

STUDENT NUMBER          Letter

# VCE VET SPORT AND RECREATION

## Written examination

Friday 10 November 2023

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>
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 18 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)

You have been asked to take an adult physical rehabilitation group through the following cool-down stretch at the conclusion of a weight-training program.



Source: Lio putra/Shutterstock.com

- a. Based on the diagram above, state two coaching instructions that would encourage the participant to perform this stretch safely. 2 marks
1. \_\_\_\_\_
2. \_\_\_\_\_
- b. Other than coaching instructions, state two ways you could encourage the group to participate in performing this stretch. 2 marks
1. \_\_\_\_\_
2. \_\_\_\_\_

**Question 2** (22 marks)

You are currently working at the Australian Open tennis tournament and have been asked to assist the WHS management team. The team implements WorkSafe Victoria's hierarchy of control, which provides specific guidance on controlling risks. Two of the elements within the hierarchy are isolation and substitution.

- a. i. Outline the difference between isolation and substitution. 2 marks

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- ii. Another element within the hierarchy of control is engineering controls.  
Describe how engineering controls are used to reduce a risk. 2 marks

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- b. Apart from providing sunscreen and water stations, state three ways that the Australian Open WHS management team can minimise the risk to spectators during extreme heat days at the tournament. 3 marks

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

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

3. \_\_\_\_\_

- c. The Australian Open WHS team has asked you to prepare an educational brochure for both children under the age of 10 and adults that promotes spectator safety during extreme heat.

Describe **two** differences required in your brochure to cater for these two spectator groups. 4 marks

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- d. Identify two different organisational policies and procedures that the Australian Open must adhere to when developing educational material about extreme heat.

2 marks

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

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

- e. After reviewing stakeholder feedback on the brochures, the manager of the Australian Open has asked you to liaise with the stakeholders to improve the educational brochure.

Define the term ‘liaise’ and explain one method you could use to liaise with stakeholders. 3 marks

Definition \_\_\_\_\_

Method \_\_\_\_\_

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- f. The tournament has provided spectator courts. You arrive at one of the courts and observe the following scene.



Identify two hazards visible in this image and two associated risks. You must use a different risk for each hazard.

4 marks

<b>Hazard 1</b>		<b>Risk 1</b>	
<b>Hazard 2</b>		<b>Risk 2</b>	

- g. Apart from engineering, substitution and isolation, identify a risk control option for **one** of the identified hazards from **part f.**, and state how you could implement this control option.

2 marks

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TURN OVER

**Question 3** (9 marks)

Hockey5s is a modified version of field hockey. It is played on a smaller field, with only 5 players, and lasts 20 minutes in total. The field contains boundary boards along the sidelines that enable the ball to rebound into play and keep the game moving quickly. As a coach of the local field hockey club, you are introducing Hockey5s to the junior members.

- a. For your Hockey5s program, your supervisor has reminded you that your program must remain within budgetary constraints.

Define the term 'budgetary constraints' and explain why they are important for your program. 3 marks

Definition \_\_\_\_\_

\_\_\_\_\_

Importance \_\_\_\_\_

\_\_\_\_\_

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- b. The Hockey5s program must comply with codes of practice under WHS legislation.

Outline **one** difference between a code of practice and a legislative Act. 2 marks

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- c. The hockey club is implementing Hockey5s using a full-size court with the boundary boards being manually placed in the correct position. To do this, the club must comply with the code of practice for manual handling.

Identify two main objectives of the code of practice for manual handling and give two reasons why it is important to adhere to these guidelines. 4 marks

Objective 1 \_\_\_\_\_

Reason 1 \_\_\_\_\_

\_\_\_\_\_

Objective 2 \_\_\_\_\_

Reason 2 \_\_\_\_\_

\_\_\_\_\_

**Question 4** (8 marks)

You have been asked to assist with developing a risk-control implementation and evaluation plan for a recreation centre that has both gym equipment and aquatic facilities.

- a. Outline **one** strategy that you would use to encourage employees to be actively involved in developing a risk-control implementation and evaluation plan. 2 marks

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- b. In the table below, identify and describe two components that should be included in the risk-control implementation and evaluation plan. 6 marks

<b>Component of plan</b>	<b>Description</b>

**Question 5** (18 marks)

You are part of a local council recreation team that is organising a Junior Athletics competition for foundation-level participants aged between 3 and 15 years. To ensure that the event runs smoothly, tasks will need to be allocated to team members.

- a. Identify two factors that need to be considered when allocating tasks and provide a rationale for each.

A rationale may only be used once.

4 marks

<b>Factor 1</b>	
<b>Rationale 1</b>	
<b>Factor 2</b>	
<b>Rationale 2</b>	

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b. Three key tasks have been identified for the event:

1. event broadcasting
2. calculating the results as they become available
3. marshalling the track events

The group members who have volunteered for these tasks are listed in the table below.

<b>Group member</b>	<b>Background of volunteer</b>
<b>Mark</b>	Mark has good knowledge of the sport of Junior Athletics. He does not like large crowds or public speaking. However, he loves logistics and is brilliant on the computer. He has previously assisted in setting up voice-over equipment for numerous events.
<b>Bridget</b>	Bridget loves organising group activities, solving problems and adapting along the way. They already have the job as the starter at the track events and are fantastic with people, but admit that they are not good with paperwork.
<b>Scott</b>	Scott works as a primary school PE teacher. He is very energetic, enthusiastic and has excellent fitness levels. When running PE classes, he adapts his instructions to the participants and seeks clarification to ensure instructions have been understood.
<b>Jenny</b>	Jenny has a background in radio and announcing. Jenny loves her running and is passionate about helping others improve. Jenny has great organisational skills and has been involved in Junior Athletics for the past 15 years.

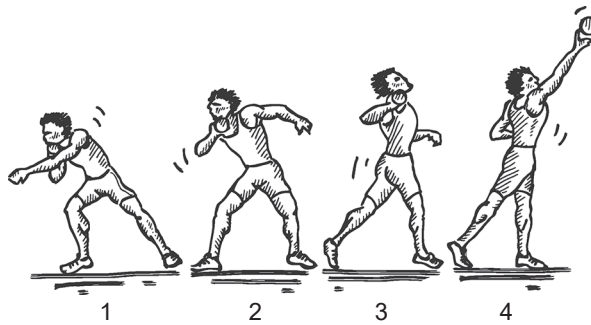
In the table below, allocate an appropriate member to complete each task. Justify your answer.

You cannot use the same person twice.

6 marks

<b>Task to be allocated</b>	<b>Group member</b>	<b>Justification</b>
event broadcasting		
calculating the results as they become available		
marshalling the track events		

- c. One of the events is shot put. In preparation, you have researched how to present, sequence, instruct and demonstrate safe shot-put techniques and safe equipment use for foundation-level participants. The diagram below shows the steps to perform the shot-put.



Source: Gwoeii/Shutterstock.com

You have discovered two different sets of instructions on how to perform this sequence.

Step	Instruction set 1	Instruction set 2
1.	Start with weight over the back foot and think chin/knee/toe so those three body parts are all in line.	Right elbow is at a 90° angle to the trunk. The shot remains back over the right leg to create a long path of acceleration during the delivery phase.
2.	The movement is started by the back leg pushing the hip that is towards the back to the front.	From the crouch position, the shot putter unseats, driving the left leg forcefully towards the toe board. The upper body is passive, allowing the legs to do the work.
3.	Weight is transferred from the back leg to the front leg. The throwing arm comes forward and up. The elbow must stay behind the shot.	Right leg is extended in an explosive twisting movement until the right hip faces the front of circle.
4.	Push the shot away from your neck, releasing the shot when arm is fully extended.	‘Put’ the shot after full extension of the legs and trunk.

Your manager states that the most suitable set of instructions is Instruction set 1.

Justify why your manager is correct.

3 marks

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- d. Discuss one communication strategy that is appropriate to use with this age group to ensure participants are aware of expected behavioural standards. 3 marks

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- e. One of the participants is refusing to follow safety instructions and the event has been stopped.  
Describe how you would address the situation. 2 marks

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**Question 6** (13 marks)

You are assisting in conducting a low-impact group fitness (aerobics) program for a local retirement village that will run every Tuesday for the next eight weeks. The participants are a group of six new residents aged between 76 and 90 years old. The residents are struggling with their transition, and they feel like they do not belong in a retirement village.

- a. i.** Identify two specific needs that you will need to consider for these residents. 2 marks

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

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

- ii.** Select **one** need you identified in **part a.i.** and describe how the program will address this need. 2 marks

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- b.** Identify one organisational policy or procedure that you will need to address when planning, conducting and evaluating your program. Describe why this is important for your program. 3 marks

Organisational policy or procedure \_\_\_\_\_

Importance \_\_\_\_\_

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- c.** State one method that could be used to identify a resident who should not participate in the program and explain how you would use this method. 3 marks

Method \_\_\_\_\_

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Explanation \_\_\_\_\_

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- d. Educating staff on contingency management is an essential part of planning sport and recreation programs for older adults.

Define the term 'contingency' and explain why this is important in the planning of the program.

3 marks

Definition \_\_\_\_\_

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Explanation \_\_\_\_\_

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TURN OVER

**Question 7** (18 marks)

You are working as an assistant coach for a baseball team and have been asked to develop a coaching session for a group of 14- to 17-year-olds. The session will include a skill development stage, followed by a game. All participants have previously played baseball; however, you are unsure about their skill levels and understanding of safety procedures.

- a.** Apart from a helmet and a face mask, state two items of personal protective equipment (PPE) that will be required for the session. 2 marks

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

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

- b.** Identify three considerations that are necessary when using PPE with the participants in your session. 3 marks

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

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

3. \_\_\_\_\_

- c.** Video analysis and writing a diary or journal are both self-reflection methods that can help you to evaluate and improve your future performances.

Compare these methods for identifying and improving future performances as a coach. 4 marks

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- d. A subcommittee in the baseball club is developed to support membership growth. This committee will be made up of 14- to 17-year-olds from diverse populations and with special needs.

In the table below, identify one requirement for the meetings to be inclusive for the participants.

3 marks

Special need	Requirement
deaf or hard of hearing	
wheelchair user	
short attention span	

- e. Some barriers to group development in the committee have started to arise.

In the following tables, identify the barrier to group development and suggest a strategy to overcome it.

6 marks

<b>Situation 1</b>	One committee member wants to use club funds to buy the PPE equipment from his uncle's sporting goods store. However, the committee could get it cheaper somewhere else.
<b>Barrier 1</b>	
<b>Strategy 1</b>	

<b>Situation 2</b>	One member developed a coaching plan when he was meant to be working on the risk analysis.
<b>Barrier 2</b>	
<b>Strategy 2</b>	

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<b>Situation 3</b>	One member keeps interrupting people when they are speaking.
<b>Barrier 3</b>	
<b>Strategy 3</b>	

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TURN OVER

**Question 8** (8 marks)

You are coaching a training session for a competitive game of kickball for 10-year-olds versus their parents or carers. Kickball is similar to baseball but is played with a large rubber ball that is kicked rather than hit with a bat. It can be played in a variety of settings, such as parks, playgrounds and sporting fields.

- a. Identify two behavioural guidelines that would be suitable for this training session. 2 marks

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

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

- b. Apart from a practice game of kickball, describe **one** specific skill development activity that would be suitable for both adults and children. In your response, state **one** benefit of this activity. 3 marks

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- c. State three types of records that you would need to keep for this program. 3 marks

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

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

3. \_\_\_\_\_



