



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Applied 2018

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.

In considering this marking scheme, the following should be noted:

- The detail required in any answer is determined by the context and the manner in which the question is asked and by the number of marks assigned to the answer in the examination paper.
- Words, expressions or phrases must be correctly used in context and not contradicted, and where there is evidence of incorrect use or contradiction, the marks may not be awarded.
- As a general rule, if in doubt about the validity of any answer, examiners must consult their advising examiner before awarding marks.
- The examples and suggested answers in the scheme are not exhaustive and alternative valid answers etc. are acceptable.

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

Section 1	Leisure Studies	70 marks	Answer Question 1 and one other question.
Section 2	Health Related Fitness	70 marks	Answer Question 4 and one other question.

Answer any TWO Sections from Sections 3, 4, 5 and 6:

Section 3	Aquatics	50 marks	Answer one question.
Section 4	Outdoor Education	50 marks	Answer one question.
Section 5	Games 1 (Invasion)	50 marks	Answer one question.
Section 6	Games 2 (Net/Fielding)	50 marks	Answer one question.

Question 2.

(50 marks)

(a) State **one** role of each of the following officers in a sports club.

(12 marks)

Chairperson: ***Takes charge of the club meetings.*** (3)

Treasurer: ***In charge of the finances of the club.*** (3)

Public Relations Officer: ***Maintains the club website.*** (3)

Secretary: ***Organises the fixtures for all club teams.*** (3)

(b) Name **one** national organisation that has specific responsibility for providing active leisure activities for people with disabilities. (12 marks)

Irish Wheelchair Association/Paralympics Ireland/Special Olympics Ireland/Cara (2)

Name a different active leisure activity that is suitable for each of the following groups of people.

Wheelchair users: ***Wheelchair Basketball or other appropriate answer*** (2)

Visually impaired people: ***Blind Football or other appropriate answer*** (2)

Describe how any **one** of the activities named by you above can be modified to facilitate participation by people with a disability. Make at least **two** points. (3+3)

Activity: ***Wheelchair Basketball***

***Wheelchair basketball can be modified by lowering the basketball hoops.
This modification will make it easier for participants to shoot and score points for their team.***

- (c) State **two** factors that might limit the participation of each of the following groups of people in active leisure activities. (12 marks)

Retired People:

1. **Availability of transport.** (2)
2. **Health factors such as illness or injury.** (2)

Unemployed People:

1. **Shortage of money.** (2)
2. **Lack of motivation.** (2)

Working Parents:

1. **Availability of a babysitter.** (2)
2. **Working long hours.** (2)

- (d) You are the receptionist at a local bowling alley. A customer arrives to discover that she has been double-booked and that someone is already occupying the bowling lane she had booked. Explain how you would deal with this situation. Make at least **four** points. (14 marks)

(4+4+3+3)

Check that the customer is in fact double booked e.g. time date, lane.

Offer another lane if one is available.

Be polite, apologise.

Offer to make another booking preferably free of charge.

Question 3.

(50 marks)

(a) Identify **three** lifestyle choices that have a positive effect on health.

(6 marks)

1. *Eat a balanced healthy diet.* (2)
2. *Drink sufficient amounts of water each day.* (2)
3. *Exercise on a regular basis.* (2)

(b) The *Sports Capital Programme* allocates grants to sports clubs.

List **four** ways in which a sports club might use a grant for the benefit of the club.

(8 marks)

1. *Build a new sports hall.* (2)
2. *Upgrade changing rooms.* (2)
3. *Lay an artificial pitch or 3G pitch.* (2)
4. *Purchase new training equipment.* (2)

(c) List **three** examples of fundraising events that a sports club might organise to raise money for new jerseys. (12 marks)

1. *Collection at a local supermarket.* (2)
2. *A sponsored 5K run.* (2)
3. *Organise a cake sale.* (2)

Choose **one** of the fundraising events named by you above and describe how it would be organised. Make at least **two** points. (3+3)

A sponsored 5K run would be organised by firstly planning a date and a time for the run. Then map out a route for the run normally starting and finishing at the club. Members of the club would then sign up for the race, pay an entry fee and get sponsored by friends and family using sponsorship cards.

(d) A new sports centre has opened in your local area. (10 marks)

Name **two** positions (jobs) that will be available in this sports centre.

1. **Centre Manager** (2)

2. **Fitness Instructor** (2)

Choose **one** of the positions (jobs) named by you above and state **three** duties that a person in this position would be required to perform.

Position: **Centre Manager**

1. **Managing staff recruitment.** (2)

2. **Maintaining health and safety of all staff.** (2)

3. **Oversee the health and fitness programme for members.** (2)

(e) Explain **two** advantages of private leisure facilities over public leisure facilities. (14 marks)

1. **The equipment and facilities in a private leisure facility are of high quality and maintained to an extremely high standard.** (3+2)

2. **It can be easier for members to access the fitness equipment in a private leisure facility as they are less crowded at peak use times.** (3+2)

Explain **one** disadvantage of private leisure facilities over public leisure facilities.

One disadvantage of private leisure facilities over public leisure facilities is the fact that it is more expensive to join. There is typically a joining fee and an additional cost for annual membership. (2+2)

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

(a) Name a gas which is carried in high concentrations as a waste product in the veins.

Carbon Dioxide

(2)

(b) Name **one** example of an aerobic activity and name **one** example of an anaerobic activity.

Aerobic activity: **1500m middle distance race**

(1)

Anaerobic activity: **100m sprint race**

(1)

(c) Which of the following does the *Rate of Perceived Exertion* (RPE) measure during exercise? Tick the correct box.

Intensity

Weight

Time

(2)

(d) Why is it important to drink water during and after physical exercise?

To stay hydrated.

(2)

(e) Name **two** examples of performance enhancing drugs.

1. **Anabolic Steroids**

2. **Stimulants**

(1+1)

(f) Name **two** places on the body where heart rate can be measured.

1. **Wrist**

2. **Neck**

(1+1)

(g) Name **one** function of the skeleton.

For movement.

(2)

(h) State **one** reason why fibre is necessary in the diet.

To aid digestion.

(2)

(i) Which of the following foods would provide high levels of carbohydrate to a marathon runner? Tick the correct box.

Tuna

Pasta

Chicken

(2)

(j) Name a test used to measure cardiovascular endurance.

Multistage Fitness Test

(2)

Question 5.

(50 marks)

- (a) The pictures below illustrate four different stretches that could be used as part of a warm-up exercise.
Name each of the muscles **A**, **B**, **C** and **D** that are being stretched in the pictures below.
(8 marks)

A. Quadriceps (2)

B. Gastrocnemius / Calf (2)

C. Hamstring (2)

D. Triceps (2)

- (b) State **three** reasons for completing a cool-down after an exercise session.
(6 marks)

1. **Helps your heart rate return to resting levels. (2)**

2. **To prevent soreness or stiffness. (2)**

3. **Helps avoid fainting or dizziness. (2)**

- (c) Describe the first aid treatment for a strained hamstring muscle.
Make at least **three** points.
(12 marks)
(4+4+4)

Use the technique known as RICE.

Rest – keep your leg as still as you possibly can and avoid physical activity.

Ice – apply cold pack to your hamstring for 15 to 20 minutes every two to three hours during the day. Do not apply ice directly to your skin as it can burn your skin.

Compression – compress or bandage the thigh to limit any swelling that could cause further damage.

Elevation - keep your leg raised and supported as much as possible, this will help reduce any swelling.

- (d) Match each of the bones labelled **A**, **B**, **C**, **D** and **E** on the skeleton with the correct name below by writing the correct letter in the spaces provided.
(10 marks)

Femur **E** **(2)**

Patella **C** **(2)**

Phalanges **D** **(2)**

Humerus **B** **(2)**

Skull **A** **(2)**

(e) In the table below, state the benefit to a person's health of maintaining each of the following components of health related fitness.

(14 marks)

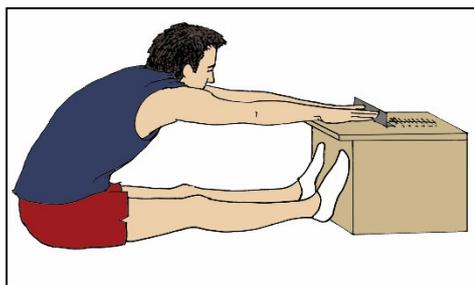
Component of Health Related Fitness	Benefit to a person's health
Cardiovascular endurance	<i>Lower heart rate (4)</i>
Flexibility	<i>Less chance of muscle injury (4)</i>
Muscle endurance	<i>Good joint mobility (3)</i>
Body composition	<i>Less chance of heart disease (3)</i>

Question 6.

(50 marks)

(a) Examine the diagram below and answer each of the following questions.

(16 marks)



What is the name of the fitness test shown above? **Sit and Reach Test** **(2)**

Which of the components of health related fitness is the test shown above used to measure? **Flexibility** **(2)**

List **two** steps a person could take to improve this component of health related fitness.

1. **Stretching using a range of stretches.** **(2)**
2. **Join a Yoga class to increase range of motion.** **(2)**

List **two** factors that might prevent someone from improving this component of health related fitness.

1. **A persons age.** **(2)**
2. **A lack of training or physical activity.** **(2)**

Explain why this component of health related fitness is important for performance in sporting activities.

Flexibility is important for sporting activity as it helps an athlete to improve speed across the pitch or court. It also helps to decrease the risk of injury whilst playing sport. **(2+2)**

(b) State **three** reasons why performance enhancing drugs are banned from use in competitive sport. **(6 marks)**

1. **An athlete could become addicted to taking the drug.** **(2)**
2. **They provide an unfair advantage over other athletes.** **(2)**
3. **They may cause an athlete long term health issues.** **(2)**

- (c) Design a circuit training session with five stations that would improve general fitness levels. Write the name of each of the activities to be undertaken at each of the stations in the spaces provided. (14 marks)

Five activities for stations could be selected from Press ups, Sit Ups, Tricep Dips, The Plank, Mountain Climbers, Burpees, Jumping Jacks, Skipping, Running on the spot or any other appropriate activity

(2+2+2+2+2)

List **two** advantages of circuit training as a training method to improve fitness.

1. **You can target specific muscle groups.** (2)

2. **It is easy to organise as you do not need much equipment.** (2)

- (d) Name **two** eating disorders and state a danger each disorder poses to a person's health. (14 marks)

Eating Disorder 1: **Anorexia Nervosa** (2)

Danger to health: **Body and mind are starved of nutrients.** (2)

Eating Disorder 2: **Bulimia Nervosa** (2)

Danger to health: **It can cause hypertension (high blood pressure)** (2)

Explain what is meant by the term *body image*.

Body image is the view a person has of themselves and the thoughts or feelings that come from this view. (2+1)

Outline how body image can affect a person's self-esteem.

Body image can affect a person's self esteem in a positive or negative way. (2+1)

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) Match each of the pool entry methods listed below with the image most associated with it by writing the correct letter in the spaces provided in each case. (8 marks)

Sitting swivel: **B** (2) Pencil dive: **A** (2)

Straddle entry: **D** (2) Forward dive: **C** (2)

- (b) Name **four** different swimming strokes. (16 marks)

1. **Front crawl** (2) 2. **Back stroke** (2)

3. **Breast stroke** (2) 4. **Butterfly** (2)

Choose any **one** of the strokes named by you above and list **two** points for each of the following when coaching this stroke.

Stroke: **One of the above**

Legs/feet:

1. **Appropriate to the stroke chosen.** (2)

2. **Appropriate to the stroke chosen.** (2)

Arms/hands:

1. **Appropriate to the stroke chosen.** (2)

2. **Appropriate to the stroke chosen.** (2)

(c) State what is meant by *aqua-aerobics*. (12 marks)

Aerobic activities performed in water. (3)

Activities could include running on the spot, cycling or jumping on the spot, kicking exercises.

Describe **one** physical benefit, **one** social benefit and **one** psychological benefit of taking part in aqua-aerobics or other such water-based activities.

Physical benefit: ***There is less risk of impact injuries. (3)***

Social benefit: ***Provides an opportunity to meet new people. (3)***

Psychological benefit: ***Provides an opportunity to relieve stress. (3)***

(d) State **three** safety rules that should be displayed at a swimming pool and give **one** reason why each rule is important. (14 marks)

Rule 1 Do not swim alone. (3)

Reason No-one around to help or call for help. (2)

Rule 2 No diving at the shallow end. (3)

Reason Could cause a serious head injury. (2)

Rule 3 No rough play. (2)

Reason Could seriously injure somebody. (2)

Question 8.

(50 marks)

(a) List any **three** checks that a first aider must carry out before commencing Cardio-Pulmonary Resuscitation (CPR). (6 marks)

1. **Check the airway.** (2)

2. **Check for breathing.** (2)

3. **Check for circulation.** (2)

(b) In the spaces provided, name the swimming stroke most associated with each of the breathing techniques described below. (8 marks)

The head turns to the side on inhalation of breath. Exhalation occurs underwater.

Swimming stroke: **Front crawl** (2)

Breathing is relaxed and easy due to body position. Inhale during the recovery of one arm and exhale during the recovery of the other arm.

Swimming stroke: **Back stroke** (2)

Name **two** factors that assist in reducing resistance in the water making swimming easier.

1. **Horizontal body position.** (2)

2. **Kicking action.** (2)

(c) Describe **two** games that could be played in the swimming pool which would help a group of beginner swimmers to gain confidence in the water.

Make at least **two** points for each game. (10 marks)

Game 1: **Underwater tag**

Swimmers attempt to keep their heads underneath the water and blow bubbles. While under the water they have to tag other members of the group. (3+2)

Game 2: **Shark attack**

Children have twenty seconds to move away from the side and hide somewhere in the swimming pool. The person who is the shark has to tag the children on the arm before they swim back to the side of the pool. (3+2)

- (d) Explain **two** reasons why aquatic activities would be of benefit to each of the following groups. (14 marks)

Parent and toddlers:

1. *It builds a child's water confidence which in turn helps with learning to swim.* (2+2)
2. *It is an activity that they can easily engage in together and provides quality bonding time.* (2+1)

Adults over 65 years:

1. *It provides a time for older people to socialise and either meet existing or make new friends.* (2+2)
2. *It is of benefit for the heart by making it stronger and is low impact keeping pressure off the joints.* (2+1)

- (e) List **four** pieces of safety equipment that should be available to lifeguards. (12 marks)

1. *Lifeguard high chair* (2)
2. *Rescue pole* (2)
3. *Spinal board* (2)
4. *AED (Defibrillator)* (2)

Select **one** piece of equipment named by you above and describe how it is used.
Make at least **two** points.

Equipment: *Spinal Board*

Use: *With the help of another lifeguard place the spinal board in position near the casualty. Have the head pointing to the side and feet pointing towards the water. Secure the casualty using the attached straps and once lifeguards are in place slide the board out of the water* (2+2)

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

Study the Ordnance Survey map provided and answer each of the following questions.

- (a) The symbol on the Ordnance Survey map for a Post Office is **PO**. If you travelled from the Post Office at grid reference **W 284 652** north along the R587 road to Hartnett's Cross at grid reference **W 354 719** you would pass two nature reserves on the way. The symbol for a nature reserve on the map is . (12 marks)

Give a grid reference **or** a location on the map for any **one** of the two nature reserves.

Grid reference/location: **W305 704 / W328 712** (3)

Name the river that passes through the nature reserves. **The River Lee** (3)

Name **one** historical site (antiquity) that you would see as you travelled along the R587 road to Hartnett's Cross.

Historical site: **Megalithic Tomb** (3)

Once you reach Hartnett's Cross, what direction would you have to travel to reach the nearest picnic and parking area?

Direction: **South** (3)

- (b) You are organising a water-based activity for a group of Transition Year students in the area on the map. Answer each of the following questions with regard to this activity. (12 marks)

Name a suitable water-based activity for the group. **Kayaking** (3)

Identify a suitable location on the map for the water-based activity and give a six-figure grid reference **or** a name on the map for this location.

Grid reference/location: **W335712 / Reservoir** (3)

List **two** safety factors which should be taken into consideration when organising this activity.

1. **Ensure all participants have life jackets.** (3)

2. **Ensure no paddles or kayaks are damaged before use.** (3)

- (c) Describe **two** symptoms (signs) of hypothermia and describe how hypothermia is treated. (12 marks)

Symptoms:

1. **Casualty may be in a state of constant shivering.** (3)
2. **Casualty may also be in a state of confusion and disorientated.** (3)

Treatment:

- Get the casualty indoors and remove any wet clothing.**
Warm the casualty by wrapping a blanket around them.
Give the casualty a warm drink avoiding caffeine and alcohol. (3+3)

- (d) As part of your Active Leisure Studies course you had to pitch a tent. Describe the steps in pitching a tent. Make at least **four** points. (14 marks)

(4+4+3+3)

- Locate a suitable area to pitch the tent and unpack. Lay down a ground cloth.**
Insert your tent poles through the frame and raise the tent. Hammer in your tent pegs and set up the rain cover. Move your things into the tent.

Question 10.

(50 marks)

- (a) A group of friends are planning a two night expedition including a hill walk. The weather forecast for the trip is for fine weather starting out but rain is forecast for later on.

List **two** examples of clothing, footwear and other equipment required for the hill walk.

(12 marks)

Clothing 1: ***Fleece / Thermal top*** (2)

Clothing 2: ***Rain jacket*** (2)

Footwear 1: ***Hill walking boots*** (2)

Footwear 2: ***Socks*** (2)

Other equipment 1: ***Hill walking poles*** (2)

Other equipment 2: ***Rations pack*** (2)

- (b) It is important to have a first aid kit when going on an expedition. Name **six** items which should be included in a first aid kit.

(12 marks)

Gloves (2)

Sterile gauze pads of different sizes. (2)

Adhesive tape. (2)

Adhesive bandages in several sizes. (2)

Plasters (2)

Antiseptic wipes. (2)

(c) A number of outdoor activities are listed in the table below.

Hill walking	Rock climbing	Canoeing
Sailing	Orienteering	Snorkelling

Select any **two** of the activities listed in the table above.

Name **one** skill used in each of the activities selected by you and explain how each skill is used.
(12 marks)

Activity 1: ***One chosen from the list above***

Skill: ***Appropriate skill based on activity chosen*** (2)

Use of skill: ***Appropriate use of skill*** (2+2)

Activity 2: ***One chosen from the list above***

Skill: ***Appropriate skill based on activity chosen*** (2)

Use of skill: ***Appropriate use of skill*** (2+2)

(d) Name the organisation with the responsibility for promoting holidays in Ireland and describe **three** ways in which this organisation promotes leisure activity holidays in Ireland.
(14 marks)

Organisation ***Fáilte Ireland*** (2)

1. ***They use promotional and marketing activities in other countries to increase tourism to Ireland.*** (4)

2. ***They offer a wide range of activities to suit the leisure needs of tourists.*** (4)

3. ***They maintain an up to date website detailing all upcoming activities, facilities, prices and existing trends.*** (4)

Section 5 – Games 1 (Invasion)

(50 marks)

Answer **one** question in this section.

Questions in this section relate to your chosen invasion game.

The following is a list of invasion games. Tick the invasion game that you have specialised in.

Invasion Game (✓)			
Basketball		Netball	
Gaelic Football		Olympic Handball	
Hockey		Rugby	
Hurling		Soccer	

Question 11.

(50 marks)

(a) The table below contains a number of roles involved in invasion games.

Team captain	Assistant referee	Physiotherapist	Score keeper
Referee	Strength coach	Statistics keeper	

Choose any **four** of the roles in the table above and outline **one** duty a person carrying out each of the roles would be expected to perform. (12 marks)

Role 1: **Team Captain**

Duty: **Motivates team mates throughout a match.** (3)

Role 2: **Physiotherapist**

Duty: **Help to prepare the players on a team by addressing any injuries they may have.** (3)

Role 3: **Referee**

Duty: **To ensure that the players on both teams play by the rules of the game.** (3)

Role 4: **Statistics keeper**

Duty: **To track player's statistics in a game in order to aid future performance.** (3)

- (b) List **three** reasons why teamwork is important in your chosen invasion game. (6 marks)
1. **To increase trust among the players in the team.** (2)
 2. **So there is no negativity in the team.** (2)
 3. **To ensure all teammates are working together towards the set goals.** (2)

- (c) Name **three** player positions on a team in your chosen invasion game. (6 marks)

Any three playing positions appropriate to chosen invasion game. (2+2+2)

- (d) Explain each of the following terms which relate to attacking principles used in invasion games. (14 marks)

Creating space: **This attacking principle means to move away from the opposition at a suitable time in a game situation, in order to create an opportunity to attack or score.** (3+2)

Keeping possession: **This attacking principle means to keep possession of the ball and not give the ball to the opposition. This helps to create attacking and scoring opportunities.** (3+2)

Scoring: **This principle involves attacking the opposition and scoring against the opposition in order to win a match.** (2+2)

- (e) Name and explain any **two** defending principles used in your chosen invasion game. (12 marks)

**Defending Principles could be chosen from the following:
Tackling, Defend target, Deny space, Intercepting or Support.** (3+3)

Explanation provided will be appropriate to chosen invasion game. (3+3)

Question 12.

(50 marks)

- (a) The following is a list of skills that you have developed when studying your chosen invasion game. (12 marks)

Passing

Shooting/Scoring

Controlling

Tackling

Choose **three** of the skills listed above and state why each of the skills is important in your chosen invasion game.

Skill chosen from the list above

Reason for importance as appropriate to chosen invasion game. (4+4+4)

- (b) Choose **one** of the skills named by you in **Q.12(a)** above, and describe a training drill you would use to coach this skill to young players. (12 marks)
You may use a drawing to help if you wish.

Skill and description of training drill appropriate to chosen invasion game. (3+3+3+3)

- (c) List **three** pieces of equipment that you would use in a training session for your chosen invasion game. (6 marks)

Three pieces of equipment appropriate to chosen invasion game. (2+2+2)

- (d) Name **one** qualification a person would require to be a coach in your chosen invasion game. (8 marks)

Qualification: ***Qualification would be from the National Governing Body appropriate to chosen invasion game.*** (2)

List **three** skills/qualities a person would need to be a coach in your chosen invasion game.

Excellent communication skills.

The ability to motivate participants.

The ability to solve problems.

Determination and patience.

Good organisation skills.

Or other appropriate answer. (2+2+2)

- (e) You have just moved into a new area. Describe how you would go about joining a local club related to your chosen invasion game. Make at least **three** points. (12 marks)

(4+4+4)

Find out where the local club is by talking to local people, looking through newspapers or searching sports club sites on the internet. You could then contact the club secretary or other club officer for registration or membership details. You could attend an open day for new members or open trials day.

Section 6 – Games 2 (Net/Fielding)

(50 marks)

Answer **one** question in this section.

Questions in this section relate to your chosen net/fielding game (sport).

The following is a list of net/fielding games (sports). Tick the net/fielding game (sport) that you specialised in.

Net/fielding Game (sport) (✓)			
Archery		Squash	
Badminton		Table Tennis	
Cricket		Tennis	
Handball		Volleyball	
Rounders			

Question 13.

(50 marks)

(a) List **three** rules from your chosen net/fielding game (sport) that ensure safety of all participants. (12 marks)

1. *Any rule appropriate to chosen net/fielding game (sport)* (2)

2. *Any rule appropriate to chosen net/fielding game (sport)* (2)

3. *Any rule appropriate to chosen net/fielding game (sport)* (2)

List **three** ways that a beginner to your chosen net/fielding game (sport) can get information on rules and regulations relating to it.

Local club / National Governing Body / Coach / Experienced players / Internet / Books etc.
(2+2+2)

(b) Select **one** skill from your chosen net/fielding game (sport) and give **three** coaching points for this skill. (12 marks)

Skill: *Appropriate skill for chosen net / fielding game (sport)* (3)

1. *Appropriate coaching point for skill chosen* (3)

2. *Appropriate coaching point for skill chosen* (3)

3. *Appropriate coaching point for skill chosen* (3)

- (c) Describe a training drill that you would use to coach **one** skill from your chosen net/fielding game (sport) to young players.
You may use a drawing to help if you wish. (12 marks)

Description of training drill appropriate to chosen net fielding game (sport). (3+3+3+3)

- (d) Modifying a game means changing the way it is usually played. This could mean changing the equipment, rules, playing area etc.
Describe **four** ways that your chosen net/fielding game (sport) could be modified to suit a group of beginner players. (14 marks)

1. ***Description of modification appropriate to chosen net/fielding game (sport) (4)***

2. ***Description of modification appropriate to chosen net/fielding game (sport) (4)***

3. ***Description of modification appropriate to chosen net/fielding game (sport) (3)***

4. ***Description of modification appropriate to chosen net/fielding game (sport) (3)***

Question 14. (50 marks)

- (a) List **three** pieces of equipment that you would need for a training session in your chosen net/fielding game (sport). (6 marks)

Three pieces of equipment appropriate to chosen net/fielding game (sport) (2+2+2)

- (b) Describe a conditioned game you could organise to improve a specific skill in your chosen net/fielding game (sport).
Make at least **three** points. (8 marks)

Description of a conditioned game as appropriate to chosen net / fielding game (sport) (3+3+2)

- (c) Explain how each of the following components of skill related fitness is used in your chosen net/fielding game (sport). (12 marks)

Coordination: **Explanation dependent on chosen net/fielding game (sport) (4)**

Speed: **Explanation dependent on chosen net/fielding game (sport) (4)**

Agility: **Explanation dependent on chosen net/fielding game (sport) (4)**

- (d) State **two** safety instructions that you would give to anyone taking up your chosen net/fielding game (sport).
Give **one** reason why it is important to follow each of the safety instructions you have stated. (12 marks)

Safety instruction 1: **Dependent on chosen net/fielding game (sport) (3)**

Reason: **Dependent on chosen net/fielding game (sport) (3)**

Safety instruction 2: **Dependent on chosen net/fielding game (sport) (3)**

Reason: **Dependent on chosen net/fielding game (sport) (3)**

- (e) Name the National Governing Body for your chosen net/fielding game (sport) and outline **three** functions that this governing body carries out. (12 marks)

National Governing Body: **As appropriate to chosen net/fielding game. (3)**

Functions:

1. Provides facilities and organises coaching camps during school holidays.

2. Provides training and a pathway for coaches to develop their skills.

3. Provides local sport development officers to visit schools. (3+3+3)

