



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2007

Vocational Specialism – Active Leisure Studies (240 marks)

Marking Scheme and Support Notes

All answers given in this marking scheme are indicative.
Alternative or equivalent correct answers are equally acceptable.
Partial marks may be awarded for incomplete/partially correct answers.

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

Section 1 – Leisure Studies – (compulsory)

(70 marks)

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

1. (20 marks)

(a) Is cycling an **active** or **passive** leisure activity?

Active (2)

(b) Which officer in a club normally takes the minutes / notes at a club meeting?

Secretary (2)

(c) Is it a responsibility of a County Council to provide Leisure Facilities for the public?

Yes (2)

(d) Name **one** group with Special Needs which need specialist facilities in Leisure.

Any appropriate group, e.g. wheelchair users. (2)

(e) Name **one** national organisation, which is involved in providing active leisure activities in your area.

Any appropriate organisation, e.g. GAA, FAI. (2)

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

To use as a set of rules to settle disputes (1) for incomplete answer (2)

(g) Why is the telephone number **112** important?

It connects to the emergency services (2)

(h) What is meant by a **Stock Inventory**?

Counting and noting materials/equipment (1) for incomplete answer (2)

(i) Give **one** role of Fáilte Ireland.

To promote holidays in Ireland (2)

(j) What is meant by an **amateur** sportsperson?

No payment or monetary reward is received (2)

Question 2.

(50 marks)

- (a) The drawing below shows children playing in a Sport and Leisure Centre. Identify **three** dangers to the children.

(12 marks)
(6x2)



1. *Girl's shoelace undone*
2. *Water on floor*
3. *Bucket on floor*

What could you do to remove these dangers?

1. *Tie the lace*
2. *Dry the water*
3. *Remove the bucket*

- (b) Name **three** personal qualities important for working with the public in a Sport and Leisure Centre and explain why these qualities are important. **(12 marks)**
(6x2) Up to 2 for explanation

Personal Quality *Patience*

Explanation *To deal with complaining customers*

Personal Quality *Good personal hygiene*

Explanation *People may take offence at poor personal hygiene*

Personal Quality *Good communication skills*

Explanation *To properly explain what is on offer in the Centre to customers*

- (c) Explain **three** differences between **Private Sector** and **Public Sector** leisure facilities. (12 marks)
(3x4)

1. *Private must make a profit, public possibly may not*

2. *Private is owned by investors, public by the taxpayer*

3. *Private will generally have longer opening hours*

- (d) Name and explain **three** factors which affect the type of leisure activities that people take part in. (14 marks)
(3+2, 3+2, 2+2) Up to 2 for explanation

Factor 1 *Peer pressure*

Explanation *People like to do what their friends are doing*

Factor 2 *Enjoyment*

Explanation *People are more inclined to participate in activities they enjoy*

Factor 3 *Cost*

Explanation *Some activities may be unaffordable*

Question 3.

(50 marks)

- (a) Explain **two** ways in which a local community might influence which leisure facilities are available locally. (12 marks)
(6+6) Up to 6 for detailed explanation

1. *By lobbying local politicians*

2. *By direct request to the facility management*

- (b) List **four** details you would provide to the emergency services if there was a fire in the Leisure Centre in which you worked. (16 marks)
(4x2) Up to 2 for clear details

1. *Location of Leisure Centre*

2. *Description of emergency*

3. *Indication of any injuries*

4. *Contact details*

How would you deal with the people in the building at the time of the fire?

2 marks for each point made up to (8)

Inform customers that there is a problem, keep calm, ask customers to stay calm, ask customers to leave via nearest exit and to assemble at designated spot, check for injuries, offer assistance and reassurance.



- (c) Describe **three** benefits of having a life-long healthy lifestyle. (12 marks)
(3x4) Up to 4 for clearly stated benefits

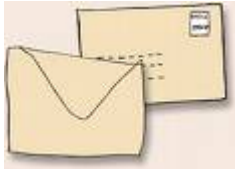
1. *Better health*

2. *Longer life*

3. *Better quality of life*

- (d) Explain **four** important points you would include in a letter of application for a position as fitness instructor in the leisure industry. (10 marks)

(3+3+2+2)



1. *My contact details*

2. *My training and experience*

3. *Explain why I want the job*

4. *Explain why I would be good at the job*

Section 2 – Health Related Fitness – (compulsory)

(70 marks)

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

Question 4.

(20 marks)

- (a) Which component of fitness is most important for marathon running?

Stamina (2)

- (b) What is meant by **Pulse Rate**?

Number of heart beats in one minute *Must include beats per minute* (1+1)

- (c) Name **one** eating disorder.

Anorexia (2)

- (d) State **one** physical side-effect of using illegal drugs in sport.

(Increased) Acne (2)

- (e) Where in the body is the **quadriceps** muscle?

Leg (2)

- (f) The number of calories in 100 ml of water is

Zero (2)

- (g) State **one** way to help avoid sports injuries.

Proper warm-up (2)

- (h) Which of the following provides more energy?

☐ a standard packet of crisps ☐ a normal portion of pasta ☐ a carrot

pasta (2)

- (i) Which **mineral** is most important for strong bones?

Calcium (2)

- (j) State **one** effect of exercise on the body.

Healthier heart (2)

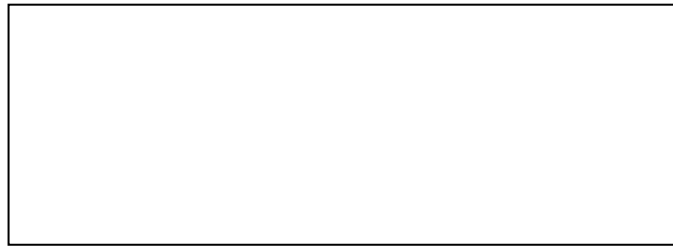
Question 5.**(50 marks)**

- (a) Describe a method to test a person's flexibility. You may use a drawing to help, if you wish.

(10 marks)

At least three points, one may be drawn (4+3+3)

As appropriate e.g. sit-and-reach test. Subject sits on ground and places legs flat on floor below bench. Bench has measuring ruler on top. Subject reaches as far forward as possible with both hands, holds position for 3 seconds. Distance of reach is measured on ruler.



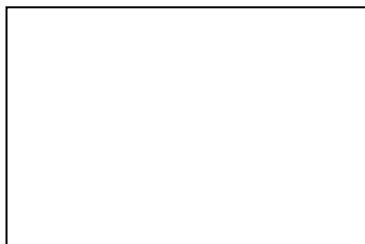
- (b) Describe and draw **three** stretching exercises suitable for a warm-up. **(12 marks)**

Name of muscle required

(2+2, 2+2, 2+2)

1. *As appropriate*

2. *As appropriate*



3. *As appropriate*



(c) What is meant by 'Body Image'?

(12 marks)

Up to 6. At least two points

A person's opinion of how their own body appearance is viewed by others

How might 'Body Image' affect a person's self-confidence?

Up to 6. At least two points

A good 'Body Image' usually improves self-confidence and vice versa

(d) It is important to have a balanced diet. In the boxes below, write your advice on a menu for a healthy breakfast, lunch and main evening meal. (16 marks)

Each section must include a drink

Breakfast	Lunch	Main Evening Meal
<i>Fruit juice</i>	<i>Cup of tea</i>	<i>Water</i>
<i>Porridge/cereal</i>	<i>Sandwich (with turkey or</i>	<i>Vegetable Soup (home-</i>
<i>Low-fat milk</i>	<i>tuna or low fat cheese)</i>	<i>Grilled chicken</i>
<i>Wholewheat bread/jam</i>	<i>Piece of fruit</i>	<i>Vegetables</i>
<i>Low-fat yogurt</i>	<i>Jaffa cake</i>	<i>Pasta</i>
<i>(2+2+1)</i>	<i>(2+2+1)</i>	<i>(2+2+2)</i>

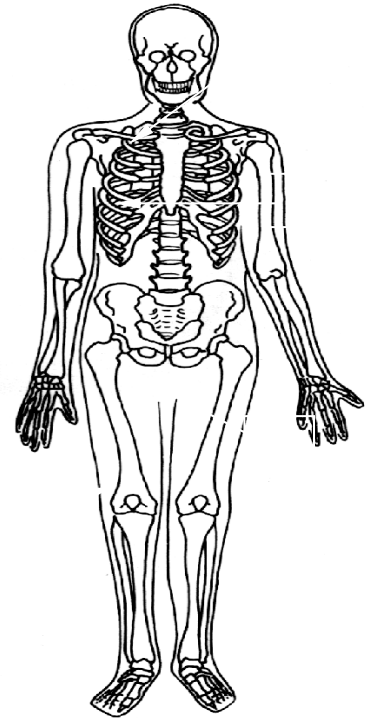
Question 6.

(50 marks)

- (a) Look at the picture of the skeleton below
Name and label any **four** bones.
(1+1, 1+1, 1+1, 1+1)

(12 marks)

1. *As appropriate e.g. shin.*
2. _____
3. _____
4. _____



State **two** functions of the skeleton.

(2+2)

Function 1 *Supports and gives form to the body*

Function 2 *Protects the internal organs*

- (b) Describe the First Aid treatment you would give to a person who had pulled a hamstring muscle. Make **three** points.

(12 marks)

(3x4)

Rest Ice Compression Elevation

1. _____

2. _____

3. _____

(c) What is meant by ‘**Cardiovascular Endurance**’? (12 marks)

The heart’s ability to maintain continuous physical effort. Stamina. (3)

Name **three** sports where Cardiovascular Endurance is important and give reasons why it is important in each of these sports. (2+1, 2+1, 2+1)

1. *Athletics* - *To be competitive in longer races*

2. *Hill walking* - *To complete longer walks*

3. *Team activities* - *To be strong at the end of the game*

(d) Describe a weekly fitness plan for an average teenager which would help improve all-round fitness. (14 marks)
(7x2)

Monday *Aerobic activity, e.g. swimming.*

Tuesday *Strength training*

Wednesday *Aerobic activity, e.g. jogging.*

Thursday *Flexibility exercises*

Friday *Aerobic activity, e.g. dance.*

Saturday *Aerobic activity, e.g. team sport.*

Sunday *Rest*

Choose **two** Sections from Section 3, 4, 5 and 6.

Section 3 – Aquatics

(50 marks)

Answer **one** question in this section.

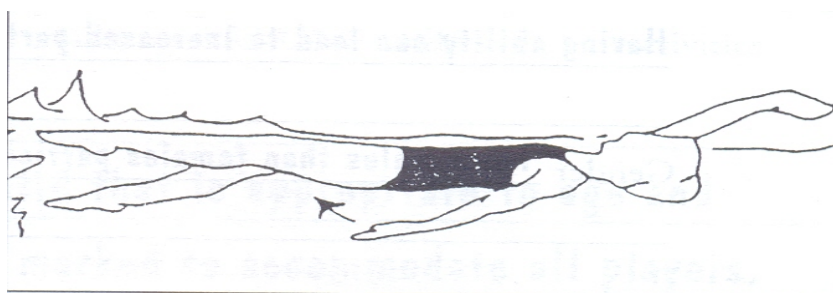
Question 7.

(50 marks)

(12 marks)

(a) Name the stroke in the drawing below. *Backstroke*

(4)



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

Arms *Fingers together, hands pull and then push the water* **(2) + (1)**

Legs *Toes pointed away from body, alternate left and right kicks* **(2) + (1)**

Breathing *Keep face out of water, breath in a rhythm* **(1) + (1)**

(b) Name **two** pieces of equipment useful for beginners and explain the use of each piece.

(12 marks)

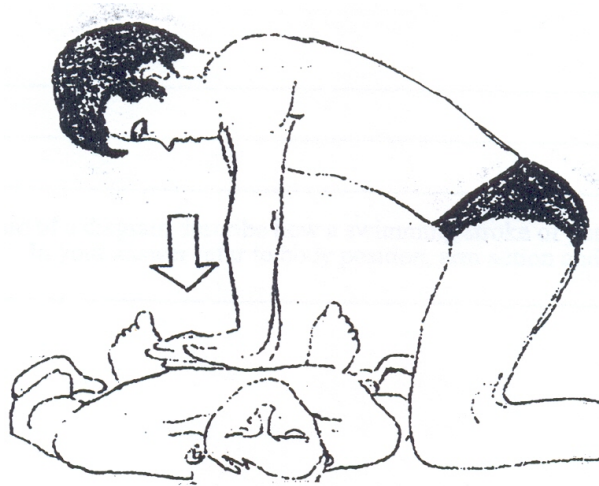
Equipment *Floatation device* *Up to 3 for clarity of use* **(4x3)**

Use *To help support body weight*

Equipment *Goggles*

Use *Makes it easier for beginner to see, and increases confidence*

- (c) The picture below is a demonstration of **cardio-pulmonary resuscitation** (CPR).
Answer the following; (18 marks)



Describe **two** signs in a person which shows that CPR needs to be carried out. (3+3)

1. *No pulse*
2. *No breathing*

Explain how you find the correct place on a person's body to carry out the compressions.

Up to 6 for clear explanation (6)

The approximate place is the width of two fingers below the bottom of the breastplate.

What steps should you take if you are carrying out CPR without anyone to help you?

At least 2 steps (3+3)

Always contact the emergency services for help before you begin, check for subject response, place subject on her back, clear airways, tilt head back, pinch nose, resuscitate, begin compressions.

- (d) Give three signs that indicate that a body is '**in shock**'. Describe how to treat it. (8 marks)
(4x2)

1. *Pallor*
-

2. *Fast weak pulse*
-

3. *Sweating*
-

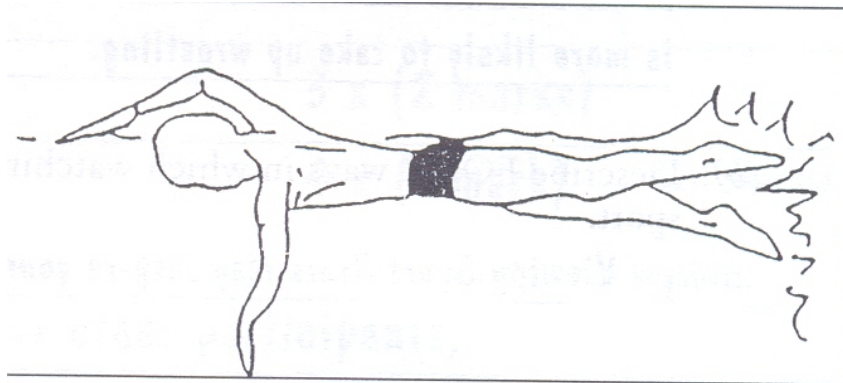
Treatment *Depends on cause. Rest. Blood restoration.*

Question 8.

(50 marks)

(a) Name the stroke in the drawing below. *Front crawl*

(12 marks)
(4)



Give **two** points for each of the following when coaching this stroke.

Arms: *Fingers together, pull and then push the water* (2) + (1)

Legs: *Toes pointed away from body, slight bend at knees, alternate leg kick* (2)+ (1)

Breathing: *Exhale using mouth and nose, turn head to inhale* (1) + (1)

(b) Describe **four** duties of a lifeguard.

(12 marks)
(4x3)

1. *Keep swimmers safe*

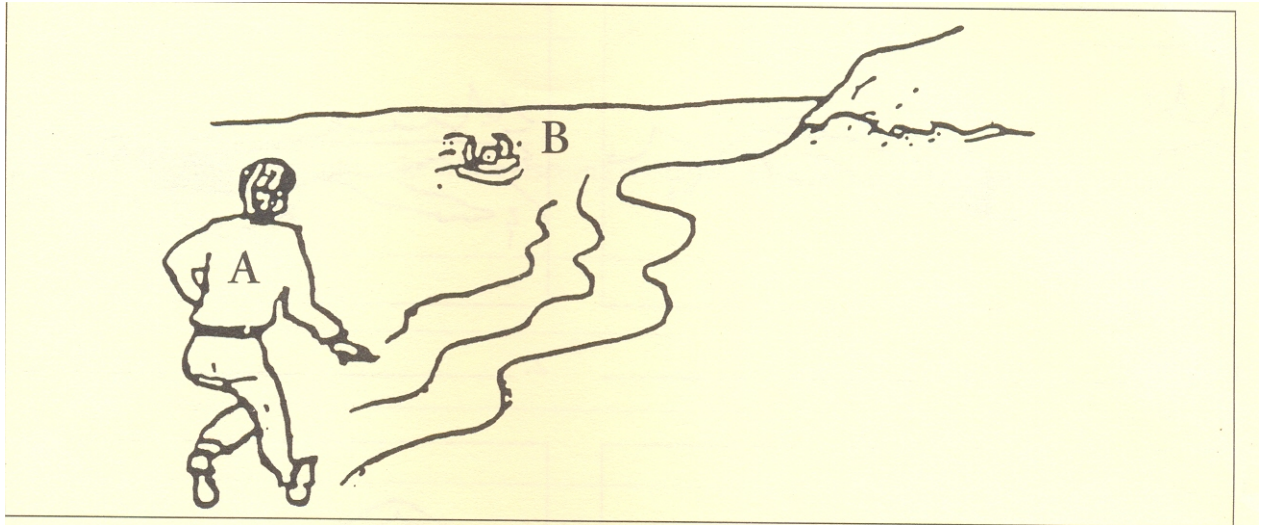
2. *Assist people in difficulty*

3. *Test water quality*

4. *Administer first-aid*

- (c) Look at the drawing below. Person A is walking on the beach. Person B is in the water and in difficulty. Describe **four** things Person A should consider before going to help Person B. (12 marks)

(4x3) Up to 3 for clear explanation



1. *Person A's own safety*

2. *Any hidden hazards*

3. *Is help available nearby?*

4. *Is lifesaving equipment available?*

- (d) Describe a method for testing the water quality in a swimming pool. (14 marks)

Any appropriate method

At least 3 points

(5+5+4)

Section 4 – Outdoor Education

(50 marks)

Answer **one** question in this section.

Question 9.

(50 marks)

Study the map provided and answer the following questions.

- (a) You are in charge of organising an overnight camping expedition for a group of 8 people. The meeting place for the expedition is Maum Post Office – grid reference L 963 534.

Select a suitable place for your overnight camping site. Give a six-figure grid reference for the place selected. Give **two** reasons for your selection. (12 marks)

Grid reference *As appropriate* (2+2)

Reason 1 *As appropriate, e.g. flat land.* (4)

Reason 2 *As appropriate, e.g. suitable access.* (4)

-
- (b) What is the approximate distance in kilometres from the meeting place to the camping site you have selected? (10 marks)

As appropriate (10)

- (c) 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 for your group. Give **one** reason for each selection. (12 marks)

Name of **land-based** activity *e.g. hill walking.* (2)

Grid reference *As appropriate* (1+1)

Reason for selection *e.g. suitable terrain.* (2)

Name of **water-based** activity *As appropriate, e.g. sailing.* (2)

Grid reference *As appropriate* (1+1)

Reason for selection *e.g. suitable expanse of water.* (2)

- (d) As the leader you are in charge of safety for the group. List **four** guidelines to ensure the group stays safe on the camping expedition. (16 marks)

1. *Check weather forecast* (4)

2. *Ensure proper clothing and footwear are worn* (4)

3. *Leave details of walk with a responsible person* (4)

4. *Route must be appropriate to experience and capability of group* (4)

Question 10.

(50 marks)

(a) Look at the picture below and answer the following questions;

(13 marks)



List **three** ways in which a group might **not** follow the Country Code.

(3+3+3)

1. *Ignore 'Danger' sign*

2. *Litter*

3. *Disturb wildlife*

List **two** other parts of the Country Code.

(2+2)

1. *Do not damage flora*

2. *Respect farms as places of work and residence*

(b) State what aspect of the environment you studied in your 'Environmental Study'.

(14 marks)

As appropriate, e.g. stream study.

Describe **three** things you learned from your 'Environmental Study'.

Clear description needed

Up to 5+5+4

1. *e.g. water flow patterns.*

2. *Flora/fauna*

3. *Environmental pollution*

- (c) The picture below shows a man dressed for a hill walk in bad weather. (9 marks)



Identify **three** unsuitable items of clothing or footwear he is wearing and, in each case, state what should be worn. (2+1, 2+1, 2+1)

1. *Sandals/Boots*

2. *Shorts/Long trousers*

3. *Vest/Shirt & jacket*

- (d) List **two** jobs in the area of 'Outdoor Pursuits'. (14 marks)

1. *Centre owner/manager* (3)

2. *Instructor* (3)

Describe the training and qualifications needed for **one** of these jobs.

1 point for each

Job	<i>Instructor</i>
Training	<i>Personal experience, personal competency awards, work experience</i> (4)

Qualifications needed *Instructor qualification awarded by recognised national body* (4)

Section 5 – Games 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 *Hurling*

Question 11.

(50 marks)

- (a) Name **two** player positions on a team and explain **one** role of each position.

(12 marks)

Position *Goalkeeper*

(2)

Role *Save shots on goal*

(4)

Position *Full back*

(2)

Role *Mark full forward*

(4)

- (b) Name **two** basic methods to control the ball in your game. In the case of **one** of these methods, draw a diagram showing a drill to practice this method of control.

(12 marks)

Method 1 *One-handed catch*

(3)

Method 2 *Control on hurley*

(3)

Method selected: Up to (6)

- (c) Name **one** tactic used in defence. Describe a situation in a match when this tactic might be used. (12 marks)
Must be Tactic, not Technique

Tactic *Forward used as sweeper*

Up to (6)

Match situation *To defend lead*

Up to (6)

- (d) Give **three** reasons why a player might give a poor performance in a match. (14 marks)
(5+5+4)

1. *Direct opponent is better player*

2. *Lack of practice*

3. *Emotional problems*

Question 12.**(50 marks)**

- (a) Explain what is meant by a '**Conditioned**' game. (10 marks)

Clear explanation Up to (10)

When a practice game is played using one or more specific, additional rules or conditions placed on the players by the coach.

- (b) Give **two** reasons why a coach may want a practice mini-match with a small number of players on each team. (12 marks)

Clear reasons (6+6)

Reason 1 *Players get more touches of ball*

Reason 2 *Allows for more one-to-one coaching*

- (c) Give **three** special rules / conditions a coach may have in a mini-match and give a reason for each rule / condition. (16 marks)

Condition *No goals to be scored* (3)

Reason *Players need to improve point scoring ability* (3)

Condition *One touch only allowed* (3)

Reason *Force players to speed up the game* (2)

Condition *Strike only from weak side* (3)

Reason *Improve weak side* (2)

- (d) Explain the role of a coach before, during and after a game. (12 marks)
2 points needed for each section (4+4+4)

Before *Select team, decide tactics*

During *Make substitutions, make positional changes*

After *Discuss game, praise/criticise players*

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 *Badminton*

Question 13.

(50 marks)

- (a) Describe the facilities and clothing / footwear most suitable for your game. (10 marks)

Facilities *Lined indoor hall, posts, net, racquets, shuttles*
At least 2 points, include equipment (2+2)

Clothing / Footwear *Sports shirt, shorts, suitable indoor sports shoes*
At least 3 points (2+2+2)

- (b) You are coaching a group of 14-year-olds who are new to the game. Describe your coaching session making at least **four** points. (12 marks)

Points must relate to a particular session (3+3+3+3)

Warm-up, introduce new technique, demonstrate, set up practice drills, coach individuals, play games, cool-down.

- (c) Select **two** attacking techniques and explain **two** coaching points for each technique. (12 marks)
(6x2)

Technique 1 *Smash*

Coaching Point 1 *Reach to strike shuttle when it is high above you*

Coaching Point 2 *Hit shuttle in a downward direction*

Technique 2 *Low serve*

Coaching Point 1 *Disguise the shot*

Coaching Point 2 *Aim the shuttle for opponent's service line*

- (d) Explain and draw a drill for coaching each of the techniques in (c) above. (16 marks)
(4x4)

Technique 1 *In pairs. Feeder hits high serve and receiver smashes.*



Technique 2 *In pairs. Player1 takes 10 shuttles and practises low serves over net. Player 2, on other side of net, allows shuttles to drop on ground and then picks up shuttles and takes turn practising serves.*



Question 14.

(50 marks)

- (a) You are coaching a group of 8-year-olds who are new to the game. Describe the warm-up you would do. You may use a diagram, if you wish. (10 marks)
At least 3 points (4+3+3)

Easy hitting in pairs over net, jogging on court lines with change of direction, stretching upper body (including arms and shoulders) and legs, fun 1v1.



- (b) List the equipment you would need for the coaching session in (a) above. Then describe **three** places where a beginner could get more information on the sport (15 marks)

Equipment *An indoor lined hall, posts, net, racquets, plenty of shuttles (3) + (3)*

-
1. *Visit local badminton club* (3)

 2. *Internet* (3)

 3. *Contact national governing body* (3)

(c) List **two** rules in your game and give reasons for their importance. (15 marks)

Rule 1 *The perimeter lines are part of the court* (3)

Reasons *If everybody is clear on the rule arguments will be avoided* (3+2)

Rule 2 *The decision of the referee is final* (3)

Reasons *Players must show respect to the official* (2+2)

(d) Describe **three** qualities of a good coach. (10 marks)
(4+3+3)

1. *Is able to explain clearly what he/she wants*

2. *Well prepared in advance of training and games*

3. *Treats everyone fairly*

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