



Victorian Certificate of Education 2006

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

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VCE VET SPORT AND RECREATION

Written examination

Wednesday 8 November 2006

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

Writing time: 9.15 am to 10.45 am (1 hour and 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	11	11	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 25 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 pieces of legislation applies to a sport and recreation workplace?

- A. Equal Opportunity
- B. Kinnect Registration
- C. Consumer Compensation
- D. First Aid Certification

Question 2

To facilitate a group to successfully undertake activities in a sport and recreation lesson a group leader should

- A. only use demonstration.
- B. use collaborative approaches that enhance group relationships.
- C. promote conflict resolution of problems that may impede individual and group performance.
- D. allow groups to evolve at their own pace.

Question 3

To resolve conflict in a sport and recreation workplace an employer must

- A. take responsibility for resolving the conflict.
- B. involve as many people in the workplace as possible to resolve the conflict.
- C. survey staff on their opinion as to who is right.
- D. order the individuals to meet and work it out themselves without guidance.

Question 4

Data on participation levels can be accurately gathered from which source?

- A. Australian Bureau of Statistics
- B. information protocols
- C. random opinion
- D. personal perceptions

Question 5

Organisations require instructors working with children to undergo a police check to adhere to

- A. an equal opportunity responsibility.
- B. a legal responsibility.
- C. an ethical responsibility.
- D. a sexual harassment responsibility.

Question 6

Public education programs in a sport and recreation setting are developed to

- A. create problems relating to the safe use of sport and recreation resources.
- B. provide information to the public on the safe use of resources.
- C. avoid public knowledge about hazards in a sport and recreation facility.
- D. provide information only to schools regarding safe use of sport and recreation resources.

Question 7

When conducting a sport and recreation session in the heat, which of the following should be done?

- A. conduct the session without considering the weather conditions
- B. ensure that all participants are properly hydrated at all times
- C. ensure all participants are dressed in warm clothes
- D. run the session outdoors without shelter

Question 8

A vital consideration when developing a sport and recreation session plan is that

- A. the participants arrive on time.
- B. the session is tailored to ensure all participants are performing at the same level.
- C. the tasks and activities are realistic and achieve participants' aims, needs and learning.
- D. all fees are collected prior to the session commencing.

Question 9

The most appropriate way to minimise legal liability within a sporting organisation would be to

- A. purchase contents insurance for the club's property.
- B. employ an administrative assistant.
- C. implement a risk management plan.
- D. purchase a first aid kit.

Question 10

Which of the following is a legitimate defence against negligence?

- A. The injured participant's actions contributed to the accident.
- B. The supervisor's actions contributed to the accident.
- C. The conditions of the facilities contributed to the accident.
- D. The location of the facilities contributed to the accident.

Question 11

Public liability

- A. pays medical bills and other costs if injury or death results from a car accident in which the policyholder is at fault.
- B. covers injury resulting from the hazards or actions of employees at a place of business.
- C. provides protection and offers a tax deduction that pays a flexible interest rate.
- D. covers injury suffered by others as a result of using the policyholder's products.

Question 12

What external influences determine the basis for existing levels of participants' interest in sport and recreation?

- A. government actions, environment trends and economic developments
- B. acquired needs, personality and existing needs
- C. cultural pursuits, entertainment, tourism and travel
- D. psychological state, geographical accessibility and financial considerations

Question 13

When planning a sport and recreation session for clients, clients' needs and expectations can only be obtained from

- A. ethnic origin, physical condition and gender.
- B. individuals, organisational data and parents.
- C. logistics, human and financial resources.
- D. health professionals, staff and teachers.

Question 14

When conducting a sport and recreation session, an obligation to do everything practicable to protect others from harm is

- A. reasonable precaution.
- B. duty of care.
- C. contract of commitment.
- D. perceived perception.

Question 15

A warm-up session should include

- A. low intensity movements that are similar to the activity that will follow.
- B. high intensity movements that are similar to the activity that will follow.
- C. strength training.
- D. cross training.

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

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

Question 1

List **two** ways you gather information about a person's participation in sport and recreation activities.

1. _____

2. _____

2 marks

Question 2

Provide **one** example of when you would adopt a disciplinary approach when working with clients.

2 marks

Question 3

Explain the importance of a sporting club becoming an incorporated body.

3 marks

Question 4

Provide **two** examples of personal protective resources that are necessary when conducting an outdoor sport and recreation session.

1. _____

2. _____

2 marks

Question 5

- a. Name **one** factor to be considered when modifying a sport and recreation activity.

- b. Explain how you would modify the activity to accommodate this factor.

1 + 2 = 3 marks

Question 6

Explain how you would educate the public on the safe use of a sport and recreational resource.

2 marks

Question 7

The resolution of conflict requires negotiation between the parties. In negotiation there will be one of three outcomes. Explain what happens in each outcome.

- win – win

- win – lose

- lose – lose

3 marks

Question 8

Why does a sport and recreation organisation need a risk management plan?

2 marks

Question 9

a. Identify **three** different risks in the above illustration.

1. _____
2. _____
3. _____

b. Formulate a risk management plan for **one** of the three risks above.

1. Risk assessment

2. Risk management plan: How would you manage the risk plan?

3. Implementation of the risk plan: How would you implement the risk plan?

4. Evaluation of the risk plan: How would you evaluate the risk plan?

3 + (1 + 1 + 2 + 2) = 9 marks

Question 10

The table below shows the participation levels of young people between the ages of 5 and 14 years in organised sporting activities.

Young people involved in organised sport activities in Victoria

Activity	2000	2003
	Participation level %	Participation level %
Swimming	14.4	16.6
Soccer (outdoor)	11.4	13.4
Netball	9.1	9.1
Tennis	8.5	8.6
Basketball	7.6	7.7
Australian Rules football	6.6	7.3
Cricket (outdoor)	5.3	5.0
Martial arts	4.0	4.9
Athletics and track and field	3.9	3.8
Gymnastics and trampolining	2.6	3.5
Rugby League	3.6	2.9
Hockey	2.4	2.5
Other organised sports	14.1	15.0

- a. i. Identify the activity with the largest percentage **increase** in participation from 2000 to 2003.

- ii. Identify the activity with the largest percentage **decrease** in participation from 2000 to 2003.

- b. Give **two** reasons why the activity in part **a.i.** had the largest **increase** in participation from 2000 to 2003.

1. _____

2. _____

- c. You are responsible for developing programs for young people. What changes would you make to the two activities identified in part a. that show you are responding to the changes in participation level displayed?

(1 + 1) + 2 + 4 = 8 marks

Question 11

You will be conducting an after-school program for 45 minutes. You have been allocated a group of 15 students from Year 3. The group has 7 girls and 8 boys. Within the group you have been advised that one of the girls has a vision impairment (total vision loss). You must factor this into your planning as her participation needs to be equal to all other members of the group.

- a. Explain how you would plan for her participation to be equal to other members of the group.

- b. Provide a plan for the after-school program which will encourage all participants to be fully involved. The program should include a warm-up, a main activity and a cool-down.

Warm-up duration _____

Activity description including modification for the vision-impaired student

Activities/games duration _____

Activity description including modification for the vision-impaired student

Cool-down duration _____

Activity description including modification for the vision-impaired student

$3 + (2 + 2 + 2) = 9$ marks

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.

Elective 1 – Aquatics focus**Question 1**

Name **one** Australian governing body that develops the guidelines or code of conduct.

1 mark

Question 2

A 48-year-old person has just been rescued from the water. How would you determine if this person needs CPR?

1. _____
2. _____

2 marks

Question 3

List **three** characteristics of a distressed swimmer.

1. _____
2. _____
3. _____

3 marks

Question 4

When would you use a spinal board?

2 marks

Question 5

Buoyancy is the ability to float. List **two** factors that affect a person's ability to float.

1. _____
2. _____

2 marks

Question 6

List **three environmental conditions** that may contribute to an aquatic emergency.

1. _____
2. _____
3. _____

3 marks

Question 7

a. What is **envenomation**?

b. Why is envenomation considered an aquatic emergency?

c. Give **two** examples of a source of aquatic envenomation.

1. _____
2. _____

1 + 1 + 2 = 4 marks

Question 8

List **four weather factors** that could affect an aquatic emergency? Responses must be different from answers to Question 6 above.

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

4 marks

Question 9

List **one** hazard for **each** of the following aquatic environments.

Aquatic environment	Hazard
rivers, lakes and dams	
home swimming pool	
the ocean	

3 marks

Question 10

Monica, who cannot swim, is pushed into the pool by her friend Andrew. Andrew does not know that she is a non-swimmer. She ends up only 1 metre from the side of the pool in deep water, but cannot reach or get to the side. She is upright in the water, pressing down hard with both arms to try to get her head above water to breathe. She comes up and goes under as she instinctively pushes with her arms. Her head is tilted back and she cannot see you.

a. What rescue technique would you use?

b. How would you perform this rescue technique?

c. Why would you use this rescue technique?

2 + 2 + 2 = 6 marks

Total 30 marks

Elective 2 – Fitness focus

Question 1

Why is it important to undertake a fitness appraisal of a client before commencing exercise?

2 marks

Question 2

List **three** different tests which could be used during a fitness appraisal and explain what each test is measuring.

1.

2.

3.

2 + 2 + 2 = 6 marks

Question 3

Give **one** example of an activity that trains the anaerobic energy system.

2 marks

Question 4

What type of joint is the shoulder joint?

1 mark

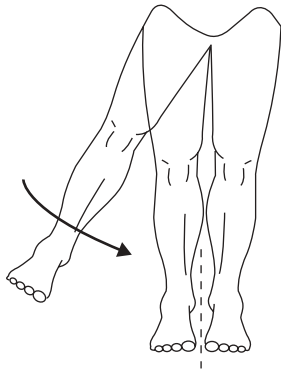
Question 5

The formula for calculating a person's maximum heart rate is 220 beats per minute minus _____.

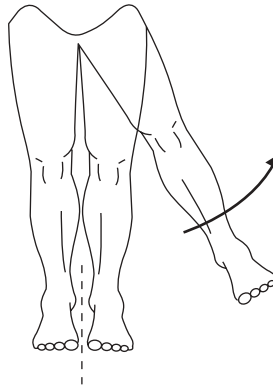
1 mark

Question 6

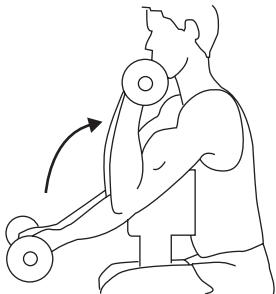
Describe the movement in the diagrams below.



Hip _____



Hip _____

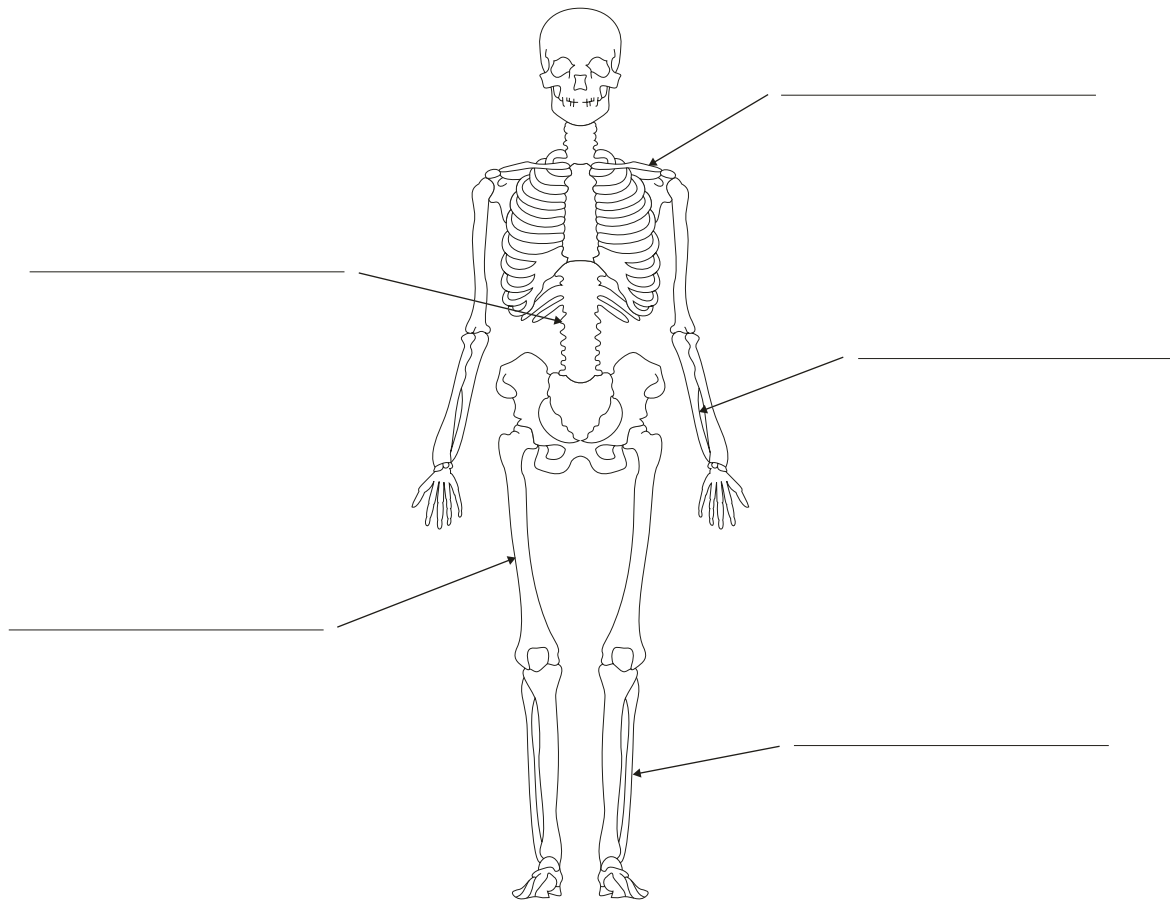


Elbow _____

3 marks

Question 7

Identify each bone on the diagram below.



5 marks

Question 8

A 35-year-old female client with no known injuries or medical problems has recently had a baby and wants to lose some weight and regain fitness.

- a. Identify the muscle group for each of the following exercises (full names of muscles are not required).

Fitness program

Exercise	Muscle group
Bench press	
Squat	
Arm curls	
Leg curls	
Sit-ups	
Dips	

- b. List **one** appropriate warm-up and cool-down exercise for this fitness program.

- c. Tick (✓) the correct response.

The number of exercises for the client in this program should be programmed as

Repetitions

high ☐ low ☐

Sets

high ☐ low ☐

6 + 2 + 2 = 10 marks

Total 30 marks

Elective 3 – Outdoor recreation focus

Question 1

Provide **two** examples for each of the following hazards.

Hazards	Examples	
terrain	1.	2.
environment	1.	2.
people	1.	2.

6 marks

Question 2

What are **two** possible constraints that must be considered when planning an outdoor recreation activity?

1. _____

2. _____

2 marks

Question 3

Provide **one** example of how a client's needs and experience impact on how an outdoor recreation activity is conducted?

2 marks

Question 4

What communication methods can be used in an outdoor environment?

1. _____

2. _____

2 marks

Question 5

Name **two** common injuries that may occur during an outdoor activity and explain how you would treat the injury.

1. Injury _____

Treatment _____

2. Injury _____

Treatment _____

4 marks

Question 6

When evaluating the success of an outdoor recreation activity, what **two** things would you consider?

1. _____

2. _____

2 marks

Question 7

When planning an outdoor recreation activity, what information would a leader need to know about individual participants?

1. _____

2. _____

2 marks

Question 8

- a. How can a natural environment be affected by human use? Provide **four** examples to explain your answer.

1. _____

2. _____

3. _____

4. _____

4 marks

- b.** Outline how **one** impact on the environment could be reduced through your planning of an outdoor recreation activity and still allow access to the environment.

6 marks

Total 30 marks

Elective 4 – Sports focus

Question 1

What do you consider to be **two** major differences in the abilities of adults and children when participating in sport?

1. _____
2. _____

2 marks

Question 2

What are **two** major differences between using indoor and outdoor facilities when conducting a program?

1. _____
2. _____

2 marks

Question 3

What are **three** key considerations when checking the safety of indoor and outdoor facilities?

Indoor facilities

1. _____
2. _____
3. _____

Outdoor facilities

1. _____
2. _____
3. _____

3 + 3 = 6 marks

Question 4

List **three** reasons why it is important to check sport and recreation equipment and facilities regularly.

1. _____
2. _____
3. _____

3 marks

Question 5

As a game official you are required to promote fairness when making decisions. Provide **three** key strategies to promote fairness in decision-making.

1. _____
2. _____
3. _____

3 marks

Question 6

List **four** categories of sporting competitions.

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

4 marks

Question 7

The choices made by individuals to participate in sport and recreation can be strongly influenced by various factors.

Explain how each of the following can have an influence on an individual's participation in sport and recreation activities.

1. Family

2. Age

3. Gender

4. Income

5. Place of residence

10 marks

Total 30 marks

END OF QUESTION AND ANSWER BOOK