



**Coimisiún na Scrúduithe Stáit**  
**State Examinations Commission**

**Leaving Certificate Applied 2014**

**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.

## Introduction

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.
- Word, 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 suggestions, examples etc. 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 <b>one</b> other question.
Section 2	Health Related Fitness	70 marks	Answer Question 4 and <b>one</b> other question.

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

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



**Question 2.****(50 marks)**

- (a) Indicate whether each of the activities in the table below are examples of *active* or *passive* leisure activities, by ticking the correct box.

(12 marks)

Activity	Active	Passive
Cycling	✓ (3)	
Going to the cinema		✓ (3)
Playing cards		✓ (3)
Playing rugby	✓ (3)	

- (b) You are the receptionist in a Leisure Centre. A customer arrives to find that her squash court has been double-booked and someone is already playing on the court. Describe how you would deal with this situation. Make at least **three** points.

(12 marks)

- 1. Speak in a calm pleasant tone.* (4)
- 2. Apologise to the customer for the double-booking.* (4)
- 3. Offer an alternative i.e. a new time or a new date.* (4)

- (c) A new Leisure Centre is opening soon and a number of positions (jobs) within the Leisure Centre will have to be filled. List **three** positions (other than a receptionist) that will have to be filled and outline **one** duty of a person in each of the positions named.

(12 marks)

- Position 1 Leisure Centre Manager (2)*
- Duty Oversee the smooth running of the leisure Centre (2)*
- Position 2 Lifeguard (2)*
- Duty Ensure the swimming pool is clean at all times (2)*
- Position 3 Gym Instructor (2)*
- Duty Run exercise classes for members (2)*

- (d) Describe **three** ways in which the Irish Wheelchair Association promotes and increases participation levels in sport, for its members.

(14 marks)

- 1. Organises disability awareness days.* (5)
- 2. Organises wheelchair sports competitions.* (5)
- 3. Organises fundraising events.* (4)

**Question 3.****(50 marks)**

- (a) The table below describes the main role of some of the officers in a sports club. Complete the table by matching the correct title of the officer from the list below with the correct description. One has been completed for you.

**(12 marks)**

Chairperson  
Secretary

Child Protection Officer  
Public Relations Officer

Club Registrar  
Treasurer

Description	Title of Officer
The officer with the responsibility for the safe-keeping of the funds of the club.	<i>Treasurer (4)</i>
The principle officer of a club who provides leadership and management in the club.	<i>Chairperson (4)</i>
The officer who promotes the club in the local community and communicates with the general public on behalf of the club.	<i>Public Relations Officer (4)</i>
The chief administrator in the club.	Secretary

- (b) Name **one** example of a Public Leisure Facility and name **one** example of a Private Leisure Facility.

**(12 marks)**

Public Leisure Facility      *County council swimming pool /Parks*      **(3)**

Private Leisure Facility      *Private members health and spa club*      **(3)**

State **two** ways that Public Leisure Facilities and Private Leisure Facilities differ.

1.      *A public facility is run not to make profit.*      **(3)**

2.      *A private facility is owned by a private individual.*      **(3)**

- (c) The athlete in the picture has suffered a sprained ankle. There are four key steps in the treatment of a sprained ankle that are often referred to as RICE. Complete the words below to explain what RICE means.

**(12 marks)**

**R**      *Rest*      **(3)**

**I**      *Ice*      **(3)**

**C**      *Compression*      **(3)**

**E**      *Elevation*      **(3)**

- (d) The casualty in the picture requires CPR (Cardio-Pulmonary Resuscitation).  
List any **five** checks that must be completed before commencing CPR.

(14 marks)

1. *Check for danger* (2)
2. *Check for response* (2)
3. *Check the airway* (2)
4. *Check for breathing* (2)
5. *Check for circulation* (2)

In what position should the casualty be placed once CPR is complete and the casualty is breathing?

*The recovery position* (4)

**Section 2 – Health Related Fitness – (compulsory)**

**(70 marks)**

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

**Question 4.**

**(20 marks)**

(a) Name **one** fitness test used to measure cardiovascular fitness.

*Multistage fitness test / beep test / step test* (2)

(b) State **one** reason why protein is necessary in the diet.

*To repair muscle* (2)

(c) List **one** effect of exercise on the body.

*Increased cardiovascular endurance* (2)

(d) The ulna bone can be found in the arm. Indicate whether this statement is *true* or *false* by ticking the correct box.

True  False  (2)

(e) Name **two** factors that affect a person’s level of fitness.

*1. Lack of cardiovascular training* (1)

*2. Poor diet /nutrition* (1)

(f) Is running a marathon an aerobic or anaerobic activity? Tick the correct box.

Aerobic  Anaerobic  (2)

(g) Name **one** eating disorder.

*Anorexia Nervosa* (2)

(h) Which of the following components of fitness is **most** important for weight lifting? Tick the correct box.

Speed  Flexibility  Muscular strength  (2)

(i) Which of the following foods could form part of a high carbohydrate diet. Tick the correct box.

Pasta  Tomatoes  Eggs  (2)

(j) State **one** consequence of using illegal drugs in sport.

*Banned from competition / physical consequences* (2)

**Question 5.****(50 marks)**

(a) Complete the table below to show the seven components of a balanced diet.

**(12 marks)**

Seven Components of a Balanced Diet	
1.	Carbohydrates
2.	Fibre
3.	Water
4.	Minerals
5.	<b><i>Protein (2)</i></b>
6.	<b><i>Fat (2)</i></b>
7.	<b><i>Vitamins (2)</i></b>

Suggest **one** advantage of including each of the following components in your daily diet.

Carbohydrates      ***Provides energy***      **(3)**

Fibre      ***Aids digestion***      **(3)**

(b) State **three** ways of encouraging a person to join a sports club.

**(12 marks)**

1.      ***Inform of them of the physical benefits for their health***      **(4)**

2.      ***Inform of them of the social benefits for their health***      **(4)**

3.      ***Encourage them to attend an open day or trial day***      **(4)**

(c) Name the **main** muscle being used in each of the activities shown in the pictures below.

**(12 marks)**

***Gaelic Football***      ***Quadriceps***      **(4)**

***Weights***      ***Biceps / Triceps***      **(4)**

***Sit ups***      ***Abdominals / Obliques***      **(4)**

- (d) Complete the table by matching each of the components of fitness from the list below with its correct explanation. One has been completed for you.

(14 marks)

Agility

Balance

Cardiovascular endurance

Speed

Flexibility

Explanation of Component of Fitness	Component of Fitness
The ability of the heart to deliver oxygen to the working muscles during prolonged exercise.	<b><i>Cardiovascular endurance (4)</i></b>
The ability of an individual to move his or her joints through a full range of motions.	Flexibility
The ability to change direction and position of the body while under control.	<b><i>Agility (4)</i></b>
The ability to stay upright or stay in control of body movement.	<b><i>Balance (4)</i></b>
The ability to move quickly across the ground.	<b><i>Speed (2)</i></b>

**Question 6.**

**(50 marks)**

- (a) Name and describe a test used to measure a person's flexibility.  
*You may use a drawing to help if you wish.*

(12 marks)

Name of test ***Sit and reach test***

**(3)**

Description ***Use a Sit and Reach Box. Sit on the floor and extend your legs until your feet are flat against the side of the box and your legs are flat on the floor. Reach forward with both hands as far as you can along the top of the box and hold the reach for 2 seconds. Partner measures distance reached.*** (3 + 3 + 3)

- (b) What is meant by *pulse rate*?

(14 marks)

***The number of the times the heart beats per minute***

**(3)**

Does a person's pulse rate increase or decrease during exercise?

***Increase***

**(3)**

Describe how pulse rate is measured. Make at least **three** points.

***Find artery e.g. neck or wrist***

**(3)**

***Place two fingers on artery***

**(3)**

***Count the number of beats for 10 seconds and multiply figure by 6***

**(2)**

- (c) Describe either the warm-up session *or* the cool-down session that you conducted for one of your key assignments. Make at least **three** points.

(12 marks)

***Any relevant answer based on key assignment completed.***

**(4 + 4 + 4)**

- (d) List **three** functions of the skeleton.

(12 marks)

**1. *Provides support for the muscles.***

**(4)**

**2. *Protects vital organs***

**(4)**

**3. *Aids movement***

**(4)**



**Question 8.****(50 marks)**

- (a) Name the stroke shown below. *Back stroke* (2) (14 marks)

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

*Arms*            **1. Thumb leaves the water first** (2)  
                     **2. Brush ear with arm before entry to water.** (2)

*Legs*            **1. Legs work close together** (2)  
                     **2. Relaxed ankles pointed toes** (2)

*Breathing*    **1. Maintain normal breathing** (2)  
                     **2. Breath is taken every stroke cycle** (2)

- (b) Name **two** infections which may occur from the use of a swimming pool. For each infection, describe how the infection could be prevented. (12 marks)

*Infection 1*    *Eye infection* (3)

*Prevention*    *Wear goggles* (3)

*Infection 2*    *Foot infection e.g. athlete's foot* (3)

*Prevention*    *Wear flip-flops / dry feet thoroughly* (3)

- (c) State **two** ways a swimming pool manager can ensure that the swimming pool is both safe and clean. (12 marks)

Safe:

**1. Ensure Safety signs are displayed around the swimming pool** (3)

**2. Ensure a lifeguard is on duty at all times** (3)

Clean:

**1. Keep all areas clean e.g. deck, changing, rooms etc.** (3)

**2. Check water quality regularly.** (3)

- (d) You and your friends are going to the beach for the day. Describe **four** safety precautions to be followed to ensure the safety of all. (12 marks)

**1 Inform a responsible adult of your plans** (3)

**2 Select a beach with a lifeguard** (3)

**3 Avoid alcohol when swimming** (3)

**4 Swim parallel to beach between the flags** (3)

## 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.

The symbol on the map for a Post Office is **PO**. The Grid Reference for the Post Office is O 225 173. This grid reference is given as an example. You have been asked to organise a two-day outdoor activity event for a group of students, in the area covered by the map. The event involves a land-based and water-based outdoor activity and camping overnight.

(a) Name one land-based outdoor activity suitable for the group. (12 marks)

**Orienteering** (1)

Select a suitable location for the land-based outdoor activity. Give a six-figure grid reference *or* a name on the map for this location and explain why you selected it.

Grid Reference/Location **Knockree / 185157** (3)

Reason for selecting this location **Woodland area** (2)

List **two** skills required by the students to participate in this land-based outdoor activity.

1. **Map orientation skills** (3)

2. **Understanding the legend on a map** (3)

(b) Following the land-based outdoor activity the group are planning to participate in a water-based outdoor activity. (12 marks)

Name **one** water-based outdoor activity suitable for the group and name **three** pieces of equipment required for this activity.

Name of water-based outdoor activity **Kayaking etc.** (2)

**Equipment 1** **Spray deck** (2)

**Equipment 2** **Paddle** (2)

**Equipment 3** **Wetsuit** (2)

What advice would you give on the maintenance of any **one** of the pieces of equipment named above?

**After using the wetsuit wash it and hang it up rather than folding it. Then store in a cool dry area away from sources of heat.** (4)



**Question 10.**

**(50 marks)**

- (a) Select any **three** of the outdoor pursuit activities listed below.  
Name a piece of specialised equipment for each of your chosen activities and describe briefly how this piece of equipment makes the activity safe.

(12 marks)

- Hill-walking
- Rock climbing
- Canoeing
- Sailing
- Orienteering
- Snorkelling

Activity 1	<i>Activity from the list above</i>	
Specialised equipment	<i>Any appropriate answer</i>	(2)
Description of how the specialised equipment makes the activity safe:		
	<i>Any appropriate answer</i>	(2)
Activity 2	Any activity from the list above	<i>Activity from the list above</i>
Specialised equipment	<i>Any appropriate answer</i>	(2)
Description of how the specialised equipment makes the activity safe:		
	<i>Any appropriate answer</i>	(2)
Activity 3		<i>Activity from the list above</i>
Specialised equipment	<i>Any appropriate answer</i>	(2)
Description of how the specialised equipment makes the activity safe:		
	<i>Any appropriate answer</i>	(2)

- (b) It is important to have a first aid kit when participating in outdoor pursuit activities.

Name **four** items which should be included in a first aid kit. (12 marks)

1. *Bandages* (3)
2. *Plasters* (3)
3. *First Aid scissors* (3)
4. *Adhesive tape* (3)

(c) Explain **three** ways how careless hill-walkers could damage the environment by not following the rules of the Country Code.

(12 marks)

1. *By not putting fires out* (4)
2. *By not taking litter home* (4)
3. *By not keeping pets under close control* (4)

(d) Outline **three** advantages that Ireland offers to tourists who wish to participate in outdoor pursuit activities and adventure holidays.

(14 marks)

1. *A number of mountain ranges to climb* (5)
2. *A range of golf courses to suit all levels* (5)
3. *A number of hill walks or walking trails.* (4)

## Section 5 – Games 1 (Invasion)

(50 marks)

Answer **one** question in this section.

### Question 11.

(50 marks)

(a) Name **three** positions in your chosen invasion game.

(12 marks)

1. *Any appropriate answer dependent on game chosen*
2. *Any appropriate answer dependent on game chosen*
3. *Any appropriate answer dependent on game chosen*

(4)

(4)

(4)

(b) Choose **two** positions from part (a) above and explain **two** roles of the player in each of the positions named.

(14 marks)

Position 1 *Position from above*

Role 1 *Any appropriate answer* (4)

Role 2 *Any appropriate answer* (3)

Position 2 *Position from above*

Role 1 *Any appropriate answer* (4)

Role 2 *Any appropriate answer* (3)

(c) List **three** rules from your chosen invasion game and state **one** reason why each rule is necessary.

(12 marks)

Rule 1 *Any appropriate rule dependent on game chosen* (2)

Reason *Any appropriate reason dependent on game chosen* (2)

Rule 2 *Any appropriate rule dependent on game chosen* (2)

Reason *Any appropriate reason dependent on game chosen* (2)

Rule 3 *Any appropriate rule dependent on game chosen* (2)

Reason *Any appropriate reason dependent on game chosen* (2)

(d) State what a coach might do to ensure safety in your chosen invasion game with regard to each of the following:

(12 marks)

Equipment:

*Any appropriate answer dependent on game chosen* (4)

Preparation for taking part:

*Warm up/ suitably hydrated* (4)

Recovery after the game:

*Cool down / rehydrate* (4)

**Question 12.**

**(50 marks)**

(a) State **one** tactic used for *defence* in your chosen invasion game.

(12 marks)

*Any appropriate answer dependent on game chosen* (4)

Describe a situation in a match when this tactic might be used. Make at least **two** points.

*Any appropriate answer 2 points required* (4 + 4)

(b) Name **two** passing skills in your chosen invasion game.

(12 marks)

1. *Appropriate to game chosen* (3)      2. *Appropriate to game chosen* (3)

Choose **one** of the passing skills named above and give **two** coaching points for this passing skill.

Skill *From above*

Coaching Point 1 *Any appropriate coaching point for skill chosen* (3)

Coaching Point 2 *Any appropriate coaching point for skill chosen* (3)

(c) Describe **three** benefits of taking part in your chosen invasion game.

(12 marks)

1. *Improve level of skill* (4)

2. *Opportunity to socialise with friends* (4)

3. *Opportunity to represent country* (4)

(d) The table below gives examples of skills used in invasion games. Indicate whether each of the skills is an *attacking* or a *defensive* skill by ticking the correct box in the table below.

(14 marks)

Skill	Attacking Skill	Defensive Skill
Tackling		✓ (3)
Shooting	✓ (3)	
Creating space	✓ (3)	

Choose **two** of the skills in the table above and state why a player might use them in a match situation.

Skill 1 *Any appropriate answer dependent on skill chosen* (3)

Skill 2 *Any appropriate answer dependent on skill chosen* (2)

## Section 6 – Games 2 (Net/Fielding)

(50 marks)

Answer **one** question in this section.

### Question 13.

(50 marks)

- (a) Describe **two** activities which would help a group of beginners gain confidence in your chosen net/fielding game/sport.  
Make at least **two** points for each activity.

(12 marks)

Activity 1     *Any appropriate activity dependent game chosen (3 + 3)*

Activity 2     *Any appropriate activity dependent game chosen (3 + 3)*

- (b) In the box below, draw and label the line markings for your chosen net/fielding game/sport.

(12 marks)

*Markings appropriate to game chosen (3+3+3+3)*

- (c) State **three** ways that a coach can encourage players to improve their performance in your chosen net/fielding game/sport.

(12 marks)

1.     *Attend all training / practice sessions (4)*

2.     *Maintain a diet suitable to the chosen game (4)*

3.     *Watch video analysis of performance (4)*

- (d) State the title of **one** official in your chosen net/fielding game/sport and outline **two** duties of this official.

(14 marks)

Title of Official     *Appropriate to chosen game (4)*

Duty 1     *Any appropriate answer (5)*

Duty 2     *Any appropriate answer (5)*

**Question 14.****(50 marks)**

- (a) Select **two** skills that you have learned from your chosen net/fielding game/sport and explain **two** coaching points for each skill. (12 marks)

Skill 1                      *Appropriate skill for chosen game*                      (2)

Coaching Point 1        *Appropriate coaching point for skill chosen*                      (2)

Coaching Point 2        *Appropriate coaching point for skill chosen*                      (2)

Skill 2                      *Appropriate skill for chosen game*                      (2)

Coaching Point 1        *Appropriate coaching point for skill chosen*                      (2)

Coaching Point 2        *Appropriate coaching point for skill chosen*                      (2)

- (b) Outline **three** advantages of coaching a group with a small number of players rather than a group with a large number of players, in your chosen net/fielding game/sport. (12 marks)

1.        *Easier to communicate with a small group of players*                      (4)

2.        *The coach can devote more time to one on one coaching*                      (4)

3.        *Easier to observe a small group or individuals and offer feedback*                      (4)

- (c) Name the National Governing Body for your chosen net/fielding game/sport. (12 marks)

*Appropriate National Governing Body for chosen game*                      (3)

What is the role of the National Governing Body within your chosen net/fielding game/sport?

*To promote / regulate / organise their sport*                      (3)

Explain **two** ways that the National Governing Body carries out this role.

1.        *By holding fun or open days*                      (3)

2.        *By organising competitions to suit all levels*                      (3)

- (d) Select a possible career in your chosen net/fielding game/sport and give information on this career using the following headings: (14 marks)

Career                      *Appropriate career for chosen sport*                      (2)

Qualifications required        *As appropriate*                      (4)

Skills required for the job        *As appropriate*                      (4)

Job description                      *As appropriate*                      (4)





