



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Applied 2011

Marking Scheme

Active Leisure Studies

Common Level

General Directions

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

Section 1 Leisure Studies 70 marks

Candidates should answer Question 1 and one other question

Section 2 Health Related Fitness 70 marks

Candidates should answer Question 4 and one other question

Candidates should answer TWO Sections from Sections 3, 4, 5, and 6:

Section 3 Aquatics 50 marks Candidates should answer one question

Section 4 Outdoor Education 50 marks Candidates should answer one question

Section 5 Games 1 (Invasion) 50 marks Candidates should answer one question

Section 6 Games 2 (Net / Fielding) 50 marks Candidates should answer one question

All answers given in this scheme are purely indicative.

Alternative or equivalent correct answers are equally acceptable.

Partial marks may be awarded for incomplete / partially correct answers.

Question 2. (50 marks)

- (a) Describe a survey you carried out which helped you find out about active leisure participation in your school or community. Use the following headings. (15 marks)

Planning your survey

At least two relevant points 3, 2

Carrying out your survey

At least two relevant points 3, 2

What you found out

At least two relevant points 3,2

- (b) You are the manager of a local leisure centre. Explain **three** ways you might encourage more use of the centre by people with special needs. (12 marks)

1 Discounted rates 4

2 Provide transport 4

3 Provided specialized coaching 4

- (c) Select any job in the leisure industry. In the box below write an advertisement, to be placed in a newspaper, for the job you selected. (11 marks)

3, 3, 3, 2

Receptionist required for ABC Leisure Centre. _____ Experience necessary. This post involves shift work. _____ Apply by sending C.V. to Manager, ABC Leisure _____ Centre, Main St., Any town _____ _____

- (d) List **two** advantages and **two** disadvantages of a locker system of clothes storage in a typical leisure centre. (12 marks)

Advantages

1 Low level of staff supervision needed 3

2 Less likelihood of accidental loss of property 3

Disadvantages

1 Lockers may be expensive to install 3

2 Loss of keys can be a problem 3

Question 3.

(50 marks)

(a) Explain **four** factors that have influenced your participation in active leisure activities.
(14 marks)

1 Availability of facilities 4

2 Peer influence 4

3 Cost of activities 3

4 Family influence 3

(b) You were involved in a role-play exercise, as part of a group, on emergency call-out procedures. Describe this exercise under the following headings. (12 marks)

Your own role within the group

At least two relevant points 3, 3

Three things you have learned from the role-play exercise

1 As per answer 2

2 As per answer 2

3 As per answer 2

(c) Explain **three** important differences between first aid and a visit, by appointment, to the doctor.

(12 marks)

1 First Aid is immediate.

You must wait for an appointment

_____ 4

2 First Aid may offer temporary help.

A doctor offers long term help.

_____ 4

3 First Aid may be administered by a trained

volunteer. A doctor is medically qualified. 4

(d) Name **three** National Governing Bodies of sport within Ireland, and give the initials by which they are usually known. (12 marks)

1 Football Association of Ireland 1

_____ Initials FAI 1

2 Gaelic Athletic Association 1

_____ Initials GAA 1

3 Irish Rugby Football Union 1

_____ Initials IRFU 1

Select **one** National Governing Body from above and answer the following questions.

Name of National Governing Body IRFU

What career opportunities does it offer? Playing or Coaching or Administrating 3

How does it encourage people in your local area to take part in sport?

By supporting a local club 3

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

- (a) Name a muscle from the upper arm.
Bicep 2
- (b) Is throwing the javelin an aerobic or an anaerobic activity?
Anaerobic 2
- (c) Name an eating disorder.
Bulimia 2
- (d) Which component of fitness is most important for race-walking?
Stamina 2
- (e) What is the main purpose of protein in our diets?
Builds muscle 2
- (f) What is the long-term effect of regular cardiovascular exercise on the pulse rate?
Lower pulse rate 2
- (g) Name **one** factor which influences flexibility.
Regular flexibility training 2
- (h) State **one** danger of drug abuse in sport.
Addiction 2
- (i) What does *dehydration* mean?
Excessive loss of body fluid 2
- (j) Name the main gas carried by the blood in the arteries.
Oxygen 2

Question 5.

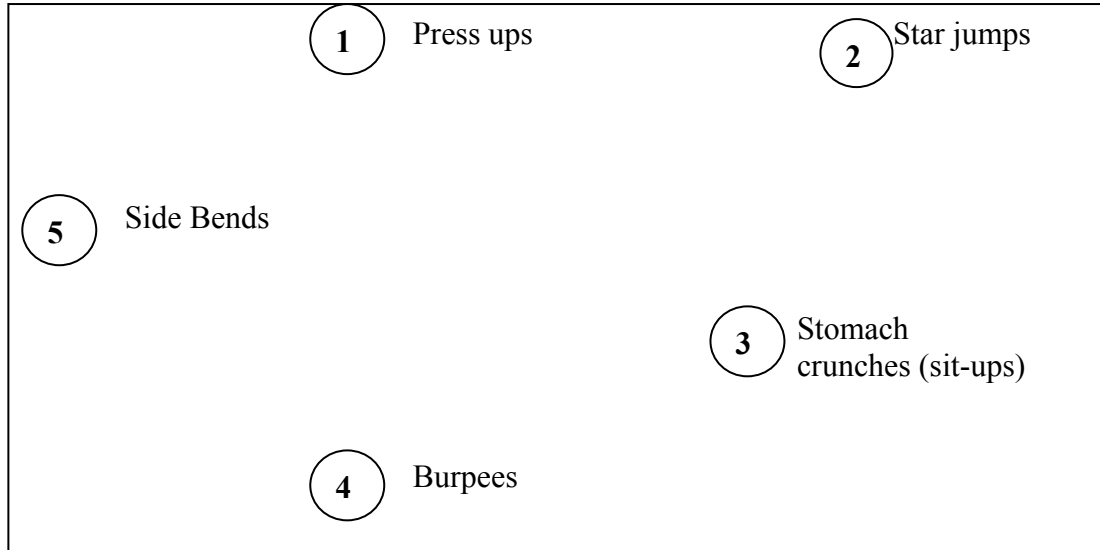
(50 marks)

(a) What is meant by *circuit training*? (14 marks)

Performing a preplanned series of exercises or activities one after the other, 3,3,2
each for a set time or number of repetitions with a set rest between each
exercise/activity

In the box below give an example of a circuit.

2, 2, 2



(b) How would you motivate an inactive teenager to take part in regular physical activity? (12 marks)

Showing good example. 4, 4, 4

Encourage them to pick an activity that suits them.

Encourage them to go with a friend.

Offer rewards.

Emphasise regular exercise will improve physical appearance and sex appeal.

Joining a sports club is a way of meeting new people.

- (c) Select a physical activity and then describe a warm-up suitable for that activity. (14 marks)
You may use a drawing to help if you wish.

Activity Jogging 2

Warm-up Walk for a few minutes. Then speed up the walking for a few minutes. Jog 1 minute and walk 1 minute. Stretch leg muscles. Begin Jogging. 4,4,4



- (d) Describe how the use of drugs in sport is controlled. (10 marks)
5, 5

A list of banned drugs is published. Athletes are tested for drug use. Cheaters
are punished.

Question 6.

(50 marks)

- (a) Describe a test to measure a person's cardiovascular endurance. (12 marks)
You may use a drawing to help if you wish. 4, 4, 4

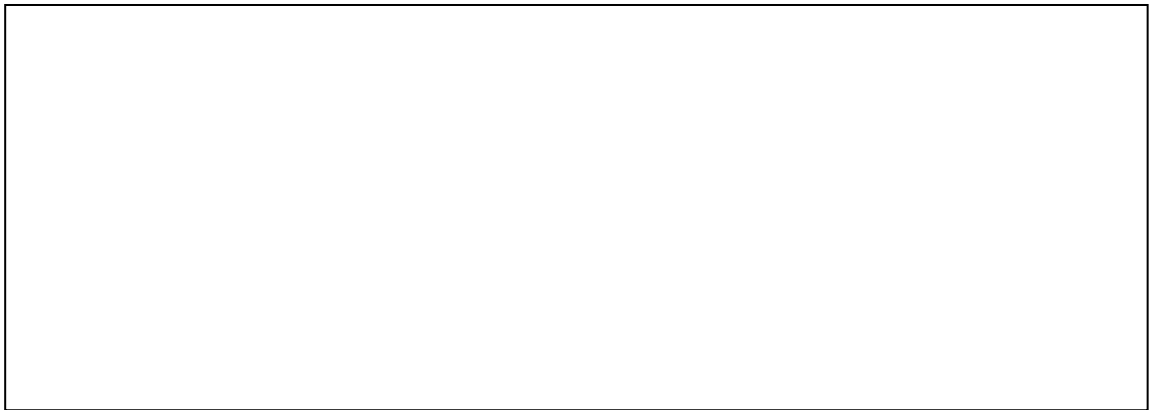
Bleep test. Place two cones 20m apart.

Use bleep test CD or tape. Person must run from cone to cone between bleeps.

Time between bleeps gradually lessens.

Person continues running as long as possible.

Record the point at which they drop out.



- (b) Name **three** body parts whose appearance may be changed through regular exercise. (12 marks)

- 1 Legs 2
-
- 2 Abdominal area 2
-
- 3 Arms 2
-

Select **one** body part from above. Describe an exercise programme to bring about an appearance change and describe the change.

2, 2, 2

Arms. Using dumbbells perform weight lifting exercises for biceps and

triceps 3/4 times a week for 3 months. Gradually increase the weight lifted

over time. Muscles will increase in size

- (c) A leisure centre customer has gashed her head on a coat hook in the changing room. Describe what help you would give her. (12 marks)

4, 4, 4

Sit the person down.

Reassure them.

Check for concussion.

Stop bleeding by applying pressure.

Clean the cut.

Cover the cut.

Protect the cut.

Seek medical advice if necessary.

- (d) Describe a healthy, balanced diet for an average 18 year-old person for one day. (14 marks)

Breakfast

Glass of fruit juice. Wholemeal toast. Boiled egg. Cup of tea. 2, 1

Lunch

Tuna sandwich. Piece of fruit. Cup of tea. 2, 1

Main evening meal

Boiled potatoes, roast chicken with skin removed, vegetables. Low fat yoghurt 3, 2

Snacks (3) during the day

Fruit, Raw nuts, Turkey sandwich. 1, 1, 1

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) Name the stroke in the drawing below. Backstroke/Backcrawl 2 (12 marks)

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

- Arms** 1 Arm straight over shoulder 2
2 Little finger in first 2
3 Thumbs out first 1
- Legs** 1 Action is continuous 2
2 Kick from hips 2
3 Long straight legs, pointed toes 1

(b) Name **two** common foot infections you may get in a swimming pool.

(12 marks)

- 1 Athlete's foot 3
2 Verruca 3

Explain **three** ways to guard against getting these infections.

- 1 Do not walk barefoot in public areas 2
2 Wear flip flops 2
3 Clean and dry feet thoroughly. Apply antifungal powder between the toes 2

(c) State **three** health benefits people get from regular swimming.

(14 marks)

- 1 Develop muscular strength 3
- 2 Develop cardiovascular fitness 2
- 3 Relaxes and reduces stress 2

Name **three** active leisure activities for which being able to swim is important.

- 1 Kayaking 3
- 2 Sailing 2
- 3 Snorkeling 2

(d) What is meant by a *streamlined body position*?

(12 marks)

Placing your body into a position of least resistance when moving through the

water

4

Why is a streamlined body position important in swimming?

Less resistance means you can move faster with less effort

4

Explain **two** coaching points you make when coaching a streamlined body position.

- 1 Keep body straight 2

- 2 Keep body stretched out 2

Question 8.

(50 marks)

- (a) Describe how to *tread water*. You may use a drawing to help if you wish. (12 marks)
3, 3, 2

Stay relaxed.

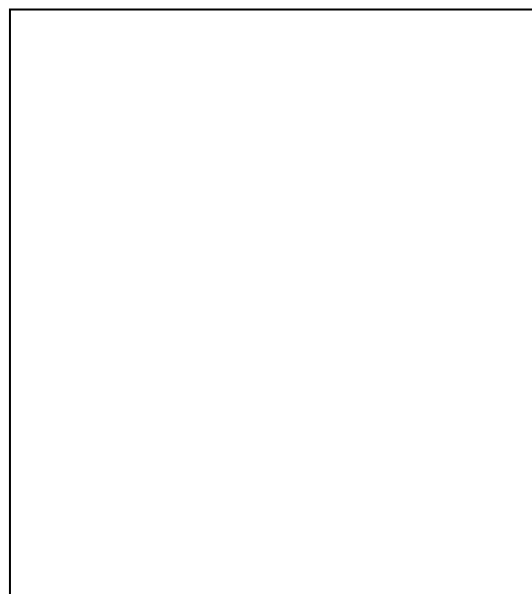
Keep lungs full of air.

Keep head up.

Move arms in a horizontal fashion.

Flutter kick by kicking to the front

and back with a long supple leg.



Explain how treading water may be useful in life-saving. Give **two** points.

- 1 Rescuer can see around herself 2

2 Allow rescuer to assess situation and to talk to victim 2

- (b) Name the National Governing Body for swimming in Ireland. (12 marks)
Swim Ireland 3

Describe **three** roles of this National Governing Body.

- 1 To promote swimming 3

2 To organise competitions 3

3 To provide qualifications 3

- (c) A swimmer is in difficulty off a pier. Explain **three** factors a rescuer should consider, or think about, before trying to rescue the swimmer in difficulty. (12 marks)

1 Consider own safety 4

2 Is lifesaving equipment available? 4

3 Water/weather conditions 4

- (d) Explain what is meant by *cardio pulmonary resuscitation (CPR)*. (14 marks)

An emergency procedure performed in an effort to return life to a person in cardiac arrest 3, 2

Explain how to use cardio pulmonary resuscitation (**CPR**). 3, 3, 3

It involves chest compressions by the rescuer using arms and hands

to manually pump blood through the heart. The rescuer may also

provide breaths by exhaling into the victims mouth.

(b) Answer the following questions about the hill walking and camping expedition. (22 marks)

Give **one** advantage of choosing to use the Béara Way instead of just picking a route from the map?

Easier to follow

Béara Way as route will be marked

4

Identify a starting point for the one and a half day hill-walking expedition. Give either the name of this location together with its position on the map (i.e. top middle, bottom right etc.) or the six-figure grid reference.

Starting point As selected 3

Location on map or grid reference As selected 3

State whether you will be walking North, South, East or West when you start.

Starting direction As selected 3

Identify a place on the route where it would be suitable to camp overnight. Give either the name of this location together with its position on the map (i.e. top middle, bottom right etc.) or the six-figure grid reference.

Place to camp As selected 2

Location on map or grid reference As selected 3

Give **two** reasons why you selected this place to camp.

1 As appropriate 2

2 _____ 2

(c) Give the name and location of a beach that would be suitable for the kayaking part of the trip. Indicate the location of this beach on the map (i.e. top middle, bottom right etc.) or give the six-figure grid reference. (4 marks)

Name Ballydonegan Strand 2

Location on map or grid reference 575442 2

Question 10.

(50 marks)

- (a) During the year you went on an expedition. Explain how you planned the expedition. Make **four** points. (12 marks)

1 Relevant Point 2

2 Relevant Point 2

3 Relevant Point 2

4 Relevant Point 2

State **three** things you learned from taking part in the expedition.

1 As appropriate 2

2 As appropriate 1

3 As appropriate 1

- (b) Select **one** outdoor activity you took part in during the year (you may not select the expedition). (12 marks)

Kayaking

State **three** skills needed for that activity and explain why each skill is important.

Skill Sweep stroke 2

Importance To change direction 2

Skill Ferry glide 2

Importance To move across current 2

Skill Back stroke 2

Importance To move backwards 2

(c) Explain what is meant by an Emergency Rations Pack. (14 marks)

Basic food, water and items useful in an emergency contained in a sealed bag 4

List **three** items you would expect to find in an Emergency Rations Pack.

1 Matches 2

2 Whistle 2

3 Energy Bar 2

Describe what is meant by a *bivouac*.

An improvised campsite often used during outdoor pursuits 4

(d) During the year you carried out an interview with a person working in the outdoor adventure industry. State **five** things you learned from doing this interview. (12 marks)

1 About the lifestyle 3

2 The career opportunities 3

3 The qualifications needed 2

4 The Pay 2

5 Job satisfaction 2

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.

Invasion game _____ Soccer _____

Question 11.

(50 marks)

- (a) You kept a logbook of activities you did during the year. Explain the value of keeping a logbook. Make **three** points. (12 marks)

1 _____ Makes you review your activities _____ 4

2 _____ Good to keep a record of your activities _____ 4

3 _____ Allows for comparisons _____ 4

- (b) *Marking* is used in your game. What is meant by *marking*? (14 marks)

_____ To stay close to your direct opponent and try to reduce his/her _____ 4
effectiveness _____

Explain **three** points you would make if you were coaching a player how to mark.

1 _____ Position yourself close to your opponent _____ 2

2 _____ Be able to see both your opponent and the ball _____ 2

3 _____ Try to prevent your opponent getting possession of the ball _____ 2

Describe how a coach might tell his/her team to use marking as a tactic.

_____ Man to man marking. Each player man marks his/her direct opponent _____ 4

(c) Select **one** personality factor a player may have. (12 marks)

Easily frustrated 4

Explain how this factor may influence a player's sports performance. Make **two** points.

1 May argue with teammates 4

2 Head may drop early in game 4

(d) Select a possible career in your chosen sport and give information on this career using the following headings. (12 marks)

Career Coach 3

Qualifications needed Coaching qualification from FAI starting with Foundation 3
and moving up

Training/Education Start with youths or amateur team and gain experience 3

Job description Coaching players to improve their performance. Coaching 3
a team in teamwork and tactics

Question 12.

(50 marks)

(a) Describe what is meant by *tackling*. (14 marks)

When your opponent has the ball, to challenge him/her and try to win possession of the ball 3

Explain **three** coaching points to make when coaching a player how to tackle.

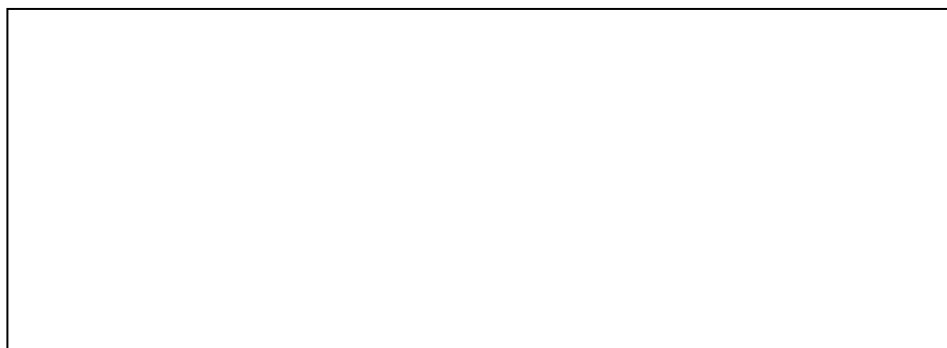
1 Head – keep your eye on the ball and your opponent 2

2 Arms – use arms to stay balanced 2

3 Timing – Choose the right time to make your tackle 2

Describe a drill to practice tackling. You may use a drawing to help if you wish.

1 v 1 in a channel A has the ball and must dribble it from X to Y. B must tackle A and try to win possession 3, 2



(b) What are the maximum length and width of the playing area? (10 marks)

Maximum length 120 m Maximum width 90 m 2, 2

Draw the outline of the playing area and ground markings in the box below.



- (c) You are about to take charge of the first coaching session for a group of twenty 12-year-old beginners. You will choose one specific skill which cannot be tackling. Describe your session under the following headings. (26 marks)

Selected skill Passing 1

Safety Check playing surface for glass, holes etc.

Players remove all jewellery and watches 3

Equipment Balls, Bibs, Cones, Whistle

3

Warm-up Jogging within centre circle while passing ball to partner.

Stretching (dynamic) 4

Description of **one** drill In pairs pass ball between partners 10m apart.

Use left and right foot. Partner controls ball and returns pass using side of

foot 4

Description of type of conditioned game you may use 3 V 3 for two minutes.

Aim is to keep possession and count number of passes made

4

Give any other factors to be considered about the coaching session.

Make it fun. Have it planned. Make sure all players get involved 4

How can a session like this lead to an improvement in the skill you have chosen?

Ask players to practice at home the technique learned in the coaching session 3

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.

Net / Fielding game Badminton

Question 13.

(50 marks)

- (a) Select a career in your game. You are going to interview a person working in that career. State **five** questions you would ask that person. (12 marks)

Career Player 2

1 Where did you begin playing? 2

2 Is there much travel involved? 2

3 Can you earn much money? 2

4 At what age will you retire from playing? 2

5 What will you do when you retire from playing? 2

- (b) When discussing sport, the notion of *fair play* or *being sporting* often comes up. What do people mean by this? (12 marks)

Behaving in a way which respects others, sticking to the rules and not taking unfair advantage 4

Give an example of '*sporting*' and an example of '*unsporting*' behaviour.

Sporting behaviour Making an honest judgement on a line call your opponent cannot see. 4

Unsporting behaviour Saying you are not sure about a line call when you know the shuttle was 'in'. 4

(c) Select a defensive shot in your game. (14 marks)

Shot Overhead clear 2

Give **three** coaching points for that shot.

1 Only use it when an attacking shot is not on 2

2 Play it high 2

3 Play it to the very back of the court 2

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

In pairs. Partner feeds and you hit overhead clear aiming for back of the 3, 3
court



(d) Fitness is important in all games. Answer the following questions relating to fitness in your game. (12 marks)

Name a component of fitness that is important in your game. Stamina 2

Give an example of a situation where this component of fitness is needed.

In a long game between 2 evenly matched opponents 2,2

Describe **three** exercises to improve this component of fitness.

1 Jogging 2

2 Interval training 2

3 Shuttle runs 2

Question 14.

(50 marks)

- (a) Select **one** of the three basic skills you demonstrated during this year for your Key Assignments. (12 marks)

Skill As appropriate

Describe how you would coach this skill to a beginner.

_____ 4, 4, 4

As appropriate

- (b) State **two** reasons why it is important for a coach to have qualifications. (14 marks)

1 To learn how to coach

properly 4

2 Reassures players that

coach has necessary

knowledge 4

Name a coaching qualification

Level One Coach 2

Give **two** places where a person could get information on coaching courses.

1 From Badminton Ireland Website 2

2 From local club 2

(c) State a common injury in your game. (12 marks)

Ankle sprain 3

Why is this injury common in your game?

Lots of twisting and turning and changing direction. 3

Also may occur by stepping on partner's foot

What could you do to help to prevent this injury occurring? Give **two** points.

1 Proper warm-up 3

2 Perform ankle strengthening exercises 3

(d) Describe an *attacking tactic* used in your game which might end up in you getting a score. Make at least **three** points in your answer. You may use a drawing to help if you wish. (12 marks)

Low Service 4, 4, 4

It may force your opponent to play a high defensive shot which you can attack.

Play a smash to win the point

