



VCE VET Sport and Recreation

Written examination – End of year

Examination specifications

Overall conditions

The examination will be sat at a time and date to be set annually by the Victorian Curriculum and Assessment Authority (VCAA). VCAA examination rules will apply. Details of these rules are published annually in the *VCE and VCAL Administrative Handbook*.

There will be 15 minutes reading time and 1 hour and 30 minutes writing time.

The examination will be marked by a panel appointed by the VCAA.

The examination will contribute 34 per cent to the study score.

Content

The VCE VET Sport and Recreation examination will be based on the following compulsory units of competency from Units 3 and 4.

• SISXCA1303A	Plan and conduct sport and recreation sessions	Release 3	20 hours
• SITXCOM401	Manage conflict	Release 1	20 hours
• SISXRSK301A	Undertake risk analysis of activities	Release 3	20 hours
• SISSSPT303A	Conduct basic warm-up and cool-down programs	Release 2	30 hours
• SISXCA1306A	Facilitate groups	Release 3	25 hours
• SISXRES301A	Provide public education on the use of resources	Release 3	25 hours

The weighting of marks on the examination will approximately reflect the proportion of nominal delivery hours of each unit of competency that is examinable for this program.

The examination will focus on the essential knowledge and an understanding of the essential skills as outlined in the elements and performance criteria of the relevant units of competency.

Format

The examination will be in the form of a question and answer book.

The examination will comprise a combination of short-answer and multiple-part questions.

The examination may include items that involve short scenarios and/or refer to stimulus material.

All questions will be compulsory. The total marks for the examination will be 100.

Relevant references

The following publications should be referred to in relation to the VCE VET Sport and Recreation examination.

- *VCE VET Sport and Recreation Program Booklet* (published January 2012) and replacement pages 5–8 in *Program Summary: Revised Program Structure for VCE VET Sport and Recreation* (published December 2013)
- *VCE VET Assessment Guide* (published February 2010)
- *VCAA Bulletin VCE, VCAL and VET*

Previous Examination Reports on the written examination may also contain helpful advice.

Advice

The attached sample examination has been updated to include a question for the new unit, **SITXCOM401 Manage conflict** (refer to Questions 7 and 8).

No answers are provided for sample questions.



Victorian Certificate of Education

Year

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

VCE VET SPORT AND RECREATION

Written examination

Day Date

Reading time: **.*** ** to **.*** ** (15 minutes)

Writing time: **.*** ** to **.*** ** (1 hour 30 minutes)

QUESTION AND ANSWER BOOK

Structure of book

<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
13	13	100

- 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 12 pages.

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.

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

Instructions

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

Question 1 (20 marks)

Tyson has recently moved to a country town. He has agreed to be the assistant coach and team manager for the under-14 soccer team. Tyson has little knowledge of soccer. The head coach is away on sick leave for the first training session, so Tyson must conduct this session on his own. There are 20 players on the team, ranging in age from 10 to 14 years. The session will run from 4.00 pm to 5.30 pm. As the team manager, Tyson must ensure that the playing field meets basic safety standards. Upon inspection, Tyson discovers that the council has installed a new drain across a section of the field. The area that was dug up is slightly raised from the rest of the playing surface and has tufts of grass poking out.

- a. What type of risk is created by the new drain? 1 mark

- b. Name **one** item of safety equipment and **one** item of session equipment that Tyson may need to run the training session. Explain why each item of equipment is important for the training session. 6 marks

The season started well, with the team winning its first three games. However, the team has lost its last four games. The coaches have noticed that the team has a low level of arousal during the pre-game warm-up.

- c. Suggest **two** activities that the coaches could conduct before a game to increase the team's arousal levels. Justify your suggestions. 4 marks

- d. In the table below, list three potential barriers to the team's development and explain an elimination method that could be used for each barrier.

9 marks

Potential barrier	Elimination method
1.	
2.	
3.	

Question 2 (7 marks)

Likelihood	5					
	4					
	3					
	2					
	1					
		1	2	3	4	5
Consequence						

Key	Risk category
	extreme risk
	high risk
	moderate risk
	low risk

Your employer has provided you with the above risk matrix. He has identified a potential hazard as having a likelihood of 2 and a consequence of 1.

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

1 mark

- b. Suggest **one** risk treatment option that is appropriate for this hazard and justify your answer.

3 marks

- c. Your employer has asked you to create a risk treatment plan for your workplace.

Name **one** thing that you should include in the plan and explain why it should be included.

3 marks

Question 3 (5 marks)

In the box next to each 'Classification of risk', place the letter of the 'Example' that matches the classification of risk. An example may be used only once.

Letter	Classification of risk		Example
	economic perils	A	wrong advice, negligence, design error
	professional liability	B	diseases affecting humans, animals and plants
	natural perils	C	fire, water damage, earthquakes, contamination
	property damage	D	currency fluctuations, interest rates, share market
	financial	E	noise contamination and pollution
		F	contractual risks, misappropriation of funds, fraud, fines
		G	climatic conditions, earthquakes, bushfires, vermin

Question 4 (8 marks)

You have been asked to plan a boxing session for 20 obese participants at a local sport and recreation centre. During your initial meeting with the centre manager, you were advised of the following:

- The group consists of 10 males and 10 females.
- The group members are all aged between 15 and 21.
- Five male participants have type 2 diabetes.
- Five female participants have type 2 diabetes.
- The session will be conducted on the centre's outdoor soccer field.
- The session will be conducted every Saturday morning for the entire month of May.

- a. Identify **one** support person who could assist you in conducting the boxing session and state how this person could support you.

2 marks

- b. According to the relevant legislation, when developing the session's boxing plan, you need to meet the needs and abilities of the participants and be aware of their risk factors.

Name **one** piece of relevant legislation that you would need to include and explain how it is relevant.

3 marks

- c. Name a test or assessment that you could conduct to determine the condition of the participants. Explain why this test or assessment would be important.

3 marks

TURN OVER

Question 5 (16 marks)

You are managing a sport and recreation centre. You notice the misuse of the centre's playground equipment, as shown in the image above. You also notice that the equipment is looking worn and requires maintenance.

- a. Suggest **one** piece of information that you could obtain from the equipment maintenance procedures and history that would help you determine if the equipment requires any maintenance.

1 mark

You decide that you need to educate the public about the safe use of this resource.

- b. Name **two** user groups that you would target in your presentation.

2 marks

- c. Identify **two** specific problems relating to the use of the equipment that is shown in the image. Explain how you could address each of these problems.

4 marks

- d. Suggest **two** ways in which you could promote the safe use of this resource around the centre. Explain why these methods are likely to be effective. 4 marks

- e. Describe **one** aspect of the educational program that you would maintain a record of. Why do you think this aspect is important? 2 marks

- f. Give **three** reasons why it is important to evaluate the effectiveness of a public education program. 3 marks

Question 6 (3 marks)

A local swimming centre recently opened a water-play park. The facility is recommended for use by children aged 10 years and under. On the park's opening day, staff conducted a public education session on how to use the new equipment. The session consisted of a 15-minute talk prior to the children being allowed to use any of the equipment.

Explain why this type of public education session is inappropriate for the audience.

Question 7 (10 marks)

You are the manager of a recreational facility that employs 30 people, with a mix of full-time and casual staff. Your assistant manager has brought to your attention that many staff members have made complaints about a range of workplace issues. She is concerned that the complaints could escalate into conflict with management.

- a.** Identify two possible causes of conflict between staff and management at the recreational facility. 2 marks

1. _____

2. _____

- b.** For each of the causes of workplace conflict given in **part a.**, suggest the most appropriate human resource that could assist in resolving the conflict and justify your suggestion in the table below. 4 marks

Cause of conflict	Human resource	Justification
1.		
2.		

- c. The recreational facility's policies have to be consulted in order to resolve a dispute.

Select **one** of the causes of conflict given in **part a.** and answer the questions below.

Cause of conflict selected from **part a.** 1. ☐ **or** 2. ☐

- i. Identify two key features that should be included in a policy that is designed to resolve this cause of conflict.

2 marks

Feature 1 _____

Feature 2 _____

- ii. Suggest an appropriate conflict resolution technique that could be implemented to resolve the possible cause of conflict and explain why the technique would be appropriate in this situation.

2 marks

Question 8 (4 marks)

When conducting a recreational activity for primary-school-aged children at a sporting complex, two conflict situations can arise between staff and participants.

For each conflict situation in the table below, give **one** communication skill that could be used to help resolve the situation and explain how it could be applied.

Conflict situation	Communication skill	How this communication skill could be applied
a disgruntled parent threatens a staff member at a reception for issuing faulty equipment		
written complaints have been received from neighbouring residents regarding noise from activities		

TURN OVER

Question 9 (6 marks)

The role of the coach has changed in recent years. Coaches are using a more collaborative approach rather than an authoritarian approach.

Identify two collaborative techniques that a coach may use and describe how each technique could enhance interactions between coaches and players.

Approach 1 _____

Approach 2 _____

Question 10 (3 marks)

Explain **three** ways in which a coach can monitor or review the performance of a team.

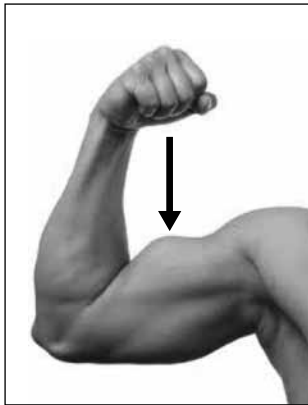
Question 11 (3 marks)

Identify **three** contraindications and/or precautions that a coach should consider when implementing warm-up exercises.

Question 12 (6 marks)

Identify the major muscle and the muscle action that are shown in each of the images below.

1.

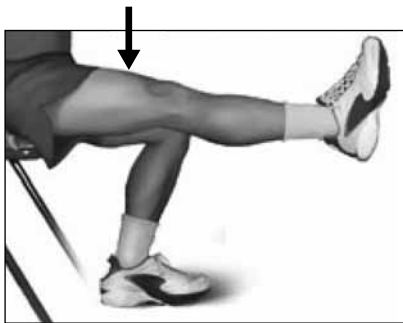


Muscle _____

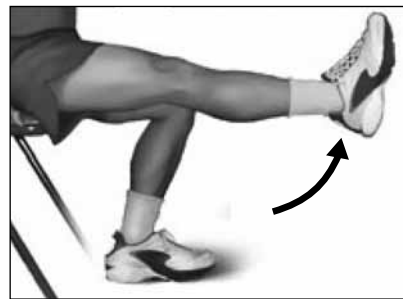


Action at the elbow joint _____

2.

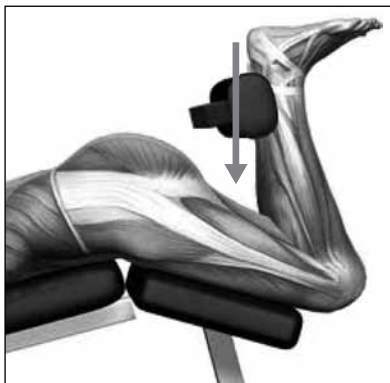


Muscle _____



Action at the knee joint _____

3.



Muscle _____



Action at the elbow joint _____

TURN OVER

Question 13 (9 marks)

You are the coach of an under-16 basketball team at a local community recreation centre. Paul is a 15-year-old male athlete who has asked if he can join the team. He wants to know about the warm-up program because, if he joins the team, he may need to miss the program due to a scheduled music lesson. Paul has stated that he does not believe that there are any benefits to warming up.

- a. Why is it important for the coach to obtain parental/guardian consent when working with Paul? 2 marks

- b. Describe **two** self-reflective methods that Paul could implement to help monitor the benefits of participating in a warm-up program. 2 marks

- c. Explain why the warm-up program is important before a game. Give **five** reasons to support your answer. 5 marks
