



**Coimisiún na Scrúduithe Stáit
State Examinations Commission**

Leaving Certificate Applied 2006

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

Marking Scheme

**All answers given in this marking scheme are 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)

- (a) Explain what is meant by a professional sportsperson.

Payment / reward is received (2)

- (b) Which officer in a club looks after the money?

Treasurer (2)

- (c) Identify **one** benefit of sponsorship.

Increases income / improves facilities / enables development / coaching (2)

- (d) State **one** reason for Health and Safety Laws.

To maintain the safety of individuals / workers; to prevent accidents (2)

- (e) Give **one** reason why leisure equipment should be maintained and stored properly.

Reduce damage / maintain in optimum condition / safety considerations (2)

- (f) State **one** of the benefits of taking part in active leisure activities.

Good for health / improves fitness / greater sense of well-being (2)

- (g) Name **one** National Governing Body of sport in Ireland.

Any appropriate body e.g. GAA / IRFU / FAI etc. (2)

- (h) Name **one** active leisure activity that attracts tourists to Ireland.

Any appropriate activity e.g. hill-walking etc. (2)

- (i) Give **one** reason why a club should have a constitution.

Provides rules for the resolution of disputes / facilitates the effective operation of the club (2)

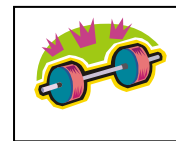
- (j) Identify **one** way a person with a disability might be encouraged to take part in physical activity.

Provide easy access / reduce cost (2)

Question 2

(50 marks)

- (a) If you visit a Leisure Centre you may see the following signs. What activities do they represent? (12 marks)



Boxing

Golf/ Pitch & Putt

Football

*Weightlifting / (4x3)
Strength training*

- (b) A new Sport and Leisure Centre has opened in your area. Name **three** members of staff needed and explain **one** duty of each. (12 marks)

Staff Member *Manager* (2)

Duty *Supervise staff* (2)

Staff Member *Receptionist* (2)

Duty *Answer customer questions* (2)

Staff Member *Fitness instructor* (2)

Duty *Organise fitness classes* (2)

Any appropriate staff member and corresponding duty

- (c) What advice would you give to the designer of a new Sports and Leisure Centre to help make sure the following areas are suitable for wheelchair users? (14 marks)

Inside the Building: *Wide doorways/ramps/elevator/handles at appropriate height* (5)
Up to 5 marks

Car Park: *Designated car parking spaces / extra wide / near the entrance* (5)
Up to 5 marks

Outside Pathways: *Ramps/appropriate gradient/firm surface/support railings* (4)
Up to 4 marks

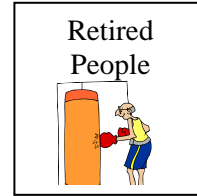
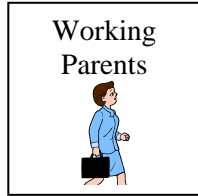
- (d) Name and describe **three** places in your county which might attract tourists. (12 marks)

Up to 4 marks for quality of description. Either one well developed point or two short points
(4) +(4)+ (4)

Question 3

(50 marks)

(a)



For each of the groups above, explain **two** factors that might limit their taking part in Active Leisure activities. (12 marks)

Working Parents

Two relevant qualified factors e.g. *lack of time / availability of babysitter* (3) + (3)

Retired People

Two relevant qualified factors e.g. *shortage of money / availability of transport*
Health factors (3) + (3)

(b) Take **one** group in (a) above and describe **three** ways to help them take more part in Active Leisure activities. (12 marks)

Any three relevant developed factors e.g. *easy access / provide a crèche* (4) + (4) + (4)

(c) You are planning an active Summer Camp for children aged 9 – 11. Choose **two** activities you would include and give **two** reasons for including each. (12 marks)

Choice of activity 1 – two appropriate reasons (2) + (2) + (2)

Choice of activity 2 – two appropriate reasons (2) + (2) + (2)

(d) Choose one activity from (c) above and list the equipment required and the safety factors you need to take into account. (14 marks)

Activity: Any appropriate activity
Equipment: *Footballs / Bibs / Cones etc. (any four)* (1)+(2)+(2) + (2)
Safety factors: *No jewellery / Proper footwear / safe surface etc. (any four)*
(1)+(2)+(2) + (2)

Safety factors must relate to equipment

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** muscle in the upper arm. *Biceps* (2)
- (b) Identify **one** place on the body where the pulse can be found. *Wrist* (2)
- (c) Does the pulse rate get quicker or slower during exercise? *Quicker* (2)
- (d) What mineral is necessary to keep bones strong and healthy? *Calcium* (2)
- (e) What component of fitness is most important for gymnastics? *Suppleness* (2)
- (f) Is long distance swimming an *aerobic* or an *anaerobic* activity? *Aerobic* (2)
- (g) Define *flexibility*. *The range of mobility around a joint / the ability to stretch, bend or twist the body easily* (2)
- (h) Name **one** type of eating disorder. *Bulimia* (2)
- (i) Where in the body are the abdominal muscles? *Stomach area/ trunk* (2)
- (j) Why are carbohydrates important in the diet? *Provide energy / as part of a balanced diet* (2)

Question 5

(50 marks)

- (a) Strength is a component of fitness. Define *strength* and name **three** Active Leisure activities where strength is important. (14 marks)

Strength *The amount of force exerted by a muscle* (4)

Any three appropriate activities where strength is the dominant component (3)+(3)+(4)

- (b) Explain **three** benefits of a healthy active lifestyle. (12 marks)

Any three distinct appropriate benefits (*better health qualified / healthy heart / fitter / Better body shape/ look & feel better / improved self-image etc.*)
(4) + (4) + (4)

- (c) Give **three** reasons for doing a warm-up **before** an exercise session. (12 marks)

Any three appropriate reasons (4) + (4) + (4)

(*prepares the body for exercise by increasing temperature / increases pulse rate/blood flow / helps prevent injury*)

- (d) Give **three** reasons for doing a cool-down **after** an exercise session. (12 marks)

Any three appropriate reasons (4) + (4) + (4)

(*allows body to recover gradually to resting level / helps return of blood from muscles to heart / helps recovery and injury prevention*)

Question 6

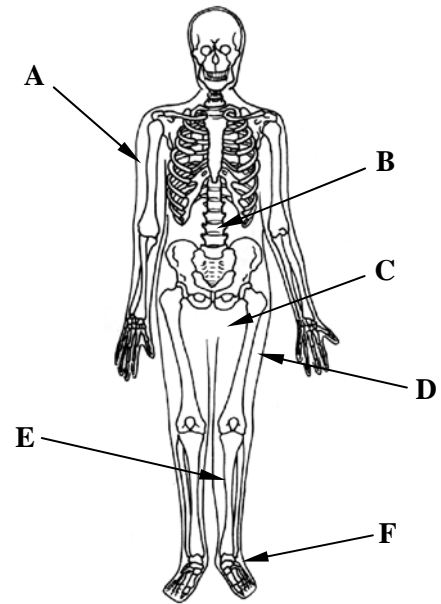
(50 marks)

(a)

Look at the diagram of the human skeleton on the right. Insert the labels **A, C, D, E** and **F** to give the correct location of the body parts listed in the table below. One example (**B**) has been completed.

(15 marks)
(5x3)

Body part	Location	Mark
Abdomen	B	-
Achilles tendon	<i>F</i>	3
Calf	<i>E</i>	3
Groin	<i>C</i>	3
Hamstring	<i>D</i>	3
Triceps	<i>A</i>	3



(b)

A friend of yours eats lots of crisps, sweets and biscuits, drinks a lot of fizzy drinks and is inactive. Outline **two** pieces of advice you would give your friend about a healthy lifestyle and give **one** reason for each piece of advice. (10 marks)

Advice 1 (dietary) and valid reason

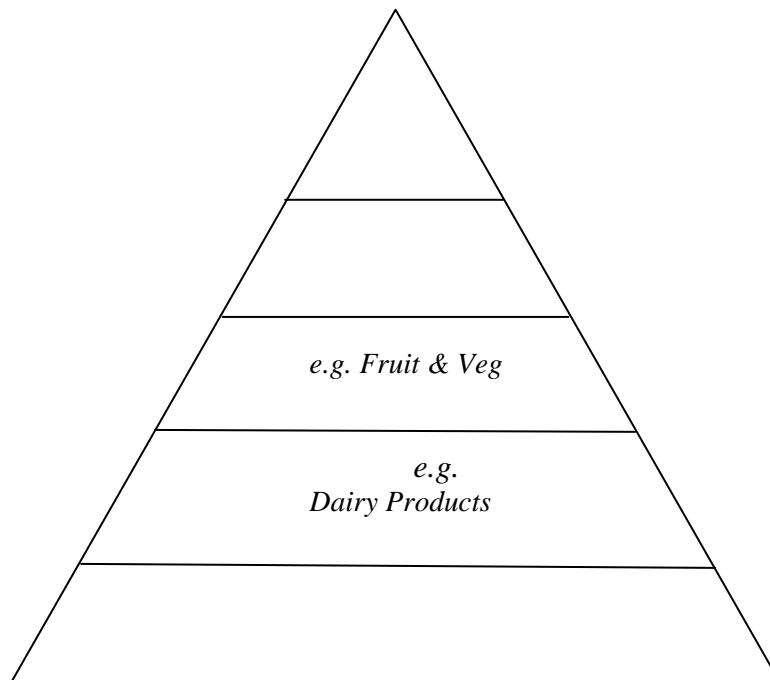
(1) + (4)

Advice 2 (activity related) and valid reason

(1) + (4)

- (c) Fill in **two** items of food on each line of the food pyramid. Start at the bottom showing foods that you should eat more of, and end at the top showing foods you should eat less of. (15 marks)

(2+1) X 5



- (d) Describe a test to measure any component of fitness. (10 marks)

Component of fitness *e.g. stamina* (4)

Description of test *e.g. Bleep Test.* (6)

- *You need 2 cones, an area at least 20 metres in length, a Bleep Test tape or CD and a tape or CD player.*
- *Place 2 cones 20 metres apart.*
- *A person stands at one cone.*
- *When he/she hears a bleep from the tape he/she must run to and reach the other cone before the next bleep. The time between beeps gets shorter as the test progresses through various levels starting with level 1.*
- *When the person cannot reach a cone before a bleep, the test is finished. Record the level he/she finished at.*

Allow up to 6 marks for description of the test. Must refer to set-up / implementation and measurement.

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) Identify **three** dangers for the swimmers. (12 marks)

1. *Diving in shallow end* (4)

2. *Running on deck* (4)

3. *Loose rope* (4)

(b) Name **two** types of infection which may occur in people who use swimming pools. In each case, give advice to help prevent the infection. (12 marks)

Infection *Eye infection* (3)

Advice *Wear goggles* (3)

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

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

(c) A group of teenagers has gone to a lake for a swim. Give **four** guidelines they should follow to stay safe. (16 marks)

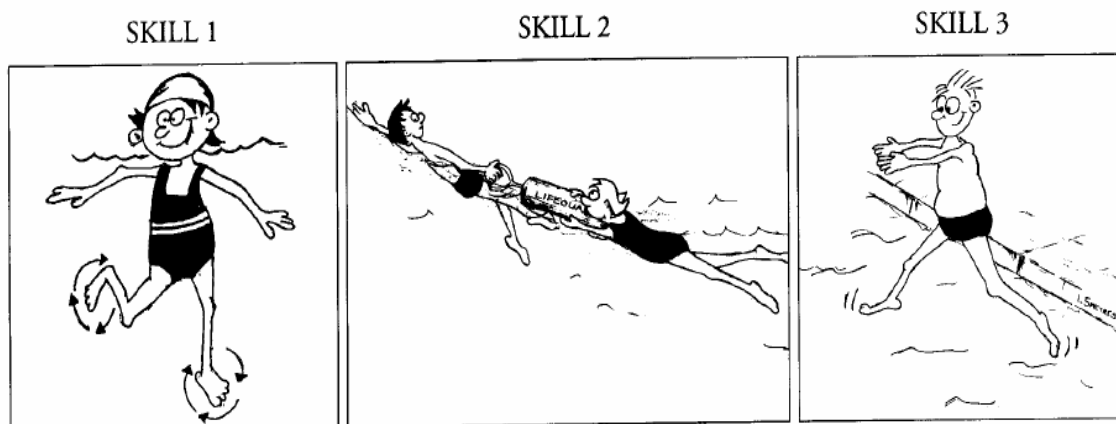
Any four appropriate guidelines (4) + (4) + (4) + (4)

No swimming after a meal / no swimming after alcohol / check for underwater hazards before diving into water e.g. hidden rocks / look out for the safety of each member of the group / check weather forecast / look for danger signs etc.

(d) Explain **two** important qualities you would expect to find in a lifeguard. (10 marks)

Any two appropriate qualities
Strong swimmer / high level of fitness etc. / stays alert / qualified (5) + (5)

- (a) Look at the drawings below and name **two** of the three lifesaving skills. (10 marks)



Treading Water

Towing

Straddle Entry

(5x2)

- (b) Explain how or why the **two** skills you selected are used in lifesaving. (12 marks)

Treading water – Keep subject in sight / able to reassure / give instructions

Towing - Tow subject to safety / reassure / give instructions

Straddle Entry - Keep subject in sight

Any two of the above

(6 + 6)

- (c) Select **one** stroke from the two below and explain **two** coaching points for that stroke. (12 marks)

FRONT CRAWL

BREASTSTROKE

Stroke *Front Crawl*

Breaststroke

Point 1 *Hands big and flat*

Fingers together

Point 2 *Kick from hip*

Rhythm is pull then kick; pull, kick

Any two of the above

(6 + 6)

- (d) Name **one** career in the Aquatics area and give the following information: (16 marks)

Career *Lifeguard* (4)

Qualification needed *Life-saving Certificate / child protection course* (4)

Training/Education *Follow recognized and approved course / first aid* (4)

Job description *Any two relevant points* (2) + (2)

Keep public safe in pool / beach environment / ensure safety rules are followed/rescue people in difficulty / maintain life-saving equipment

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9

(50 marks)

You have been given responsibility for arranging a three-day outdoors activity trip for a group of young adults. You have use of a minibus for transport. The area of Kerry given in the map provided will be the location for the trip. The six-figure grid reference of the castle near Killaha (top right of map) is 048864 and is given as an example.

Study the map provided and answer the following questions:

- (a) Select a suitable starting point where the group could be dropped off from the minibus to start a hill walk and a suitable finishing point where they could be collected. What is the approximate length of the walk in kilometres? About how many hours would you expect the hill walk to take? (12 marks)

Starting Point Grid reference *As appropriate* (3)

Finishing Point Grid reference *As appropriate* (3)

Approximate length of the walk *As appropriate* km (3)

Approximate time for walk *As appropriate* hours (3)

- (b) Select a suitable spot to camp overnight and give a six-figure grid reference for the spot. Give **two** reasons for your selection. (12 marks)

Grid reference *As appropriate* (4)

Any two appropriate reasons (4) + (4)
e.g. *suitability of site / terrain / safety / accessibility*

- (c) Select, using six-figure grid references, a suitable place for **one** water-based outdoor education activity. Give **one** reason for your selection. (12 marks)

Name of water-based activity canoing / sailing / windsurfing etc (4)

Grid reference *As appropriate* (4)

Reason for selection *As appropriate e.g. safety / accessible* (4)

- (d) Name **two** essential items of equipment *or* clothing used in a land-based activity of your choice. Give **one** important feature of each piece of equipment and **one** important piece of advice for the care of that piece of equipment. (14 marks)

Land-based activity	<i>Any appropriate activity e.g. hill-walking</i>	
Item 1	<i>e.g. Boots</i>	(3)
Important feature	<i>Strong/waterproof/support the ankle/comfortable</i>	(2)
Care advice	<i>Clean after use/dry away from direct heat/store carefully</i>	(2)
Item 2	<i>As appropriate</i>	(3)
Important feature	<i>As appropriate</i>	(2)
Care advice	<i>As appropriate</i>	(2)

Question 10

(50 marks)

- (a) Describe **three** basic safety precautions that should be taken when organising any adventure activity. (12 marks)

Any three appropriate precautions (4) + (4) + (4)
Study weather forecast / activity is appropriate to ability level / leave details with responsible person / take first-aid kit / stay together

- (b) Explain **three** ways that careless hill walkers could damage the environment. (12 marks)

Any three appropriate responses (4) + (4) + (4)

e.g. Rubbish – damage vegetation/injures fauna/unsightly / camp fires – burns vegetation/cutting of trees for fuel / leaving gates open – allows livestock to stray / exposure to injury

- (c) List **five** things you would expect to find in a First Aid box. (12 marks)

Any five appropriate responses (3)+ (3)+(2)+ (2)+(2)

Bandage / plasters / scissors / gloves (latex) / antiseptic wash (wipes) / cold packs etc., as appropriate.

- (d) You have been asked to help to write a brochure to promote adventure holidays in Ireland. Outline **four** advantages Ireland has that might attract visitors to come here for adventure holidays. (14 marks)

Any four appropriate advantages related to adventure (4)+ (4) + (3)+ (3)
Mountaineering / windsurfing etc

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 *Any appropriate game e.g. soccer*

Question 11

(50 marks)

- (a) In a team game, each player has a particular position. Name **three** positions in your game. (12 marks)

e.g. goalkeeper / defender / attacker (4)+(4) +(4)

- (b) Choose **two** positions from (a) above and explain **two** roles of the player in each position. (18 marks)

Position 1 *e.g. goalkeeper* (3)

Role 1 *make saves* (3)

Role 2 *take goal kicks* (3)

Position 2 *as appropriate* (3)

Role 1 *as appropriate* (3)

Role 2 *as appropriate* (3)

- (c) A coach usually tells each player where to stand on the pitch so the team can play in a certain formation or line-up. Mark in the position of each player and explain a team formation or line-up. (10 marks)

e.g.

	<i>d</i>	<i>m</i>	
	<i>d</i>	<i>m</i>	<i>a</i>
<i>gk</i>	<i>d</i>	<i>m</i>	<i>a</i>
	<i>d</i>	<i>m</i>	

Positions: allow up to 4 marks

Explanation: allow up to 6 marks (3+3)

e.g. 4-4-2 formation// goalkeeper,4 defenders, 4 midfielders 2attackers

(d) Explain **two** ways a player might win the ball from the opposing team. (10 marks)

Any two valid ways explained appropriately (5)+(5)
e.g. win ball in tackle / intercept a pass intended for an opponent / breaking ball etc.

Question 12 (50 marks)

(a) Describe a suitable warm-up before a match for an under-14 team. (15 marks)

3 points described e.g. easy jogging / stretches / practice using football (5+5+5)

(b) Select **one** passing skill from your game. Explain, with the help of a diagram, a drill your team could use to practice this skill. (13 marks)

Skill *e.g. side-foot pass, as appropriate* (3)

Description of drill: up to 10 marks (10)
e.g. players in pairs standing at cones 15 metres apart / pass football over and back to each other using side of foot

(c) Describe a situation in a match where, and how, the skill named in (b) above would be used. You may use a diagram to help your description. (10 marks)

Match situation *e.g. midfielder/player in possession of ball* (5)

How the skill is used Allow up to 5 marks for description of technique and skill execution
e.g. midfielder passes ball forward to attacker using sidefoot pass / non-kicking foot beside ball / strike ball with inside of foot / follow through in direction of intended pass / arms used for balance Diagram, as appropriate, but not essential

(d) Explain the proper way in which a substitution is made in your game. (12 marks)

Player coming on *e.g. player notifies match official and player comes onto pitch when he receives permission* (4)

Player going off *Player leaves pitch when instructed to by manager and when match official gives permission* (4)

Referee *Match official must give permission in order for substitution to be made* (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 *e.g. badminton*

Question 13

(50 marks)

- (a) Name and describe **two** types of competition used in your game. (14 marks)

Type of competition *e.g. knock-out cup / league / round robin* (3)

Description *all names put into hat / first name drawn plays second etc. / players eliminated round by round / last two players play final* (4)

Type of competition *e.g. ladder* (3)

Description *Players listed on ladder in order of ability/ best on top at number 1 / player moves up ladder by challenging player immediately above who must accept challenge* (4)

- (b) Name **two** match officials from your game and describe their roles. (14 marks)

Official 1 *e.g. umpire* (4)

Role *Keep score / apply rules* (3)

Official 2 *e.g. line judge* (4)

Role *Decide if shuttle which lands close to tramline is in or out / assist umpire* (3)

- (c) Name an attacking shot and, using a diagram to help, describe a drill to practice this shot. (10 marks)

Name of shot *e.g. smash.* (5)+ (5)

Description of drill *Allow up to 5 marks for description of drill* (5)
Players in pairs / one on each side of net / one player hits high to midcourt / other player smashes / Diagram, as appropriate

- (d) Describe the scoring system in your game. (12 marks)

Match is scored in points / only server may score / first to 13 or 15 points wins set / 3 sets in match. Allow up to 12 marks for description. Four points required. (12)

Note: if a candidate incorrectly identifies or confuses invasion / net fielding games, mark as per the marking scheme and deduct 50% of marks awarded for the question.

Question 14**(50 marks)**

(a) In the box below, draw and label the court / ground lines for your game. (12 marks)
Allow up to 12 marks for accurate drawing and labelling
No labelling: allow up to 8 marks

(b) Name **two** pieces of equipment or clothing used in your game. Explain **two** pieces of advice you would give to someone buying each piece of equipment. (16 marks)

Equipment *e.g. racquet* (4)

Advice 1 *e.g. suitable weight / string tension* (2)

Advice 2 *e.g. store properly / care advice* (2)

Equipment - Advice 1 - Advice 2 (4) + (2) + (2)

(c) Name **one** career in your game and give the following information: (13 marks)

Career *e.g. Coach* (4)

Qualification needed *Appropriate coaching qualification / child protection course* (3)

Training/Education *Complete coaching course offered by National Governing Body / first aid course* (3)

Job description *Organise coaching sessions / coach beginner classes / help players improve / advise on training and diet / advise on equipment / keep up to date* (3)

(d) Describe **two** roles of a coach or manager *during* a game. (9 marks)

Role 1/ Role 2 *e.g. offer encouragement / give tactical advice* (5) + (4)