



# Coimisiún na Scrúduithe Stáit State Examinations Commission

*Leaving Certificate Applied 2005*

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

### *Marking Scheme*

#### ***General Directions***

Candidates are required to answer SIX questions in total.

Candidates must attempt TWO questions from compulsory Section 1 (Active Leisure Studies) and TWO questions from compulsory Section 2 (Health Related Fitness).

The first question in Section 1 and in Section 2 is compulsory.

Candidates must select 2 Sections from the remaining 4 Sections and attempt ONE question from each of these Sections.

**All answers given in this scheme are purely indicative.**

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

**Alternative or equivalent correct answers are equally acceptable.**

## Section 1 – Leisure Studies

(70 marks)

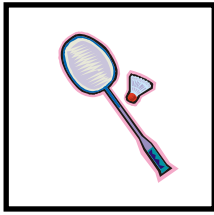
ANSWER QUESTION ONE AND ONE OTHER QUESTION FROM THIS SECTION.

1. (20 marks)
- (a) List **TWO** popular outdoor team games which need the use of playing fields.  
*Any appropriate game e.g. hurling, rugby, etc.* (2 × 1)
- (b) Which club officer normally records the minutes of a club meeting?  
*Secretary* (2)
- (c) Some people in the leisure industry work unsociable hours. What is meant by “unsociable hours”?  
*Outside 9 am – 6 pm // Outside Monday to Friday* (2 × 1)
- (d) Give an example of an active leisure activity provided by a private company for profit.  
*Any appropriate example e.g. 10 pin bowling* (2)
- (e) List **ONE** national agency or organisation, which is involved in providing active leisure activities in your area.  
*Any appropriate organisation e.g. GAA* (2)
- (f) It is necessary to have a qualification in life saving in order to work as a lifeguard.  
True or False?  
*True* (2)
- (g) List **ONE** factor which affects the type of active leisure activities in which people take part.  
*Cost / peers / family / weather / trends / location* (2)
- (h) Name **ONE** characteristic of sport.  
*Level of success depends on physical ability* (2)
- (i) You may not become a member of a leisure club if you are 65 years or older. True or False?  
*False* (2)
- (j) Disabled people take part in sport less than average. Name **TWO** other groups of people which also participate less than average.  
*Older adults // travellers* (2 × 1)

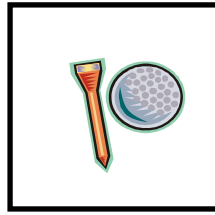
2.

(50 marks)

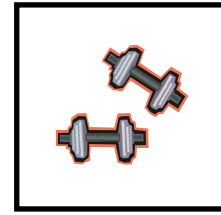
- (a) Visitors to a Sport and Leisure Centre may see the following signs. Write the name of the activity that each sign represents underneath the sign. (9 marks)



*Badminton*



*Golf // Pitch & Put*



*Weight training* (3 × 3)

- (b) Outline **TWO** main differences between public sector and private sector leisure organisations. (10 marks)

*Private – for profit – public not for profit*

*Private – owned by private individuals – public not* (2 × 5)

- (c) The local council/corporation is planning a summer programme of active leisure activities for primary school children. List and explain **THREE** factors the council/corporation should take into account when planning this programme. (15 marks)

*Cost* (3)

*Can the children afford it?* (2)

*Other summer camps* (3)

*Avoid clashes of dates* (2)

*Number of participants* (3)

*Safety reasons* (2)

- (d) On a summer project you are in charge of a group of primary school children in a sportshall when a child falls and suffers a serious leg injury. What are the steps you should take to deal with (i) the injured child (ii) the rest of the group (iii) reporting the accident? (16 marks)

- (i) the injured child

*provide First Aid // reassurance*

- (ii) the rest of the group

*Ensure their safety // reassurance*

- (iii) reporting the accident

*Notify emergency services // fill in accident report form*

(1 from each line & 1 more 4 × 4)

3. (50 marks)

- (a) As you enter a Leisure Centre, for the first time to make enquires about joining, you are impressed by the receptionist. Explain **FOUR** things about the receptionist which might give you this good impression. (12 marks)

*Clothing*

*Cleanliness*

*Body language*

*Ability to answer questions* (4 × 3)

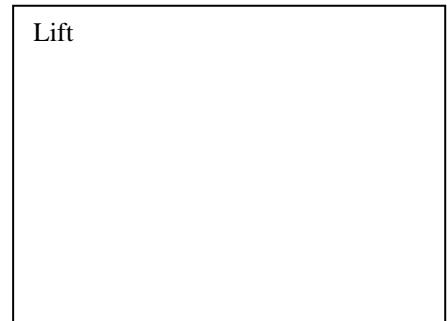
- (b) Explain, with the help of a sketch, the correct way to lift and carry heavy equipment. (12 marks)

Lift \_\_\_\_\_

*Head up*

*Knees bent*

*Back straight* (3 × 2)



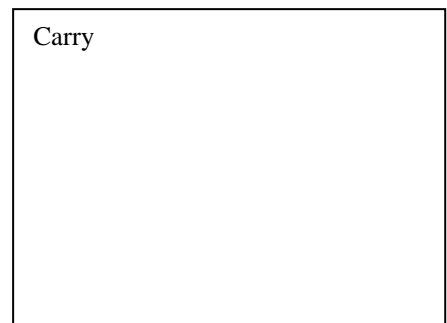
Carry \_\_\_\_\_

*Clear pathway*

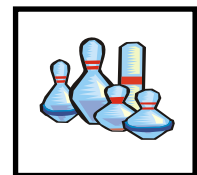
*Doors open*

*Ability to see ahead*

*Use help if in doubt* (3 × 2)



- (c) You are the receptionist at the local bowling alley. A customer arrives to find that she has been double-booked and someone is already playing on the bowling lane she booked.



Explain how you would deal with this situation. (14 marks)

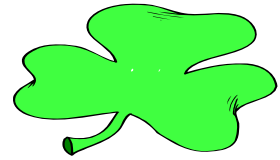
*Check that the customer is in fact double booked e.g. time date, lane //*

*Offer another lane if one is available //*

*Be polite, apologise //*

*Offer to make another booking preferably free of charge* (2 × 4 + 2 × 3)

- (d) Outline **FOUR** ways through which the leisure industry could attract more tourists to Ireland. (12 marks)



*More advertising // lower prices // increase range of choice of activities // target special interest groups* (4 × 3)

ANSWER QUESTION FOUR AND ONE OTHER QUESTION IN THIS SECTION.

4. (20 marks)

(a) Is playing darts an aerobic or an anaerobic activity?

*Aerobic*



(b) Name a test to measure cardiovascular fitness.

*Bleep test*

(c) Is the heart a muscle?

*Yes*

(d) Is using a low fat diet alone the best way to lose weight?

*No*

(e) Is it safe to drink fluids before and during exercise?

*Yes*

(f) Which of the following food groups is the most important source of energy for the body, vitamins or carbohydrates?

*Carbohydrates*

(g) Does dehydration affect sporting performance?

*Yes*

(h) Do anabolic steroids produce side effects?

*Yes*

(i) When you stop working out do your muscles turn (convert) to fat?

*No*

(j) Name the main component of fitness needed for shot putting.

*Strength*

(10 × 2)

5. (a) What is meant by the term 'pulse rate'? (50 marks)  
(10 marks)

*The number of heart beats // in one minute* (2 × 5)

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(b) Describe **ONE** way to take (measure) a pulse rate. (12 marks)

*Place your middle two fingers //  
at a place on the body where the pulse can be felt e.g. wrist, neck etc. //  
Count the number of beats in 10 seconds (specified time). //  
Calculate the number of beats in one minute.* (4 × 3)

(c) Give **THREE** reasons why a person should take part in physical activity during their leisure time. (9 marks)

*Health // social // self-fulfilment // enjoyment* (3 × 3)

(d) Eating a balanced diet involves selecting from the main food groups. Complete the table below by naming **TWO** choices of food or drink that are good sources of each food group listed. (19 marks)

<b>Food Group</b>	<b>Choice 1</b>	<b>Choice 2</b>
Carbohydrates	<i>pasta // cereals // bread</i>	
Fats	<i>Butter // cheese</i>	
Protein	<i>Meat // fish</i>	
Vitamins	<i>Fresh fruit // vegetables</i>	
Minerals	<i>Dairy products // fish</i>	

(5 × 2 + 5 × 1)

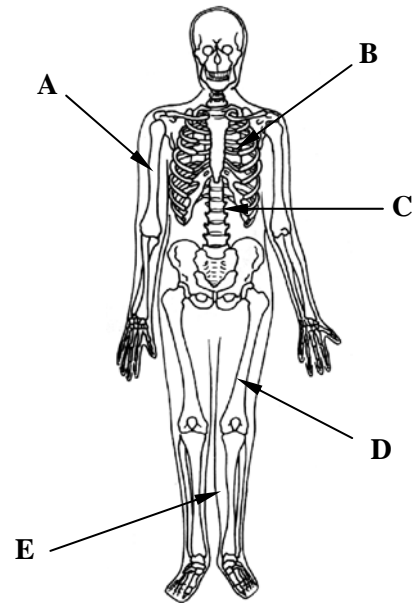
List **THREE** benefits of a balanced diet.

*Health // weight // well-being // complexion // hair* (2 × 2 + 1)

6. (50 marks)

(a) Look at the diagram of the human skeleton on the right. Match the labels **A, B, C, D** and **E** with the correct location of muscles in the table below. (10 marks)

Muscle	Label
Deltoid	<i>B</i>
Calf	<i>E</i>
Bicep	<i>A</i>
Abdomen	<i>C</i>
Quadricep	<i>D</i>



(5 × 2)

(b) Give **THREE** reasons why a person might enjoy competitive sport. (12 marks)

*Challenge // competitive nature // success // release aggression // ambition // stress release*

(4 × 3)

(c) A 16 year-old friend of yours, who does NOT exercise regularly and who smokes, has asked your advice on improving his/her fitness. Give **THREE** pieces of advice. (12 marks)

*Find (pick) an activity you like // Start slowly (gradually) // Exercise regularly // Stop smoking // Appropriate dietary advice*

(3 × 4)



- (d) Explain what is meant by **CIRCUIT TRAINING** and in the box below describe a circuit to include **TWO** exercises for strength and **TWO** exercises for flexibility. (16 marks)

**CIRCUIT TRAINING** \_\_\_\_\_

*Consist of a number of stations //*

*At each of which you perform a particular activity (exercise) //*

*For a set time (or number of times) //*

*Activities can be spaced for variety*

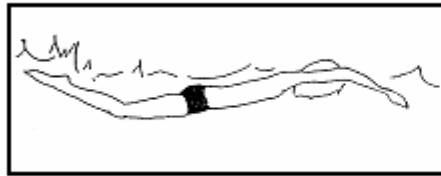
(any 3 points  $2 \times 3 + 2$ )

<b>Circuit Training Exercises</b>	<b>Diagram if helpful</b>
<p><b>Strength</b> <i>As appropriate e.g. press-ups</i></p> <hr/> <hr/> <hr/> <hr/>	<p>2</p>
<p><b>Strength</b> <i>As appropriate e.g. press-ups</i></p> <hr/> <hr/> <hr/> <hr/>	<p>2</p>
<p><b>Flexibility</b> <i>As appropriate e.g. stretching exercise</i></p> <hr/> <hr/> <hr/> <hr/>	<p>2</p>
<p><b>Flexibility</b> <i>As appropriate</i></p> <hr/> <hr/> <hr/> <hr/>	<p>2</p>

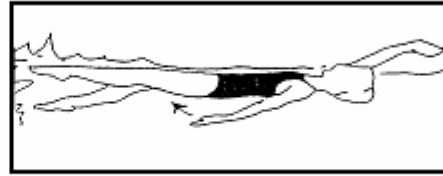
ANSWER ONE QUESTION IN THIS SECTION.

7. (50 marks)

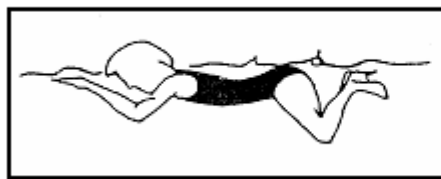
(a) The Study the drawings 1, 2, 3 and 4 below and identify each of the **FOUR** swimming strokes shown. Place the correct name of each stroke on the line given under each drawing. (15 marks)



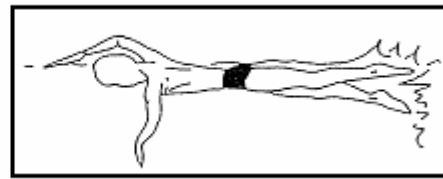
1 Butterfly



2 Back stroke(crawl) (2 × 3)



3 Breast stroke



4 Front crawl (2 × 3)

Which stroke produces the greatest speed through the water? 4 // Front crawl (3)

(b) Select **ONE** stroke from the drawings above and outline **ONE** coaching point for each of arms, legs and breathing when teaching the stroke. You may use a sketch to help you. (12 marks)

Stroke *e.g. Front crawl*

Arms

*Fingers closed*

Legs

*Toes pointed*

Breathing

*Breath to side* (3 × 4)

Sketch if helpful

- (c) Name **ONE** dry rescue technique and explain the steps you would take if rescuing someone using this technique. (14 marks)

Name *e.g. throwline rescue*

(4)

Steps

*Assess situation and danger to self //*

*Communicate with struggler //*

*Throw coiled throwline //*

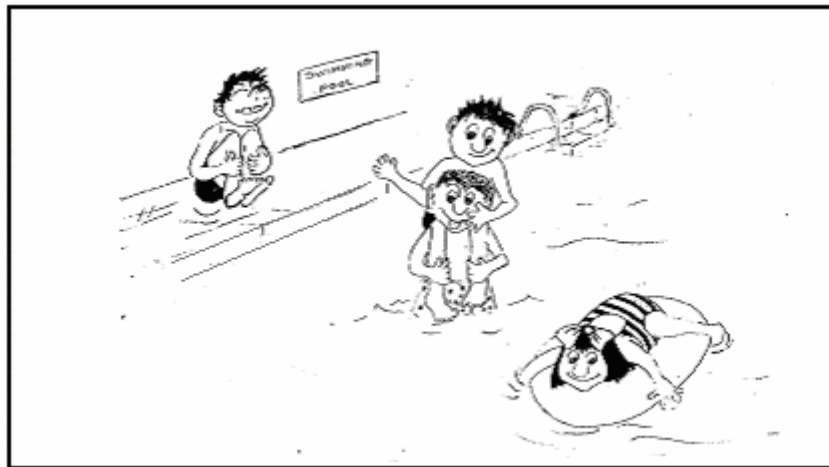
*To land within reach of struggler //*

*Keep self safe and pull struggler to poolside (shore) //*

*Safely assist struggler out of water*

(any 5 × 2)

- (d) Look at the picture below and give **THREE** ways in which these swimmers are **not following the safety rules** which should apply in and around the pool. (9 marks)



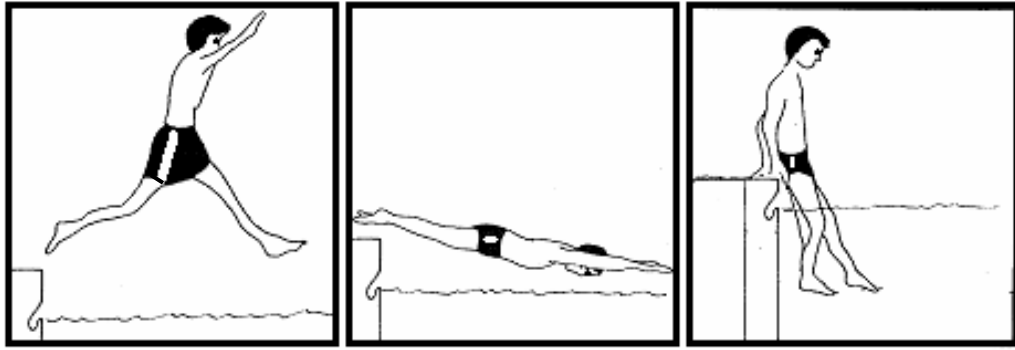
*Using inflatable ring //*

*Bombing into pool //*

*Rough (dangerous) play*

(3 × 3)

8. (a) Study the drawings 1, 2 and 3 below and name any **TWO** of these methods of entering the water. Place the correct name on the line under each drawing. (50 marks) (14 marks)



1 Straddle

2 Shallow dive

3 Slide-in

(2 × 2)

Choose **ONE** of the above and explain how to enter the water using this method.

Method *e.g. straddle*

*Step out //*  
*Aim for distance //*  
*Extend arms sideways //*  
*Look forward //*  
*Press down on water with arms //*  
*Keep head above water*

(any 4 points 4 × 2)

Give **TWO** reasons for using this method for entering the water.

Reasons

*A rescuer can keep struggler in sight / to be able to see around you as you entered //*  
*Better able to dictate position (location) in water //*  
*Safer if unsure of depth*

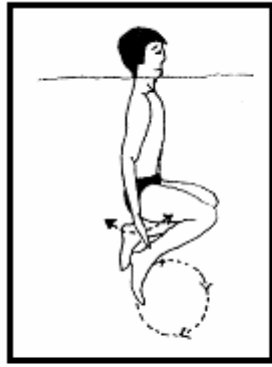
(2 × 1)

- (b) A group of friends are going to the beach for the day. List **FOUR** guidelines the group should follow in order to stay safe. (12 marks)

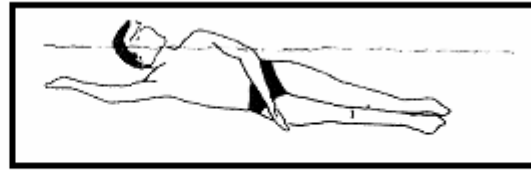
*Enter water where area is patrolled by lifeguard //*  
*Swim parallel to beach //*  
*No alcohol //*  
*Watch out for watch other //*  
*No swimming soon after eating*

(any 4 × 3)

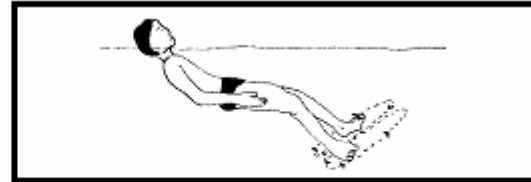
- (c) Study the drawings 1, 2 and 3 below. Each drawing shows a skill used in lifesaving. Identify any **TWO** of these skills. Place the correct name of the skill on the line given under the drawing. (12 marks)



2 *Treading water*



1 *Side stroke*



3 *Life saving back stroke*

(2 × 4)

Select **ONE** of the lifesaving skills you have named and explain its purpose in lifesaving.

Skill *e.g. treading water*

Purpose *swimmer can stay close to given point with head above water*

(4)

- (d) For a person to carry out a successful rescue, he or she should first look carefully at the situation. List **FOUR** points a rescuer should consider before starting a rescue.

(12 marks)

*Own safety //*

*Condition of struggler //*

*Water conditions //*

*Help available //*

*Equipment available*

(any 4 × 3)

## Section 4 – Outdoor Education

(50 marks)

ANSWER ONE QUESTION IN THIS SECTION.

9. (50 marks)

Study the map provided and answer the following questions.

- (a) Select a suitable spot to camp overnight and give a six figure grid reference for the spot. Give **TWO** reasons for your selection. (9 marks)

Grid reference *as given* (3)

Reasons  $\times 2$

*Suitability of site // terrain // safety // proximity to planned activities* (2  $\times$  3)

- (b) Select, using six figure grid references, a suitable place for **ONE** land based outdoor education activity and a suitable place for **ONE** water based outdoor education activity. Give **ONE** reason for each selection. (18 marks)

Name of land based activity *As appropriate* (3)


Grid reference *As given* (3)

Reason for selection *As appropriate* (3)


Name of water based activity *As appropriate* (3)

Grid reference *As given* (3)

Reason for selection *As appropriate* (3)

- (c) There is one Youth Hostel marked on the map using the following symbol  Give a six figure grid reference for where it can be found. (8 marks)

Grid reference *As appropriate* (4)

Post Offices are marked by the following symbol. 

Give the distance in kilometres from the hostel to the nearest Post Office.  $< 2 \text{ km}$ (4)

(d) It is important to have a first aid kit when going on adventure activities.

Name **FIVE** items which should be included. (15 marks)



*Bandage // plasters // scissors // gloves (latex) // antiseptic wash (wipes) // cold packs*

(5 × 3)

- (a) From the list below, select **ONE** activity you took part in this year.  
Name **TWO** skills used in this activity and explain how each skill is used. (12 marks)

<b>rock climbing</b>	<b>canoeing</b>	<b>hill walking</b>
<b>orienteering</b>	<b>snorkelling</b>	<b>sailing</b>

Activity *Answer as per choice e.g. hill walking*

Skill 1      *Map reading*      (3)

Use      *Gradients // distances // topography*      (3)

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Skill 2      *Using compass / GPS*      (3)

Use      *Direction / navigation / positioning*      (3)

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- (b) Name **THREE** items of equipment used in the activity you have chosen in (a) above and explain how you would care for each item of equipment named. (12 marks)

Equipment      *As appropriate e.g. boots*      (2)

Care      *e.g. cleaning / drying / storing*      (2)

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Equipment \_\_\_\_\_ (2)

Care \_\_\_\_\_ (2)

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Equipment \_\_\_\_\_ (2)

Care \_\_\_\_\_ (2)

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- (c) The picture shows a tent pitched on top of a mountain.  
List **THREE** safety factors which should be considered when setting up camp. (12 marks)



One *No vertical drops //  
water hazards //  
lightning //  
shelter*

(3 × 4)

- (d) Describe **TWO** signs (symptoms) of hypothermia and describe how hypothermia is treated. (14 marks)

Signs *Feeling very cold // blue lips ( fingertips) // shivering // clammy forehead* (2 × 3)

Treatment *Wrap person in extra clothing // warm them up gently* (2 × 4)

# Section 5 – Game 1 (Invasion)

(50 marks)

ANSWER ONE QUESTION IN THIS SECTION.

In the space provided, please write the chosen invasion game in which you specialised this year. Questions that refer to games in this section relate to the chosen game only.

Game *As appropriate e.g. soccer*

11.

(50 marks)

(a) In the box below draw in the pitch/court markings for your game and name each line.

(14 marks)

As per game

(b) **Strength, speed and flexibility** are important components of fitness. Explain how each of these components is used in your game.

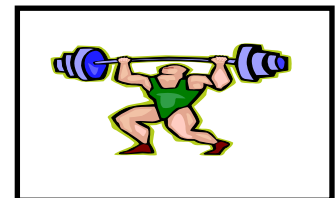
(12 marks)

Strength *e.g. when challenging for the ball* (4)

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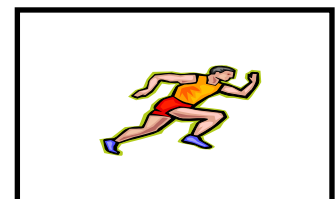


Speed *e.g. in race for possession* (4)

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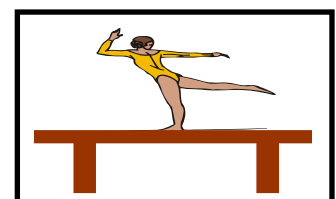


Flexibility *e.g. making saves / preventing injury* (4)

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(c) Select **TWO** passing skills from your chosen game and describe the technique involved. (12 marks)

Passing Skill One *e.g. side foot pass* (2)

Technique *non-kicking foot beside ball // strike ball with inside of foot // follow through in direction of intended pass // arms used for balance* (2 × 2)

Passing Skill Two *As above* (2)

Technique *As above* (2 × 2)

(d) In each of the passing skills above describe a situation in the game when the skill would be used. (12 marks)

Skill 1 *e.g. taking a quick free a player close by* (6)

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Skill 2 *As above* (6)

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12. (50 marks)

(a) You have just moved into a new area. (10 marks)  
How would you go about joining a local club?

*Ask neighbours // school mates // check local library // check news papers // approach club members to make enquiries // visit club house// contact national governing body* (2 × 5)

(b) Name the National Governing Body of your game and outline **THREE** functions it carries out. (12 marks)

National Governing Body *As appropriate e.g. Football Association of Ireland* (3)

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Functions *Competitions // rules // administration // discipline // officials // public relations // promotion* (3 × 3)

(c) Name and describe **TWO** types of competition that may be organised for your game. (16 marks)

Name 1 *e.g. knock-out cup* (3)

Description *all names put into hat // First name draw has home advantage over second team // etc.// Teams eliminated round by round// Last two teams play final* (5)

Name 2 *As per game* (3)

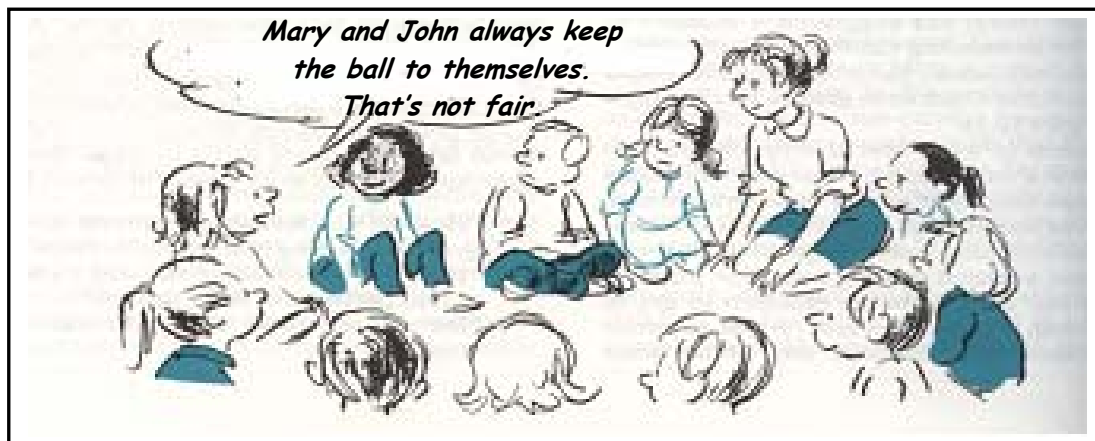
Description \_\_\_\_\_ (5)

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- (d) You are in charge of a practice match for under 12s in which the same couple of players keep hogging the ball. What rules could you put in place to deal with this situation? (12 marks)



Rules *Each player must touch ball before a scoring shot can be made // roll-on/roll-off substitution // more teams // different player must score each time // take turns in different positions // limit time (touches) in possession (3 × 4)*

ANSWER ONE QUESTION IN THIS SECTION.

In the space provided, please write the chosen net/fielding game in which you specialised this year. Questions that refer to games in this section relate to the chosen game only.

Game *e.g. badminton*

**13. (50 marks)**

- (a) The person in the illustration is not dressed correctly for sport. In your game name **THREE** correct items of clothing or footwear used and explain why they are suitable. (12 marks)

Item 1 *e.g. sports shoes*

Why? *Grip // support // flexibility*

Item 2 \_\_\_\_\_

Why? \_\_\_\_\_

Item 3 \_\_\_\_\_

Why? \_\_\_\_\_

- (2)
- (2)
- (2)
- (2)
- (2)
- (2)



- (b) How would you encourage young people to take up your game for the first time? Answer using the headings below. (15 marks)

Introducing them to the game      *Fun // enjoyment // safe // low cost // maximum participation*      (3 + 2)

Basic skills you would introduce      *As per game*      (3 + 2)

Equipment needed      *As per game*      (3 + 2)

(c) Safety is one of the reasons for having rules in any game. Give examples of **TWO** rules that you think influence safety in your game and explain their use. (14 marks)

Rule One      *e.g. players may not cross into opponent's court* (5)

Explanation    *Avoid collisions and striking with racquet* (4)

Rule Two      *As per game* (3)

Explanation    *As per game* (2)

(d) Referees/Umpires in charge of sports events want to be seen to be fair. State **THREE** different ways in which they try to do this. (9 marks)

*Treat both teams (players) with respect //*

*Pay proper attention to game (match) //*

*Keep up to date with rules //*

*Make consistent decisions*

(3 × 3)

14. (50 marks)

(a) Name **THREE** skills which are an important part of your game. (10 marks)

Skills × 3     *e.g. service*     (4 + 2 × 3)

(b) Outline **THREE** advantages of coaching a group with a small number of players instead of a large number. (15 marks)

*More one-on-one watching // easier to observe // improve interaction*     (3 × 5)

(c) List **THREE** qualities needed in a good coach and say how each quality would help him/her in coaching a group. (15 marks)

Quality 1     *e.g. patience*     (3)

How?     *Individuals in group learn at different rates*     (2)

Quality 2     *e.g. organisation*     (3)

How?     *Be on time // sessions planned // equipment ready*     (2)

Quality 3     *Show respect*     (3)

How?     *Creates good learning environment(atmosphere)*     (2)



- (d) 'Fair Play means more than playing within the rules'.  
Explain what this statement means.

(10 marks)

*Do not intentionally foul // admit infringements // do not argue with officials //  
do not argue with opponents // do not argue with team mates //  
do not use gamesmanship // unnecessary time wasting // congratulate (shake hands with  
opponents)*

(4 + 2 × 3)