach***

5 ***Watch out for each other***

(c) What is meant by *Aqua-aerobics*? (14 marks)
(2 × 4)

Aerobic activities performed in water

e.g. running on the spot, cycling or jumping on the spot, kicking exercise etc.

Give **three** benefits of *Aqua-aerobics*. (3 × 2)

1. *Good for unfit people as water supports body weight*

2. *Less risk of impact injuries*

3. *May be done alone or with a group*

(d) Explain how you would treat a casualty who is bleeding. (12 marks)

(4 × 3)

Stop the bleeding by applying pressure with a clean cloth /

clean the wound /

apply an antiseptic /

cover the wound



Question 8.

(50 marks)

(a) The person in the drawing is diving.

Describe the coaching points you would make when coaching diving.
(12 marks)



Use the headings below.

[3 × (2 + 2)]

Body position when ready to dive _____

Bend at waist // extend both arms behind body // toes curling over edge // knees bent

Body position in the air _____

Arms extended in front of body // streamlined position

Action to be taken after entering water _____

e.g. freestyle – begin kicking immediately // start swimming once hands have broken the water

(b) You have rescued a person from a swimming pool and placed them in the *recovery position*.

Answer the following questions about the *recovery position*. (12 marks)

Describe the *recovery position*. (3 × 2)

A position to allow breathing to continue // person is lying on their side / mouth downward / chin up // arms and legs locked to stabilise the position

Give **two** reasons why it would be important to put a person in the *recovery position*? (2 × 3)

1 ***Keep airways open***

2 ***Allow vomit or blood to drain from mouth***

- (c) Describe a game in the swimming pool which would help a group of children gain confidence in the water. (12 marks)

(3 × 4)

Mini aqua aerobics – walking on spot / jogging on spot / backwards / sideways / forward / jumping / kicking etc. / pick up objects from bottom of pool – how many can you collect?

- (d) Describe a method for testing the water quality in a swimming pool. (14 marks)

[(2 × 5) + 4]

*Use a commercial testing kit / comparator / hack meter //
take water sample //
from at least 45 cm deep in pool / analyse immediately //
add solution and mix well //
compare colour with chart / take reading/ observe result*



Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

Study the map provided and answer the following questions.

A film crew is arranging a Tourist Information television program set in the area of Kerry shown in the map.

They intend to invite a number of people of varying ages, who have an interest in different outdoor activities, to take part.

You have been recruited as an advisor.

You arrange to meet the Director of the TV program at Staigue Fort.

Staigue Fort is located towards the right edge of the map, just above the centre;

Grid Reference; V 611 633.



Staigue Fort

- (a) Select **two** other features of scenic, archaeological, historical *or* cultural interest that might be used as back-drops for the program. Give the location of these features using six-figure grid reference and the place name on the map that describes their location (i.e. the place named on the map that is nearest to the feature) together with a clear indication of where the place is on the map (i.e. top left, bottom centre, etc.). (18 marks)

Grid reference *As appropriate* (4)

Location on the map *As appropriate* (5)

Grid reference *As appropriate* (4)

Location on the map *As appropriate* (5)

- (b) As part of the program the Director wishes to highlight the presence of Hostel accommodation in the area. The symbol for a Hostel on the map is ▲ . Give the location of a Hostel in this area by stating the place name on the map that describes its location (i.e. the place named on the map that is nearest to the Hostel). (6 marks)

Location on the map *Darrynane Beg / Doire Rhionain Beag [Allow Glanbeg]* (6)

- (c) You have identified the area around Darrynane Bay (at the bottom left of the map; Grid Reference V 530 585) for water-based activities.
Answer the following questions with this area in mind. (14 marks)

- (i) List **two** water-based activities that you think might be suited to highlight this area as a place to visit. (2 × 4)

Activity 1 *Canoeing*

Activity 2 *Sailing*

- (ii) Give **two** reasons why you think this area might also be suitable for older people and children. (2 × 3)

Reason 1 *Sandy beach for children to play*

Reason 2 *Easy access with plenty of parking*

- (d) The Kerry Way is marked on the map with a broken red line [- - - -].
The Kerry Way is one of Ireland's longest signposted walking trails.
It loops around the Iveragh Peninsula and passes through some of the most isolated and dramatic countryside in the country.



- Give **two** benefits to tourists of such trails. (12 marks)

(2 × 6)

Benefit 1 *Safe – by keeping to designated route*

Benefit 2 *Trails highlight natural beauty of an area*

Question 10.

(50 marks)

- (a) Write out a *Safety Plan* for a group of 10 adults who are going on a hill walking trip in April. (14 marks)

[(2 × 4) + (2 × 3)]

Plan route / tell a responsible adult your plans / check weather forecast / ensure appropriate clothing and footwear / check individual health requirements / bring first aid kit / bring food / bring a whistle / bring a mobile phone / bring a torch

- (b) Describe **five** steps to take to protect the environment from outdoor education activities.

(10 marks)



(5 × 2)

1 *Do not leave rubbish*

2 *Do not damage flora*

3 *Use stiles & close any gates you open*

4 *Respect wildlife & farm animals*

5 *Avoid making excessive noise*

- (c) Select **one** outdoor education activity you have studied this year. (12 marks)
[(2 × 3) + (3 × 2)]

Activity *Canoeing*

Describe the following about the activity selected above:

Skills necessary *Paddling skills e.g. forwards, backwards, ferry glide, slap stroke*

Equipment needed *Canoe / kayak // wet suit / helmet / buoyancy jacket / paddle*

Care and maintenance of equipment *Clean / dry equipment after each use / store appropriately*

Name of National Governing Body *Canoeing Ireland (Irish Canoe Union)*

Benefits of keeping a Logbook *Record achievements / allows for review / allows evaluation / builds experience bank*

- (d) Select an outdoor leisure activity. (14 marks)

Activity *Hill walking*

Give details of how the activity could be used to attract tourists to Ireland.

[(2 × 5) + 4]

Have walking festivals in different regions / include walks of different lengths and difficulty / provide lists of local accommodation / provide local guides / place details on the internet

Section 5 – Game 1 (Invasion)

(50 marks)

Answer **one** question in this section.

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

Game *As appropriate e.g. soccer*

Question 11.

(50 marks)

- (a) Name the National Governing Body of your sport in Ireland. (12 marks)

Football Association of Ireland (FAI) (3)

What is the role of the National Governing Body? Give at least **four** points.

[(3 + (3 × 2)]

*To organise their sport /
to regulate their sport /
to promote their sport /
to represent their sport*

- (b) Describe a method of shooting for a score. (12 marks)
e.g. taking a penalty (3)

Explain a drill for practicing shooting. You may use a diagram to help.

(3 × 3)

*Practice different techniques e.g. placing shot high/low, left /right /
practice opposed and unopposed /
players take turns /
have penalty competitions*

As appropriate

(c) What is meant by *denying space*? (14 marks)

(5)

Not allowing your opponent the space and time they would like to have to make decisions

How might *denying space* be used as a tactic by your team?

(5)

You might decide to have all your players tightly mark their opponents

Describe how the opposing team might overcome this tactic.

(4)

When in possession they might play the ball into the empty space behind the opposition's defence for their teammates to run into

(d) What are the benefits to a team of having a good coach. Give at least **five** benefits.

(12 marks)

[(2 × 3) + (3 × 2)]

They will develop trust amongst the team and management /

they will inspire players to be at their best /

they will help all players /

they will help the team to improve /

they will keep their players informed of all developments in training

Question 12.

(50 marks)

- (a) Describe what makes a good team captain. Give at least **five** points. (10 marks)
(5 × 2)

*A player who is the team's role model /
A player who encourages their teammates /
A player who gets along with management and teammates /
A good leader /
A player who leads by example*

- (b) The word “deception” is used to describe a range of skills that a player might use to mislead or confuse an opponent in order to gain an advantage or a scoring opportunity. Answer the following question on *deception*. (14 marks)

List **two** such skills.

(2 × 3)

- 1 *Dummying – pretend to go one way and go the other*
- 2 *Step over – bringing foot over the ball*

Describe a drill to practice *deception*. You may use a diagram to help.

[(2 × 3) + 2]

*Players, in turn, dribble ball up to pole, dummy to go one side but go the other /
reverse sides /
increase speed /
replace pole by a player*

As appropriate

- (c) Select a playing position that may suit a *tall player* and a different playing position that may suit a *small player*. Give at least **two** reasons for each choice.

(12 marks)

Tall Player

Position *Goalkeeper*

(1)

Reasons *Height advantage to catch crosses / reach advantage for diving*

(3 + 2)

Small Player

Position *Midfield*

(1)

Reasons *More mobile / quicker off mark*

(3 + 2)

- (d) Describe **two illegal** methods of getting possession of the ball. Explain why you think they are illegal.

(14 marks)

Method One *Handling ball*

(3)

Explanation *Game promotes foot skills*

(4)

Method Two *Over vigorous tackling / two-footed tackling*

(3)

Explanation *Unsafe play / prevents injury*

(4)

Section 6 – Games 2 (Net / Fielding)

(50 marks)

Answer **one** question in this section.

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

Game *As appropriate e.g. badminton*

Question 13.

(50 marks)

- (a) Give **four** reasons why a player may perform very well on any given day. (10 marks)
[(2 × 3) + (2 × 2)]

- 1 *Opponent may be weak*
- 2 *May have high fitness and be well rested*
- 3 *Coach may have prepared player well*
- 4 *Confidence may be high*

- (b) Describe a warm-up suitable for your game. Explain the reasons for each part of it. (12 marks)
You may use a diagram to help. [(2 × 3) + 2]

*Easy knock up leading to playing variety of shots /
gradually increase movement on court /
use different muscles (ligaments) /
increase tempo gradually to get up to match speed /
practice shots at match pace*

As appropriate

Why is it important to do a warm-up? (2 × 2)

*To prepare physically and mentally /
to help prevent injuries*

(c) What type of personality makes a good coach. Give **five** points. (12 marks)
[(2 × 3) + (3 × 2)]

1 *Well organised*

2 *Fair*

3 *Knowledgeable*

4 *Has leadership qualities*

5 *Good communication skills*

(d) Striking/Hitting is an important skill. Give **three** reasons why this is true. (16 marks)
(3 × 2)

1 *Keep shuttle in play*

2 *Can produce winning shot*

3 *Ensures good placing of shot*

Describe a drill to practice striking/hitting. You may use a diagram to help.

[4 + (2 × 3)]

*Backhand overhead clear /
players practice in twos /
feeder serves high to hitter who clears aiming for a hula hoop placed in the back
corner of the court /
after some time change roles*

As appropriate

Question 14.

(50 marks)

- (a) Describe a cool-down that is suitable for your game. Explain the reasons for each part of it. You may use a diagram to help. (10 marks)
(2 × 3)

*Some gentle hitting on a variety of shots /
gradual reduction of heart rate /
static stretches of upper and lower body*

As appropriate



Why is it important to do a cool-down?

(2 × 2)

*Allow mental reflection /
aids recovery*

- (b) It is important that equipment used is in good condition. Give **four** reasons why this is true. (12 marks)
(4 × 3)

1 *Safety of self and opponent*

2 *Allows for better shots to be played*

3 *Maintain fairness between opponents*

4 *Helps prevent breakages – financial costs*

- (c) Explain **one** method of attack. Describe a drill to practice this method. You may use a diagram to help. (14 marks)

Method of attack **Smash** (3)

Drill **Play in twos /
feeder serves high to mid-court /
partner smashes /
change roles after a while**

[(2 × 4) + 3]

As appropriate

- (d) Select **one** possible career in sport, other than coaching. Describe the personal qualities needed to be good at it. State the qualifications needed for this career. (14 marks)

Career **Administrator** (4)

Personal Qualities **Good organiser /
gets on well with people /
willing to attend many meetings /
knows the rules and regulations** (3 + 2)

Qualifications **Wide variety of experience /
appropriate educational qualifications** (3 + 2)

