

STUDENT NUMBER

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VCE VET SPORT AND RECREATION

Written examination

Friday 14 November 2014

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>
11	11	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 white out liquid/tape.
- No calculator is allowed in this examination.

Materials supplied

- Question and answer book of 16 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)

Figures 1 to 3 show the action of a barbell bicep curl.



Figure 1



Figure 2



Figure 3

a. Identify the anatomical structure that is acting as the 2 marks

- fulcrum

- lever.

b. Identify the action of the biceps muscle on the forearm between Figure 1 and Figure 2. 1 mark

c. What class of lever performs this action? 1 mark

Question 2 (10 marks)

An adventure park has a new waterslide for public use. To conform to Australian standards, the adventure park has developed a safety program for the use of this waterslide.

- a. Suggest **one** method the park owners could use to promote the safe use of the new waterslide. 1 mark

- b. Outline **two** methods that could be used to evaluate the success of the waterslide safety program. 2 marks

- c. What are **three** rules that could be put in place for the safe use of the waterslide? 3 marks

- d. Suggest how word-of-mouth can be both a positive and negative promotional tool for a public education program. 2 marks

Positive _____

Negative _____

- e. What does 'conform to Australian standards' mean? 2 marks

Question 3 (20 marks)

You are the team leader for a five-day hike crossing the Victorian high plains in January. The group consists of 12 children between the ages of 14 and 16. You will provide the group members with the following equipment: tent, backpack, cooking stove and waterproof clothing.

- a.** State **one** method of determining the condition or the needs of the children prior to undertaking the hike. 1 mark

- b.** Identify **two** maintenance procedures that should be followed to ensure that the equipment is in sound working order before the hike. 2 marks

- c.** As team leader, you have a duty of care to the group.
What is meant by 'duty of care'? 2 marks

- d.** As team leader, you will need to assess the likely demands of the hike on the group or individuals.
For each of the following demands, provide an example and describe how it could be assessed. 4 marks

- Physical _____

- Psychological _____

- e. On day 3 of the hike, the weather unexpectedly turns extremely cold and the track becomes quite dangerous due to ice and wet rocks.

What is the classification of risk in this scenario?

1 mark

- f. Give an example of how each of the following risk treatment options could be applied to the hike. Cancelling the hike is not an option.

3 marks

• Reduce the risk _____

• Finance the risk _____

• Avoid the risk _____

- g.** Outline the objective and a contingency in your risk management plan for dealing with each of the following situations.

6 marks

Situation	Risk management plan	
	Objective	Contingency
satellite/mobile phone not working		
member of the group has hypothermia		
slippery track		

- h.** Suggest **one** method for evaluating the success of the hike.

1 mark

Question 4 (16 marks)

Photograph: Bilby

As a cycling coach, you have been asked by Blind Sports Victoria to arrange a tandem bicycle-riding session for multiple pairs of sighted people to simulate the experience of riding a bicycle while vision impaired. This session involves pairing a blindfolded person with a non-blindfolded person to ride a tandem bicycle.

- a. Outline **one** social aim and **one** self-improvement aim that a blindfolded participant might have for the session. 2 marks

- b. Describe a test or assessment that could be used to test the blindfolded participant's physical ability. 3 marks

- c. You have chosen to conduct your session in an indoor facility.
Why would an outdoor area with grass be a poor choice for this bicycle-riding session? 1 mark

- d.** To ensure that each pair performs optimally, trust needs to be established between the blindfolded participant and the non-blindfolded participant.

Describe an activity that could be used to establish this trust.

3 marks

You decide to take a collaborative approach to ensure optimal performance for each pair of riders. One collaborative approach is to clearly define the roles and responsibilities of each participant.

- e.** Suggest **two** factors you would need to consider when allocating a role to a participant in the tandem bicycle-riding session.

2 marks

- f.** Describe how you could ensure you have clearly defined the roles and responsibilities of the blindfolded participants.

2 marks

- g.** Blind Sports Victoria has given you money to purchase the tandem bicycles. A family member of yours owns a bicycle store and you decide to purchase the bicycles from this family member. Blind Sports Victoria identifies this as a barrier.

For this situation, indicate:

- the type of barrier
- how the barrier can impede group performance
- an approach to overcome the barrier.

3 marks

Question 5 (8 marks)

You have been given the task of training a group of athletes in preparation for a rock-climbing expedition. The group consists of both males and females under the age of 21. You need to ensure that the athletes are in peak physical condition for the expedition. Each training session must include an appropriate warm-up and cool-down. You have been told that proprioception is an important element to develop in order to ensure a successful rock climb. There are no known medical conditions among the athletes.

- a. Name one arm muscle and one back muscle, specifically utilised for rock climbing, that will need to be targeted in the warm-up and cool-down. 2 marks

Arm muscle _____

Back muscle _____

- b. What are **two** things that will determine the length and duration of the warm-up and cool-down? 2 marks

- c. There are many benefits to be gained from completing a warm-up exercise.

For **each** benefit listed in the table below, suggest **one** activity or stretch that would be beneficial for the rock-climbing participant. You may use a particular activity or stretch only once.

3 marks

Benefit	Activity or stretch
gradual increase of body temperature	
increased flexibility	
increased proprioception	

- d. During the program, one of the participants develops acute inflammation of the elbow.

What does 'acute inflammation' mean?

1 mark

Question 6 (2 marks)

Refer to Figures 4 and 5 to answer the questions below.

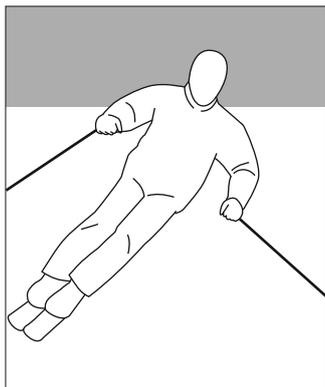


Figure 4

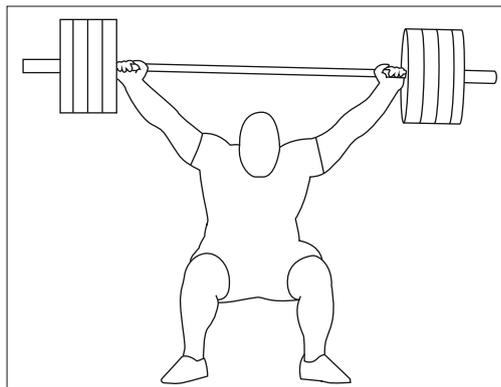


Figure 5

- a. Which athlete has the lower centre of gravity?

1 mark

- b. Which athlete demonstrates the greatest base of support?

1 mark

Question 7 (11 marks)

During half-time in a game of soccer, the captain of the away team approaches the referee because of some concerns he has with a number of decisions that seem to be favouring the home side. The referee does not appreciate the captain wanting to discuss his decisions and ignores him.

- a.** Describe the likely cause of this conflict between the captain and the referee. 2 marks

- b.** Describe a conflict resolution technique that could be used by the captain. 2 marks

During the half-time break, the players are distracted by the referee's decisions in the game so far and voice their complaints to the coach. The coach attempts to get the players' minds back on the game by using a loud voice and demanding that a number of orders be fulfilled by the players in the second half. The coach ignores his players' complaints and hopes that his approach will help them regain their focus.

- c.** What type of leadership style is the coach showing? 1 mark

- d.** List one positive aspect and one negative aspect of this leadership style. 2 marks

Positive _____

Negative _____

- e.** Identify **one** potential barrier that could arise between the coach and the players as a result of the coach's half-time speech. 1 mark

- f.** Describe a collaborative approach that could be undertaken by the team to enable this situation to be resolved and prevent ongoing issues within the team. 3 marks

Question 8 (10 marks)

You are a swimming coach working with an elite group of athletes who are hoping to qualify for the Australian national squad at a national trial meet.

- a. Suggest a suitable warm-up for an athlete who is swimming the 400 m individual medley. 2 marks

- b. After the race, you instruct the athlete to conduct a cool-down by swimming 1000 m of low-intensity freestyle.

What are the benefits of conducting a cool-down? 2 marks

- c. The swimming meet is to be held at night in an outdoor pool with a cold night forecasted.

Describe how you would modify the athlete's warm-up before their race. 2 marks

- d. One of your athletes, who expected to qualify for the national squad, has a disappointing race and finishes fourth.

Describe a self-reflection method that the athlete could use to improve their performance. 2 marks

- e. After the race, a group member confronts their teammate and criticises them for not training hard enough and for losing the race.

Identify a cause of this conflict. 1 mark

- f. Suggest a resource that could be used to assist in the resolution of this conflict. 1 mark

TURN OVER

Question 9 (7 marks)

You have just been appointed the occupational health and safety (OH&S) officer for the Australian Federation Open Tennis Championships. The weather forecast for the first week of the championships is for four days of temperatures above 40 °C. The chief executive officer has identified an increase in the number of heat-related injuries over the previous two years, including heat stroke, dehydration and sunburn. She has asked you to implement a new education program to help reduce the occurrence of heat-related injuries. The Australian Federation Open organisation has a legal obligation to provide its staff with protective equipment, but not its spectators.

You have decided that the most effective strategy to educate spectators about the importance of sun protection is through a social media campaign.

- a. State which social media platform you would use for your campaign and describe how you would implement this strategy. 3 marks

- b. The Australian Federation Open Tennis Championships is a world-renowned event that attracts many international visitors each year.

- i. Identify **one** specific problem relating to your social media campaign that could be encountered by international visitors. 1 mark

- ii. Suggest **one** method that you could use to overcome this problem. 1 mark

- c. Provide **two** criteria that you could use to evaluate the success of your social media campaign. 2 marks

Question 10 (6 marks)

As the manager of a sport and recreation centre, one of your responsibilities is to create the staff work roster for the month. One employee has complained that they are being given too many weekend shifts. This employee has previously informed you of some personal reasons why they cannot work every weekend. Unfortunately, the weekends are the busiest time and as many staff as possible are needed. The employee has accused you of having a lack of empathy for their situation and has submitted a complaint.

- a.** What does the term ‘empathy’ mean and how could you manage the conflict with the employee? 3 marks

- b.** Identify a communication skill that could be used to resolve this conflict between yourself and the disgruntled employee, and explain how it would be used in this situation. 3 marks

Question 11 (6 marks)

The members of an elite sporting team are renowned for having difficulty with working together to achieve a common goal. Individuals within the team are looking out only for themselves, there are off-field disciplinary issues and team leaders are becoming very frustrated. The coaching panel decides to appoint an outside agency to develop stronger group dynamics.

- a.** Identify **one** specific group dynamic and explain how addressing this would result in improved outcomes for this team. 2 marks

- b.** What are **two** characteristics that would be evident within the group after applying the intervention suggested in **part a.**? 2 marks

- c.** The coach needs to negotiate with the team members to ensure that successful outcomes are achieved.

Describe how the coach could conduct a successful negotiation with one of the team members. 2 marks
