



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2006

Vocational Specialism – Active Leisure Studies (240 marks)

Thursday, 15th June 2006
Morning 9.30am to 11.00am

General Directions

Write your EXAMINATION NUMBER in this space:

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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

Choose 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

For the Examiner only

		Mark
Section 1	Question 1	
	Question 2	
	Question 3	
Section 2	Question 4	
	Question 5	
	Question 6	
Section 3	Question 7	
	Question 8	
Section 4	Question 9	
	Question 10	
Section 5	Question 11	
	Question 12	
Section 6	Question 13	
	Question 14	

<i>For the Superintendent only</i>	<i>For the Examiner only</i>	
Centre Stamp	1. Total of end of page totals.	
	2. Aggregate total of all disallowed questions.	
	3. Total mark awarded (1 minus 2)	
	4. Bonus mark for answering through Irish (if applicable)	
	5. Total mark awarded if Irish Bonus. (3 + 4)	
	Note: The mark in row 3 (or row 5 if an Irish bonus is awarded) must equal the mark in the Mór-Iomlán box on the script.	

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.

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



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

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

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

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

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

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

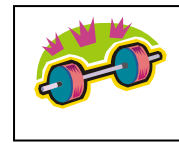
- (i) Give **one** reason why a club should have a constitution.

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

Question 2

(50 marks)

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



- (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 _____

Duty _____

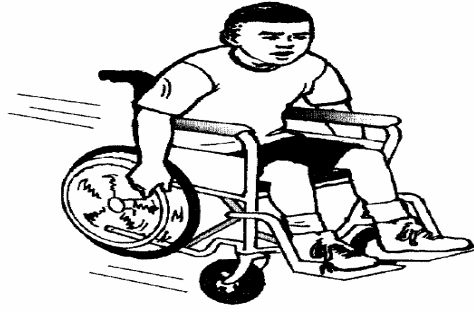
Staff Member _____

Duty _____

Staff Member _____

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 _____

Car Park _____

Outside Pathways _____

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

Name _____

Description _____

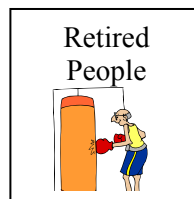
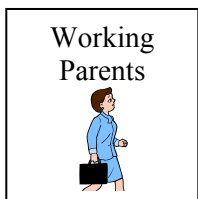
Name _____

Description _____

Name _____

Description _____

(a)



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

Working Parents

Factor 1 _____

Factor 2 _____

Retired People

Factor 1 _____

Factor 2 _____

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

Name of Group _____

1. _____

2. _____

3. _____

- (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)

Activity 1 _____

Reason 1 _____

Reason 2 _____

Activity 2 _____

Reason 1 _____

Reason 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 _____

Equipment	Safety Factors
_____	_____
_____	_____
_____	_____
_____	_____

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

(20 marks)

Question 4

(a) Name **one** muscle in the upper arm.

(b) Identify **one** place on the body where the pulse can be found.

(c) Does the pulse rate get quicker or slower during exercise?

(d) What mineral is necessary to keep bones strong and healthy?

(e) What component of fitness is most important for gymnastics?



(f) Is long distance swimming an *aerobic* or an *anaerobic* activity?

(g) Define *flexibility*.

(h) Name **one** type of eating disorder.

(i) Where in the body are the abdominal muscles?

(j) Why are carbohydrates important in the diet?

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 _____

Activity 1 _____

Activity 2 _____

Activity 3 _____

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

(12 marks)

Benefit 1 _____

Benefit 2 _____

Benefit 3 _____

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

1. _____

2. _____

3. _____

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

1. _____

2. _____

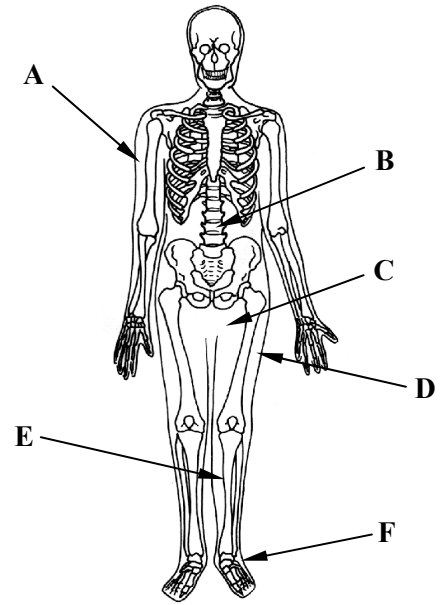
3. _____

Question 6

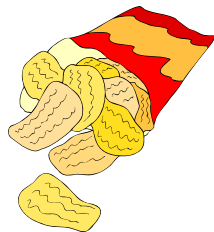
(50 marks)

(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)

Body part	Location
Abdomen	B
Achilles tendon	
Calf	
Groin	
Hamstring	
Triceps	



(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)



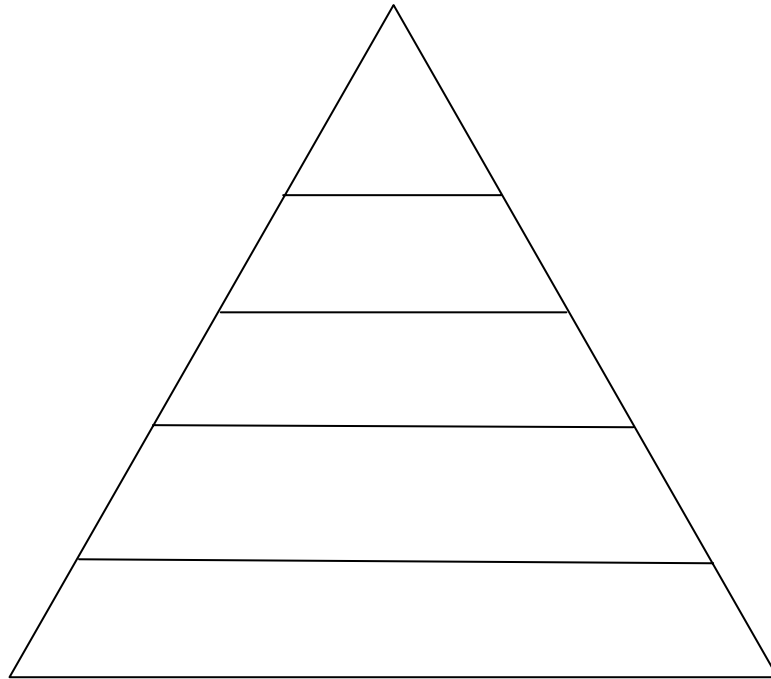
Advice _____

Reason _____

Advice _____

Reason _____

- (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)



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

Component of fitness _____

Description of test _____

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) Look at the drawing below. Identify **three** dangers for the swimmers.

(12 marks)

Shallow End



1. _____

2. _____

3. _____

(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)

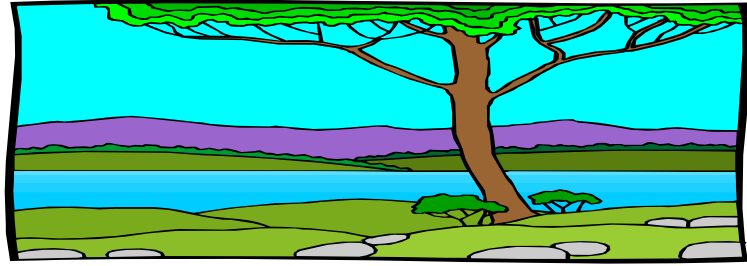
Infection _____

Advice _____

Infection _____

Advice _____

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



1. _____

2. _____

3. _____

4. _____

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

1. _____

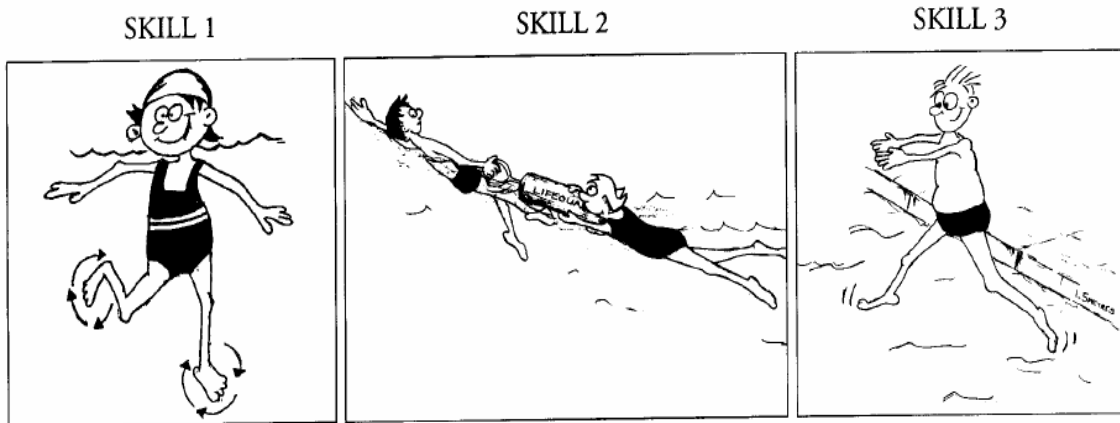
2. _____



Question 8

(50 marks)

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



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

Skill _____

Use _____

Skill _____

Use _____

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

FRONT CRAWL

BREASTSTROKE

Stroke _____

Point 1 _____

Point 2 _____

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



Career _____

Qualification needed _____

Training/Education _____

Job description _____

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 _____

Finishing Point Grid reference _____

Approximate length of the walk _____ km

Approximate time for walk _____ hours

- (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 _____

Reason 1 _____

Reason 2 _____

- (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 _____

Grid reference _____

Reason for selection _____

- (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 _____

Item 1 _____

Important feature _____

Care advice _____

Item 2 _____

Important feature _____

Care advice _____

Question 10

(50 marks)

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

1. _____

2. _____

3. _____

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



1. _____

2. _____

3. _____

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

1. _____
2. _____
3. _____
4. _____
5. _____

(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)

1. _____

2. _____

3. _____

4. _____

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 _____

Question 11

(50 marks)

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

1. _____

2. _____

3. _____

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

Position 1 _____

Role 1 _____

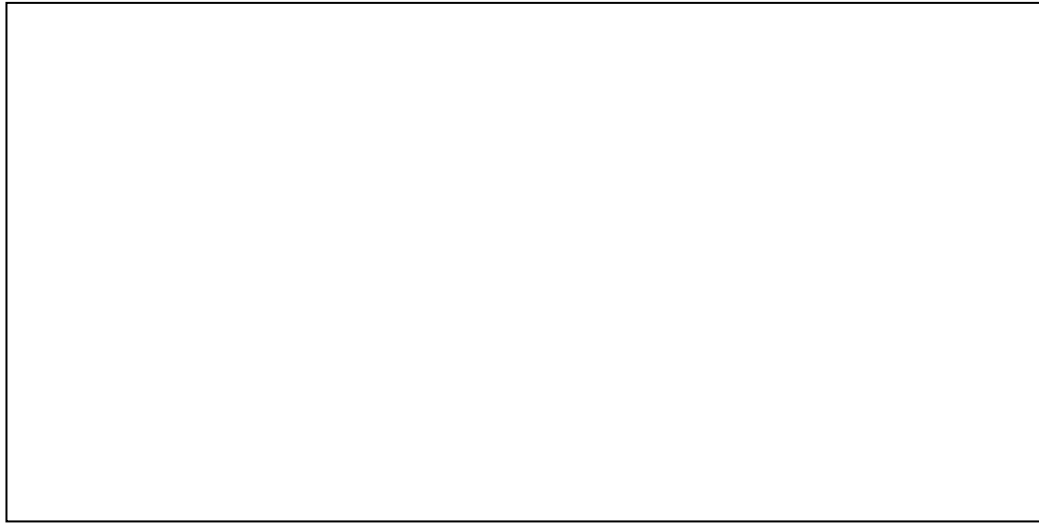
Role 2 _____

Position 2 _____

Role 1 _____

Role 2 _____

- (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)



Explanation _____

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

1. _____

2. _____

Question 12

(50 marks)

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

(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 _____



Description of drill _____

- (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 _____

How the skill is used _____

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

Player coming on _____

Player going off _____

Referee _____

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 _____

Question 13

(50 marks)

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

Type of competition _____

Description _____

Type of competition _____

Description _____

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

Official 1 _____

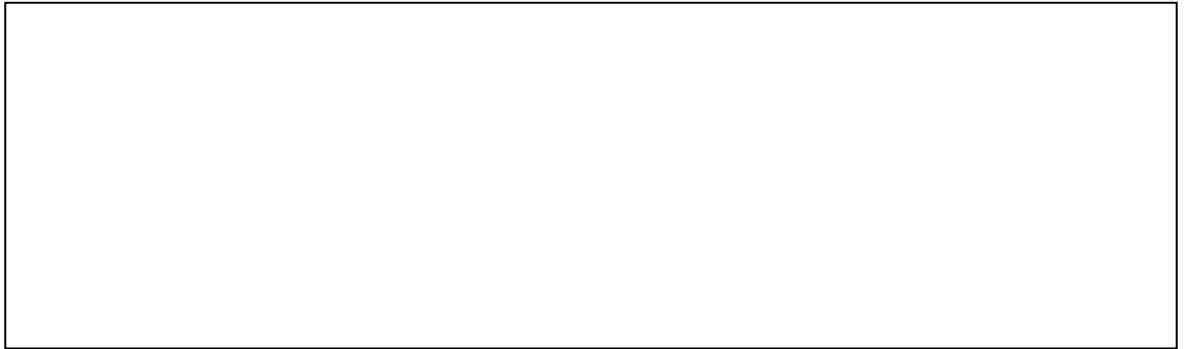
Role _____

Official 2 _____

Role _____

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

Name of shot _____



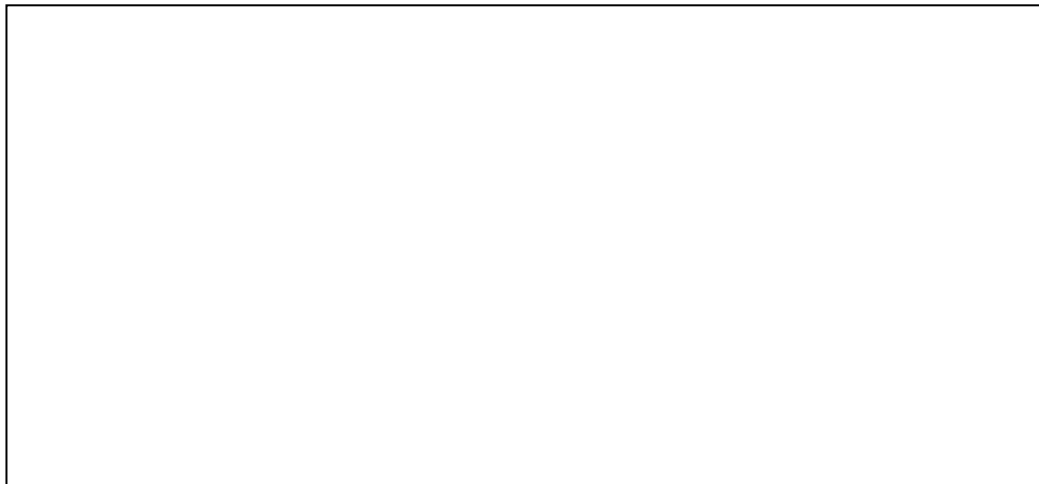
Description of drill _____

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

Question 14

(50 marks)

- (a) In the box below, draw and label the court/ground lines for your game. (12 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 _____

Advice 1 _____

Advice 2 _____

Equipment _____

Advice 1 _____

Advice 2 _____

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

Career _____

Qualification needed _____

Training/Education _____

Job description _____

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

Role 1 _____

Role 2 _____

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