



Victorian Certificate of Education

2007

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Letter

Figures

Words

VCE VET SPORT AND RECREATION

Written examination

Friday 2 November 2007

Reading time: 3.00 pm to 3.15 pm (15 minutes)

Writing time: 3.15 pm to 4.45 pm (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

A client is behaving badly during a session you are conducting.

When dealing with this client, it is important to

- A. be nonconfrontational towards the client.
- B. stimulate the client.
- C. provoke the client.
- D. be aggressive towards the client.

Question 2

Lifestyle influences that affect a person's participation in sport and recreation activities include

- A. government actions and industrial trends.
- B. family background and culture.
- C. past experience and attitudes.
- D. financial situation and geographical location.

Question 3

Before commencing a sport and recreation session, education on the safe use of equipment

- A. is the responsibility of all participants.
- B. is conducted by placing signage and posters in the recreation facility.
- C. is compulsory for all participants.
- D. is conducted through telephone research.

Question 4

The level of supervision required when conducting an activity

- A. is the same for all activities.
- B. depends on the type of activity and the number of clients participating.
- C. depends on the relationship between supervisors and participants.
- D. depends on the government laws which outline the level of supervision.

Question 5

When evaluating the success of a sport and recreation session, consideration is given to

- A. the original aims and objectives of the session.
- B. the opinion of the instructor on the effort and motivation of the participants.
- C. the resources available when conducting the session.
- D. whether the clients are happy.

Question 6

Factors that impede group performance in an activity include

- A. the ability of the group to pay for the activity.
- B. the amount of travel required to attend the activity.
- C. the lack of group cohesion and group commitment to the activity.
- D. the restrictions and regulations that apply when conducting the activity.

Question 7

Sources of conflict in the workplace include

- A. government regulations and laws that apply to the sport and recreation industry.
- B. opposing attitudes, beliefs and values among clients, employees and management.
- C. restrictive work practices within the sport and recreation industry.
- D. an inability to attract clients to the sport and recreation facility.

Question 8

When assessing risks within an organisation, the five treatment options are

- A. identify the risk, analyse the risk, remove the risk, hide the risk, fix the risk.
- B. admit to the risk, ignore the risk, enjoy the risk, advertise the risk, give the risk away.
- C. insure the risk, incite the risk, invite the risk, instigate the risk, cover the risk.
- D. avoid the risk, reduce the risk, transfer the risk, finance the risk, retain the risk.

Question 9

When conducting a session, good communication strategies include

- A. feelings, perception and state of mind.
- B. clear verbal instructions, whistles and hand signals.
- C. asking participants to relay messages on to other participants.
- D. expecting participants to guess what you want them to do.

Question 10

You are conducting an indoor sport and recreation session in the school gym. One of the students falls and is in pain.

You should

- A. ignore the student, as this person is always seeking attention.
- B. stop the activity immediately and provide first aid.
- C. continue the activity and hope another leader will help the student.
- D. check that the student is all right and then continue the session.

Question 11

You are demonstrating a skill.

The best way to position all the participants is to place them

- A. in a circle around you.
- B. in a line, one behind the other, while you face them.
- C. evenly spaced out in front of you while you face them.
- D. evenly spaced out in front of you with your back facing them.

Question 12**Participation by the Indigenous Population in at Least One Social or Sporting Activity – 2002**

Age	Proportion who had participated in at least one social or sporting activity %
15–24 years	94.1
25–34 years	91.6
35–44 years	89.8
45–54 years	86.2
55 years and over	80.8
Sex	
Males	90.6
Females	89.5
Persons	90.0

Source: www.abs.gov.au/ausstats

These statistics show

- A. more females than males participated in at least one social or sporting activity.
- B. more males than females participated in at least one social or sporting activity.
- C. that people aged 15–24 are less likely to participate than those aged 25–34 years.
- D. that 85% of people aged 25–34 participated in at least one social or sporting activity.

Question 13

Under health and safety legislation, employees must take reasonable care for the safety of

- A. colleagues only.
- B. the premises only.
- C. themselves and others.
- D. themselves only.

Question 14

If you are conducting a sport and recreation session at a facility that is poorly maintained, the factor that would most influence the performance of a group is

- A. the environment.
- B. the behaviour of the group.
- C. the situation.
- D. the regulation.

Question 15

Equal opportunity legislation, when applied in the sport and recreation workplace, means

- A. that the employer holds the right to employ or admit people at their discretion.
- B. that people are treated equally when seeking employment in the sport and recreation industry.
- C. that people with disabilities gain free admission to all sport and recreation centres to benefit their health and wellbeing.
- D. that employers must employ a person from a minority group or a person with a disability in their workforce.

Part B – Short answer questions**Instructions for Part B**

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

Question 1

What is the role of a mediator in a harassment dispute?

2 marks

Question 2

Falls from playground equipment are the most common cause of childhood injuries and a significant cause of trauma among children 0–14 years of age. Identify four methods in which the public could be educated on the safer use of this playground equipment.

1. _____
2. _____
3. _____
4. _____

4 marks

Question 3

Outline three benefits of conflict.

1. _____
2. _____
3. _____

3 marks

Question 4

Define the term 'hazard'.

2 marks

Question 5

Fifteen-year-old Raylene Booker was a promising young soccer player in a Saturday morning district soccer competition. In last Saturday's semifinals, when trying to tackle an opponent, Raylene broke her leg in three places. The doctors have said she will never play again. Raylene's parents, already upset with the injury, were unhappy with the coach's explanation of the incident and decided to find out exactly what happened.

They discovered that before the game Raylene had told the coach that she did not feel well and did not want to play. The coach reminded Raylene of the game's importance and urged her to play anyway and to 'just do her best'. When Raylene's team was warming up, several players noted deep ruts in the field. Concerned about the danger of injury, the players informed the coach. The coach told them to try to avoid the holes and he failed to raise the problem with the game referee.

Midway through the first half, the accident occurred. Attempting a tackle, Raylene's foot got caught in a rut and a much larger opponent fell onto her fixed leg. Everyone heard a terrible crack. The coach decided not to wait for an ambulance but rushed Raylene in his own car to hospital about five kilometres away from the ground. Raylene was in terrible pain when the players carried her over to the coach's car. The ruts were left in the field following 'improvement work' that was undertaken during the week by the local council, after a request from the club. The soccer club leases the ground from the council.

Source: <http://www.sportrec.qld.gov.au/negligence.cfm>

- a. Was Raylene's injury reasonably foreseeable? Explain your answer.

- b. Why is it important to have safety requirements and basic rules for this activity?

3 + 2 = 5 marks

Question 6

Identify two influences for each of the following categories which would affect participation in sport and recreation.

external

individual

social

6 marks

Question 7

Describe why the conditions shown in the photos below may be considered inappropriate for sport and recreation activity.

Beach



Local river/lake/pond



Source: clickart

beach

local river/lake/pond

4 marks

Question 8

In order to maintain a positive social environment, what must a trainer/coach do in a session?

2 marks

Question 9

You are in a basketball team that trains once a week after school and competes every Saturday. At a training session, one of the players yells at you for missing an easy shot. Then a second player from your team trips you when attempting to make the next play. You stumble and continue with the training session. You are physically pulled from the court and team mates taunt you with physical gestures and verbal threats.

Is this behaviour legal? Explain your answer.

3 marks

Question 10

An authoritarian instructional style is used when conducting a high risk activity. These activities require adherence to strict procedures. Why would you use this leadership style?

2 marks

Question 11

You undertake a risk assessment of a recreation facility prior to conducting an activity and identify the following issues. Indicate whether you consider the issues to be high/medium/low risk and what action you would take to rectify the risk.

Issue	High/Medium/Low Risk	Action
Paint peeling on side wall		
Toxic cleaning chemicals stacked up in the corner of the hall		
No exit signs displayed		
No first-aid kit available		
Excess tables and chairs stacked unsteadily along the baseline of the court		

10 marks

Question 12**Top ten activities by number of participants – 2001 and 2005**

	2001		2005		
	Rank	Number of participants ('000)	Rank	Number of participants ('000)	% change 2001–05
Walking	1	4 353.7	1	5 973.6	37.2%
Aerobics/fitness	3	1 961.0	2	2 959.7	50.9%
Swimming	2	2 415.5	3	2 311.2	−4.3%
Cycling	4	1 438.3	4	1 646.9	14.5%
Tennis	5	1 381.8	5	1 253.3	−9.3%
Running	7	1 084.3	6	1 231.7	13.6%
Golf	6	1 240.2	7	1 139.3	−8.1%
Bushwalking	8	794.9	8	901.4	14.5%
Football (outdoor)	10	551.3	9	614.3	11.4%
Netball	9	612.4	10	581.7	−5.0%

All persons aged 15 years and over (2005 n=13 726; 2001 n=13 424)

Source: Participation in Exercise, Recreation and Sport Survey 2005 Annual Report
© Standing Committee on Recreation and Sport 2006

VicHealth is currently conducting the 'go for your life' program.

- a. From the statistics, what program would you include in a new sport and recreation centre to increase the participation of the community?

- b. What influence would have contributed to the increase in the statistics?

2 marks

Total 45 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

Complete the table below.

List a rescue technique.	When is the technique used?	How is it performed?

6 marks

Question 2

A rescue plan consists of seven factors, explain the following two factors.

Priorities of the rescue

Nature of the area

4 marks

Question 3

An accepted resuscitation technique and standard is known as DRABC. Explain each letter with relevance to an aquatic emergency.

D _____

R _____

A _____

B _____

C _____

5 marks

Question 4

What factor affects body movement while swimming in the water?

1 mark

Question 5

Explain the following instructional methods.

Whole skill strategies

Feedback and refinement strategies

4 marks

Question 6

Explain each of the following water safety and survival skills.

Floating, sculling and treading water

Entering and exiting water

Removal of clothing

Use of PFDs

Approach recovery and landing techniques

10 marks

Total 30 marks

End of Elective 1
SECTION 2 – continued
TURN OVER

Elective 2 – Fitness focus**Question 1**

A new client has called to make an appointment with you to undertake a fitness program. What details should the client provide you with prior to attending the appointment?

2 marks

Question 2

You have identified an existing medical condition with one of your clients. What advice do you give them?

1 mark

Question 3

Where a client has not previously undertaken a fitness appraisal or had a prescribed program, what advice should be followed to ensure they are ready to begin their program?

2 marks

Question 4

Outline two reasons why it is important to take a client through a Physical Activity Readiness Questionnaire (PAR-Q) prior to undertaking a fitness program.

1. _____

2. _____

2 marks

Question 5

Provide an example of a fitness goal for each of the following categories.

physical _____

mental _____

social _____

spiritual _____

4 marks

Question 6

Your client is currently jogging three days a week, for 5 kilometres, at a pace of 10 km/h, with an incline of 3%, on a treadmill.

Identify two ways you would increase this client's intensity.

1. _____

2. _____

2 marks

Question 7

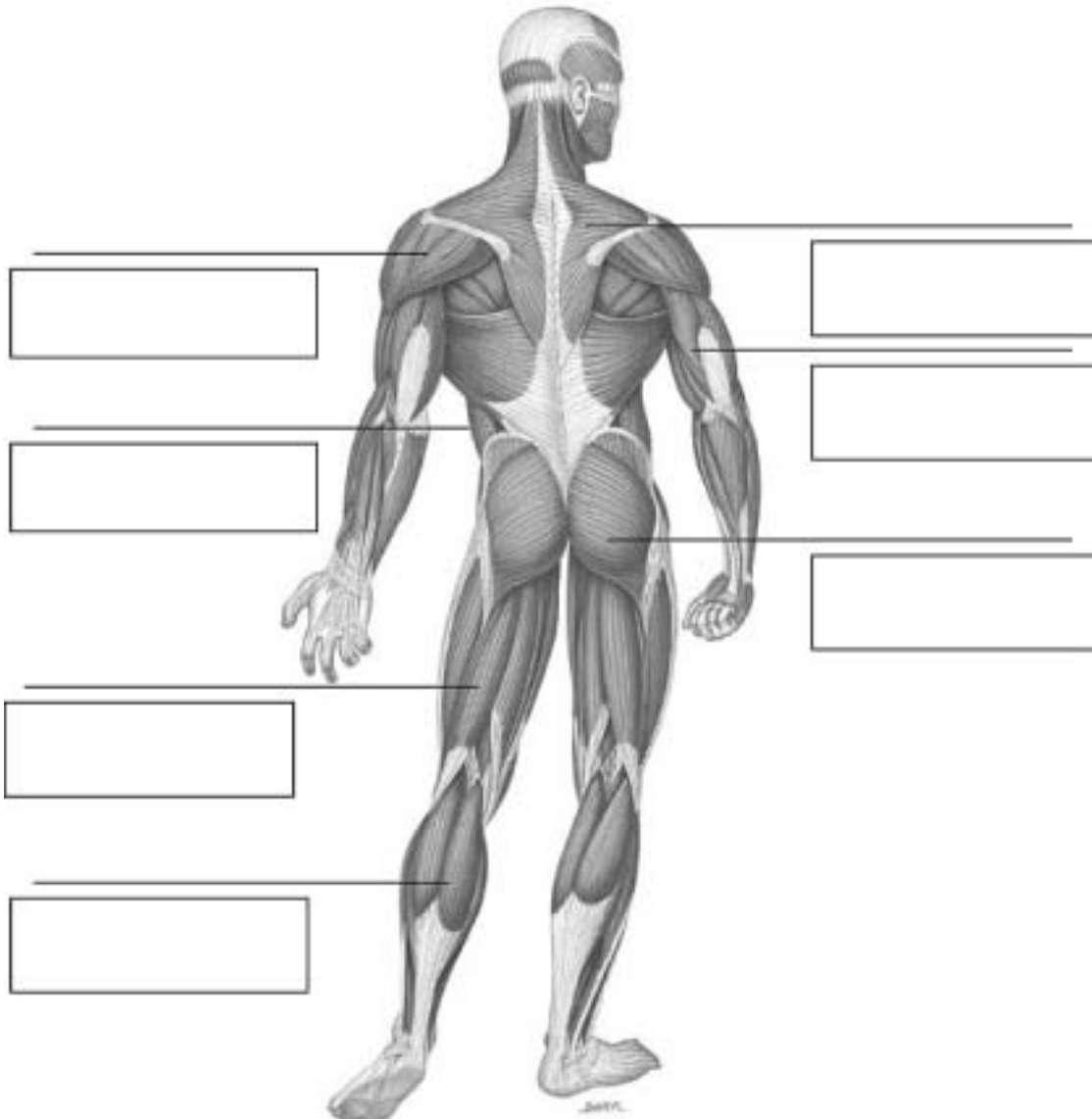
a. What type of joint is the wrist joint?

b. Describe anatomical features of the wrist joint.

1 + 2 = 3 marks

Question 8

Identify the muscles in the diagram below. (Correct anatomical terminology must be used.)



Source: Tortora Human Anatomy and Physiology

7 marks

Question 9

From the pictures above identify the following.
The exercise being undertaken

The muscle group being used while performing this exercise

List five teaching cues for performing this exercise.

1. _____

2. _____

3. _____

4. _____

5. _____

1 + 1 + 5 = 7 marks

Total 30 marks

Elective 3 – Outdoor recreation focus**Question 1**

What are two consequences of wearing inappropriate clothing in heat?

1. _____

2. _____

2 marks

Question 2

What should you do if you are lost in the bush and it is getting dark?

2 marks

Question 3

After heavy rainfall, what would be the safest way to cross a flooded creek?

2 marks

Question 4

List two factors that may impact upon the food and water requirements within a particular activity.

1. _____

2. _____

2 marks

Question 5

Why is equipment issued to a client checked for wear and damage when collected at the end of a session?

2 marks

Question 6

When participating in an outdoor recreation activity, why should you 'carry out what you carry in'?

2 marks

Question 7

Identify two environmental impacts on the outdoor environment for each of the following.

Mountain bike



Source: Clickart

- 1. _____
- 2. _____

Four wheel drive



Source: http://www.autoclub.com.au/uploaded_images/nissan-x-trail-753899.jpg

- 1. _____
- 2. _____

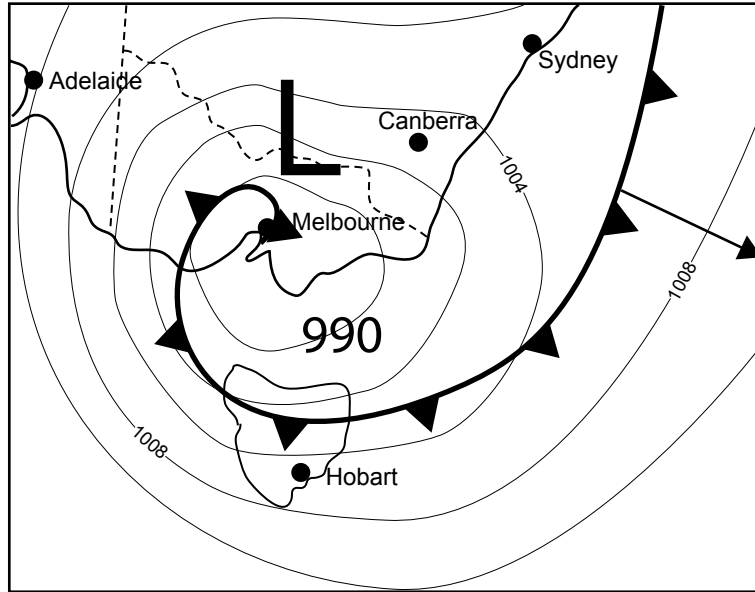
Snowmobile



Source: Clickart

- 1. _____
- 2. _____

Question 8



Source: <http://www.bom.gov.au/announcements/sevwx/vic/2005feb/index.shtml>

a. Describe the weather pattern for Victoria for this day.

b. What kind of weather is associated with this weather pattern?

Choose an outdoor recreational activity that you have participated in this year.

c. As the leader of this outdoor recreation activity, discuss what impact the above weather predictions would have on a planned trip. Consider the need for additional or specific clothing or other safety issues.

2 + 2 + 4 = 8 marks

Question 9

During a camping trip, a stove explodes at lunchtime. One member suffers severe burns to the face and another becomes hysterical and begins hyperventilating.

Examine this emergency situation.

- a. How would you deal with the injuries?

- b. Provide two ideas on how the incident could have been prevented.

1. _____

2. _____

2 + 2 = 4 marks

Total 30 marks

Elective 4 – Sports focus**Question 1**

You have organised an after-school sports program for students at the local primary school. It runs for ten weeks every Monday from 4.00–5.00 pm. Twenty participants have enrolled in the program.

a. What two items do you need to check at the school prior to commencing the program?

1. _____

2. _____

b. How do you determine the participants' aims and goals for undertaking the program?

After the first week of the program, you have determined that the participants have a varying range of skills and abilities.

c. How do you adapt your program to cater for the different skill levels?

After three weeks, five of the participants have stopped coming to the program.

d. What course of action do you take?

After the fifth week of the program, two students contact you and want to join, as they have just found out about it. You decide to allow them to commence the program to cover the participants who have withdrawn.

e. What considerations would there be for these new participants prior to their commencing?

f. How would you evaluate the program?

2 + 2 + 2 + 2 + 2 + 2 = 12 marks

Question 2

How would you schedule maintenance activities within a sport and recreation facility to ensure minimal disruption to facility users?

1 mark

Question 3

If you identify a piece of equipment to be unsafe or not working, what process will you follow?

3 marks

Question 4

As a game official, list three ways to communicate the rules and regulations to participants.

1. _____

2. _____

3. _____

3 marks

Question 5

Identify four skills required of a good impartial official.

1. _____

2. _____

3. _____

4. _____

4 marks

Question 6

Identify four cultural factors to be considered when promoting recreation programs to the community.

1. _____

2. _____

3. _____

4. _____

4 marks

Question 7

List two things to consider when promoting recreation programs to a community of low-income people who come from a non-English speaking background.

1. _____

2. _____

2 marks

Question 8

What is the most appropriate way to ensure there are sufficient supplies in a recreation facility?

1 mark

Total 30 marks