



# VCE VET Sport and Recreation

## Written examination – October/November

### Introduction

The following advice is part of the implementation of the VET Sport and Recreation examination in 2006. The examination will be based on all the core units of competence at Units 3–4 and the competencies in the elective focus students have undertaken; that is, one of Aquatics, Fitness, Outdoor Recreation or Sport.

### Structure and format

The examination will be presented in a question and answer book.

The examination for VET Sport and Recreation will be 1 hour and 30 minutes plus 15 minutes reading time in length and will be scored out of 90 marks.

There will be two sections.

#### Section 1 – Core

All questions in this section are compulsory. This section is made up of two parts.

Part A – multiple-choice questions. Students will be required to mark their responses on a multiple-choice answer sheet.

Part B – short answer questions.

Students will be required to provide answers to Part B within the spaces allocated on the paper. The number of lines provided after each question, together with the number of marks allocated, will indicate the appropriate length of the response.

#### Section 2 – Electives

Students will select one of the four electives. All questions within the elective are compulsory. All electives will consist of short answer questions. Students will be required to provide answers to the elective within the spaces allocated on the paper. The number of lines provided after each question, together with the number of marks allocated, will indicate the appropriate length of the response.

The examination paper may include items which refer to stimulus material such as newspaper articles, extracts from reports or case study materials which are related to the competency standards.

This new format is demonstrated in the sample examination to follow.

Students may request a script book if there is insufficient space to change or complete an answer.

Teachers and students, in preparation for the examination, should use the sample paper as a guide.

The following documents should be referred to in relation to the 2006 VET Sport and Recreation examination.

- *VET Sport and Recreation Program Booklet 2006*
- *VCE VET Sport and Recreation Assessment Handbook 2006*



# Victorian Certificate of Education

## 2006

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words


# VCE VET SPORT AND RECREATION

## Written examination

Day Date 2006

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

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

## QUESTION AND ANSWER BOOK

### Structure of book

Section	Number of questions	Number of questions to be answered	Number of marks
1 – Core			
Part A – Multiple-choice questions	15	15	15
Part B – Short answer questions	12	12	45
	Number of electives	Number of electives to be answered	
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 – Multi-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**

An instructor has many responsibilities; among them is an ethical responsibility to

- A. provide an environment free of sexual discrimination.
- B. monitor students' levels of education.
- C. maintain records of participants' residential addresses.
- D. maintain attendance records of participants.

**Question 2**

What is the correct order for the stages of conflict?

- A. progression, beginning, escalation, resolution
- B. beginning, progression, escalation, resolution
- C. beginning, escalation, progression, resolution
- D. resolution, beginning, escalation, progression

**Question 3**

Which two major criteria are used to analyse risk?

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

**Question 4**

In the sport and recreation industry, which of the following is **not** an acceptable instructional style?

- A. organised and efficient
- B. approachable
- C. motivational
- D. critical and discouraging

**Question 5**

The identification of risks should start with

- A. a description of the internal and external risks.
- B. a good understanding of the program and a brainstorming session with key stakeholders.
- C. a brainstorming session with risk management experts and a program profile.
- D. the definitions of likelihood and impact.

**Question 6**

A 15-year-old female dropped out of her chosen sporting activity because she was unable to pay her coaching and registration fees.

Which one of the following influences caused her to stop participating?

- A. individual influence
- B. social influence
- C. historical influence
- D. lifestyle influence

**Question 7**

What type of insurance covers liability that results from loss of or damage to property, loss of use of property, and death or injury due to negligence?

- A. public liability
- B. property liability
- C. professional indemnity liability
- D. motor vehicle liability

**Question 8**

Which one of the following is **not** a **social influence** that affects an individual's participation in physical activity?

- A. a person's cultural background
- B. a person's family background
- C. gender
- D. personal interest and ability

**Question 9**

Credibility, respect and trust are attributes that

- A. are automatically given to you when you become a coach.
- B. you automatically possess, the same as knowledge, experience and physical ability.
- C. are given to you by athletes, assistant coaches, and other people.
- D. are based upon your coaching style, and how you communicate, teach and motivate.

**Question 10**

Coaches have several legal duties; among them is the duty to

- A. properly instruct techniques.
- B. warn participants of the inherent dangers of the sport.
- C. foresee potential problems or dangers.
- D. monitor participant's development.

**Question 11**

When planning the level of supervision for a sport and recreation session, the **most important** consideration for the organiser is

- A. OH&S concerns.
- B. the site and location of the activity.
- C. the interests of the supervisor.
- D. the cost associated with running the sessions.

**Question 12**

Which one of the following skills is used to **facilitate a group** in a sport and recreation session?

- A. negotiation
- B. use of authority
- C. negative reinforcement
- D. comparison

**Question 13**

In a sport and recreation industry environment, safety education programs may include

- A. signs, flyers, films, videos, posters and presentations.
- B. enforcement of rules.
- C. restriction of access to facilities.
- D. workplace inspection.

**Question 14**

Which one of the following statements regarding risk is true?

- A. If something is very risky then it must also be difficult to do.
- B. A high risk activity is quite likely to cause a lot of harm.
- C. Something that could kill you must be very risky.
- D. Risk is only to do with accidents at work.

**Question 15**

What protects an instructor against a breach of professional duties when negligence has occurred?

- A. contributory negligence law
- B. professional indemnity law
- C. criminal laws
- D. civil liability law

**Part B – Short answer questions**

**Instructions for Part B**  
Answer **all** questions in the spaces provided.

**Question 1**

Define the following terms.

**client confidentiality**

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**risk** (as it applies to sport and recreation settings)

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2 + 2 = 4 marks

**Question 2**

List **two** types of laws that are applicable to the sport and recreation industry.

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

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

2 marks

**Question 3**

The Australian Coaching Council has developed a code of conduct for all coaches in a sport and recreation setting. List **two** rules that are outlined in this code.

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

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

2 marks

**Question 4**

List **two** influences that affect people’s participation in a sport and recreation activity.

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

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

2 marks

**Question 5**

List **two** factors that an organiser must take into account when conducting a sport and recreation session for a group.

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

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

2 marks

**Question 6**

A barrier to communication arises where there is a conflict between individual and group goals. Give an example of how this may affect the facilitation of a group in a sport and recreation workplace.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 marks

**Question 7**

Identify **two** potential causes of conflict between individuals in a sport and recreation setting.

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

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

2 marks

**Question 8**

The sport and recreation industry has potential risks for clients.

Give **two** examples.

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

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

2 marks

**Question 9**

List **two** specific reasons why a gradual cool-down after physical activity is useful.

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

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

2 marks

Total 20 marks



**Question 11**

You are going into a primary school for the first time to do a ‘taster’ session for basketball. The group consists of 36 boys and girls aged 9–10. The session will take place in the school hall; you have 12 mini basketballs and 2 netball posts.

Complete a session plan for this group by completing all spaces in the table below.

**Session plan**

Activity	Aim	Content	Safety issues
warm up			
			inspect playing surface
	decrease heart rate		
		participation feedback sheet	

12 marks

**Question 12**

To attempt to increase the numbers of participants between the ages of 15 and 18 at a recreation centre, a survey was conducted in the secondary schools surrounding the centre. The survey asked students to identify what facilities and programs they would like to see introduced at the centre.

Listed below are the top five responses from the survey based on many individual, lifestyle and social influences.

1. indoor rock climbing and abseiling
2. indoor/outdoor skating ramp activities and competition
3. teenage-only gym programs and times
4. more pool leisure time
5. cheaper gym memberships, and greater flexibility in memberships for young people.

Explain how you would improve the community recreation centre, based on the survey, with regard to the facilities and programs identified.

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7 marks

Total 25 marks

## 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.

#### Elective 1 – Aquatics focus

##### Question 1

Identify one emergency that may occur in an aquatic environment.

\_\_\_\_\_ 1 mark

##### Question 2

a. Name a type of basic rescue technique used in an aquatic environment.

\_\_\_\_\_ 1 mark

b. Describe what is involved in this rescue technique.

\_\_\_\_\_ 2 marks

##### Question 3

What are **two** signs of a person experiencing difficulty in an aquatic setting?

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

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

2 marks

##### Question 4

When dealing with a resuscitation emergency, list the steps a rescuer follows in assessing the emergency.

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

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

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

4. \_\_\_\_\_

5. \_\_\_\_\_

4 marks

**Question 5**

a. List an instructional method that can be used to instruct a person on a swimming technique.

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1 mark

b. Explain this instructional method in detail.

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2 marks

**Question 6**

Explain an Occupational Health and Safety requirement in an aquatic setting.

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2 marks

**Question 7**

What are considered the survival strokes in an aquatic setting?

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

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

2 marks

**Question 8**

Describe a non-swimming rescue technique that can be used in aquatic rescue.

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2 marks

**Question 9**

Name an essential resource required to perform a safe aquatic rescue.

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1 mark

**Question 10**

When dealing with any aquatic emergency, a rescuer needs to formulate a rescue plan. A formulated rescue plan will usually consist of seven key considerations.

Explain in detail **five** of these considerations, and how they affect a rescue.

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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

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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10 marks

Total 30 marks

## Elective 2 – Fitness focus

### Question 1

What are the **three** steps a fitness instructor must take into account before designing an exercise program for a client? Provide a brief explanation of each step.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 marks

### Question 2

What do you need to know about a client’s health before you set a fitness program?

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2 marks

### Question 3

What does FITT stand for? Give a brief explanation of each.

F \_\_\_\_\_

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I \_\_\_\_\_

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T \_\_\_\_\_

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T \_\_\_\_\_

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4 marks

**Question 4**

How can exercise contribute to maintaining a healthy body weight?

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1 mark

**Question 5**

During an aerobic exercise program, how many minutes duration are recommended to increase fitness?

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1 mark

**Question 6**

What are the recommended frequencies, or times per week, required to increase fitness during an aerobic exercise program?

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1 mark

**Question 7**

Using the heart rate formula, state the minimum training heart rate in beats per minute (bpm) for aerobic training benefits for the following age group. Write the formula used.

21 years of age resting heart rate of 60 bpm \_\_\_\_\_

formula \_\_\_\_\_

2 marks

**Question 8**

What are **two** guidelines for resuming an exercise program after an extended period of inactivity?

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

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

2 marks

**Question 9**

What are **two** functions of bones in the body?

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

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

2 marks

**Question 10**

Which primary muscle group is used in each of the following exercises?

calf raise

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bench press

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2 marks

**Question 11**

Given below are scores for a client on the ‘Vigor Gram’ health-related fitness test.

Client: 19-year-old female	Fitness score	Health-related fitness standard
hip to waist ratio	0.78	0.80–0.84
per cent body fat	30	20–25
sit-ups	10	18–35
push-ups	5	7–20
beep test	level 7	level 10–11
cholesterol	160	< 180
back-saver sit-and-reach	6	8–9

Use the fitness scores and standards that appear in the table to answer the following questions.

a. What is the client’s strength?

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1 mark

b. What health-related fitness component is measured by

i. back-saver sit-and-reach test

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ii. per cent body fat

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iii. beep test?

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3 marks

- c. Outline **three** activities you would incorporate in order to enhance the existing level of fitness. Describe how the exercise should improve each fitness component in which the client scored below the health fitness standard.

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6 marks

Total 30 marks

### Elective 3 – Outdoor recreation focus

#### Question 1

a. List **two** environmental hazards to be considered when planning an outdoor education activity.

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

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

2 marks

b. Choose **one** of these hazards and explain in detail how it would affect the planning of the outdoor education activity.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 marks

#### Question 2

Describe a non-routine situation that may exist in an outdoor recreation activity.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 marks

**Question 3**

- a. List a common injury that may confront a leader on an outdoor recreation activity.

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1 mark

- b. Explain in detail how you would prevent this injury and how you would treat the injury if it occurred.

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3 marks

**Question 4**

- a. When leading an outdoor recreation activity, describe a variable other than environmental factors that may be encountered.

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2 marks

- b. As the leader of the expedition, how would you deal with this variable?

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2 marks

**Question 5**

When planning an outdoor recreation activity, what are **two** essential details that need to be considered before departing?

1. \_\_\_\_\_
2. \_\_\_\_\_
- 2 marks

**Question 6**

- a. List an environmental impact that may result from an outdoor recreation activity.

\_\_\_\_\_

1 mark

- b. In detail, outline how this impact causes damage to the environment, and identify a preventative measure.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 marks

**Question 7**

You have been given the responsibility for planning a five-day outdoor recreation activity for a group of inexperienced participants

- a. Explain **three** possible activity constraints that exist when planning this trip and describe how they may impact on the trip.

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

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

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

6 marks

- b. While on this trip, you have lost significant items of equipment. Describe the impact of this loss and how you would deal with this emergency situation.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4 marks

Total 30 marks

### Elective 4 – Sporting focus

#### Question 1

Explain one benefit for having rules and regulations in sports games or competitions for each of the following delegates.

athlete

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official

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2 marks

#### Question 2

What is the primary purpose of evaluating a sport or recreation session?

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2 marks

#### Question 3

a. Why is a maintenance program important for sporting facility management?

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b. Describe how you should implement a maintenance program.

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1 + 2 = 3 marks

**Question 4**

As a leader of a sport or recreation session, how can you promote attitudes of honesty, fair play and consideration to others?

honesty

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fair play

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consideration to others

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3 marks

**Question 5**

You have been nominated to conduct a recreation session for a group of primary school students. One of the students has a physical disability, confining the participant to a wheelchair.

a. Designate a sport that you would conduct with the group.

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1 mark

b. Outline **two** modifications you would make to the program to allow for inclusive participation for the disabled student.

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2 marks

**Question 6**

List **two** individuals or groups who would be involved in a review of your session.

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

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

2 marks

**Question 7**

Provide an example of positive reinforcement given to a participant.

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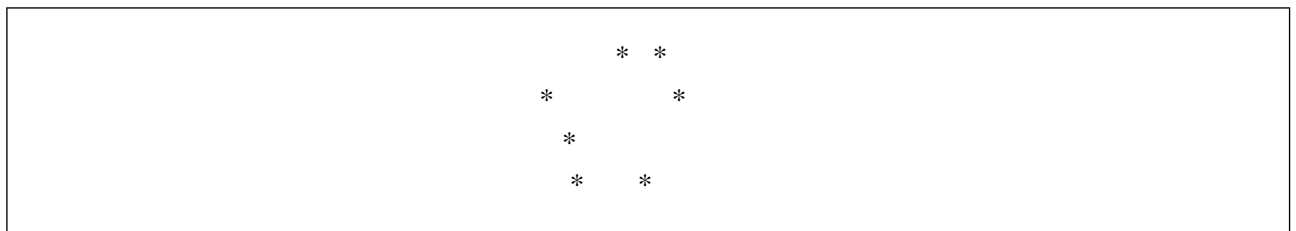
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1 mark

**Question 8**

a. In the box below, the positions of members of a group are shown by asterisks. Your position is missing. Indicate with a circle ○ where **you** should be positioned to demonstrate a skill to this group of participants.



1 mark

b. Explain why you selected this position.

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3 marks

**Question 9**

In any sport, there are inherent risks. Complete the table below by identifying **two** major risks in each area for a sporting activity.

<b>Environment</b>	<b>Equipment</b>	<b>People</b>

6 marks

Select one risk factor from each area (environment and equipment) and provide an explanation of how you would respond to the risk.

environment

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equipment

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4 marks

Total 30 marks

**END OF QUESTION AND ANSWER BOOK**