



Victorian Certificate of Education 2008

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

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VCE VET SPORT AND RECREATION

Written examination

Wednesday 5 November 2008

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

<i>Section</i>	<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
1 – Core			
Part A – Multiple-choice questions	15	15	15
Part B – Short answer questions	12	12	45
	<i>Number of electives</i>	<i>Number of electives to be answered</i>	
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 24 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 collecting information to plan a program, it is important to

- A. perform a maintenance check on all of the equipment.
- B. gather information from sources such as parents, participants and organisations.
- C. ignore participants' needs.
- D. assume every participant has the same aims and priorities.

Question 2

When identifying a conflict situation you must

- A. take swift and tactful action to prevent escalation.
- B. turn a blind eye to signs.
- C. take responsibility.
- D. ignore participants' points of view.

Question 3

The two major criteria that are used to analyse risks are

- A. damages and liability.
- B. reputation loss and damages.
- C. likelihood and consequences.
- D. operational effects and situational impacts.

Question 4

Which of the following strategies would **not** be considered when facilitating a group?

- A. goal setting
- B. group management
- C. defining roles and responsibilities
- D. confrontation

Question 5

When conducting a public presentation, the presenter must

- A. use sign language to cater for all abilities.
- B. present information in random order.
- C. operate equipment correctly and effectively.
- D. minimise the number of aids used.

Question 6

Risk identification includes

- A. the process of assessing things that have gone wrong.
- B. the process of determining what can happen, why and how.
- C. the process of implementing controls.
- D. the process of reviewing control methods.

Question 7

When assessing the basis of interest by participants, you should consider the following.

- historical influences
- individual influences
- social influences
- leisure characteristics

What else should be considered?

- A. internal capacity
- B. key program activities
- C. possible external influences that may affect future outcomes
- D. ongoing monitoring capacity

Question 8

The role and function of the recreation sector is to

- A. encourage participation and provide opportunities for everyone to get involved.
- B. officiate competitive sporting events.
- C. alert everyone about the recreation industry media status.
- D. ensure everyone in the community is in good shape.

Question 9

To maintain a positive social environment when conducting a session you should

- A. discourage group cooperation and interaction.
- B. make decisions on behalf of everyone.
- C. balance groups so all participants are split into their gender.
- D. use recognition and positive feedback to engender motivation and enjoyment.

Question 10

When preparing participants for the end of a session, a group leader should

- A. allow participants to leave when they want.
- B. give participants the opportunity to provide feedback and identify further needs.
- C. finish the session early so participants can socialise with each other.
- D. leave the equipment set up for the next session.

Question 11

To develop group commitment and cooperation, a leader should

- A. identify the names of the individuals.
- B. demonstrate use of open communication to establish trust.
- C. make all decisions for the group members.
- D. assess competencies of members and eliminate those who do not fit in.

Question 12

What is the result of a conflict that remains unresolved?

- A. The issues involved in the conflict become clarified.
- B. Groups focus on the one root cause of the conflict.
- C. Consideration of other issues is postponed.
- D. The conflict may become more difficult to resolve.

Question 13

A principle of 'Natural Justice' ensures

- A. all parliaments make laws according to their own thoughts.
- B. laws are in accordance with nature.
- C. that the decision-making process is fair and reasonable.
- D. people act with bias.

Question 14

The legal responsibilities of an instructor include

- A. duty of care and restraint of trade.
- B. child protection and bullying.
- C. cultural and political acceptance.
- D. adopting best practice principles and political acceptance.

Question 15

Which statement is true regarding an organisation and the *Associations Incorporation Act*?

- A. There is legal necessity for a sport or recreation organisation to become incorporated if it remains a voluntary association.
- B. Incorporation does leave the organisation in a difficult situation in regard to the law.
- C. If an association is not incorporated, legal rights and obligations can fall onto individual members.
- D. Incorporation does not allow the organisation to enter into contracts.

Part B – Short answer questions

Instructions for Part B

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

Question 1

Suggest three sources where you can access **legal information**.

1. _____
2. _____
3. _____

3 marks

Question 2

You are running a bike education session for a group of teenage clients. Halfway through the session one teenager takes off their helmet and refuses to put it back on. When questioned, the teenager says that their head is hot and that they are getting a headache from the helmet and refuses to put it back on.

a. What is a **factor** that may have contributed to the conflict?

b. What **conflict resolution technique** would you use to deal with this situation?

c. Define this conflict resolution technique.

d. How would you use this technique to help resolve the conflict?

1 + 1 + 2 + 2 = 6 marks

Question 3

Outline why it is important to obtain applicable **documentation** when establishing a risk analysis.

2 marks

Question 4

When assessing risks, name the qualitative **technique** that is described by the following words.

Description of qualitative technique	Qualitative technique
severe, high, major, significant, moderate, trivial	
certain, likely, moderate, unlikely, rare	
extreme, very high, medium, low, negligible	

3 marks

Question 5

- a. **Identify** one risk that is evident in this equipment storage room.

- b. What action would you take to reduce this risk?

2 marks

Question 6

Australian Bureau of Statistics

	Age/too old	Injury/illness	Not interested	Insufficient time due to work/study	Insufficient time due to family
			All constraints Number ('000)		
Postgraduate degree/Graduate diploma or certificate	12.4	18.9	26.2	71.4	30.5
Bachelor degree/Advanced diploma or diploma	75.5	103.2	191.9	322.0	173.7
Certificate n.f.d, I, II, III or IV	155.6	187.6	198.4	330.3	122.8
Year 12	123.7	149.1	275.2	391.0	169.7
Year 11	29.3	75.7	131.8	146.9	80.1
Year 10 or below	823.3	737.8	583.0	427.8	263.1
Other	39.1	37.0	14.7	23.1	11.2
Total	1258.9	1309.3	1421.2	1712.5	851.1

cat. No. 4177.0 Participation in Sports and Physical Recreation, Australia 2005–06

**Table 4 – PARTICIPANTS – Sports and physical recreation –
Barriers and Motivators for Participation: Educational Attainment**

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<http://144.53.252.30/AUSSTATS/abs@.nsf/DetailsPage/4177.02005-06.OpenDocument>

- a. Which education level is most likely to stop participation due to the 'Age/too old' barrier?
- _____
- b. What is the most common reason for persons with a Postgraduate degree/Graduate diploma or certificate to cease participation?
- _____
- c. Overall, what is the lowest ranked barrier to participation?
- _____

3 marks

Question 7List three **special requirements** of a participant that you may need to consider when planning a session.

1. _____
2. _____
3. _____

3 marks

Question 8

You are conducting a 60-minute outdoor activity at your local primary school with Grade 6 students. The students have previously stated that they would like to have fun and learn a new skill. Based on this information, you have decided to play a game of 'Octopus' followed by stretches for a warm-up. For the main activity, the students will be participating in orienteering within the school grounds.

- a. Suggest an **instructional style** that would be appropriate to use for this group of inexperienced orienteering participants.

- b. Why would you use this **instructional style**?

- c. Suggest two ways to **ensure the safety of participants** throughout the session.

1. _____

2. _____

1 + 2 + 2 = 5 marks

Question 9

- a. The **needs** of individuals/groups can be categorised as physical or _____ .
- b. When **monitoring group formation**, you may have to deal with personality clashes, poor communication skills and poorly defined responsibilities and roles.

These are examples of potential _____ to group development and performance.

2 marks

Question 10**Australian Bureau of Statistics**

	Health/ fitness	Wellbeing	Enjoyment	Social/ family	Weight loss	Competition/ challenge	Other
			All motivators Number (‘000)				
Male							
15–24	686.2	321.1	663.9	452.0	63.8	244.0	83.3
25–34	729.1	358.7	548.5	400.8	120.2	158.7	67.1
35–44	685.5	343.5	470.5	300.3	124.7	120.0	88.1
45–54	641.7	362.4	435.7	243.7	149.4	106.2	81.9
55 & over	899.0	414.2	594.7	348.2	104.9	118.0	118.8
Total	3641.5	1799.9	2713.3	1745.0	563.0	746.9	439.2
Female							
15–24	688.2	310.6	542.5	377.6	167.4	155.4	82.4
25–34	810.1	389.7	444.9	283.5	244.7	68.1	126.8
35–44	833.1	447.2	462.9	290.1	242.6	60.5	124.0
45–54	749.6	391.4	379.4	201.3	191.5	30.4	146.6
55 & over	1092.7	574.7	608.4	337.6	205.4	61.9	190.4
Total	4173.7	2113.6	2438.1	1490.1	1051.6	376.3	670.2

cat. No. 4177.0 Participation in Sports and Physical Recreation, Australia 2005–06**Table 4 – PARTICIPANTS – Sports and physical recreation – Barriers and Motivators for Participation: Educational Attainment**

- a. From the statistics above, which group is fourth most likely to participate in a sport or recreation activity because of the Wellbeing factor?

- b. From the statistics above, which group is most likely to participate in a sport or recreation activity for the Weight loss factor?

- c. i. If you were to start a sport or recreation program for people aged 55 years and over at a centre, what aspect of your program would you market or promote, using the statistics above?

- ii. Justify your answer.

1 + 1 + (1 + 2) = 5 marks

SECTION 1 – Part B – continued
TURN OVER

Question 11

The Grace City Council has been informed that several golfers are practising their golf swings on the public oval. As a council employee, it is your job to help solve this problem. Your employer has instructed you to implement educational programs and to organise and conduct a presentation to educate the public on compliance with safe practices.

- a. For the **education programs**, suggest and explain two mediums of delivery (other than presentations) that you could include to help solve the problem.

Medium for delivery 1 _____

Explanation _____

Medium for delivery 2 _____

Explanation _____

- b. After the delivery of your **educational program/presentation**, how would you evaluate its success?

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

Question 12

Complete the table below by placing the correct **ethical responsibility** next to the provided definition.

Definition	Ethical responsibility
Any form of unwanted, deliberate or offensive behaviour, violent or psychological, that has been requested to be stopped	
Any act resulting in a non-accidental physical injury, including not only intentional assault but also the result of unreasonable punishment	
The repeated intimidation of others by the real or threatened infliction of physical, verbal, written, electronically transmitted, or emotional abuse, or through attacks on the property of another	

3 marks

Total 45 marks

END OF SECTION 1

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. Indicate the number of the elective you are answering in the box provided.

Elective 1 – Aquatic focus

Question 1

The picture below shows a **basic water rescue** being performed.



Source: <http://faculty.deanza.edu/donahuemary/Howtorescueadrowningvictim>

- a. Which **basic water rescue** technique is the person trying to use?

- b. Why would you use this rescue technique?

- c. What is a potential risk if this rescue continues to be performed in this manner?

- d. How would you change the technique so that it is being performed correctly?

1 + 1 + 1 + 2 = 5 marks

Question 2

As a lifeguard at a local swimming pool, you identify a client lying face down in the water in the shallow end of the swimming pool. On first appearance, the body seems very limp with no movement.

a. What **aquatic emergency** would you assume has occurred?

b. What **advanced water rescue technique** should you use in this situation?

c. List three factors to consider when formulating the **rescue plan**.

1. _____

2. _____

3. _____

d. Explain how you would perform this rescue.

1 + 1 + 3 + 3 = 8 marks

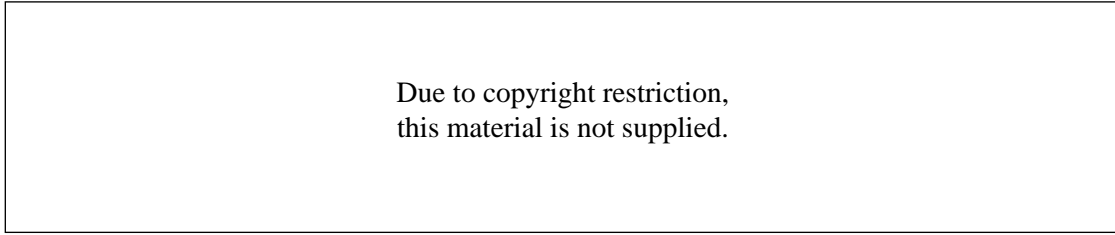
Question 3

Define the following terms.

Drag

Buoyancy

2 + 2 = 4 marks

Question 4

Source: <http://www.winklerpool.com/images/FREESTYLE.jpg>

Identify and explain a **factor that affects the movement of a body in water**.

Factor _____

Explanation

1 + 2 = 3 marks

Question 5

State whether the following skills are related to water familiarisation, buoyancy or mobility.

Skills	Relationship
Entering water	
Front, back and side floating	
Gliding	
Getting the face wet	
Opening eyes under the water	

5 marks

Question 6

Define **feedback** in a swim instructional situation.

2 marks

Question 7

Name the three **survival strokes**.

1. _____
2. _____
3. _____

3 marks

Total 30 marks

END OF ELECTIVE 1
SECTION 2 – continued
TURN OVER

Elective 2 – Fitness focus

Question 1

Joe has been advised by his doctor to begin an exercise program to lose weight. He has not exercised at all for the past three years, but realises it is time to change his current lifestyle. Joe's doctor has given him a medical clearance to begin a fitness program. You have been allocated Joe as a client.

- a. i. What **Stage of Change** is Joe currently in?

- ii. Provide two characteristics of this stage.

1. _____

2. _____

After reviewing Joe's health screening, you provide him with an appointment card for a fitness appraisal.

- b. List two details (other than time and date) that must be provided on the appointment card.

1. _____

2. _____

Joe has stated that he would like to achieve the **goals** below.

- c. Categorise his goals as either physical, mental, social or spiritual.

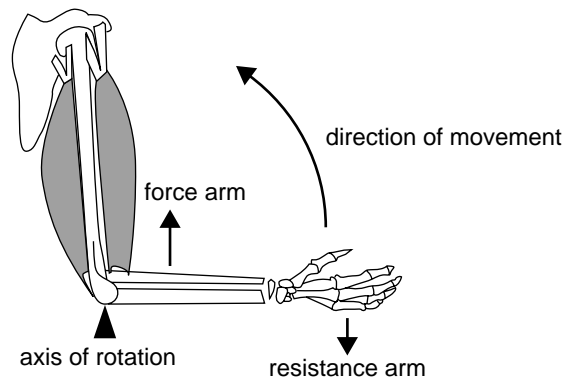
Goal	Category
Lose weight	
Improve his self-esteem	
Tone his arm muscles	
Meet new friends	

- d. List two **fitness appraisals** that you would undertake to monitor Joe's development in achieving his goals.

1. _____

2. _____

- e. The diagram below is an example of an exercise you have prescribed for Joe to help achieve one of his goals.



- i. Which **goal** is being targeted in this exercise?

- ii. What is the **major muscle** being used?

- iii. What **anatomical term** describes the action that is being performed?

- iv. During a set of 20 repetitions (taking approximately 30 seconds), what is the main **energy system** providing the energy 20 seconds into this exercise?

- v. The above diagram is labeled with the resistance arm, force arm and axis of rotation. What class of **lever system** is represented in this exercise?

(1 + 2) + 2 + 4 + 2 + 5 = 16 marks

Question 2

Other than time and date, what is another piece of information that should be provided on a **Maintenance log** sheet?

1 mark

Question 3

What are two forms of **maintenance** that you could perform on electronic/cardiovascular equipment?

1. _____
2. _____

2 marks

Question 4

What is a '**social justice right**' that you need to be aware of when conducting a pre-exercise screening.

1 mark

Question 5

What should be done with a basic health-screening questionnaire once it is completed?

1 mark

Question 6

When working in fitness centres, you are often required to speak very loudly. What is one **strategy** you can utilise to minimise or prevent **vocal damage**?

1 mark

Question 7

How could you begin to build a formal **rappport** with a client?

2 marks

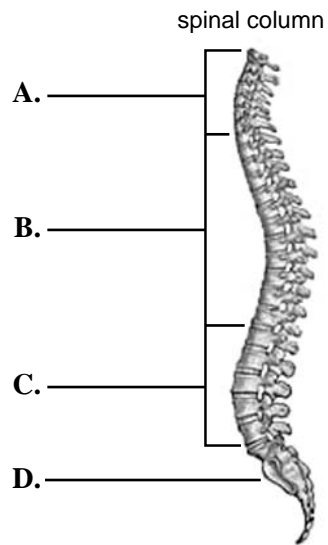
Question 8

How can you apply the results of a client's basic fitness appraisal to their fitness program?

2 marks

Question 9

Label the following diagram of the spinal column.



A. _____

B. _____

C. _____

D. _____

4 marks

Total 30 marks

Elective 3 – Outdoor recreation focus

Question 1

You are planning an overnight camping excursion with ten 12-year-old children. They are required to carry their own equipment in a backpack. It has been raining and the forecast is for more rain and an overnight minimum temperature of 5 degrees.

- a. Prior to commencing the camping trip, what is a **statutory and organisational procedure** with which you need to comply?

- b. Identify two sources where you could access appropriate **relevant weather information** for your chosen destination.

1.

2.

- c. When planning the food requirements for this trip, what is an **activity constraint** that could influence your decision?

- d. There is only enough room in a student's pack for a pair of polyester pyjamas or thermals. Which item would you recommend to the student to take along and why would you recommend it?

- e. Identify a piece of **general outdoor equipment** that should also be packed.

Once at your destination, you have two camp site choices. One is on a high ridge line and the other option is a valley.

- f. Which location would you eliminate as your camp site? Justify your answer.

An objective of this activity is for the participants to purify their own water from a stream that runs along the side of the valley.

- g. Suggest a treatment option for the water and describe how to perform this technique.

Treatment

Description

Jimmy's parents have purchased brand new hiking boots for the overnight camp.

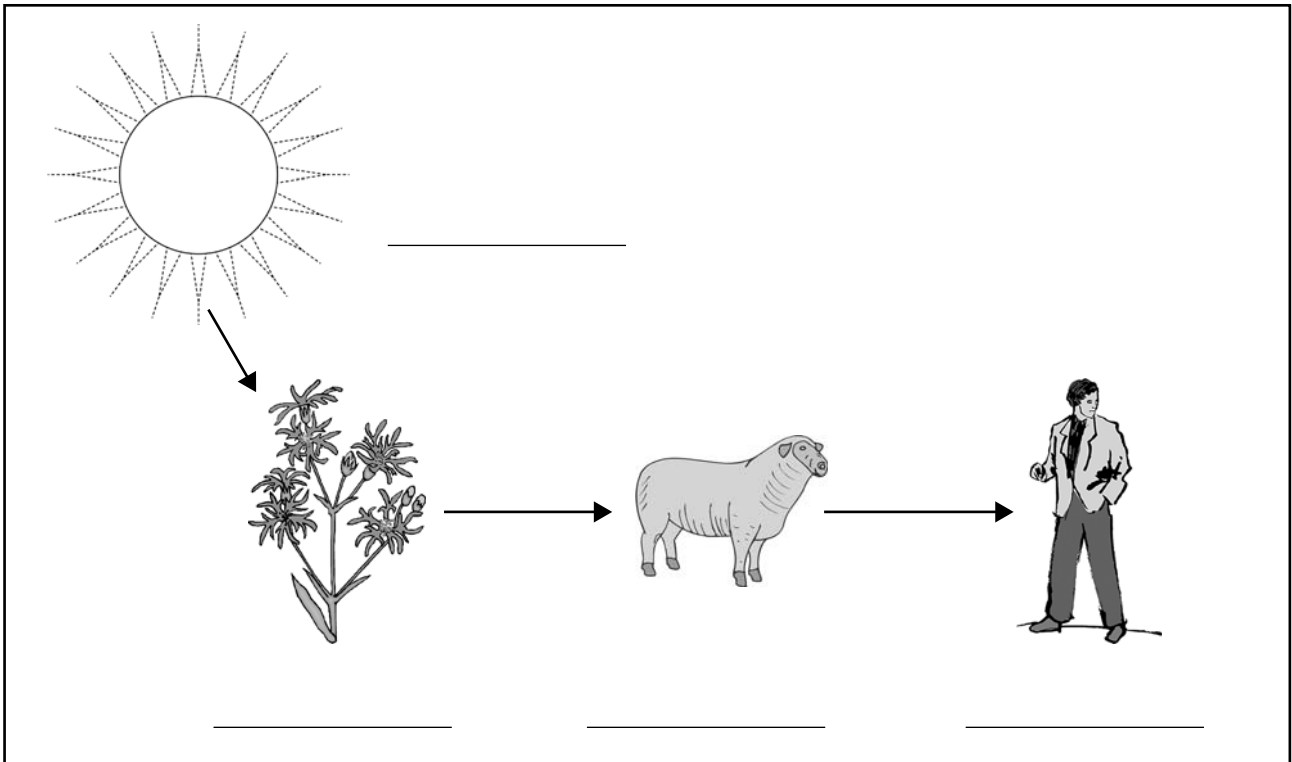
h. i. What **common injury, wound, condition and/or complaint** is this likely to result in?

ii. What information would you provide to the participants to prevent this from happening?

1 + 2 + 1 + 2 + 1 + 2 + (1 + 2) + (1 + 2) = 15 marks

Question 2

Label the components that make up a food chain.



4 marks

Question 3

You are leading a group of clients on a horseback riding trip along the beach.

- a. Identify one example of the potential **impact** on the environment for each of the following.

Plants

Soils

Water

Wildlife

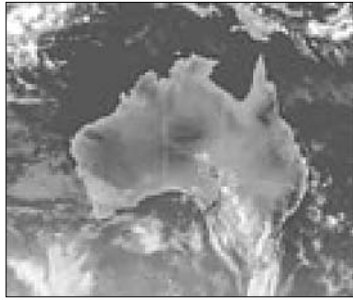
Geology

- b. Outline one **management strategy** to reduce the impact on the environment.
-
-

5 + 2 = 7 marks

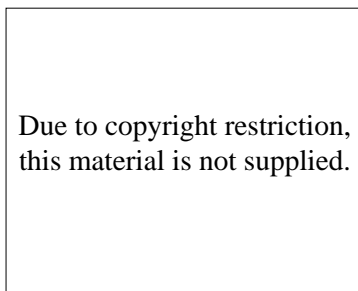
Question 4

Name the images below.



source: <http://www.bom.gov.au>

_____ image



source: <http://www.eldersweather.com.au>

_____ chart

2 marks

Question 5

The Murray River is a popular location for a wide variety of water activities. Provide two examples of the types of **social impact** that may result from these water activities.

1. _____

2. _____

2 marks

Total 30 marks

Elective 4 – Sports focus

Question 1

When inspecting a facility, you came across some chemicals. What is the procedure for the **disposal of hazardous chemicals**?

2 marks

Question 2

Terry is the current facility manager of the community recreation centre. Besides clients, list three types of **facility users** that would utilise this centre.

1. _____

2. _____

3. _____

3 marks

Question 3

John has arrived at a local school to conduct an after-school sport and recreation session. He has decided to focus on the fundamental motor skill of kicking a ball. There will be 30 mixed age and gender students participating in the program. The program will run for 2 hours and weather conditions could change.

- a. Describe how John could ensure the following **resources** are adequate for the planned program and satisfy health and safety requirements.

Physical resources

Access to facilities

Staffing

Refreshments

Finances

When the participants arrive, John notices one person is not wearing shoes. He excludes this person from participation.

- b. Why has he made this decision?

John will conclude his program with a game of kickball. It is important for him to make fair decisions throughout the game based on relevant information.

c. In the table below, provide one example for each **information** category.

Information	Example
Information includes	
Information is collected through	
Information sources include	
Information is imparted through	

d. On the completion of the program

i. what criteria would you put into your **evaluation**

ii. from whom should you seek feedback?

10 + 2 + 4 + (2 + 1) = 19 marks

Question 4

You have been asked to design a sport session at two different locations: a remote community and an urban community. For each location provide a different **historical, cultural or physical factor** and what impact it will have on your planning or implementation.

Remote community

Factor _____

Impact _____

Urban community

Factor _____

Impact _____

(1 + 2) + (1 + 2) = 6 marks

Total 30 marks