

STUDENT NUMBER Letter

VCE VET SPORT AND RECREATION

Written examination

Monday 15 November 2021

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>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
9	9	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 15 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

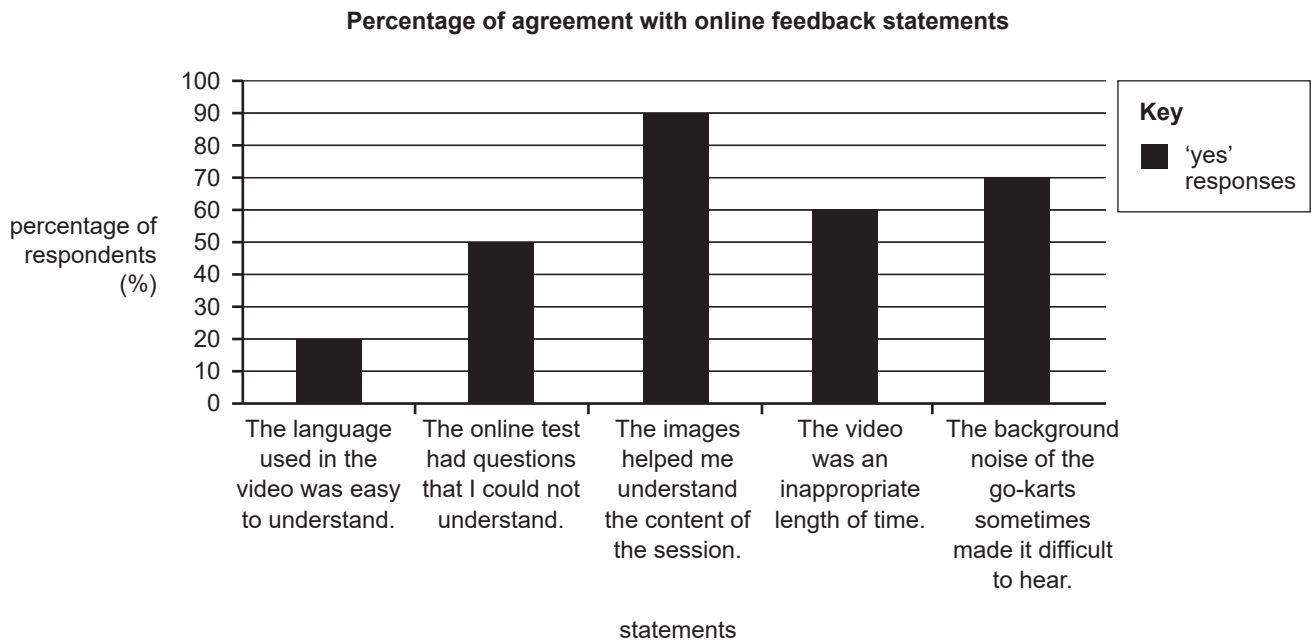
Answer **all** questions in the spaces provided.

Question 1 (8 marks)

A go-karting centre delivers an online education session that participants must complete before attending the centre for the first time. In the online session, participants watch a video presentation and complete a test about go-kart safety.

During the online session, participants were also asked to provide feedback on the session by responding 'yes' or 'no' to five different statements.

As the sport assistant, you have been asked to review the feedback data below.



- a. In the table below, indicate the percentage of respondents that gave each piece of feedback. 3 marks

Feedback	Percentage of respondents
found the language in the video easy to understand	
found the length of the video to be the appropriate length of time	
found that the background noise of the go-karts made it difficult to hear the presentation	

- b. Based on the feedback, suggest a way you could improve each of the following components of the online education session. 3 marks

Component	Suggestion for improvement
video length	<hr/> <hr/>
language	<hr/> <hr/>
background noise	<hr/> <hr/>

- c. Suggest two ways you could acknowledge to user groups that you will act on their feedback. 2 marks

1. _____

2. _____

Question 2 (3 marks)

One duty of a coach is to complete all the relevant documentation.

In the table below, identify two different pieces of documentation, apart from the enrolment/ registration form and the Physical Activity Readiness Questionnaire (PAR-Q), that may be required for each phase of a coaching session. A document may be used only once.

Phase	Documentation
preparation	1. _____ 2. _____
conducting	1. _____ 2. _____
concluding	1. _____ 2. _____

Question 3 (11 marks)

The organiser of the Active 50 Plus Club (for participants over 50 years of age) has requested that a local fitness centre you work at introduce some weight-bearing exercise classes using dumbbells. The medical advisor for the Active 50 Plus Club has advised management that weight-bearing exercise will increase participants' bone density and help prevent fractures and osteoporosis (loss of bone density).

- a. Identify a need of the Active 50 Plus Club participants. 1 mark

- b. Explain the difference between a policy and a procedure. 2 marks

- c. Apart from a PAR-Q and changed entry requirements, identify one policy and one procedure of the fitness centre that an instructor must know. 2 marks

Policy _____

Procedure _____

- d. To promote these weight-bearing exercise classes and their health benefits for the Active 50 Plus Club participants, the fitness centre will organise a formal presentation to be held during the day.

Outline two advantages and two disadvantages of holding a formal presentation rather than using pamphlets or brochures. 4 marks

Advantage 1 _____

Advantage 2 _____

Disadvantage 1 _____

Disadvantage 2 _____

- e. The fitness centre has changed the requirements of entry to the centre. Before entering the centre, members and guests must now sign in.

Apart from formal presentations, pamphlets and brochures, identify two information resources you could use to notify the Active 50 Plus Club members and guests of the change of procedure. 2 marks

1. _____

2. _____

TURN OVER

Question 4 (18 marks)

You are working at an indoor rock-climbing centre. There is an area for a type of free-form climbing that is performed on small rock formations or artificial rock walls without the use of ropes or harnesses (bouldering). There are large mats at the base of the walls to cushion any falls.

To educate users of this facility, centre employees provide basic training to each participant before climbing.

- a. The centre uses green, red and yellow colour-coded rocks to indicate the level of difficulty of each climb. One of the participants indicates that they are colourblind and unable to tell the difference between red and green.

List two ways in which you could modify this program to ensure the program meets the participant's needs.

2 marks

1. _____

2. _____

- b. The management of the centre wants to include principles of inclusive practices within all of its programs.

Describe two inclusive practices that can be implemented for bouldering.

4 marks

1. _____

2. _____

- c. Describe what an anti-discrimination policy is and, apart from a disability group, list two protected groups.

4 marks

Description _____

Protected group 1 _____

Protected group 2 _____

- d. List two benefits of having participants complete an enrolment form before participating in a rock-climbing session. 2 marks

1. _____

2. _____

- e. i. Two styles of leadership are 'authoritarian' and 'laissez-faire'.
Define each style of leadership. 4 marks

Authoritarian _____

Laissez-faire _____

- ii. Which style of leadership from **part e.i.** would be most appropriate for indoor rock-climbing? Justify your response. 2 marks

Style of leadership _____

Justification _____

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Question 5 (17 marks)

A senior coach has asked two junior coaches to create a warm-up for a soccer session for 10–12-year-old girls and boys. The entire session will run for approximately 60 minutes. Shown below are the junior coaches’ proposed warm-up session plans.

Junior coach 1’s warm-up session plan

Warm-up component	Drills/ Activities	Time/ Duration
Activity 1	Do a circuit at high intensity with the following activities: <ul style="list-style-type: none"> • sprints • burpees • push-ups • sit-ups • jump squats 	1 minute at each station Complete three circuits (15 minutes in total).
Activity 2	Do a series of static stretches covering the following areas: <ul style="list-style-type: none"> • shoulders • chest • arms • back • gluteals • legs 	Spend 2 minutes stretching each area (12 minutes in total).
Activity 3	Divide the participants into two teams and play a game of tag.	10 minutes

Junior coach 2’s warm-up session plan

Warm-up component	Drills/ Activities	Time/ Duration
Activity 1	Divide the participants into two teams and play a game of tag.	5 minutes
Activity 2	Do dynamic stretches/ movements, including: <ul style="list-style-type: none"> • side stepping • hip rotations • upper-body stretches • walking lunges. 	5 minutes
Activity 3	Dribble a soccer ball through a series of cones and shoot for a goal.	5 minutes

a. Compare the two junior coaches’ warm-up session plans and indicate with a tick (✓) the plan that is more suitable for the soccer session. Provide three reasons for your selection. 4 marks

Junior coach 1’s warm-up session plan Junior coach 2’s warm-up session plan

1. _____

2. _____

3. _____

- b. During the running of the soccer session, the junior coaches notice poor behaviour from some soccer players.

In the table below, identify a strategy that the junior coaches could implement to prevent poor behaviour from occurring in each situation.

2 marks

Situation	Strategy to prevent the poor behaviour
participants are not following instructions	<hr/> <hr/>
participants are too spread out, making it harder to supervise and give instructions or feedback	<hr/> <hr/>

- c. Name and describe two collaborative approaches that could be used to develop effective training relationships with the 10–12-year-olds.

6 marks

Collaborative approach 1 _____

Collaborative approach 2 _____

- d. List **one** safe participation requirement for soccer that participants will need to be informed about before the warm-up session. Describe why this requirement is important.

3 marks

- e. Describe **one** method of instructing participants in this age group for soccer.

2 marks

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Question 6 (15 marks)

A sudden downpour of rain has caused an imbalance of chemicals in the pool at a local outdoor swimming centre. The duty manager tried to correct the problem by adding more chemicals but they added too much and the pool became unsafe for public use. At the same time, a member of the public was going back to the changing room in the downpour when they slipped in a puddle and injured themselves.

- a.** Identify two hazards and their associated risks in this scenario. 4 marks

Hazard 1 _____

Risk 1 _____

Hazard 2 _____

Risk 2 _____

- b.** As a result of the member of the public's fall, the manager of the swimming centre has implemented a workplace hazard identification audit of the centre.

List two internal sources and two external sources that could be used to identify hazards at the centre. 4 marks

Internal source 1 _____

Internal source 2 _____

External source 1 _____

External source 2 _____

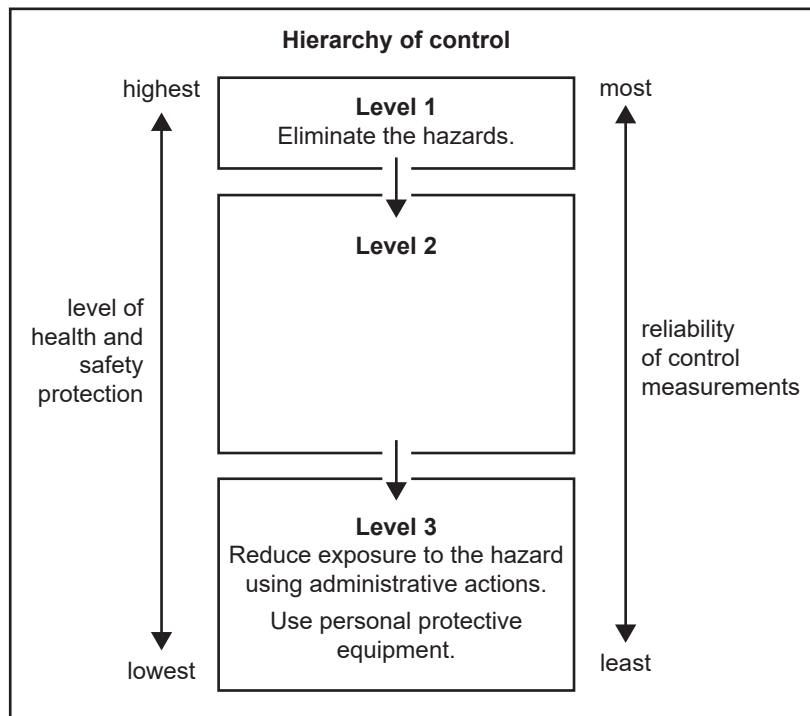
- c.** The swimming centre uses a code of practice to create a safe workplace.

Explain the meaning of 'code of practice'. 2 marks

- d.** As part of a risk control and evaluation plan, the centre must outline any residual risk.

Explain the meaning of 'residual risk'. 2 marks

- e. The hierarchy of control diagram below is missing risk control options for Level 2.



Source: adapted from Safe Work Australia, 'How to manage work health and safety risks: Code of Practice', December 2011, p. 13, <www.safeworkaustralia.gov.au>

What are the three missing risk control options for Level 2?

3 marks

1. _____

2. _____

3. _____

Question 7 (13 marks)

An important aspect of conducting sport and recreation programs is completing risk management plans.

a. An overall risk management plan involves three stages:

- hazard identification
- risk assessment
- risk control

For each of these stages, identify three procedures that need to be implemented to complete a risk management plan.

9 marks

Hazard identification

1. _____

2. _____

3. _____

Risk assessment

1. _____

2. _____

3. _____

Risk control

1. _____

2. _____

3. _____

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- b. Describe a strategy that could be used to evaluate the effectiveness of the risk management plan that you identified in **part a**. Justify your response.

4 marks

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Question 8 (10 marks)

You are a junior coach of the local track and field team, and you have been asked to coach a group of children aged five to eight years old. All the participants have been identified as foundation level participants.

- a.** Apart from enrolment and document collection, list two tasks that need to be carried out to prepare for your coaching sessions. 2 marks

1. _____

2. _____

- b.** You will need to use modified equipment for your coaching sessions.

Give two reasons why it is important to modify equipment for children. 2 marks

1. _____

2. _____

- c.** After a coaching session, you are asked to provide your head coach with a self-reflection on how you performed during the session.

What is a self-reflection? Describe why it is valuable. 3 marks

- d.** Apart from self-reflection, list one expected behaviour of a junior coach and explain why this behaviour is important. 3 marks

Behaviour _____

Explanation _____

Question 9 (5 marks)

The local golf club is offering an introductory golf clinic of four sessions, in which participants will learn the basic skills of golf. You will be the golf coach.

A parent and their 10-year-old child enrol in the clinic. Your coaching communication style and approach will be different for each of these participants.

- a. Identify a coaching communication style and describe how you would adapt it for each participant. 3 marks

Coaching communication style _____

Description of adaptation _____

- b. You have been asked to coach both technical and tactical skills for golf.

What is the difference between a technical skill and a tactical skill? 2 marks

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