

STUDENT NUMBER Letter

VCE VET SPORT AND RECREATION

Written examination

Wednesday 8 November 2017

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>
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 17 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)

A coach has been hired to train prep students (four to five years old) at a local primary school. He is to coach the students to develop their fundamental motor skills, with a specific focus on technique.

Fundamental motor skills are the basic movement patterns that children must learn to perform before they can participate in a sporting or recreational activity. These basic movement patterns can be broken down into simple skills.

The primary school provides the coach with a table listing these fundamental motor skills. The table also indicates the year level at which the school expects the skills to be introduced and mastered.

Fundamental motor skill	Prep	Year 1	Year 2	Year 3	Year 4	Year 5
catch	introduced		mastered			
kick	introduced			mastered		
run	introduced		mastered			
vertical jump	introduced		mastered			
overhand throw		introduced			mastered	
ball bounce		introduced		mastered		
leap		introduced		mastered		
dodge		introduced		mastered		
punt			introduced		mastered	
forehand strike			introduced			mastered
two-hand side-arm strike			introduced			mastered

Source: *Fundamental Motor Skills: A manual for classroom teachers*, Community Information Service, Department of Education, Victoria, 1996, p. 5; © State of Victoria

- a. What fundamental motor skills will the coach be expected to introduce to prep students? 1 mark

- b. By which year level does the school expect that all of the 11 fundamental motor skills will be introduced? 1 mark

- c. The use of an outdoor basketball court to teach some fundamental motor skills to students of primary school age has some potential risks. These risks are:
- the children could be hurt if they fall on the concrete court
 - the court is subject to inclement weather
 - there may be a greater chance of being injured by wildlife or insects.

Describe an appropriate strategy that the coach could use to educate prep students on the risks listed above.

2 marks

Question 2 (16 marks)

A community centre has asked a recreation instructor to plan, promote, implement and evaluate a ‘get active’ beginners’ program for young mothers that is to include a wide range of participants. In order to plan a successful program, the recreation instructor needs to gather information about the potential participants, including clarifying participant preferences, needs and expectations.

- a. In the table provided below, give two examples of a reasonable preference and two examples of a need of the potential participants. 4 marks

	Examples
Preferences	1. 2.
Needs	1. 2.

- b. The community centre has asked that stakeholders be involved in the process of developing appropriate warm-ups and cool-downs for the program.

Other than a participant, identify **two** stakeholders who should be consulted about the planning of the program.

2 marks

- c. It will be necessary to promote the program to encourage young mothers to participate.

Outline one advantage and one disadvantage of using a formal presentation, rather than an email, as the promotional method for the program.

2 marks

Advantage _____

Disadvantage _____

- d. A registration form needs to be developed for participants, to determine if it is safe for them to participate.

Other than questions related to participants' personal details (name, contact details and age), suggest another question that should be included on the registration form to help establish if it is safe for a young mother to participate.

1 mark

- e. Apart from a general (medical) practitioner, identify two other health professionals that a potential participant may be referred to. For each, state a medical condition/injury for which they would be qualified to give clearance for participation.

4 marks

Health professional	Medical condition/injury
1.	
2.	

- f. The first session starts at 6 am. At this time of the morning, most of the participants' arousal levels can be low and some participants are likely to still be sleepy.

Give **one** way of increasing the arousal levels of the participants at the start of this session.

1 mark

- g. Participants have a wide range of ability levels that need to be considered when designing sessions. The recreation instructor decides to design the activities based on the time taken rather than the number of repetitions.

Explain why this approach is best suited to a group of participants with a wide range of fitness and ability levels.

2 marks

TURN OVER

Question 3 (20 marks)

Sam has been appointed as head coach of an under-17 local sports team.

In order to run successful sessions, Sam needs to identify and access sources of information to plan and conduct a program for the sports team.

- a. Other than the age of the participants, identify three additional pieces of information that Sam will need to effectively plan the program. 3 marks

1. _____

2. _____

3. _____

- b. Children under the age of 18 will be participating in the program.

Assuming Sam is over the age of 18, what legislative Act does Sam need to comply with when working with children under the age of 18 and how would he do this? 2 marks

Act _____

How to comply _____

- c. As a coach, it is Sam's responsibility to understand the structure and function of the NCAS and the relevant member protection policy.

- i. What does NCAS stand for? 1 mark

- ii. Who must have a member protection policy and why? 2 marks

- d. A key part of planning the sessions for a training program is ensuring that there are enough resources available.

In the table below, identify the resource category to which each example of a resource belongs.

2 marks

Example	Resource category
having enough assistant coaches and support staff	
ensuring there are enough funds to run the program	

- e. As a coach, it is important that Sam understands the difference between game-centred and technique-centred approaches to coaching.

In the table below:

- describe each approach
- list a benefit of each approach
- give an appropriate drill that could be used for each approach.

6 marks

	Game-centred approach	Technique-centred approach
Description		
Benefit		
Appropriate drill		

f. Sam has just conducted a hard and demanding session that focused on the participants’ legs.

i. Name two benefits of a cool-down for the members of the sports team who participated in this training session. 2 marks

1. _____

2. _____

ii. In the table below, outline a suitable active cool-down activity and a suitable passive cool-down activity to incorporate as part of the training session. 2 marks

Active cool-down activity	Passive cool-down activity

Question 4 (11 marks)

Gerry has completed a risk assessment for a planned bushwalking activity.

a. The table below includes the risks that have been identified and the existing controls to reduce these risks.

Complete the table by identifying a factor that might impede the implementation of each existing control. 3 marks

Identified risk	Existing control	Factor impeding implementation
Participants become separated from the group and/or become lost.	Staff will brief the participants on the need to stay together.	
A student or staff member falls on steep or rocky terrain.	Staff will consider the participants’ experience levels and adjust the activity accordingly.	
A tree branch or tree falls on a student or staff member.	Staff will conduct a survey of the track prior to the walk.	

- b. Gerry decides that it would be good for group facilitation to assign roles and responsibilities to the participants.

Suggest two roles or responsibilities that could be assigned to the participants. 2 marks

1. _____

2. _____

- c. During the bushwalk, a staff member slips and sustains a deep laceration. As this is a notifiable incident, it is immediately reported to the work health and safety (WHS) regulator by phone.

For a notifiable incident, state the maximum length of time Gerry has before he is required to provide written notification to the regulator if requested. 1 mark

- d. Gerry has planned a cool-down for the participants at the end of the bushwalk. The session will take place in the car park and will involve stretches.

Describe **one** static stretch Gerry could use for the gastrocnemius muscle and include the following in your response:

- teaching points
- appropriate timings and repetitions 4 marks

- e. What is the action of the gastrocnemius muscle on the ankle joint? 1 mark

Question 5 (6 marks)

Ash is the coach of a junior sports team. One of the parents of a player in his team approaches Ash and complains that he seems to be always giving game time to players who are still learning the game. Ash explains that the aim is to keep players involved in the sport as long as possible and not to expect to win all the time.

- a. Identify the ethical responsibility that Ash has to ensure fair participation for all players. 1 mark

- b. The hierarchy of control offers a variety of options for managing and controlling hazards and risks. When coaching in the gym, Ash notices a small puddle on the floor near where his team is training.

Explain, using the hierarchy of control, what Ash should do to manage and control this hazard. 3 marks

- c. Throughout his experience in coaching, Ash has found it important to delegate responsibility and accountability to group members.

Using an example from a sport or an activity of your choice, explain how Ash might do this. 2 marks

Sport or activity _____

Explanation _____

Question 6 (9 marks)

The Get Onboard Fitness gym has had two members suffer injuries in the last three weeks. Both members were injured after falling off a moving treadmill. Both members were using their mobile phones while using the treadmill.

The gym has decided to introduce and enforce a new 'no mobile phone or electronic handheld device' policy. As of next Monday, members will not be allowed to use any of the gym's equipment while operating any such devices.

- a. Identify the issue arising from the cases of member injuries described above. 1 mark

- b. Give two suitable methods that could be used to promote the new policy to gym members and describe how each could be implemented. 4 marks

1. _____

2. _____

- c. Describe **one** challenge that may be faced when trying to implement and enforce this type of policy. 1 mark

- d. Identify one formal method and one informal method of evaluating the policy. 2 marks

Formal method _____

Informal method _____

- e. Why would it be important to analyse feedback received from gym members about the new policy? 1 mark

Question 7 (12 marks)

Jessie has been employed by an adventure activities organisation that specialises in whitewater rafting. During the whitewater rafting sessions, different demographics of people come together to perform the activity over a full day.

- a. Identify the stage of group development that a group goes through during its whitewater rafting session in each of the situations given in the table below.

4 marks

Situation	Stage of group development
The group is rafting together all afternoon.	
The group comes together at the beginning of the session to meet the instructor.	
The group identifies the roles of all participants for the session, such as which participant will go on which raft.	
The group finishes its activity and everyone goes their separate ways.	

- b. Below is a risk assessment matrix relating to equipment.

Likelihood	Consequence				
	Insignificant	Minor	Moderate	Major	Severe
almost certain	medium	high	extreme	extreme	extreme
likely	medium	medium	high	extreme	extreme
possible	low	medium	medium	high	extreme
unlikely	low	low	medium	medium	high
rare	low	low	low	medium	medium

Source: 'OHS Risk Management Procedure', Department of Education and Early Childhood Development, July 2011, p. 6

- i. Identify a suitable risk control option that the adventure activities organisation could implement in order to reduce the risk rating of the equipment. Justify your answer. 3 marks

- ii. What would be the risk rating on the matrix following the implementation of the risk control option identified in **part b.i.**? 1 mark

- iii. Following the implementation of the risk control option identified in **part b.i.**, what would the remaining risk be referred to as? 1 mark

- c. The use of helmets and personal flotation devices is an example of which risk control option? 1 mark

- d. Jessie is required to contribute to producing educational materials to promote safe strategies when rafting. Jessie must plan her program according to the needs of the target group.

List two specific needs of the group that Jessie would have to consider when developing educational materials. 2 marks

1. _____

2. _____

Question 8 (13 marks)

The manager of a large retirement village has employed a recreation officer to conduct weekly recreation sessions that will encourage residents to become more active and provide opportunities for residents to socialise with one another. The recreation officer will conduct some of the following recreational sessions on a weekly basis:

- aqua aerobics
- bocce (an Italian game similar to lawn bowls)
- games sessions where residents play dominoes, Trivial Pursuit, Scrabble and Monopoly
- croquet
- painting, drawing and crafts

Last week, during a bocce session on the front lawn, a resident tripped and fractured their wrist while trying to break their fall.

Following this incident, the manager has decided to order a full WHS audit of the recreation sessions being conducted.

As part of this audit, the recreation officer will need to participate in hazard identification, risk assessment, and developing, selecting and implementing WHS risk controls.

- a.** Identify one internal and one external method that could be used to identify hazards in the workplace. 2 marks

Internal _____

External _____

- b.** Other than the *Occupational Health and Safety Act 2007* (Vic), identify a regulation or policy that workplaces in Victoria must ensure they comply with. 1 mark

- c.** Consultation is the process of formally discussing an issue to seek advice and to help make informed decisions. 2 marks
- Outline two benefits for an organisation of consulting workers when it comes to hazard identification.

1. _____

2. _____

- d. Suggest two ways in which workers could be encouraged to participate in WHS consultation. 2 marks

1. _____

2. _____

- e. As a result of the WHS audit, a number of hazards were identified.

For each of the hazards in the table below, suggest a suitable risk control option using the hierarchy of control, which could be used to reduce and/or eliminate the hazard. Provide an example of how the risk control option could be implemented. You may use each risk control option only once.

6 marks

Hazard	Risk control option (hierarchy of control)	Example
getting a leg cramp in the water during aqua aerobics, which could cause a resident to drown		
being accidentally hit by a wooden croquet stick		
sustaining a paper cut from the score card used for Scrabble		

Question 9 (9 marks)

The program supervisor for a ‘Put down your phone and get active’ school holiday sport and recreation program is responsible for a team of eight sport-specific coaches. The coaches will be running drills, games and activities for more than 200 school-aged children during the next September school holiday period.

It is important that the coaches work effectively as a group so that their approach to the program is collaborative and the program is inclusive, fun and enjoyable for all children involved.

- a. At the first staff meeting, the program supervisor decides to run an icebreaker activity.

Suggest why this would be an appropriate activity.

1 mark

- b. A group performance plan is created to ensure that the coaches meet the needs of the children and the expected outcomes of the school holiday program.

Apart from the logistics, what are two performance-based components that could be included and documented as part of the group performance plan?

2 marks

1. _____

2. _____

- c. How could task allocation assist a group in facilitating optimal outcomes?

2 marks

- d.** On the second day of the program, the netball coach is observed yelling at a child to 'run faster and work harder' in an aggressive tone.

Identify and comment on the appropriateness of this coaching style for the school holiday program. Suggest a more appropriate coaching style and explain why this coaching style would be more suitable.

4 marks
