



Victorian Certificate of Education

2009

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

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VCE VET SPORT AND RECREATION

Written examination

Wednesday 4 November 2009

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	12	12	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 28 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

When conducting an activity, instructors have a duty to ensure that information regarding personal protective equipment is

- A. communicated effectively to the clients undertaking the activity.
- B. available only to themselves during the activity.
- C. distributed at the conclusion of the activity.
- D. used to maximise the effects of hazards.

Question 2

Which of the following needs to be taken into account when **planning** a presentation?

- A. the characteristics of the audience and subject matter to be presented
- B. filing and storage of educational program materials
- C. the use of language appropriate to the group
- D. assessment of audience understanding

Question 3

You are planning a lunchtime sports session.

Which one of the following would you **not** take into account?

- A. participant numbers and abilities
- B. economic downturn
- C. session objectives
- D. venue

Question 4

Under the *Occupational Health and Safety Act* employees should

- A. always do as they are told.
- B. take complete responsibility for their own safety.
- C. ensure that they have professional indemnity insurance.
- D. take care to look after their own safety and not put other workers at risk.

Question 5

Insuring with an insurance company against an accident is an example of

- A. transferring the risk.
- B. accepting the risk.
- C. assessing the risk.
- D. reducing the risk.

Question 6

Which conflict management style incorporates compromise, majority vote and arbitration?

- A. aggressive
- B. smoothing
- C. transferring
- D. problem solving

Question 7

During a group activity you see two children arguing over a helmet.

To manage the conflict you should

- A. stop the activity for the entire group.
- B. ignore the situation.
- C. ask another participant to resolve the argument.
- D. take swift action to prevent escalation.

Question 8

What is the reason for consulting individuals, organisations, or recorded information in the initial stages of planning a session for participants?

- A. They maintain participants' social welfare.
- B. They are readily available and cost effective.
- C. They provide an overview of the issues related to a session.
- D. They allow participants the opportunity to provide an evaluation.

Question 9

In risk management, the process of determining what can happen, why and how is

- A. risk examination.
- B. risk treatment.
- C. risk evaluation.
- D. risk identification.

Question 10

Sporting clubs may become legal owners of property only when

- A. they are the primary users of the facility.
- B. they have sufficient funds to do so.
- C. they have become incorporated.
- D. they have over 100 members.

Question 11

When conducting activities for a group it is best to

- A. allocate tasks so that the diverse skills of each participant are used for maximum contribution to the outcome.
- B. wait until the end of the session to recognise achievements with appropriate recognition and/or reward.
- C. ensure all responsibilities are carried out by the participants to enhance knowledge and skills.
- D. ensure all instructions and feedback are given when participants are sitting quietly.

Question 12

At the end of an under-12 sports training session, the coach would perform his 'duty of care' to the participants by

- A. commencing his own personal training regime.
- B. leaving when all the equipment is packed away.
- C. asking another adult to wait with him until the last child's parent arrives.
- D. driving the last child home in case the parent has forgotten to pick them up.

Question 13

What has influenced client participation in sport over time?

- A. individual influences
- B. historical influences
- C. social influences
- D. All of the above.

Question 14

During which stage of group development is the goal to establish a clear group structure and group roles?

- A. performing
- B. adjourning
- C. storming
- D. norming

Question 15

Patrick has been playing football for ten years. His father first introduced the game to him when he was eight years old. Football has been a good way for Patrick to bond with his father who also played football when he was young.

What was Patrick's influence for initial participation?

- A. social
- B. external
- C. health
- D. commercial

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

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

Question 1

List two factors that are barriers to group formation.

1. _____

2. _____

2 marks

Question 2

What are two lifestyle influences that affect participation rates?

1. _____

2. _____

2 marks

Question 3

Below are statistics for video game participation rates of children aged 5 to 14.

Participation rate (% of all children)			
Year	Boys	Girls	Children
2000	79%	58%	69%
2003	82%	59%	71%
2006	77%	50%	64%
2003 Average number of hours			
Age	Boys	Girls	Children
5–8 year olds	7.0	4.5	5.9
9–11 year olds	9.2	5.7	7.7
12–14 year olds	11.2	6.0	9.2
All children	9.0	5.3	7.5
2006 Average number of hours			
Age	Boys	Girls	Children
5–8 year olds	7.1	4.6	6.1
9–11 year olds	9.2	5.7	7.7
12–14 year olds	11.8	7.0	10.1
All children	9.3	5.7	7.9

Source: Australian Bureau of Statistics (ABS)

- a. From the 2003 data provided, state the time difference between the number of hours boys and girls aged 12–14 spend playing computer games.

_____ 1 mark

- b. In which year was the lowest participation rate of children?

_____ 1 mark

- c. Which age group has the biggest change in its average number of hours between 2003 and 2006?

_____ 1 mark

Question 4

During a public swimming session a swimmer, on the way to the change room from the pool, trips on a hose that had been left on the pool deck by the lifeguard. The swimmer sustains injuries which require medical attention. The swimmer is seeking reimbursement for medical costs incurred. The lifeguard is worried about being personally responsible for the costs.

- a. Three classifications of risk have been identified. Explain how these are relevant to the scenario.

Professional liability _____

Occupational Health and Safety _____

Public liability _____

2 + 2 + 2 = 6 marks

- b. List two appropriate sources of information that could be used as references to reduce the likelihood of this situation happening again.

1. _____

2. _____

2 marks

- c. Will the lifeguard be responsible for the medical costs incurred? Justify your answer.

3 marks

Question 5

Why might an organisation implement a program to educate individuals that use its resources?

1 mark

Question 6

When planning levels of supervision for a recreation session, what item of information about the participants should you consider?

1 mark

Question 7

You were asked to plan and conduct a recreational social dance session for the residents at a local nursing home. During your meeting with the facility director, you were advised that

- one of the residents is recovering from a broken hip and is wheelchair bound
- you have been allocated the music hall to conduct your session
- the nursing home has the following equipment for your use: portable stereo, data projector, kettle, spoons, teapot, banjo, piano, batteries, cones and skipping ropes
- there would be 40 male and female participants of varying ages.

When you arrive you find that the hall is already being used by others and the weather outside is acceptable to conduct an activity.

- a. Why is it important to meet with someone from the facility prior to conducting a session?

1 mark

- b. What two things could you do to include all participants in this session?

1. _____

2. _____

2 marks

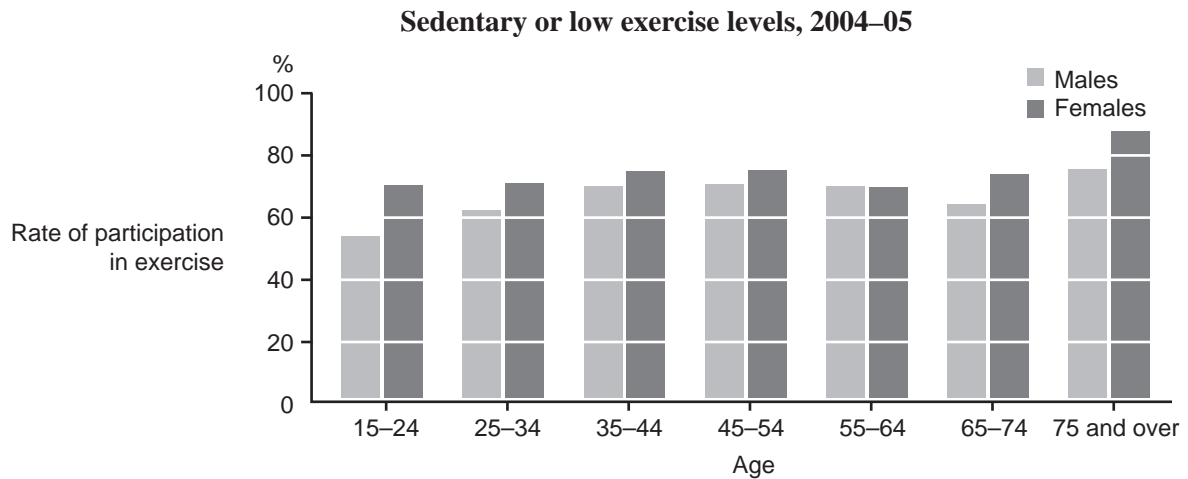
- c. What are two safety considerations you would have to take into account when modifying the session to outdoors?

1. _____

2. _____

2 marks

Question 8



Refer to the chart above.

- a. What sector of the female community had the most sedentary or low exercise level in 2004–05?

1 mark

- b. What sector of the male community had the least sedentary or low exercise level in 2004–05?

1 mark

- c. Tick (✓) the correct box.

From the age of 15 to 44 males tend to _____ in sedentary or low exercise levels.

☐ increase

☐ decrease

1 mark

Question 9

Effective interpersonal skills are essential when dealing with conflict situations.

Briefly describe how each of the following interpersonal skills may help defuse a conflict.

Paraphrasing _____

Feedback _____

2 + 2 = 4 marks

Question 10

According to the rule, if a player argues with an umpire's decision in an Australian Football League game, the opposition is awarded a 50-metre penalty.

- a. Which conflict resolution technique would the umpire be using when enforcing this rule?

1 mark

- b. In situations of conflict, why would an umpire take a swift, tactful action with an argumentative player?

1 mark

Question 11

The Hillcrest Junior Softball Club plans to send two teams (A and B) to a tournament on the weekend. The stronger players will be selected in the A team, with the other players in the B team. When the teams are picked many players are upset that they have been selected in the B team.

The coach, Tony, has selected the A team. Tony has selected his son Robert to play for the A team. Both teams are scheduled to play at the same time. The players confront Tony and ask him to explain his decision. Tony explains that he wants to see his son play in the tournament.

- a. Has Tony (the coach) behaved in an ethical manner in selecting his son for the A team? Explain your answer.

2 marks

Tony explains his decision but the players are still not happy and start to argue with Tony. Colin, the club's president, notices the trouble escalating and quickly steps in to calm the situation.

- b. Circle the resolution outcome for each of the following scenarios.

Scenario	Resolution outcome
1. Colin asks Tony to coach the B team.	win-win; win-lose; lose-lose
2. Colin enforces Tony's decision.	win-win; win-lose; lose-lose
3. Colin decides that due to the conflict no-one will go to the tournament.	win-win; win-lose; lose-lose

3 marks

The actions of the players verbally attacking the coach were inappropriate.

- c. What best practice principle could the club implement to prevent situations like this occurring in the future?

2 marks

Question 12

Australia has implemented a beach safety program called Swim Between the Flags. In its education program, Life Saving Victoria has advertised that no-one has drowned while swimming between the flags.

You have been contacted by a school in Alice Springs. The students are spending a week in a school camp at Bells Beach. The school has invited you to educate a group of Year 6 students about beach safety.



- a. Identify a specific problem that could occur if the students were not educated about beach safety.

1 mark

- b. What medium of delivery would you use to educate the students about beach safety?

1 mark

- c. After delivering your program, how would you assess the students' understanding?

2 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. 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

List two basic water rescue techniques for each of the categories listed below.

Basic water rescue	Water rescue technique
Nonswimming rescue	1. 2.
Swimming rescue	1. 2.

4 marks

Question 2

You are a swimming instructor at a local swimming pool and you see a person in difficulty.

a. Identify two characteristics that show a person is in difficulty in deep water.

1. _____

2. _____

2 marks

b. What factor may have contributed to this aquatic emergency?

1 mark

To assist you in dealing with the situation there are three bystanders.

c. In what way can each of the bystanders assist in the emergency? Each bystander must assist in a different way.

Bystander 1 _____

Bystander 2 _____

Bystander 3 _____

3 marks

A lifeguard has brought the person to the edge of the pool. You check for a pulse and a pulse is present. You look, listen and feel for breathing and there are no signs.

d. Which resuscitation technique would you commence?

1 mark

Question 3

Jonathon is 3 years old and is very timid about water. His mother has taken him to his first swimming lesson. She and the instructor are having trouble getting him into the pool.

Describe two things the instructor could do to help Jonathon become more confident with water.

1. _____

2. _____

2 marks

Question 4

You are a swimming instructor and you are working with a group of six 8-year-old beginner swimmers. One of your participants is hearing impaired. You have four kickboards available for your sessions. In four lessons you are to teach the freestyle stroke.

Lesson Plan – Freestyle stroke

Lesson	Style	Equipment	Body movement
1	kick	kickboard	legs
2	arm	kickboard	hands
3	breathing	nil	head
4	whole stroke	nil	whole body

At the start of each lesson you demonstrate the stroke to the participants.

a. What principle of movement are you employing with the use of a kickboard during your first lesson?

1 mark

You have insufficient resources to run the first lesson to allow for maximum participation in the given environment.

b. How would you accommodate the group so each participant has the ability to use a kickboard?

1 mark

c. What instructional method are you using by isolating movements in each lesson and then putting all the components together in the final lesson?

1 mark

The participants' feedback from lesson 3 is that the lesson is boring.

d. What would you do to increase the participants' enjoyment level while still developing the freestyle stroke?

1 mark

- e. Give an example of how you could conclude your final lesson to address your participants' feedback and meet the objective of the program.

2 marks

- f. Identify two factors you should take into consideration when communicating with this group of beginners.

1. _____

2. _____

2 marks

- g. One participant is unable to remain streamlined during the execution of the freestyle stroke. As an instructor you know that individual considerations can affect skill acquisitions.

- i. Identify an individual factor that may have affected this participant.

- ii. Explain how this factor could impact on an individual's ability to excel.

To assist with this participant's skill development you provide some tactile feedback.

- iii. Describe this method of feedback and provide an example of how you would use it in this situation.

Description _____

Example _____

1 + 2 + (2 + 2) = 7 marks

During the last lesson you use a video playback system to provide the participants with feedback.

- h. Why is this type of feedback useful?

1 mark

- i. When assessing the readiness of the participants to acquire water safety and survival skills, what should be considered?

1 mark

Total 30 marks

Elective 2 – Fitness focus

Jackie and Jill are 40-year-old mothers. They both have a two-year-old child. Both women play netball once a week with friends. Each woman has the intention of increasing her participation in exercise. Jackie's goal is to tone her muscles and Jill's goal is to run a half marathon. You have been asked to conduct a basic screening interview.

Question 1

- a. For each client identify a relevant fitness component and exercise to reach their goals.

Client	Fitness component	Exercise
Jackie		
Jill		

4 marks

During the pre-exercise screening you realise one of the clients has current injuries, a medical condition and is taking prescribed medication.

- b. Explain what you should do in this circumstance.

2 marks

- c. What two social justice rights do all clients have?

1. _____

2. _____

2 marks

- d. List two ways to ensure a fitness program is relevant to a client.

1. _____

2. _____

2 marks

Question 2

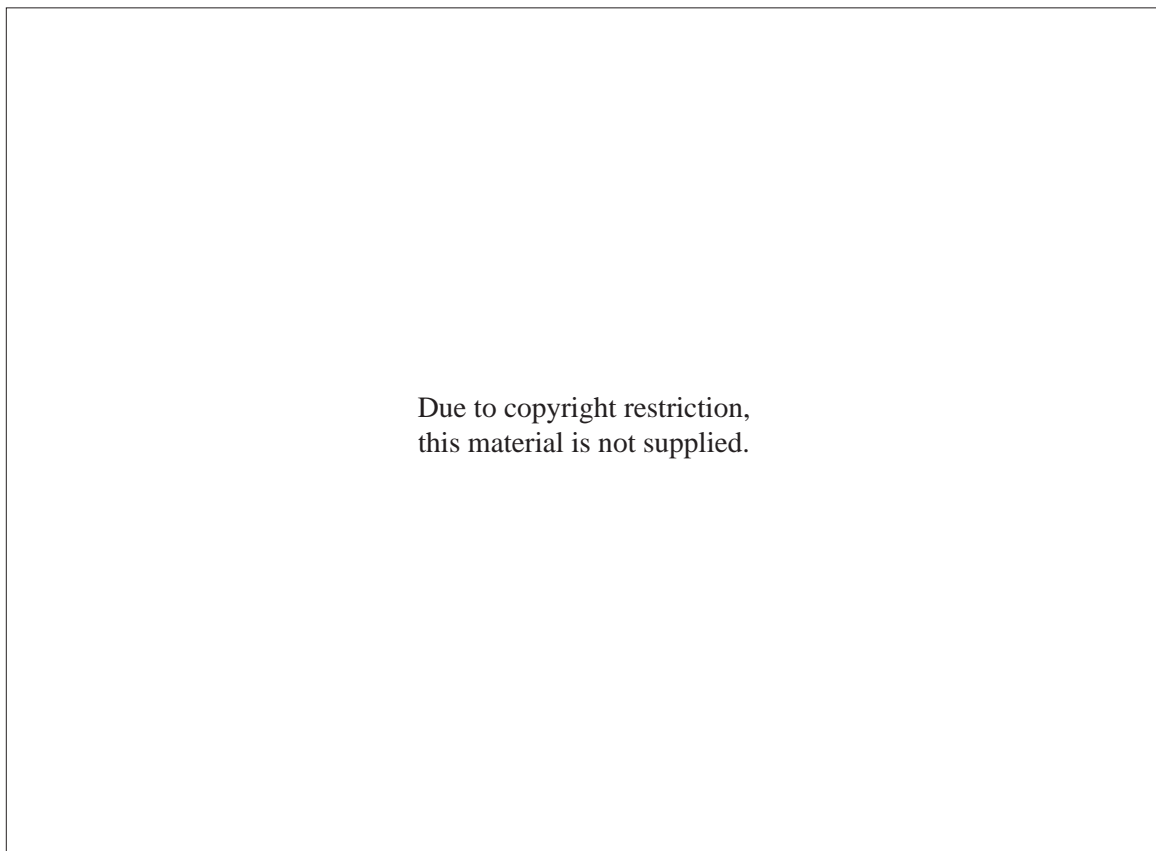
One evening, while you are working in the fitness centre's weight training area, a client, Betty, tells you of a concern with another client, Mr X. She explains that Mr X is sweating heavily on the equipment. She has also noticed that he grunts very loudly while lifting and makes many of the clients uncomfortable.

How would you deal with this situation?

2 marks

Question 3

- a. Identify the bones (A–C) and muscles (D–G) in the diagram below. The correct terminology must be used. For example: Pectoralis Major not pecs.



7 marks

- b. List one exercise where each of the following muscles is used as the prime mover.

Muscle E _____

Muscle F _____

Muscle G _____

3 marks

Question 4

- a. Theodore complains to you of a squeaking noise coming from a pin-loaded leg press machine.
What maintenance would need to be carried out on this piece of equipment?

1 mark

- b. At the beginning of your shift James complains to you of sweat on a bench.
What maintenance would need to be carried out on this piece of equipment?

1 mark

Question 5

A client does three repetitions of seated bicep barbell curls at 90% of repetition maximum.
Which component of fitness is this targeting?

1 mark

Question 6

- a. In the picture above, identify what anatomical position the client's left hand is in.

1 mark

You have asked your client to perform three repetitions of this leg-lifting exercise.

- b. Which energy system would predominately be used?

1 mark

Question 7

Other than heart and lungs, identify three other components of the cardiovascular system.

1. _____
2. _____
3. _____

3 marks

Total 30 marks

Elective 3 – Outdoor Recreation focus

Questions 1–3 relate to the following scenario.

You are planning to take 20 students on an overnight hike. You need to hire the equipment for the hike. You decide that there will be two people to a tent and four to a stove. The organisation you work for says that there is a 1:8 ratio of supervisor to students required for this type of excursion.

Question 1

- a. How many supervisors will be needed?

1 mark

- b. What is the minimum number of the following items you will need to hire?

Backpacks: Supervisor _____ Students _____ Total _____

Tents: Supervisor _____ Students _____ Total _____

Stoves: Supervisor _____ Students _____ Total _____

Rain jackets: Supervisor _____ Students _____ Total _____

4 marks

Question 2

For the hike to the camping area, the groups will be dropped off at different points and meet at a camp site near the summit of the mountain to stay the night. Each group will hike approximately 8 kilometres.

Group	Track	Description of track
1	Spur on the north face	<ul style="list-style-type: none"> There are no modifications to the natural surface or the natural environment so that track alignment is indistinct There is no clearance along the track Signage is generally not provided May include steep sections of unmodified surfaces and other terrain and man-made hazards The track is not managed for public risk
2	South side	<ul style="list-style-type: none"> There are limited modifications to the natural surface so that track alignment is indistinct in places There is minimal clearance along the track Signage is minimal and only for management purposes There are terrain and man-made hazards (such as cliff lines or dense forests)
3	Across ridge line	<ul style="list-style-type: none"> It is tracked (i.e., there are significant landmarks to assist navigation and tracks are reliably marked on maps and are obvious on the ground, although there may be no major modifications to the ground surface) Tracks are inspected on a regular basis but may have fallen debris and other obstacles on them

- a. Considering that there are different levels of difficulty between each hike, what are two factors you should take into consideration when splitting the participants into groups?

1. _____

2. _____

2 marks

There is no mobile phone coverage in the area.

- b. What communication strategy can be put in place to ensure that the groups stay in contact with each other?

1 mark

- c. Tick (✓) the correct box.

In which group would the **inexperienced** hikers be placed?

☐ 1

☐ 2

☐ 3

1 mark

Question 3

On day 2 of the hike, it is raining steadily. The group stops for lunch under the shelter of some large trees. You notice that the group's morale is very low and two members of the group are sitting quietly on their own away from the group. They are slow to pack up at the end of lunch. After about 20 minutes walk, one of the two stumbles and falls over a wet log and twists their ankle.

Describe the actions you would take to manage the following.

Group morale _____

Isolation of two participants _____

Injured participant _____

2 + 2 + 2 = 6 marks

Question 4

Expedition equipment choices are vital in order to maximise personal comfort.

Describe three factors you would consider when choosing equipment for an expedition.

1. _____

2. _____

3. _____

3 marks

Question 5

As an outdoor instructor, you are conducting a day walk on the weekend. A temperature of 35°C has been forecast. You will need to provide advice to clients regarding physical items or resources that they should bring for the activities.

List two pieces of advice you would provide to the group about physical resources considering that extreme heat has been forecast.

1. _____

2. _____

2 marks

Question 6

It is recommended that users of national parks clean the dirt from their shoes before entering the park.

How does this action help reduce environmental impact by park users?

1 mark

Question 7

During the summer months there is an increase in the use of outdoor recreational facilities.
What is a social impact that can occur due to the increased usage?

1 mark

Question 8

Identify a human impact on the ecology for each of the following areas. You must use a different impact for each environment.

Environmental area	Human impact
Plants	
Water	
Geology	
Wildlife	

4 marks

Question 9

Where would you access information about **local** weather conditions for an outdoor excursion?

1 mark

Question 10

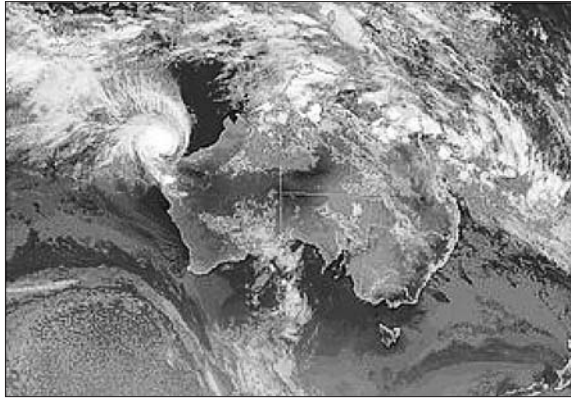
What are the lines that separate areas of high and low pressure on a weather map called?

1 mark

Question 11

Areas with low pressure generally have what kind of weather?

1 mark

**Question 12**

From the above satellite image, what weather system is approaching northwestern Australia?

1 mark

Total 30 marks

Elective 4 – Sport focus

Questions 1–5 relate to the following scenario.

You are an employee at the local sports centre. You are responsible for conducting a Saturday soccer clinic for 12 children aged 7–9 years. The clinic will be two hours long from 11.00 am to 1.00 pm for the month of January. The local sports centre has confirmed your booking for the use of the school's soccer field and you will have a key to the toilets. The children participating in the clinic have been given a list of items to bring to the clinic: shin protectors, a mouth guard, a water bottle, suitable footwear and sunscreen.

The night before

You gather all the information and equipment needed to conduct the first clinic the night before.

On the day

Your employer has asked you to arrive at the soccer field half an hour before the start of the clinic to inspect the area. During your inspection you notice the following.

- people walking their dogs without leashes on the field
- goals without padding
- the key to the toilets is not working
- there is no area with shade
- a broken bottle on the field
- the weather is sunny with no signs of rain

Start of session

You begin your first session by introducing yourself and making sure all the participants are present. One of the girls informs you she has forgotten her water bottle and one of the boys has forgotten his mouth guard and sunscreen.

You have a warm up and then a series of drills and skills.

Conclusion of session

During the concluding game of the clinic, one of the parents starts to abuse you for a decision you made against their son.

Evaluation

At the end of the session, when you did an evaluation of the participants, many of them said they found your session quite boring. They said that they were not able to do the skills and drills during the session and that they wanted to 'play and have fun'.

Question 1

For each of the following risks, identify what you could do to minimise the risk for your session.

Dogs _____

Goals _____

Toilets _____

No shade _____

4 marks

Question 2

Discipline problems often occur when the coach has not prepared their session.

- a. List three ways you can ensure that you produce a clear and concise session.

1. _____
2. _____
3. _____

3 marks

You experienced a conflict with one of the parents during the concluding game.

- b. How would you justify your decision to the parent?

2 marks

Question 3

The regulations state that all participants must wear a mouth guard to undertake the activity.

A child left his mouth guard at home.

- a. Apart from regulations, give two reasons why you would not allow the child to play.

1. _____
2. _____

2 marks

- b. What contingency plan would you have for a participant who does not comply with this regulation?

1 mark

Question 4

One of the participants has asked if they could use the toilet.

What two ways can you allow the participant to safely use the toilet?

1. _____
2. _____

2 marks

Question 5

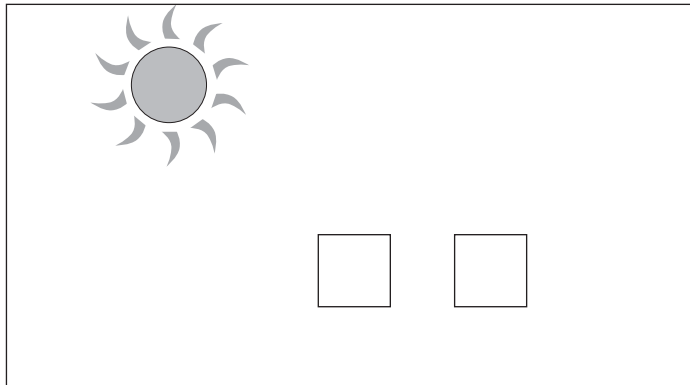
From the information gathered from the session evaluation, what would be one aim for the next session?

2 marks

Question 6

It is a sunny afternoon. You are an instructor demonstrating a skill to a group of children.

- a. Using 1 for the instructor, and 2 for the participants, label where each needs to be positioned on the diagram below.



1 mark

- b. Justify the instructor's position.

1 mark

Question 7

List three ways you could promote access, equity and diversity in community recreation.

1. _____
2. _____
3. _____

3 marks

Question 8

When implementing a maintenance program, what is a factor you would need to consider when scheduling the maintenance?

1 mark

Question 9

Describe three ways you could respond to failed or unsafe equipment.

1. _____
2. _____
3. _____

3 marks

Question 10

When performing a **facility** maintenance program, identify two legislation and industry codes which need to be considered.

1. _____

2. _____

2 marks

Question 11

What would you do with a piece of unsafe equipment which cannot be effectively repaired within your own area of responsibility in the work environment?

1 mark

Question 12

You are organising a charity golf event. Prior to the commencement of the event you receive reliable information that lightning storms are predicted for the early afternoon. The organisation codes and rules state that when you hear thunder, play must be suspended for a half an hour from the last thunder clap. The media needs the competition to continue due to broadcasting arrangements. A group of spectators has travelled from overseas to watch the event and will be flying home that evening.

a. You have heard thunder. What course of action would you take?

1 mark

b. Identify the relevant information on which you have made your decision.

1 mark

Total 30 marks

