

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.
- 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 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 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.

Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

Question 1.

(20 marks)

- (a) Name the organisation responsible for the promotion, development and coordination of sport in Ireland.

The Irish Sports Council (2)

- (b) A private leisure facility is normally run to make a profit. Indicate whether this statement is *true* or *false* by ticking the correct box.

True False (2)

- (c) State **one** source of finance (income) for the day to day running of a public leisure facility.

The government / local city council (2)

- (d) Explain what is meant by a *professional sports person*.

A person who receives payment for playing sport (2)

- (e) Give **one** advantage of having a retractable roof on an outdoor stadium.

Competitions / matches / games can continue in inclement / bad weather (2)

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

To ensure all members know and adhere to the club rules. (2)

- (g) Why do staff working in the leisure industry need to be trained in first aid?

To deal with any injuries or accidents that may occur. (2)

- (h) Most leisure facilities have early and late opening hours. Why is this important?

To cater for people who cannot use the facility during the daytime. (2)

- (i) Name any **two** facilities which provide active leisure activities.

1. *Swimming Pool* 2. *Tennis Club* (2)

- (j) State **one** benefit of participation in active leisure activities.

Any social, physical or psychological benefit e.g. make new friends. (2)

Question 2.**(50 marks)**

- (a) Leisure centres are used for a variety of different activities. Complete the table below by inserting a suitable activity for each of the people listed. State why you selected each activity for each person. One has been completed for you.

(16 marks)

Person	Activity (2)	Reason why activity selected (2)
Professional dancer	<i>Pilates</i>	<i>To help with flexibility</i>
Boxer	<i>Weight training (2)</i>	<i>To gain muscle for next fight (2)</i>
A 65 year old man	<i>Bowls (2)</i>	<i>To socialise with friends (2)</i>
A pregnant woman	<i>Pilates (2)</i>	<i>Light exercise to maintain good health during pregnancy (2)</i>
A marathon runner	<i>Cardiovascular workout (2)</i>	<i>To increase muscle endurance in preparation for the race (2)</i>

- (b) State **one** role of each club officer listed below.

(12 marks)**Chairman***Takes charge of meetings such as the AGM.***(3)****Treasurer***Manages the financial affairs of the club.***(3)****Child Protection Officer***Ensures child protection policy is adhered to by all members of the club.***(3)****Secretary***Takes minutes at board / executive meetings /AGM.***(3)**

(c) Describe **three** ways a Public Relations Officer might gain publicity for a sports club.

(9 marks)

1. *They could organise a family fun / sports day for members and their families. (3)*

2. *The officer could place results or recent success in the local newspaper. (3)*

3. *The officer could produce leaflets / flyers about the club outlining what the club offers and distribute them in the local area. (3)*

(d) Describe how each of the following may influence the amount of leisure time available to people.

(13 marks)

Work patterns

(5)

People working flexible hours can avail of more leisure time.

Working long hours could reduce the likelihood of leisure time.

Technology

(4)

People don't have to travel, use of fitness DVDs / smart phone exercise apps allows people to engage in leisure activities at home.

Use of developments such as online shopping provides more time for leisure.

Use of computer games / social media has decreased leisure time for some people.

Early retirement

(4)

More time to spend engaging in leisure activities at home.

More time to go on leisure holidays.

More money from retirement fund to spend on leisure activities.

Question 3.**(50 marks)**

- (a) Name **three** active leisure activities that are popular in Ireland and give **one** reason why each activity is popular. (12 marks)

Activity 1 *Gaelic Games* (2)

Reason *The local GAA club is at the heart of many Irish communities and people want to feel part of it through playing or volunteering.* (2)

Activity 2 *Golf* (2)

Reason *The development of many excellent golf courses across the country has increased its popularity.* (2)

Activity 3 *Boxing* (2)

Reason *The success of Olympic medalists such as Katie Taylor has increased participation and the popularity of the sport.* (2)

- (b) Lifestyle choices affect health. Identify **four** lifestyle choices that have a positive effect on health. (12 marks)

1. *Eat a balanced healthy diet.* (3)

2. *Take regular exercise.* (3)

3. *Avoid smoking.* (3)

4. *Meditation.* (3)

- (c) Name **two different** injuries that might occur during a summer sports camp for children. Suggest a suitable first aid treatment for each injury. (12 marks)

Injury 1 *Graze on the knee* (2)

First Aid treatment *Stop the bleeding, clean the wound, apply a plaster.* (2+2)

Injury 2 *Nose bleed* (2)

First Aid treatment *Lean person forward, pinch the bridge of the nose for 10 minutes and assess patient.* (2+2)

(d) A talented young sportsperson was forced to retire early due to an injury.

Describe **three** ways in which this person can continue to be involved in their sport.

(14 marks)

1. *They could obtain coaching badges in their chosen sport and coach under age teams / individuals / performers / athletes.* (5)
2. *They could complete training in the media industry and work as a television pundit a radio commentator or a print journalist.* (5)
3. *They could work for the National Governing Body in their chosen sport as a sport promotions officer, an ambassador or a referee.* (4)

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

(a) How many beats per minute is considered to be a person's normal resting heart rate?

60-80 beats per minute (2)

(b) Name a fitness test used to measure *flexibility*.

The sit and reach test (2)

(c) Name the muscle labelled **X** opposite.

Bicep muscle (2)

(d) Why do fitness instructors use *Physical Activity Readiness Questionnaires* (PAR-Q) for new gym members?

For the purpose of screening to test individual fitness levels / check for any medical issues. (2)

(e) Name **two** places on the body where a pulse rate can be taken.

1. Wrist (radial) 2. Neck (carotid) (2)

(f) Which of the following is a test of *power*? Tick the correct box.

Sargent jump test 30m sprint test Harvard step test (2)

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

Calcium (2)

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

To stay hydrated / avoid dehydration. (2)

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

Anorexia nervosa / Bulimia / Obesity (2)

(j) Which of the following components is **most** important for weightlifting?

Tick the correct box.

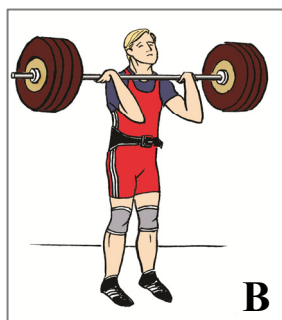
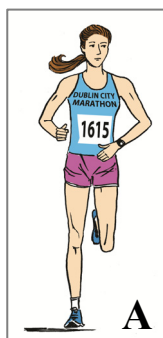
Speed Reaction time Power (2)

Question 5.

(50 marks)

- (a) Match the sportsperson below to the most appropriate statement relating to diet, by writing the correct letter in the box provided.

(6 marks)



My diet is high in protein in order to build up muscle.

B

(2)

My diet is high in carbohydrates to ensure I can keep going.

A

(2)

Keeping my weight down, so I can make weight for my sport, is always a problem.

C

(2)

- (b) The human body needs a range of nutrients to help it function properly. State how each of the following nutrients help the human body to function.

(6 marks)

Carbohydrates

Carbohydrates are needed to give the body energy.

(3)

Protein

Protein assists with growth and repair of the body.

(3)

- (c) Exercise can have short-term or long-term effects on the body. List **five** effects of exercise on the body.

(10 marks)

1. *Raised body temperature.* (2)
2. *Increase in pulse rate.* (2)
3. *Heart muscle increases in size and strength.* (2)
4. *Muscles get bigger (hypertrophy.)* (2)
5. *Increased rate of breathing.* (2)

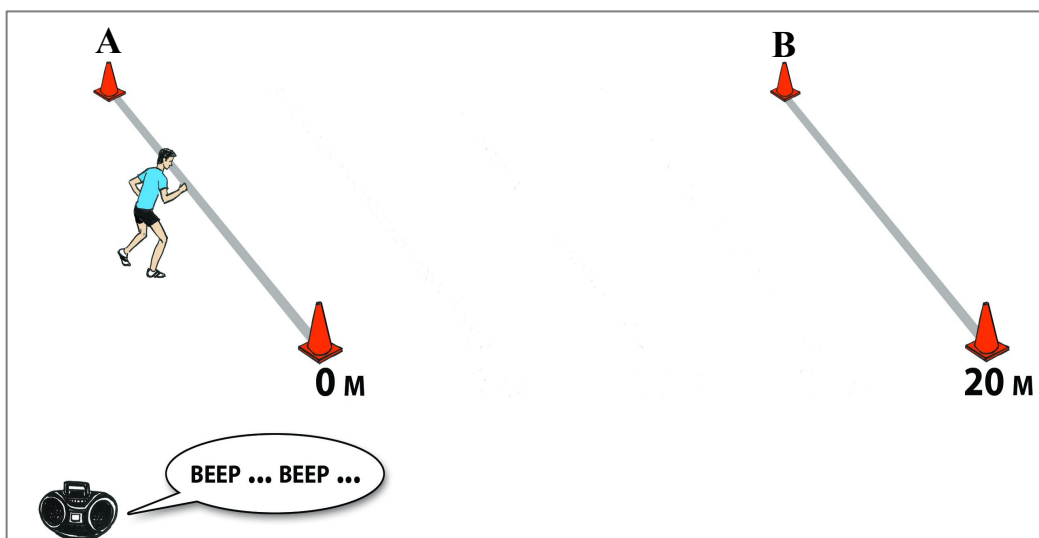
Question 6.

(50 marks)

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

(12 marks)

The Multistage Fitness Test



What distance are participants required to run for each shuttle (A to B) during the test?

20 metres (2)

Name **one** leg muscle used during this type of test. **Hamstring muscle** (3)

Which of the following components of fitness is this type of test most suitable for measuring?
Tick the correct box.

Cardiovascular Endurance Flexibility Agility (3)

Describe why this component of fitness is important for sporting activities.

This component of fitness is important as the heart and lungs supply oxygen to the muscles during sporting activities allowing the body to exercise for long periods of time. It also helps people enjoy sporting activities without feeling too fatigued.

(4)

(b) State **one** reason why it is important for people participating in sporting activities to warm-up properly. (12 marks)

To prevent muscle injuries. (3)

What is the most suitable activity for starting a warm-up session?

Whole body exercise such as jogging to raise heart rate and body temperature. (3)

Describe any **two** stretching exercises suitable for a warm-up session.
You may use a drawing to help if you wish.

Stretching Exercise 1 ***Any appropriate stretch*** (3)

Stretching Exercise 2 ***Any appropriate stretch*** (3)

(c) State **three** ways a person who is participating in an exercise programme would know that their fitness levels are improving. (12 marks)

1. *The person's resting heart rate would decrease over time.* (4)
2. *They would obtain improved results in any fitness tests undertaken.* (4)
3. *They would notice decreased levels of fatigue whilst exercising (able to run for longer).* (4)

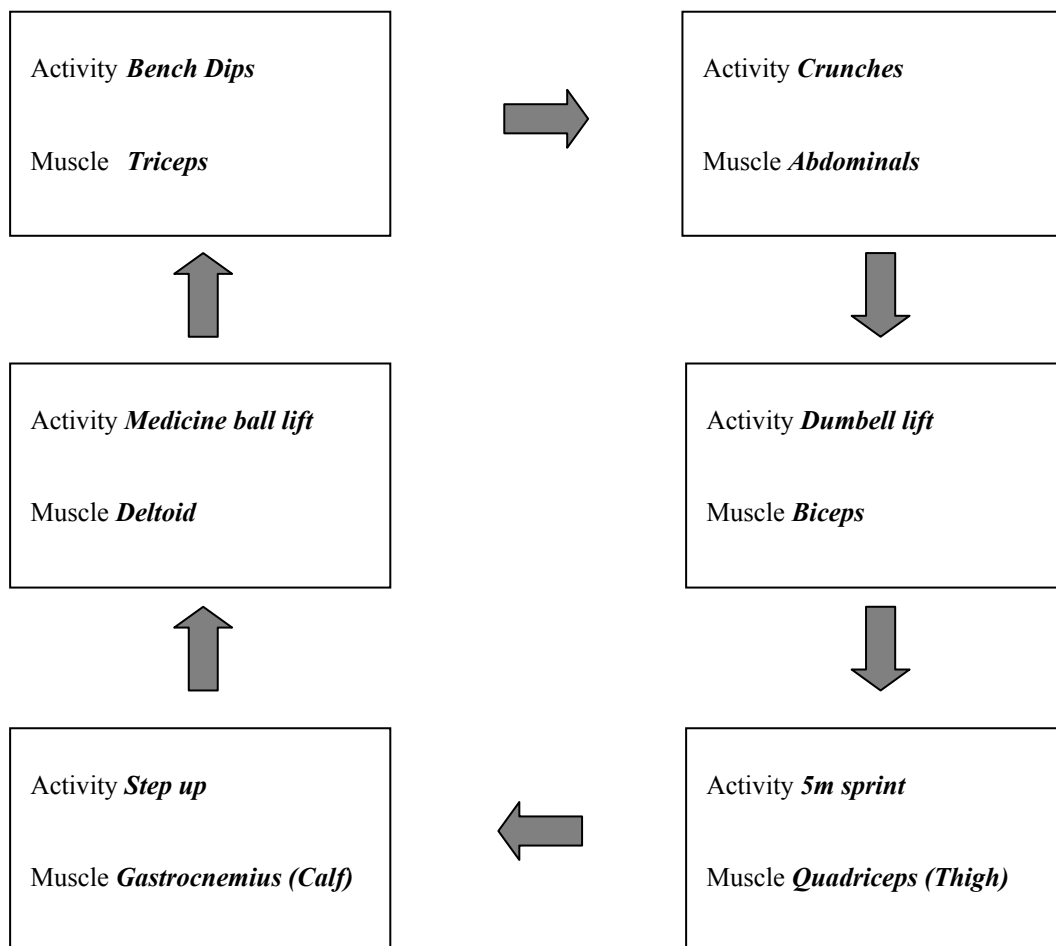
(d) Design a six-station circuit training session that would be suitable for a person who wants to improve their general fitness.

Name an activity for each of the six stations and name the muscle most associated with each of the activities in the spaces provided below.

(14 marks)

A Six Station Circuit Training Session

(1+1) for each activity and muscle named (12)



State **one** advantage of circuit training as an activity for improving fitness levels.

You can set the length of each activity to train the aerobic system, it is easy to organise. (2)

Answer any TWO Sections from Section 3, 4, 5 and 6.

Section 3 – Aquatics

(50 marks)

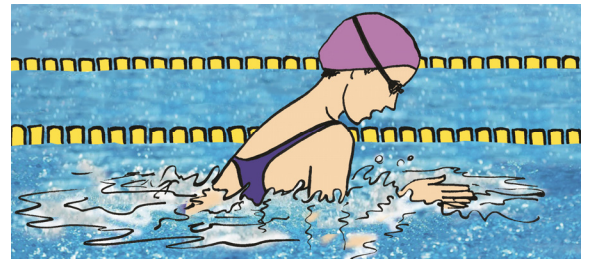
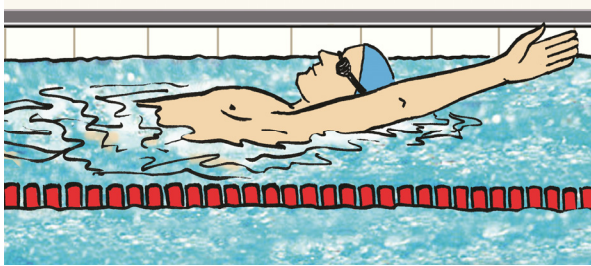
Answer **one** question in this section.

Question 7.

(50 marks)

(a) Name the **two** strokes shown below.

(12 marks)



Stroke 1 *Back stroke*

Stroke 2 *Breast stroke*

(2+2)

Choose **one** of the strokes above and state **two** points regarding arms and **two** points regarding legs that you would make when coaching this stroke.

- | | | | |
|------|----|-------------------------------------|------------|
| Arms | 1. | <i>Appropriate to stroke chosen</i> | (2) |
| | 2. | <i>Appropriate to stroke chosen</i> | (2) |
| Legs | 1. | <i>Appropriate to stroke chosen</i> | (2) |
| | 2. | <i>Appropriate to stroke chosen</i> | (2) |

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

(12 marks)

Game 1 *The underwater fingers game*

Children put their heads under the water and count the number of fingers the swimming teacher holds up and then relays the number back to the teacher.

(3+3)

Game 2 *Shark attack*

Children have to hide somewhere in the swimming pool and the person who is the shark has to tag the children on the arm before they swim back to the side.

(3+3)

(c) The person in the picture is performing a dive.

Describe **four** coaching points that you would make when coaching diving.

(12 marks)

1. ***Hold a streamlined position with your arms above your head.*** (3)
2. ***Keep your head down between your arms to prevent a belly flop.*** (3)
3. ***Toes should curl and grip the side of the pool to prevent slipping off the edge.*** (3)
4. ***Your fingers should be together and enter the water first.*** (3)

(d) Describe how you would carry out a water quality test in a swimming pool. Make at least **three** points.

(14 marks)

Using a commercial testing kit take a sample of the pool water from at least 45 cm deep in the pool. Analyse the water immediately by adding the solution and mixing well. Test the level of chlorine, PH and alkalinity. Compare the colour of each with the chart and ensure you keep a record by noting the reading the date and the time each time you test.

(4+4+4)

State **one** reason why is it important to regularly test the quality of water in a swimming pool.

Swimming in the water that hasn't been tested regularly may result in detrimental health effects such as minor skin rashes, sore throats, diarrhoea or more serious problems.

(2)

Question 8.

(50 marks)

- (a) What is meant by a *streamlined body position* when swimming?

(12 marks)

Placing your body into a position of least resistance when moving through the water. (3)

Why is a *streamlined body position* important when swimming?

Less resistance means you can move faster through the water (better propulsion) with less effort. (3)

State **two** points that you would make when coaching a *streamlined body position* to swimmers.

1. ***Place hand over hand, fingers over fingers and raise arms above your head so the biceps are tucked close to the ears. (3)***
2. ***Legs should be straight and feet pointed directly down. (3)***

- (b) Describe the advice regarding pool hygiene that you would give to children when using a swimming pool. Make at least **four** points.

(12 marks)

Shower before and after swimming to reduce the threat of contaminants.

Wear flip flops around the pool area or veruca socks in the water.

Those with illnesses such as diarrhea or gastroenteritis should not swim within two weeks of an outbreak.

Avoid swallowing pool water to combat the threat of illness.

Wear a hat whilst swimming to protect filters from getting blocked.

(3+3+3+3)

- (c) Answer each of the following questions relating to safety in the swimming pool.

(12 marks)

List **two** ways a beginner swimmer can ensure safe entry into the water.

1. ***Step in using the poolside steps. (3)***
2. ***The sitting swivel entry. (3)***

List **two** ways a lifeguard monitors safety in the swimming pool and its surrounding area.

1. ***Ensures all swimmers follow the pool rules. (3)***
2. ***Checks rescue equipment on a regular basis. (3)***

(d) A swimmer having slipped on the poolside is injured. They have gone into shock. (14 marks)

List **two** symptoms or signs of shock.

1. *Feeling lightheaded or dizzy.* (2)

2. *Rapid and shallow breathing.* (2)

Describe how you would treat a person who has gone into shock.
Make at least **three** points.

Lay the person down and elevate the feet.

Check Airway Breathing and Circulation.

Try to stop any bleeding.

Keep person warm.

Seek immediate medical help. (4+3+3)

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

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

The symbol on the Ordnance Survey map for a Post Office is **PO**. The grid references for the two Post Offices on this map are X 257 934 and X 264 933. These grid references are given as examples. A group of Outdoor Education students are going on a two-day expedition and you have been asked to co-ordinate their trip. The students will participate in two outdoor adventure activities on day one, camp overnight and go on a hill walk on day two. You have the use of a minibus for transport.

- (a) Choose **one** land-based outdoor adventure activity and **one** water-based outdoor adventure activity suitable for the group on the first day. Identify a suitable location on the map for each activity using a six-figure grid reference **or** a name on the map for this location. Give a reason for your choice of location for each activity.

(14 marks)

Land-based activity ***Orienteering*** (2)

Grid reference/Location ***X244972 / Kilgobnet*** (2)

Reason for location ***Good terrain*** (3)

Water-based activity ***Fishing*** (2)

Grid reference/Location ***X255945 / Colligan River*** (2)

Reason for location ***River is safe for fishing*** (3)

- (b) Identify a suitable location on the map, for the group to camp overnight and give a six-figure grid reference **or** a name on the map for this location. (12 marks)

Grid reference/Location ***X296923 / Wyses Point*** (3)

Give **one** reason for your choice of location.

Dedicated camp site featured on the map (3)

Describe any **two** ways that this expedition would benefit those taking part in it.

1. ***It would help to build social skills providing opportunities for people to make new friends, cooperate and talk.*** (3)
2. ***It would provide opportunities for people to learn new physical skills.*** (3)

(c) Select a suitable starting point and a suitable finishing point for the hill walk on day two.

Give a six-figure grid reference **or** a name on the map for each of these locations.

(12 marks)

Starting point Grid reference/Location *X268014 / North of the mast* (2)

Finishing point Grid Reference/Location *X275006 / Crohaun* (2)

State the direction in which you will be walking (North, South, East or West) when you start.

Direction *South* (2)

Describe how hill walkers could damage the environment.

Make at least **two** points.

They could cause damage to fences or walls which are livestock boundaries and expensive to repair. (3)

By going off the route walking on vegetation or soft ground. (3)

(d) As the group leader you are responsible for the safety of the group.

Describe **three** ways to ensure the group stays safe on this expedition.

(12 marks)

1. *Keep the numbers small approximately ten people or less at a time and no more than fifteen to allow for good monitoring.* (2+2)

2. *Ensure that all participants have the correct well maintained footwear / boots to ensure a comfortable walk.* (2+2)

3. *Ensure that all participants have appropriate clothing such as rain jacket or base layer thermal socks in case of bad weather.* (2+2)

Question 10.

(50 marks)

- (a) One of your key assignments was to complete an ‘Environmental Study’. Describe **three** things that you learned from your ‘Environmental Study’.

(12 marks)

1. *As appropriate* (4)
2. *As appropriate* (4)
3. *As appropriate* (4)

- (b) Select **one** activity from the list below, that you took part in this year, and answer each of the following with regard to this activity.

(12 marks)

rock climbing *canoeing* *hill walking*
orienteering *snorkelling* *sailing*

List **two** pieces of equipment used in your chosen activity and explain how each is used.

Equipment 1	<i>Appropriate to activity chosen</i>	(3)
Use	<i>Appropriate to activity chosen</i>	(3)
Equipment 2	<i>Appropriate to activity chosen</i>	(3)
Use	<i>Appropriate to activity chosen</i>	(3)

- (c) You have been asked to lead an Outdoor Education trip with a group of people who have never met before. Describe **one** team challenge game that could be used to build trust among the group before the trip. Make at least **three** points. (12 marks)

Zig zag circle

Everyone stands in a circle and tightly holds hands. Every second person falls backwards while the other players fall forwards. Then, players switch directions. The feet remain in a standing position and don't move. Goal: Trust that the decision works.

(4+4+4)

- (d) Name **two** careers in the Outdoor Education industry.
State the qualifications required for each career and provide a brief job description for each career named. (14 marks)

Career 1 *Kayaking/Canoe Instructor* (2)

Qualifications
Obtain Level 1 to Level 4 Kayak Instructors qualifications. (2)

Job description
kayaking instructors will teach students of all ages with varying levels of experience. Instruction occurs both on land and on the water. Instructors are expected to: inspect equipment before and after class, explain and demonstrate proper paddling technique, supervise and ensure the safety of students, keep records of attendance, and direct the students in cleanup. (3)

Career 2 *Mountaineer* (2)

Qualifications
Mountaineers instructors qualifications/First Aid/Survival. (2)

Job description
Instructors lead and teach groups on the proper safety measures and techniques of climbing on indoor climbing walls and mountain climbing. Act not only as climbing guides, but as a survival expert as well. (3)

Section 5 – Games 1 (Invasion)

(50 marks)

Answer **one** question in this section.

Question 11.

(50 marks)

- (a) Name a skill from your chosen invasion game and answer each of the following with regard to this skill.

(12 marks)

Skill

(3)

State **one** reason why this skill is important in your chosen invasion game.

As appropriate to the chosen skill

(3)

Describe a conditioned game that you might use in a training session, to help coach this skill.

As appropriate to the chosen skill

(3+3)

- (b) Name the National Governing Body for your chosen invasion game. (12 marks)

As appropriate to chosen invasion game

(3)

How does this National Governing Body promote participation in your chosen invasion game? Make at least **three** points.

Provides facilities and organises summer coaching camps.

Provides training for coaches.

Provides development officers to visit schools.

(3+3+3)

- (c) Explain **three** ways a coach in your chosen invasion game can help reduce the risk of injury to players. (12 marks)

1. *Ensure that all players wear safety equipment such as shin guards.* (4)

2. *Ensure that the playing surface is clear to play on.* (4)

3. *Ensure that a warm up is taken by all players.* (4)

- (d) Name **one** tactic used in your chosen invasion game. (14 marks)

Tactic

As appropriate to chosen invasion game

(3)

Indicate whether this tactic is used in attack **or** defence by ticking the correct box.

Attack

Defence

(3)

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

As appropriate to chosen invasion game

(4+4)

Question 12.**(50 marks)**

- (a) Name **two** different types of competition that could be organised for your chosen invasion game.
Describe how each of the competitions is organised. (12 marks)

Competition 1	<i>As appropriate to chosen invasion game</i>	(2)
Description	<i>As appropriate to chosen competition</i>	(2+2)
Competition 2	<i>As appropriate to chosen invasion game</i>	(2)
Description	<i>As appropriate to chosen competition</i>	(2+2)

- (b) Select **one** passing skill from your chosen invasion game. Describe a drill your team could use to practice this skill.
You may use a drawing to help if you wish. (12 marks)

Passing skill	<i>As appropriate to chosen invasion game</i>	(3)
Description of drill	<i>As appropriate to chosen skill</i>	(3+3+3)

- (c) Professional players can set a positive or negative example for children and young players. (12 marks)

State **two** ways that professional players from your chosen invasion game can set a **positive** example for children and young players while on the pitch or court.

1. *Shaking the referees and opponents hand after the game.* **(3)**
2. *Playing by the rules at all times.* **(3)**

State **two** ways that professional players from your chosen invasion game can set a **negative** example for children and young players while on the pitch or court.

1. *Aiming verbal abuse at a referee.* **(3)**
2. *Attempting to deliberately injure an opponent.* **(3)**

(d) List **three** skills or qualities that make a good coach. (14 marks)

1. ***Knowledge of the game.*** (2)

2. ***Good planner.*** (2)

3. ***Excellent communication skills.*** (2)

Choose any **two** of the skills or qualities you have listed and explain the importance of each for good coaching.

Skill / Quality 1 ***Good planner***

Importance

Players can become bored with poorly structured coaching sessions so the ability to plan meaningful activities is key to good coaching.

(2+2)

Skill / Quality 2 ***Excellent communication skills***

Importance

Players need to be given a message and at times listened to, so the ability to communicate is a two way process and key to good coaching.

(2+2)

Section 6 – Games 2 (Net/Fielding)

(50 marks)

Answer **one** question in this section.

Question 13.

(50 marks)

- (a) Describe how young people could be encouraged to participate in your chosen net/fielding game/sport. Make at least **three** points. (12 marks)

Young people could be encouraged to play by a coach who organises fun training sessions with games for beginners and all levels. (4)

Professional /famous players could be asked to come down and talk about their positive experiences in their sport. (4)

School holiday camps could be organised. (4)

- (b) Describe **three** ways a coach can encourage players to improve their performance in your chosen net/fielding game/sport. (12 marks)

1. *Ensure that hours and hours of practice are dedicated to their chosen sport during training and outside training.* (4)

2. *Analyse previous performances and note strengths and weaknesses in their game.* (4)

3. *Organise extra training sessions for those committed to a programme of performance improvement.* (4)

- (c) List **two** rules from your chosen net/fielding game/sport. State **one** reason for each rule. (12 marks)

Rule 1 *As appropriate to chosen game* (3)

Reason *As appropriate to chosen rule* (3)

Rule 2 *As appropriate to chosen game* (3)

Reason *As appropriate to chosen rule* (3)

- (d) Name **one** attacking shot from your chosen net/fielding game/sport and state **one** coaching point for this shot. (14 marks)

Name of attacking shot *As appropriate to chosen game* (3)

Coaching point *As appropriate to chosen shot* (3)

Describe a drill to practice this shot. *You may use a drawing to help if you wish.*

Description of drill *As appropriate to chosen shot* (4+4)

Question 14**(50 marks)**

(a) List **three** reasons why a player may not perform to the best of their ability while participating in your chosen net/fielding game/sport.

(12 marks)

1. ***Opponent may be a stronger player.*** (4)
2. ***Confidence might be low.*** (4)
3. ***Fitness levels may not be at their maximum.*** (4)

(b) The table below shows components of skill and health related fitness.

Select any **three** of the components from the table and explain how each is important in your chosen net/fielding game/sport.

(12 marks)

Flexibility	Agility	Power
Cardiovascular Endurance		Speed

Component 1 ***As appropriate to chosen component*** (4)

Component 2 ***As appropriate to chosen component*** (4)

Component 3 ***As appropriate to chosen component*** (4)

(c) A player in your chosen net/fielding game/sport has sprained their wrist. Describe the first aid treatment you would give. Make at least **three** points.

(12 marks)

Use the RICE treatment.

Rest the wrist for 48 hours.

Ice the wrist to reduce pain and swelling.

Compress the wrist with a bandage.

Elevate the wrist above the heart.

(4+4+4)

(d) Name **two** careers, apart from playing as a professional, which are associated with your chosen net/fielding game/sport.

(14 marks)

Career 1 ***Coach*** (3)

Career 2 ***Media Pundit*** (3)

Answer each of the following questions with regard to any **one** of the careers named above.

Career ***Coach***

What qualifications are required for this career?

As appropriate to chosen career (3)

Give a brief job description of this career.

As appropriate to chosen career (3+2)

