

STUDENT NUMBER

									Letter
--	--	--	--	--	--	--	--	--	--------

# VCE VET SPORT AND RECREATION

## Written examination

Friday 13 November 2015

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

<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
8	8	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 correction fluid/tape.
- No calculator is allowed in this examination.

#### Materials supplied

- Question and answer book of 14 pages.

#### Instructions

- Write your **student number** in the space provided above on this page.
- 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** (4 marks)

The following are stages of group formation:

forming          norming          storming          performing          adjourning

Match each statement below with the correct stage of group formation given above.

Statement	Stage of group formation
leader focuses on goals	
team develops agreement on common goals	
differences and confusion arise over goals	
leader will review the goals and make recommendations for the future	

**Question 2** (18 marks)

A popular ski and snowboarding resort plans to set up a freestyle terrain park where skiers and snowboarders can do jumps and other tricks.

- a.** What would be the best method to provide information about this facility for potential users who are already on the mountain? 1 mark

\_\_\_\_\_

- b.** Identify two possible difficulties with an education program that is only delivered at the site of the freestyle terrain park and explain how each could have an impact on the success of the program. 6 marks

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c. List **two** pieces of equipment that would be appropriate to use for an education program at the site of the freestyle terrain park. 2 marks

---

---

- d. Participating in activities within the freestyle terrain park could lead to injury.
- i. Outline **two** methods the resort's management could use to assess the likelihood of any given risk resulting in injury. 4 marks

---

---

---

---

- ii. How could behavioural risks within the freestyle terrain park be managed to reduce the risk? 2 marks

---

---

- e. Public liability insurance is essential for any recreation provider.
- What is public liability insurance and how would it assist the resort's management in this case? 3 marks

---

---

---

**Question 3** (18 marks)

Many Australian children are becoming overweight and obese. The main reasons for this are a lack of physical activity and unhealthy eating habits. The local council has given Rosemary the task of creating a 'Healthy Habits' program for 20 overweight children who have been identified as being at risk of developing poor health. The group from various schools consists of 10 boys and 10 girls who are all aged 13. A high-school principal has allowed Rosemary to use the school gymnasium after 4 pm on a school day.

- a. Name **one** of the likely demands on the participants that Rosemary will need to consider when planning the program. 1 mark

---

- b. Describe how this demand will have an impact on the planning of Rosemary's program. 2 marks

---

---

---

- c. The participants have indicated that they want to exercise more and learn how to eat healthier. Identify what type of aim this is. 1 mark

---

To assist with the exercise component, Rosemary has decided to get the children to complete a circuit training program. The course consists of 10 stations and each child is to spend two minutes at each station. Rosemary has created the exercise session plan shown below.

### Exercise session plan

Station 1: Stationary bike

Station 2: Barbell bicep curls

Station 3: Skipping rope

Station 4: Barbell squats

Station 5: Stationary bike

Station 6: Dumbbell shoulder raise

Station 7: Skipping rope

Station 8: Barbell lunges

Station 9: Stationary bike

Station 10: Dumbbell bicep curl

- d. In the table below, outline a suitable warm-up activity and a suitable cool-down activity for the exercise session plan. Each activity can be used only once.

4 marks

<b>Warm-up</b>	
<b>Cool-down</b>	

- e. For each of the following physical conditions, identify what type of medical support person Rosemary should use. Each answer may be used only once.

3 marks

<b>Physical condition</b>	<b>Medical support person</b>
spinal abnormality	
heat exhaustion	
tight muscles	

**f.** Prior to the start of the program, Rosemary sends an email to the children to educate them about evacuation procedures at the school. When the program begins, the principal decides to test the success of Rosemary's email by activating the fire alarm and the water sprinkler system without warning during a session. The children panic and run in all directions. At the end of the fire drill, Rosemary can account for only 18 students.

**i.** Why is it important for Rosemary to review her own performance? 1 mark

---

---

**ii.** Rosemary evaluates the effectiveness of the fire drill and realises that it was unsuccessful.

Identify **two** possible improvements that Rosemary could make. 2 marks

---

---

**iii.** Suggest **two** pieces of information that should be documented and filed regarding the fire drill in order to comply with occupational health and safety (OH&S) legislation. 2 marks

---

---

**g.** Rosemary notices that two children, Tom and Kate, have been arguing. Tom's personality is highly competitive and he tends to be quite loud. Kate is moderately competitive and tends to be quite shy. They do not get along.

Identify the barrier to the children's group development and performance. 1 mark

---

**h.** At the conclusion of the program, Rosemary goes home and jokes about some of the children's health conditions on social media.

What organisational policy and procedure has Rosemary breached? 1 mark

---

**Question 4** (4 marks)

Identify the correct classification of risk for each of the following examples.

<b>Example</b>	<b>Classification of risk</b>
sustaining an injury while doing a squat exercise as a result of following the advice and guidance of your personal trainer	
finding a bandaid in a newly purchased tub of protein powder	
some visiting football fans set off flares and start throwing chairs inside the stadium	
a sporting club paid a star player too much and can no longer afford to pay any of the other players	

**Question 5** (16 marks)

Play in a Rugby League match has just finished and the strength and conditioning coach has instructed the players to do the following: Shake hands with and talk to the opposition for five minutes. As a group, perform team sprints up and down the field, sit down and stretch, take a hot shower and gather for a team meeting.

- a.** Is the strength and conditioning coach's program an appropriate cool-down after the completion of a Rugby League match? Explain your answer. 3 marks

---

---

---

- b.** In the changing room, one of the players suddenly develops a pain in his left shoulder that radiates down his left arm, as well as a crushing feeling in his chest.

- i.** What contraindication may this indicate? 1 mark

---

- ii.** Which person from the medical support team would be best to diagnose and confirm the contraindication? 1 mark

---

- c.** One of the players suffered an asthma attack.

What is the correct procedure to follow if the player wants to recommence playing the following day? 2 marks

---

---

- d.** The coaching staff want to improve their own performance so that the team can get the best possible results during the year.

Suggest **one** method that the head coach could use to improve the performance of the coaching staff and how this method could improve coaching. 3 marks

---

---

---



- e.** During the stretching session in the changing room, one of the players accuses an injured player of being lazy, faking his injury and missing a tackle that allowed a try to be scored during the game. The injured player argues to defend himself.
- i.** What could be the cause of this conflict? 1 mark
- 
- ii.** Suggest a resource that could be used to resolve the conflict. 1 mark
- 
- iii.** Describe a conflict resolution technique that could be used to resolve the conflict. 2 marks
- 
- 
- 
- iv.** Why should the conflict be resolved? 2 marks
- 
-

**Question 6** (18 marks)

A group of senior school students has gathered by a river for a three-day paddling trip in six-person rafts. The group will camp out at night after each day of paddling. Each raft will have an experienced instructor leading the activity.

- a. Explain an appropriate warm-up that the group could complete before paddling each day.  
Name a muscle that would be used during this warm-up. 4 marks

---

---

---

---

---

- b. Explain why an increase in flexibility would be of benefit to the paddlers. 2 marks

---

---

---

- c. For optimal performance, this paddling trip will require everyone in the raft to work together and follow directions from the instructor.

Give two collaborative approaches the instructor could take with the group members in their raft and explain how each approach could lead to optimal performance. 6 marks

Collaborative approach 1 \_\_\_\_\_

---

---

Collaborative approach 2 \_\_\_\_\_

---

---

- d.** State two possible external factors that may affect the running of the activity. 2 marks

Factor 1 \_\_\_\_\_

Factor 2 \_\_\_\_\_

- e.** For each factor listed in **part d.**, explain a contingency that could be put in place to overcome the potential problem. 4 marks

Contingency for factor 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contingency for factor 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Question 7** (14 marks)

An athletics coach conducts training sessions three times per week for an elite group of junior track athletes. On weekends, he coaches a group of beginner athletes who have signed up for an eight-week 'come and try athletics' program. The athletics coach has a number of assistant coaches to assist with training sessions.

- a. Outline how the athletics coach would adjust the technical and tactical aspects of the training to suit the beginner athletes. 2 marks

---

---

---

- b. Describe **one** factor that the athletics coach would need to consider when selecting equipment that is appropriate for use by these groups. 2 marks

---

---

---

---

- c. Identify the legal clearance that the athletics coach must have in order to be permitted to coach junior athletes. 1 mark

---

- d. Complete the session plan for the first day of the 'come and try athletics' program in the space provided below.

6 marks

**Aims of the session**

- to have fun
- 
- 

**Week 1: Saturday, 21 November, 9 am – 11 am**

**Activity stages and structure**

**Warm-up:** (20 mins) Light jog around track, dynamic stretches of upper-limb and lower-limb muscles, fun games to get to know each other

**Main activity:** (90 mins)

- 
- 
-

**Cool-down:** (10 mins) Light jog and static stretches of upper-limb and lower-limb muscles

**Logistics**

, three assistant coaches

- e. List **three** things, other than a cool-down, that the athletics coach could undertake to successfully conclude a training session.

3 marks

---



---



---

**TURN OVER**

**Question 8** (8 marks)

The local fitness centre has started to receive complaints about the quality of its exercise equipment. Several members have noticed that the equipment wears very quickly, and feels unsteady and unsafe. These members have complained to the fitness centre’s manager and posted negative comments on the centre’s Facebook page.

- a.** What impact can this conflict have on the reputation of the fitness centre? 2 marks

---

---

---

- b.** Name **one** policy that the fitness centre could use to resolve this conflict. 1 mark

---

- c.** If a supplier has sold poorly constructed equipment to the fitness centre and a member subsequently has an accident while using it, what piece of relevant legislation would apply? 1 mark

---

- d.** Some of the members who complained are standing in the reception area of the fitness centre and are verbally abusing the manager.

- i.** Name **two** resources that the manager could use to manage the conflict. 2 marks

---

---

- ii.** Describe how the manager could deal with this conflict sensitively, politely and discreetly. 2 marks

---

---

---