



Victorian Certificate of Education 2012

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

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VCE VET SPORT AND RECREATION

Written examination

Wednesday 14 November 2012

Reading time: 11.45 am to 12.00 noon (15 minutes)

Writing time: 12.00 noon to 1.30 pm (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 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 one of the following activities is an example of informal, non-specific recreation?

- A. walking the dog
- B. competing in a marathon
- C. playing in the local football team
- D. a gym session with a personal trainer

Question 2

When planning a presentation to address a specific problem, you need to consider the

- A. maintenance of records.
- B. analysis of feedback from the audience.
- C. audience's understanding and response.
- D. characteristics of the audience and the subject matter to be presented.

Question 3

An instructor has many responsibilities.

Among them is an ethical responsibility to

- A. maintain participants' psychological welfare.
- B. provide inclusive/non-discriminatory practices.
- C. provide suggestions based on physiological profiling.
- D. monitor the suitability of the facilities and equipment.

Question 4

Which one of the following workplace systems needs to be established in order to ensure compliance with legal requirements?

- A. policies and procedures
- B. insurance and feasibility
- C. credibility and professionalism
- D. documentation and internalisation

Question 5

Which technique of risk assessment measures the likelihood, severity and consequences of a risk?

- A. absolute
- B. qualitative
- C. implicative
- D. quantitative

Question 6

Statistical data to analyse current leisure and recreation service delivery can be accurately gathered from which source?

- A. print media
- B. word of mouth
- C. personal perceptions
- D. social media websites

Question 7

Which one of the following is a legal responsibility of an instructor?

- A. morality
- B. act without bias
- C. injury prevention
- D. waivers and exclusion clauses

Question 8

Learning with others is best achieved through

- A. practice.
- B. collaboration.
- C. determination.
- D. reconfiguration.

Question 9

At the end of a sport and recreation session, an evaluation should be conducted.

In this evaluation, you should consider

- A. home-based leisure activities.
- B. a lesson plan for your next session.
- C. a set of instructions on how to use the equipment.
- D. the content, structure and processes of the session.

Question 10

A plan for a sport and recreation session needs to conform to legislation, health and safety requirements, and

- A. natural justice.
- B. accepted good practice.
- C. communication theories.
- D. the ability to recognise achievements.

Question 11

When developing group commitment and cooperation, why is it important to demonstrate open communication?

- A. It helps to determine situational variances.
- B. It helps to restrict the number of participants allowed in the session.
- C. It helps to establish trust, confidence and ownership in group decision-making.
- D. It helps to allocate sufficient time for 'cooling down' and discussions with participants.

Question 12

'Forcing' is a technique that can be used when attempting to resolve a conflict.

This technique can be used

- A. in the mediation of individual versus group goals.
- B. to calm hostile environments and to end non-productive behaviour.
- C. when both sides work together to reach goals and preserve relationships.
- D. in a situation where both sides are fairly equal in their arguments and neither side puts forward too many demands.

Question 13

The behavioural requirements that govern the way in which an instructor interacts with their client(s) and conducts an instructional session is an example of

- A. a legal responsibility.
- B. an ethical responsibility.
- C. an employer responsibility.
- D. an employee responsibility.

Question 14

What is the maximum number of treatment options for risk?

- A. 7
- B. 6
- C. 5
- D. 4

Question 15

An organisation would assess existing levels of participant interest in order to

- A. have a conceptual understanding of leisure.
- B. strengthen questioning/listening techniques to elicit information.
- C. acknowledge achievements with appropriate recognition and/or reward.
- D. determine the scope for possible expansion of participation within specific market segments.

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

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

Question 1

What type of insurance provides essential financial protection for professionals, for claims made against them in carrying out their professional services?

1 mark

Question 2

What is the purpose of the *Freedom of Information Act*?

2 marks

Question 3

Risk matrix

Frequency	5					
	4					
	3					
	2					
	1					
		1	2	3	4	5
		Severity				

Key	Risk category
	extreme risk
	high risk
	moderate risk
	low risk

Your boss has provided you with the above risk matrix. He has identified a potential hazard as having a frequency of 2 and a severity of 1.

- a. i.** What risk category does this hazard fall into?

- ii.** Suggest one risk treatment option that is appropriate for this hazard.

Justify your answer.

1 + 3 = 4 marks

- b.** Suggest two sources of information that could be used to assist in the risk analysis.

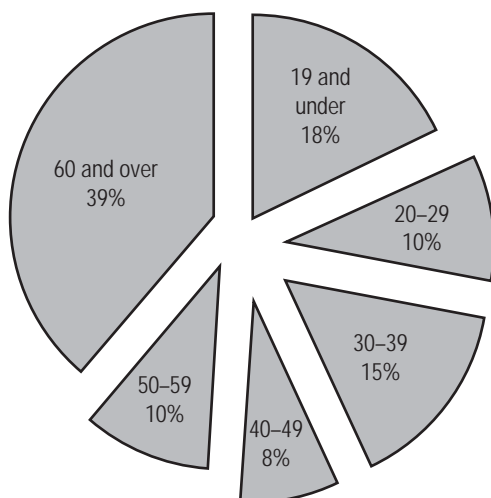
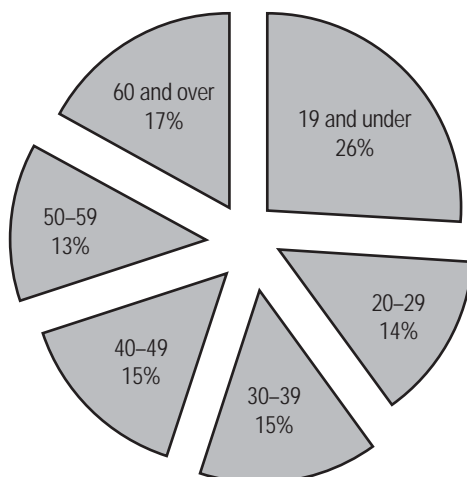
1.

2.

2 marks

Question 4

You are the manager of a sports centre that has two different locations. Each location has the same number of members. Below is the participation data by age for each location.

Participation at location A**Participation at location B**

- a. An 18-year-old female has just moved to the area. She wishes to join a sports centre that has more people of her own age. Both locations are the same distance from her house.
Based on the data, which location would be the most appropriate for her?

Justify your answer.

3 marks

- b. The sport centre's board of directors is investigating the possibility of both locations running the following program.

Program			
6.00 am – 7.00 am	Yoga	12.30 pm – 2.00 pm	Fitness for Workers
7.00 am – 8.00 am	Learn to Swim	2.00 pm – 3.00 pm	Baby Swim Squad
8.00 am – 9.00 am	Active Ageing	3.00 pm – 4.00 pm	Teen Gym
9.00 am – 10.00 am	Kinder Dance	4.00 pm – 5.00 pm	Auskick
10.00 am – 11.00 am	Mum & Baby Sports	5.00 pm – 6.00 pm	Skateboarding
11.00 am – 12.00 pm	Postnatal Fitness	6.00 pm – 7.00 pm	Under-18 Netball
12.00 pm – 12.30 pm	Lunch Express Workout	7.00 pm – 8.00 pm	Hip-Hop

Use the data on page 7 to explain why you think this program will not work for either location.

3 marks

Question 5

As a recreation assistant, you have been planning a fun run for school students. The fun run will be held in local streets on the last Wednesday of February, from 1.30 pm to 2.30 pm.

- a.** During your planning, you identified the hazards listed below.

How could you reduce or avoid each hazard?

Students have to cross a street during the run.

Sections of the route are uneven and too difficult for students to run on.

2 marks

- b.** List three support personnel who may be available to assist you throughout the fun run.

1.

2.

3.

3 marks

- c.** Identify three physical resources that you should inform students to bring with them on the day of the fun run.

1.

2.

3.

3 marks

- d.** During the fun run, there will be some barriers that will impede the performance of students.

Identify the barrier in each of the following scenarios.

Students could not access the website to download the fun run registration form and the organisers were not aware of it.

The physical education teacher is emphasising technical development, but the students are there to have fun.

2 marks

- e. The day of the fun run has arrived and the entertainment started early.
Suggest how each of the factors below could have an effect on the fun run.
Support personnel are not familiar with their roles.

Students become distracted by the entertainment.

The weather forecast is 35 °C and sunny.

3 marks

Question 6

You have been asked to develop a presentation for the public on the safe use of a flying fox at the local playground.

- a. Describe the approach that you would use to develop the presentation. In your response, include the medium(s) of delivery that you would use for your presentation. Justify your response.

3 marks

- b. Identify the equipment and/or materials that you would use to support your presentation.

1 mark

- c. Describe how you would evaluate the audience's understanding of the presentation.

2 marks

Question 7

Effective verbal and non-verbal communication should be used during negotiations.

Provide an example of how each of the following types of communication can be used during negotiations and explain why the example would be important in achieving a successful outcome.

Type of communication	Example	Explanation
body language		
active listening		

6 marks

Question 8

Describe the term 'personal philosophy' as it relates to the instruction of activities.

2 marks

Question 9

The under-12 soccer team is about to play in the grand final. The coach has been rotating the team all season, placing a player on reserve for each game. However, he has decided to change his philosophy for the last game. His son was due to be the reserve, but the coach believes his son should not miss out on playing in the grand final. He has instead stated that the shortest player will be the player to miss out.

- a. Which principle of natural justice has not been met in this scenario?

1 mark

- b. Which ethical responsibility has the coach failed to comply with?

1 mark

- c. Identify a role model that the reserve player for the grand final can ask for advice or support.

1 mark

END OF SECTION 1

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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

- a. While you were on duty as a lifeguard at the local pool, there was a group of unruly teenagers who entered the 'no go/out of bounds' areas. One teenager managed to get to the 10-metre diving platform and jumped off. An aquatic emergency occurred as a result.

A lifeguard needed to use visual signals to communicate to the other lifeguards what was occurring. Below are four Royal Life Saving visual signals.

A.



B.



C.



D.



Identify what the lifeguard is communicating in each picture.

A. _____

B. _____

C. _____

D. _____

4 marks

SECTION 2 – Elective 1 – Question 1 – continued

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- b. During the rescue, you were required to lift the casualty.

Identify three Occupational Health and Safety (OH&S) rules to follow when lifting.

1. _____
2. _____
3. _____

3 marks

Question 2

Royal Life Saving has stated that first aid/accident reports need to be kept for 25 years.

Give two reasons why an aquatics centre may need to refer to archived first aid/accident reports.

1. _____
2. _____

2 marks

Question 3

What is 'water familiarisation'?

2 marks

Question 4

When teaching swimming, the client's readiness to acquire the water safety and survival skill being taught needs to be assessed.

What three areas of readiness should be assessed?

1. _____
2. _____
3. _____

3 marks

Question 5

Core power is a factor affecting movement in water.

Which part of the body is used to create torque or twisting forces?

1 mark

Question 6

Explain the 'command and response strategy' instructional method and when you would use this method.

4 marks

Question 7

a. Describe the mouth-to-nose resuscitation technique.

2 marks

b. Identify **two** situations in which it would be appropriate to use mouth-to-nose resuscitation.

2 marks

Question 8

During your lifeguard training, you were asked to develop a rescue plan.

What are four factors that you need to consider when developing a rescue plan?

1.

2.

3.

4.

4 marks

Question 9

Explain the leg action in survival backstroke.

3 marks

Elective 2 – Fitness focus**Question 1**

Provide an example of where the following types of synovial joints are found in the body.

Joint	Location in body
ball and socket	
hinge	
gliding	

3 marks

Question 2

Identify four practices involved in providing orientation to clients before they undertake a fitness program.

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

4 marks

Question 3

A new client has completed an orientation session prior to undertaking a fitness program at a fitness centre. The client has completed the following document.

Name: <i>Steven McJohnson</i>		Gender: <i>male</i>	
Age: <i>42</i>			
Are you suffering from any injuries? If yes, please provide information.		<i>Yes. I have a strained deltoid from swimming.</i>	
Do you take any prescribed medication? If yes, please list.		<i>No</i>	
Are you pregnant?		<i>N/A</i>	
Do you suffer from any of the following? (please tick)		<input type="checkbox"/> anxiety <input type="checkbox"/> arthritis <input checked="" type="checkbox"/> asthma <input type="checkbox"/> back pain <input type="checkbox"/> cramps <input checked="" type="checkbox"/> depression <input type="checkbox"/> diabetes <input type="checkbox"/> dizziness/fainting <input type="checkbox"/> epilepsy <input checked="" type="checkbox"/> heart condition <input type="checkbox"/> hernia <input type="checkbox"/> high blood pressure <input type="checkbox"/> joint pain <input checked="" type="checkbox"/> muscular pain <input type="checkbox"/> stomach/liver condition	
Do you (please tick) <ul style="list-style-type: none"> • smoke regularly? • have sufficient amounts of sleep? • consume alcohol regularly? • have a history of heart disease? 		YES <input type="checkbox"/> NO <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO <input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>	
I, <u><i>Steven McJohnson</i></u> , state that the information on this form is correct to the best of my knowledge.			
Signature of client <u><i>Steven McJohnson</i></u>		Date <u><i>03/06/12</i></u>	
Signature of witness <u><i>Renee Stevenson</i></u>		Date <u><i>03/06/12</i></u>	

- a. What is this document an example of?

1 mark

- b. i. Based on the information provided, suggest an allied health professional that you would recommend Steven visit prior to beginning his exercise program.

- ii. Explain why he should see this particular allied health professional.

1 + 2 = 3 marks

- c. The next step is to discuss and record Steven's current exercise, lifestyle activities and goals. Steven provides the following information.

Current exercise	<ul style="list-style-type: none"> swims 1 km every Saturday afternoon
Lifestyle activities	<ul style="list-style-type: none"> works from 8.00 am to 6.00 pm, Monday–Friday (50 hours a week) includes a one-hour lunchbreak every day
	<ul style="list-style-type: none"> has six alcoholic drinks on Friday nights after work
	<ul style="list-style-type: none"> tries to eat a balanced diet, but finds it hard after working such long hours
	<ul style="list-style-type: none"> is not motivated to exercise in the evening as he is exhausted after work
	<ul style="list-style-type: none"> goes to bed at 11.30 pm, wakes up at 6.00 am

Based on the information Steven has provided, place a tick in the box to identify Steven's goals as physical, mental, social or spiritual.

Fitness/Lifestyle goals	Physical	Mental	Social	Spiritual
to do some form of exercise every day (at home or at the fitness centre)				
to lose 8 kg of body fat by the end of the year (six months away)				
to get at least eight hours of sleep a night to decrease stress				
to join a team sport for increased social interaction				
to strengthen his belief in his ability to succeed				

5 marks

- d. Suggest a way in which Steven could fit some exercise into his work day.

1 mark

- e. Using the principles of exercise program design and taking into consideration that Steven's main fitness goal is to lose body fat, circle the most appropriate answer for each part of the FITT formula in Steven's program.

Frequency	twice a week	every day	once a month
Intensity	low	moderate	high
Time/Duration	two hours a day	less than 30 minutes a day	at least 30 minutes a day
Type	aerobic-based	plyometrics	yoga

4 marks

- f. Suggest one motivation technique that you could use with Steven to maximise his chances of adherence to the program.

1 mark

- g. As his instructor, you need to provide Steven with information about the body's energy systems. Fill in the blank spaces with an appropriate answer.

Name of energy system			
Fuel for system	carbohydrate (CHO), fat, protein	carbohydrate (CHO), glycogen	phosphocreatine (PC)
Duration of system			

6 marks

- h. One of the main pieces of equipment that Steven will be using at the fitness centre is a treadmill. List two types of regular maintenance that need to be completed on a treadmill.

1. _____
2. _____

2 marks

Elective 3 – Outdoor Recreation focus

Josh is an outdoor recreation instructor, who was in charge of leading a group of Year 9 students on a wilderness hike. This was the seventh hike that Josh had led. The other leader, Luke, was a new instructor and did not have any hiking experience.

The hike was held in the first week of November. There were 14 students in the group and two leaders.

On the day of the hike, the group had a late start on the trail. The temperature had already reached 33 °C with 75% humidity.

After hiking for 4 km, the group stopped for lunch. Josh noticed that there were cumulus clouds building. The group was eager to get back on the trail, so they headed off quickly to the path, which was a steep descent down a ledge section of a rock trail along a gorge. The upper section of the trail had rocks that were worn and slippery.

As the hike progressed, the students moved more slowly. Some students had difficulty carrying their backpacks in the steeper sections. On a few occasions, Luke had to assist these students by carrying their backpacks as well as his own. Soon, the wind increased and cumulonimbus clouds started to form. Large raindrops began to fall and the sky darkened very quickly.

The group still had not reached the end of the trail when Luke slipped on a wet rock. He was carrying one of the students' backpacks, which caused him to fall backwards, hitting his head on a boulder and injuring his ankle. The student who was hiking next to him screamed and started to panic as Luke fell. Josh was in front of the group and heard the scream. Josh's first reaction was to drop his backpack and rush to Luke. When he arrived, Luke was conscious and complaining of a sore ankle.

Question 1

Identify two hazards that were experienced on the hike in each of the following categories.

environmental/weather

1. _____

2. _____

human

1. _____

2. _____

environmental/terrain

1. _____

2. _____

6 marks

Question 2

Due to the slippery rocks, many students started walking off the path.

- a. Identify **two** effects on the environment that could be caused by this action.

2 marks

- b. Which environmental code would be breached by this action?

1 mark

Question 3

Apart from environmental conditions, what is another situational variance that Josh could have dealt with before setting off on the hike?

1 mark

Question 4

Outline four ways in which Josh could have reduced the potential of an accident on the hike.

1.

2.

3.

4.

4 marks

Question 5

What injury could be caused by high heat and humidity?

1 mark

Question 6

Explain how Josh could have maintained the physiological wellbeing of the group in these weather conditions.

2 marks

Question 7

In addition to the sprained ankle, what other non-routine situation occurred on the hike?

1 mark

Question 8

What emergency response resource could Josh use to deal with the ankle injury?

1 mark

Question 9

Identify four factors affecting the selection of general equipment to be used in outdoor activities.

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

4 marks

Question 10

Josh educated the students on how human waste can contaminate waterways and cause disease.

State four processes that you should follow in areas without toilets.

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

4 marks

Question 11

a. Explain the relevance of identifying cloud types.

2 marks

b. With the change of weather that occurred, what would happen to the barometric pressure?

1 mark

Elective 4 – Sport focus

Natalie has just taken over as the manager of a sports centre. The centre has a gymnasium, indoor stadium, outdoor pool, sports field and canteen. Natalie has been informed that the centre has multiple problems and senior management wants her to correct them. When Natalie arrives at the centre, she notices rat droppings in her office. She also notices that the fire extinguisher has been tampered with and is out of date. The roof over reception is leaking and a lifeguard is complaining of sunburn as the staff sunscreen bottle is empty.

Natalie has been asked to design a rugby program for children between the ages of 5 and 18. Senior management has stressed that they want an even mix of boys and girls participating. During the implementation of the program, a parent approaches Natalie and informs her that having a mixed team is limiting their child's rugby skills and they want the teams to be gender separated.

The rugby program becomes very successful in the local community and Natalie decides that she will implement competitive rugby tournaments. Senior management has agreed, provided the program is inclusive and maintains fairness. Before the competition can commence, they want to see a risk management plan. They also want Natalie to investigate 'best-practice principles' for rugby.

Question 1

Identify an example of a breach of legislation or industry codes from the scenario above. A breach may be used only once.

health legislation _____

fire regulations _____

building codes _____

OH&S _____

4 marks

Question 2

What are two needs of the children participating in the rugby program that should be considered?

1. _____

2. _____

2 marks

Question 3

Based on the available resources at the centre, propose a contingency plan that Natalie could use for the rugby program in the event of extreme heat.

2 marks

Question 4

- a. Management has stated that they wish to focus on gender and age for implementation of the rugby program.

Apart from gender and age, identify three specific communities that Natalie might encounter during the implementation of her rugby program.

1. _____

2. _____

3. _____

3 marks

- b. Choose one of the specific communities that you have identified in **part a**. Describe how Natalie could modify the rugby program to ensure these participants are included.

2 marks

Question 5

- a. How should Natalie respond to the parent who wants the teams to be gender separated?

2 marks

- b. What legislation protects senior management's decision to mix the teams?

1 mark

Question 6

Describe a modification that Natalie would need to make when implementing the program for 5-year-olds rather than 18-year-olds.

2 marks

Question 7

Senior management informed Natalie that the competition must 'maintain fairness'.

Define the word 'fairness'.

2 marks

Question 8

a. What is a risk management plan?

2 marks

b. List three steps that are required to implement a risk management plan.

1.

2.

3.

3 marks

Question 9

Suggest three sources of information on 'best-practice principles' for rugby.

1.

2.

3.

3 marks

Question 10

Explain how Australian Taxation Office regulations affect a facility maintenance program.

2 marks