



Victorian Certificate of Education 2010

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

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VCE VET SPORT AND RECREATION

Written examination

Tuesday 9 November 2010

Reading time: 9.00 am to 9.15 am (15 minutes)

Writing time: 9.15 am to 10.45 am (1 hour 30 minutes)

QUESTION AND ANSWER BOOK

Structure of book

| Section | Number of questions | Number of questions to be answered | Number of marks |
|------------------------------------|---------------------|------------------------------------|-----------------|
| 1 – Core | | | |
| Part A – Multiple-choice questions | 15 | 15 | 15 |
| Part B – Short answer questions | 9 | 9 | 45 |
| | Number of electives | Number of electives to be answered | |
| 2 – Electives | 4 | 1 | 30 |
| | | | Total 90 |

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers, sharpeners and rulers.
- Students are NOT permitted to bring into the examination room: blank sheets of paper and/or white out liquid/tape.
- No calculator is allowed in this examination.

Materials supplied

- Question and answer book of 26 pages.
- Answer sheet for multiple-choice questions.

Instructions

- Write your **student number** in the space provided above on this page.
- Check that your **name** and **student number** as printed on your answer sheet for multiple-choice questions are correct, **and** sign your name in the space provided to verify this.
- All written responses must be in English.

At the end of the examination

- Place the answer sheet for multiple-choice questions inside the front cover of this book.

Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the examination room.

SECTION 1 – CORE**Part A – Multiple-choice questions****Instructions for Part A**

Answer **all** questions in pencil on the answer sheet provided for multiple-choice questions.

Choose the response that is **correct** or that **best answers** the question.

A correct answer scores 1, an incorrect answer scores 0.

Marks will **not** be deducted for incorrect answers.

No marks will be given if more than one answer is completed for any question.

Question 1

Which of the following best describes the purpose of Equal Employment Opportunity Legislation?

- A. equal opportunities for spectators
- B. equal opportunities in the workplace
- C. equal opportunities for retiring sport and recreation employees
- D. equal opportunity for employers to employ or admit people at their discretion

Question 2

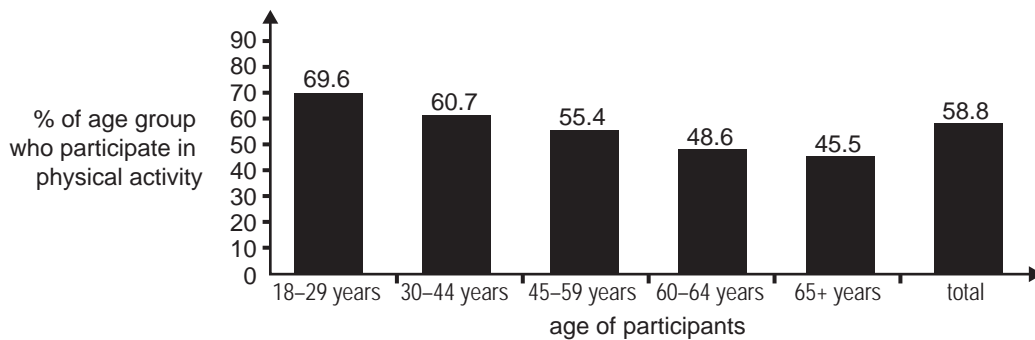
What is the purpose of hazard control in the workplace?

- A. to prevent all accidents
- B. to minimise the risk of accidents
- C. to provide evidence of a systematic approach
- D. to generate a comprehensive list of the sources of risk

Question 3

When conducting a risk analysis, fire and flood are classified as

- A. human perils.
- B. economic perils.
- C. property damage.
- D. professional liability.

Question 4**Participation in physical activity by age: Western Australians aged 18 years and over – 2006**

Source: www.testweb.dsr.wa.gov.au

Using the data in the graph, which statement best describes participation in physical activity from 18 to 64 years?

- A. Age has no effect on participation in activity.
- B. People aged 65+ are in the most active age group.
- C. As people age, their participation in physical activity increases.
- D. As people age, their participation in physical activity decreases.

Question 5

When reporting the outcomes of participation patterns for a facility, the outcomes are used to

- A. recommend expansion opportunities.
- B. comply with legislative requirements.
- C. provide data to the Australian Bureau of Statistics.
- D. avoid comparing similar research that has been done in other communities.

Question 6

Which of the following is **not** required information on a session plan?

- A. aim
- B. date(s) and time
- C. staff qualifications
- D. physical, human and financial resources

Question 7

An individual participant's perception of risk is best described as their

- A. legal sensitivity.
- B. OH&S awareness.
- C. expressive idealism.
- D. emotional wellbeing.

Question 8

To develop cooperation in a team, the leader should

- A. micromanage the group.
- B. supervise the group at all times.
- C. ensure that individuals are not put together with their friends.
- D. encourage open communication and constructive feedback.

Question 9

When planning a campaign to educate the public on the safe use of a sport and recreation resource, which of the following should be considered?

- A. the interests of the media
- B. suggestions for changes to the safe use program
- C. the tone and pitch of the delivery of the presentation
- D. characteristics of the audience and the subject matter to be presented

Question 10

Coaches use paraphrasing frequently when giving feedback.

Which of the following best describes paraphrasing?

- A. retelling, rewording, restating
- B. opposing attitudes, values, beliefs
- C. nonverbal cues, body language, reflection
- D. constructive feedback, negotiation, evaluation

Question 11

What does workers' compensation insurance provide?

- A. payment for treatment outside Australia
- B. payment of union fees incurred by the injured worker
- C. payment for medical expenses and rehabilitation programs for a worker injured at work
- D. payment to the employer to train and educate another employee for that position

Question 12

A group leader that identifies and acts on an incident of bullying is

- A. operating outside the required duties of their role.
- B. following the guidelines of the anti-bullying program.
- C. operating within their ethical and legal responsibilities.
- D. following the guidelines of psychological profiling procedures and protocols.

Question 13

The principles of client confidentiality state that

- A. all information remains the property of the trainer.
- B. the client gives up their right to sue for negligence.
- C. the client's information should be located at the reception desk.
- D. the client's information should not be passed on to other individuals.

Question 14

Which area would be excluded under anti-discrimination legislation?

- A. gender
- B. religion
- C. ethnic background
- D. educational qualifications

Question 15

Prior to a session, a leader has a duty of care to check the playing area for hazards.

This action is best described as

- A. advocacy.
- B. social justice.
- C. natural justice.
- D. legal responsibility.

Part B – Short answer questions**Instructions for Part B**

Answer **all** questions in the spaces provided.

Question 1

You are working at an event at the Melbourne Cricket Ground as an attendant. Bruce (one of the spectators) complains loudly about the seat that he has been allocated because his view is obstructed. The event is about to start and other spectators are complaining to you about Bruce's behaviour.

- a. Identify the causes of conflict
to Bruce

to the other spectators.

2 marks

- b. To deal with the situation, you have the following options. Which resolution technique is used in each option?

| Option | Resolution technique |
|---|----------------------|
| Tell Bruce to stop complaining and take his seat. | |
| Move Bruce to a better seat. | |
| Remove Bruce from the venue. | |

3 marks

- c. While dealing with this conflict, why is it important to take swift tactful action?

1 mark

Question 2

A homeless person who is participating in a recreation program might face some of the barriers listed below. Identify which of the following influences are relevant to each of the barriers listed – external, historical, individual, leisure, lifestyle.

A different influence must be used for each barrier.

| Barrier | Influence |
|--|------------------|
| Not having the appropriate clothing or equipment | |
| Belief that they may not be wanted in the activity | |
| Past negative experiences | |

3 marks

Question 3

a. Label the column headings (1, 2 and 3) with the appropriate leadership style.

| Leadership style | | |
|--|---|---|
| 1 | 2 | 3 |
| The leader makes the decisions and gives directions that the group follows. The leader has absolute authority. | The leader provides opportunities for discussion and consultation before the group and leader together make the decision about actions. | Both leader and group are involved in the decision-making process, and the group is responsible for the decisions made. The leader's role is predominantly advice and coordination. |

3 marks

b. Choose one of the leadership styles identified above. _____

Describe a situation where you would use this style and justify your choice.

3 marks

Question 4

List three different groups for whom you have the responsibility of being a role model while leading a sport clinic (such as football, soccer, netball).

- 1. _____
- 2. _____
- 3. _____

3 marks

Question 5

Name **one** piece of legislation that addresses cultural diversity. Describe how it relates to both customers/participants and colleagues in the sport and recreation industry.

Each description must be different.

Legislation

Customers/participants

Colleagues

5 marks

Question 6

You have purchased a range of equipment for a community cricket program you are running at the local recreation centre. The cricket bats arrived in two pieces and, while practising with the bats, you find they come apart easily when contact is made with the ball.

- a. What is the classification of risk of the cricket bats?

1 mark

- b. Describe how each of the following could be affected by the use of the equipment described above.

People

Community

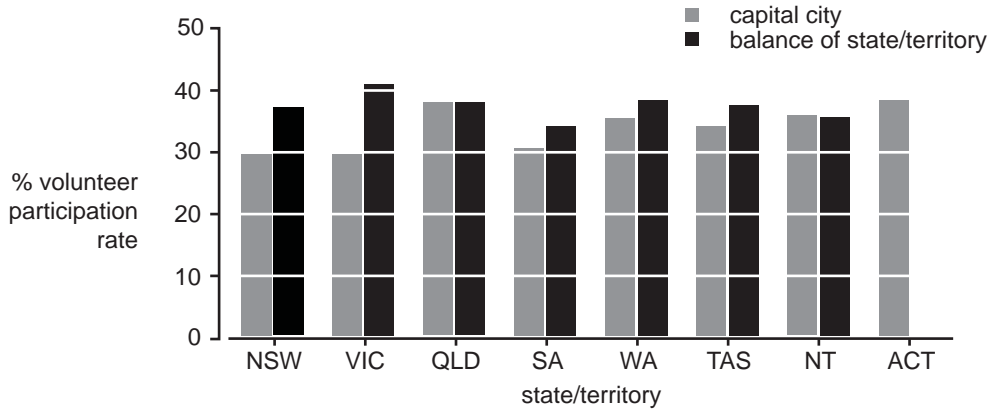
Direct costs

Indirect costs

4 marks

Question 7

Participation in voluntary work by part of state/territory



Source: www.abs.gov.au

Volunteers play a vital role in assisting people of all ages in sporting environments.

- a.** Overall the rate of participation in volunteering was more common in which part of the state/territory?
Tick (✓) the correct box.

outside the capital city in the capital city

1 mark

- b.** Which state/territory had the highest participation rate of volunteers in the capital city?

1 mark

- c.** Which state/territory had the highest participation rate of volunteers outside the capital city?

1 mark

- d.** Which two states/territories had volunteer rates that were closest for in and outside the capital city?

1. _____

2. _____

2 marks

Question 8

You have been asked to establish a support group for school bus drivers to promote healthy habits and lifestyle choices in their daily lives. You intend to conduct a step aerobics session on a weekday.

- a. Explain how you would collect information from the participants to plan this session.

2 marks

- b. From the information gathered you found that these bus drivers have low physical activity levels. Explain how you would maintain the bus drivers' physical welfare throughout the sessions.

2 marks

- c. Prior to the start of the session, what documentation would you ask bus drivers to sign which voluntarily relinquishes some known right or privilege?

1 mark

- d. How would you encourage group interaction throughout your session?

1 mark

- e. Once the step aerobics session has finished, list two checks you should perform.

1. _____

2. _____

2 marks

Question 9

The local council has built a skate park for young people. However, since opening six months ago there has been a significant increase in teenagers presenting at the local hospital for emergency treatment. The data collected by the hospital has identified that most accidents are occurring as a result of collisions between bike riders and skateboard riders.

When questioning the bike riders involved in the incidents, it was identified that the collisions were due to skateboarders using the designated bike half pipe. There is signage at the venue explaining the usage of the facilities.



- a. Identify the problem of the signage currently in use at the skate park.

1 mark

- b. Currently, signage is the only educational program used. List two changes you could implement to the current educational program.

1. _____

2. _____

2 marks

- c. How could you assess the users' understanding of the changed educational program?

1 mark

Total 45 marks

SECTION 2 – ELECTIVES

Instructions for Section 2

Section 2 consists of four electives. Answer **one** elective **only**. Answer **all** questions in the elective chosen in the spaces provided. Answer either elective 1, 2, 3 or 4. Tick the elective you are answering in the appropriate box.

Elective 1 – Aquatics focus

Elective 2 – Fitness focus

Elective 3 – Outdoor Recreation focus

Elective 4 – Sport focus

Elective 1 – Aquatics focus

Question 1

Identify a hazard for each of the aquatic activities listed below. A different hazard must be used for each response.

| Activity | Hazard |
|--------------|--------|
| Water skiing | |
| Jet skiing | |
| Surfing | |
| Snorkelling | |

4 marks

Question 2

While preparing for a beginners swimming session, you witness a teenage boy dive into the shallow end of a public pool and hit his head on the bottom. He floats to the top of the water, unconscious and face down.

- a. When should you make contact with emergency services? Justify your response.

2 marks

- b. Describe an appropriate course of action that you would take to prevent the victim, yourself and bystanders from further harm.

Action

| | |
|------------|--|
| Victim | |
| Yourself | |
| Bystanders | |

3 marks

- c. What piece of rescue equipment would you use to rescue this teenage boy?

1 mark

- d. The paramedics have taken over the treatment of the victim. Explain what the staff from the public pool should do to comply with best practice injury management.

2 marks

Question 3

You are sitting on a beach. From your position on the beach you notice a body boarder in difficulty. He is 50 metres off shore and cannot get back on the board. You enter the water. When you get near enough he lunges at you in desperation and holds on to your neck, dragging you under. You manage to get yourself free. The desperate body boarder again comes at you.

- a. What technique should you have used to enter the water?

1 mark

- b. Name two potential environmental hazards of this aquatic environment.

1. _____

2. _____

2 marks

- c. As a person trained in basic water rescue, what would you do to ensure the safety of yourself and the body boarder when he lunges at you?

1 mark

- d. The body boarder is still in trouble and desperate. What would be the best basic water rescue technique to use to get him to shallow water and keep yourself from further harm?

1 mark

- e. Name a factor (other than environmental conditions) that may have contributed to this aquatic emergency.

1 mark

Question 4

You have been given the task of taking a water polo club squad. The squad is made up of boys aged 4–6. For your first training session your objective is to get the participants familiar with the water conditions. The aim of the training session is to get the boys to open their eyes under water and to tread water.

- a. Identify two factors you need to consider when introducing these skills to the 4–6-year-old boys. (You cannot use the same answer more than once.)

| Skill | Factor 1 | Factor 2 |
|------------------------------|----------|----------|
| Opening the eyes under water | | |
| Treading water | | |

4 marks

- b. You are on the pool deck and the boys are treading water. Explain which method of feedback you would use to teach them the correct technique.

2 marks

- c. The last activity for the session is to have the boys keep themselves afloat for two minutes in a 2 square metre area. This is the only information you give the boys. What instructional method is being demonstrated in this example?

1 mark

Question 5

List a piece of equipment you could use to develop the following aquatic skills. Different equipment must be used for each response.

| Skill | Equipment |
|-----------------------|-----------|
| Rescues | |
| Buoyancy | |
| Water familiarisation | |
| Stroke development | |
| Submersion | |

5 marks

Total 30 marks

Elective 2 – Fitness focus

Question 1

The following is a list of services available at a fitness centre: aqua aerobics, spinning class, weights, treadmills and yoga. A survey found that most members join up for the following perceived benefits: social, cosmetic, athletic and health.

Match the client and their needs with the most appropriate service and its perceived benefits. Do not use the same answer more than once.

| Client | Fitness centre service | Perceived benefits |
|---|------------------------|--------------------|
| Anna, 60 years old, likes to do classes to meet friends. She has developed arthritis in her knees and ankles. She needs low impact non-weight-bearing activities. | | |
| Barry, a 45-year-old removalist, has been told by his doctor that increasing his flexibility will reduce his back pain. | | |
| Shauna, 30 years old, likes running and is training for a marathon. She has joined the gym because it is often too dark when she gets home from work to run. | | |
| Leslie, 25 years old, wants to lose weight for her wedding. She does not like running but wants to do classes that will improve her aerobic fitness. | | |

8 marks

Question 2

| Fitness Analysis | |
|-----------------------------|--|
| Name: | <i>Philli</i> |
| Age: | <i>35 years</i> |
| Gender: | <i>Female</i> |
| Nationality: | <i>Moroccan</i> |
| Measurements | |
| Weight: | <i>75 kg</i> |
| Height: | <i>174 cm</i> |
| Resting heart rate: | <i>75 beats per minute</i> |
| Waist circumference: | <i>81 cm</i> |
| History | |
| Smoker: | <i>yes - 6 cigarettes a day</i> |
| Drinks: | <i>3 alcoholic drinks a week on average</i> |
| Physical activity: | <i>walking while at work</i> <i>has no strength training experience</i> |
| Family history: | <i>high blood pressure and diabetes</i> |
| Goals: | <i>lose weight, tone muscles and define figure</i> |
| Additional comments: | <i>poor proprioception</i> |

- a. What stage of fitness would Philli be in?

1 mark

- b. Philli has set goals for her exercise program. Explain why goal setting is important.

2 marks

- c. You start training Philli and recognise that she has limited proprioception. Explain proprioception and its importance to fitness training.

3 marks

- d. As part of her program you have prescribed an aerobic workout three days per week, for 20–30 minutes, with an exercise intensity that is in the target heart rate zone. What is her maximum heart rate and the target heart rate while working out?

Maximum heart rate _____

Target heart rate _____

2 marks

- e. As part of her program you have prescribed strength training.

- i. What type of strength training would you recommend?

- ii. Describe this training technique and explain why you would use it.

1 + 3 = 4 marks

- f. Philli has begun her training program. How should she care for the bench press machine after she has finished using the machine?

1 mark

Question 3

Which allied health professional would you advise a client to contact if they had the following problems?

| Problem | Allied health professional |
|--|----------------------------|
| Sore muscles | |
| Poor posture | |
| Client struggling with work/life balance | |
| Ingrown toenail | |
| High blood pressure | |

5 marks

Question 4

Identify the type of joint.

| Joint | Type of joint |
|--------------|----------------------|
| Hip | |
| Knee | |
| Ankle | |

3 marks

Question 5

Why should you perform preventative maintenance on fitness equipment?

1 mark

Total 30 marks

Elective 3 – Outdoor Recreation focus

Your supervisor has given you the following weather information for three different locations.

| LOCATION A | |
|--------------------------|-----|
| Average temperature (°C) | |
| Jan. | 32 |
| Feb. | 30 |
| Mar. | 25 |
| Apr. | 20 |
| May | 17 |
| June | 17 |
| July | 17 |
| Aug. | 19 |
| Sept. | 20 |
| Oct. | 22 |
| Nov. | 25 |
| Dec. | 29 |
| Average rainfall (mm) | |
| Jan. | 5 |
| Feb. | 45 |
| Mar. | 81 |
| Apr. | 114 |
| May | 109 |
| June | 109 |
| July | 112 |
| Aug. | 69 |
| Sept. | 64 |
| Oct. | 53 |
| Nov. | 20 |
| Dec. | 5 |

| LOCATION B | |
|--------------------------|----|
| Average temperature (°C) | |
| Jan. | 24 |
| Feb. | 22 |
| Mar. | 20 |
| Apr. | 17 |
| May | 16 |
| June | 14 |
| July | 14 |
| Aug. | 16 |
| Sept. | 18 |
| Oct. | 20 |
| Nov. | 23 |
| Dec. | 24 |
| Average rainfall (mm) | |
| Jan. | 5 |
| Feb. | 5 |
| Mar. | 8 |
| Apr. | 10 |
| May | 48 |
| June | 51 |
| July | 46 |
| Aug. | 48 |
| Sept. | 43 |
| Oct. | 62 |
| Nov. | 15 |
| Dec. | 5 |

| LOCATION C | |
|--------------------------|-----|
| Average temperature (°C) | |
| Jan. | 38 |
| Feb. | 34 |
| Mar. | 29 |
| Apr. | 26 |
| May | 22 |
| June | 20 |
| July | 21 |
| Aug. | 22 |
| Sept. | 26 |
| Oct. | 31 |
| Nov. | 35 |
| Dec. | 38 |
| Average rainfall (mm) | |
| Jan. | 122 |
| Feb. | 84 |
| Mar. | 97 |
| Apr. | 61 |
| May | 76 |
| June | 71 |
| July | 64 |
| Aug. | 97 |
| Sept. | 104 |
| Oct. | 127 |
| Nov. | 119 |
| Dec. | 122 |

Question 1

Examine the weather information.

- a. i. Identify which location has the highest average monthly rainfall and in which month it occurs.

Location _____ Month _____

- ii. Identify which location has the lowest rainfall during the month identified in **part a.i.**

- iii. What is the average temperature for this location during this month?

2 + 1 + 1 = 4 marks

- b. You have been asked to plan a camping excursion during the month of February for a group of 20 people from overseas. From the table above, which location would you choose? Justify your answer.

Location _____

Justification _____

3 marks

Question 2

Bushwalking for an adolescent youth group

Identify four pieces of information that you, as the guide, will be required to know before planning the walk and the source of information for each.

| Information required | Source of information |
|----------------------|-----------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |

8 marks

Question 3

A three-day primitive camp-out in the Grampians

On your first day, you hike 20 km into the mountains and set up base camp. The hike involves various types of terrain. The last sector of the hike requires the group to cross a rapidly flowing creek.

a. You create a plan for the hike. List four physical resources you would advise the group to bring.

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

4 marks

With a half-day of daylight remaining, your group hikes further into the mountains carrying only enough provisions for the hike.

Suddenly, a severe thunderstorm sweeps over the area. Your group takes cover and rides out the storm. Your group has already used their change of clothes because some of them got wet in the creek.

b. Identify two hazards that you will have to assess for the hike.

1. _____
2. _____

2 marks

The area you are camping in is Hollow Mountain. It is a very popular rock-climbing area in the northern Grampians. The Currawong, a native bird to that area, is known to rummage through bags and interact very closely with climbers using the wall.

- c. Identify and describe two ways the rock climbers may impact on the Currawong population.

Impact 1 _____

Description _____

Impact 2 _____

Description _____

4 marks

Question 4

Two walkers set off on a day's walk in the Dandenongs. An hour into the walk, one of the walkers trips and dislocates her shoulder. They have no first aid kit.

The following items are in their day pack.

- fruit
- frisbee
- a pack of cards
- 2 water bottles
- 2 jumpers
- a mobile phone

They will have to improvise and make use of the available equipment to provide first aid to the injured walker before medical help arrives.

- a. What can be used to prevent further injury to the shoulder?

1 mark

The injured walker is in extreme pain and cannot walk. It is 4 kilometres back to the car park. The other walker needs to alert emergency services. 000 does not work.

- b. Which other number should they try to ring?

1 mark

Question 5

Explain the difference between pollution and physical damage to the environment.

3 marks

Total 30 marks

END OF ELECTIVE 3

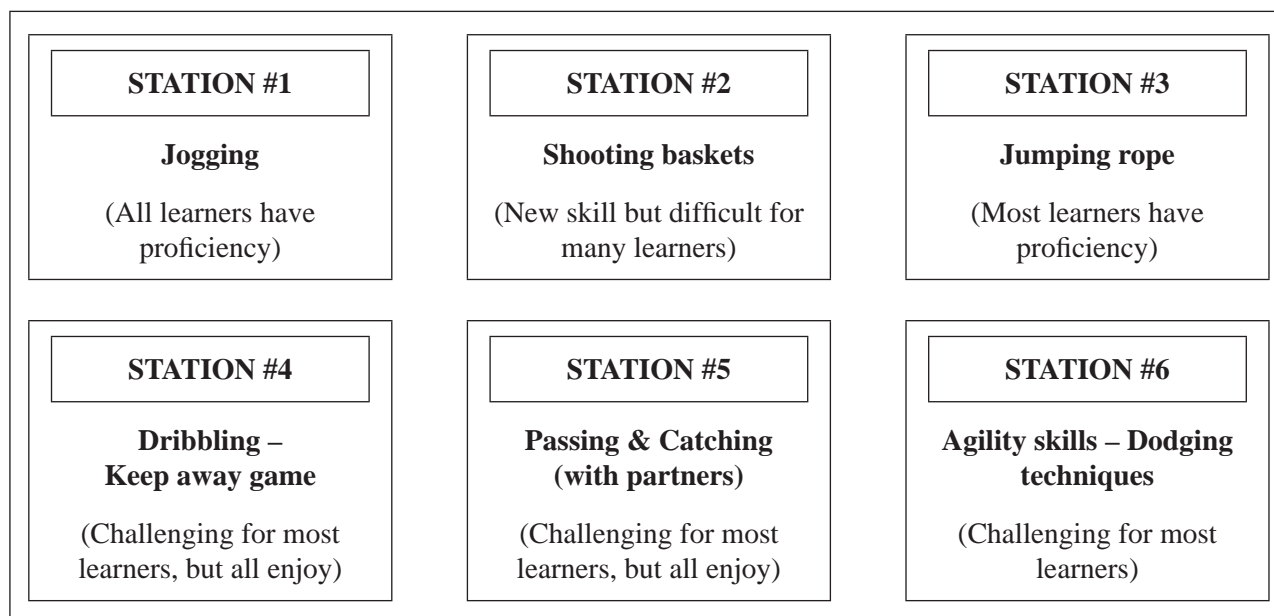
SECTION 2 continued
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Elective 4 – Sport focus

Question 1

You are conducting the last session of a 6-week-long after-school basketball clinic for 24 students in Year 1. The students have different levels of skill. There are 14 boys and 10 girls in the group.

To cater for the group, you decide that the students work at stations at their own pace for 5 minutes per station. They choose their own partners and move from station to station every 5 minutes. You observe and provide minimal cues and comments as necessary.



- a. How does this method optimise participation?

1 mark

- b. How is this style of program delivery appropriate for the participants?

1 mark

The program was very successful, and was highly recommended to another school group.

The school does not have a gymnasium, but has a tennis court for your use.

- c. What modification will you need to make to the stations if the session was relocated to the tennis court?

1 mark

Question 2

You are coordinating a soccer tournament for around 500 Year 7 and Year 8 students from local high schools. The charge for each student is \$5.00. You have sent out a detailed document explaining the rules of the tournament. You also obtained medical information for all students.

- a. Provide three examples of the type of medical information you may discover and describe how you will cater for these individuals.

| Medical information | How to cater |
|---------------------|--------------|
| | |
| | |
| | |

6 marks

- b. Apart from medical conditions, list two other factors that may affect the participation of students.

1. _____

2. _____

2 marks

You have booked a reserve with 6 cricket ovals. On each oval you can set up 8 soccer pitches.

- c. How many games can you have going at once?

1 mark

You are doing an evaluation of your tournament.

- d. State three criteria that you would use to evaluate the tournament.

1. _____

2. _____

3. _____

3 marks

You have organised teachers to referee each game. You have also decided that no teacher is to referee a match involving students from their school.

- e. How could this decision promote fairness?

1 mark

Question 3

You are in charge of the local cricket ground. The adjustable netting for one of the cricket nets has come down and you are in the process of repairing it. The under-12 cricket team has arrived to train. You have told the coach it is okay to use the area while you are working to fix the problem.

- a. What can you do to ensure that players do not get tangled in the net?

1 mark

- b. You have discovered that you cannot fix the problem. What should you do now?

1 mark

Question 4

You are refereeing a game on the field when you notice that you have dropped your whistle. Panicking, you stop the game and ask for help from the coaches. They are upset, but offer to help you look for your whistle. A few minutes later, with all the players searching, they cannot find it anywhere. A fan from team B has a megaphone. Another fan from team A has a red handkerchief. The rules of the game do not stipulate what kind of device must be used to signal your decision.

Explain what you could do to allow the game to continue.

2 marks

Question 5

You have been employed as an assistant in a sport and recreation centre. Your role is to run a new sporting project for which the centre has received a grant. The grant is for people from diverse economic and cultural backgrounds that have been recruited as volunteers to support a group of 'disadvantaged' youths in a major city. The youths participating in the program have been nominated by teachers from local schools on the basis of their apparent 'disadvantage'. The youths are from culturally and linguistically diverse backgrounds. Their general health is okay but a majority of the youths abuse alcohol or other drugs.

Your role is to support the volunteers, build them into an effective team and make sure the project goes well.

- a. Give two reasons why it would be important to know something about the nature of the historical, cultural or physical factors that affect the participation of youths from specific communities in recreation.

1. _____

2. _____

2 marks

- b. When you distribute information to the youths, what do you need to consider in communicating with this group?

1 mark

On checking your resources, you realise that the date you have scheduled for the program falls within an important phase of religious holy days for some of the volunteers.

c. Explain why you would change the date of the sport session.

2 marks

The planning for the program is complete. You decide to develop an evaluation survey to obtain the views of the youths and the volunteers.

d. State the best time to get the participants to fill in the evaluation form. Justify your response.

3 marks

Question 6

What are two ways you can ensure that all persons involved in a competition are aware of the rules, regulations and guidelines?

2 marks

Total 30 marks