

STUDENT NUMBER         Letter

# VCE VET SPORT AND RECREATION

## Written examination

Friday 15 November 2019

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>
7	7	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

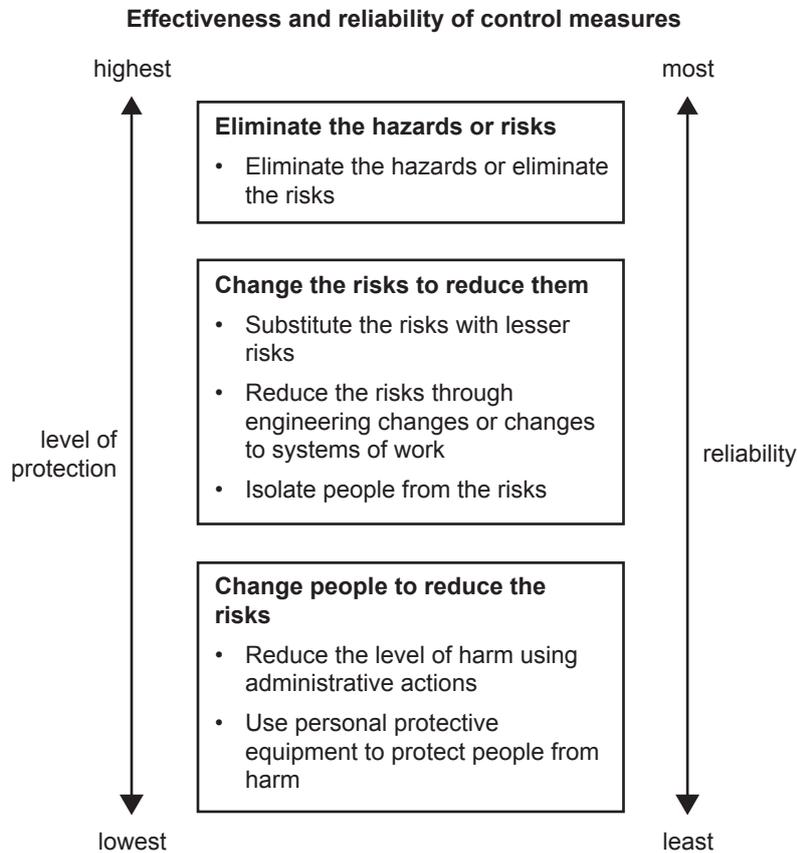
#### Instructions

- 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** (12 marks)



Source: adapted from WorkSafe Victoria, *A handbook for workplaces: Controlling OHS hazards and risks*, edition no. 2, June 2017, p. 12

- a. When managing work health and safety (WHS) risks, WorkSafe Victoria recommends that duty holders use the hierarchy of risk control shown in the diagram above.

Using the diagram above, identify the specific control measure that best matches the level of protection given in the table below. You may use a control measure more than once.

4 marks

Level of protection	Specific control measure
the most reliable control measure	
the control measure with the lowest level of protection	
the control measure that covers giving a player a mouthguard	
the control measure that covers placing cones around a puddle on the floor	

- b.** Identify **two** common methods of checking the effectiveness of control measures that have been implemented within a workplace. 2 marks

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- c.** What is the difference between a risk and a hazard? 2 marks

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- d.** What is the difference between engineering controls and administrative controls? 2 marks

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- e.** WorkSafe Victoria states that duty holders are required to ensure health and safety as far as reasonably practicable when selecting an appropriate risk control option.

Identify two factors that are important when selecting a risk control option. 2 marks

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

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

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**Question 2** (12 marks)

A local school has introduced indoor rock climbing as a sport activity for a term.

You have been asked to assist the rock climbing class with its strength and conditioning program. This class has a mixed group of 16–18-year-olds.

- a. Before commencing the program, the manager of the rock climbing facility says that you should become familiar with the rock climbing industry code of ethics and the industry code of conduct.

Define ‘code of ethics’ and ‘code of conduct’, and state the difference between the two codes. 3 marks

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- b. As part of the cool-down, you will be instructing the participants on the use of various stretches. One of the leg stretches that you have been instructed to use is shown in the diagram below.



Identify which major muscle is being stretched in the diagram above, and state the number of repetitions and the holding times that you would recommend. 3 marks

Muscle \_\_\_\_\_

No. of repetitions \_\_\_\_\_

Holding times \_\_\_\_\_

- c. Identify the action of the following muscles at each identified joint. 3 marks

<b>Muscle</b>	<b>Action</b>
biceps brachii at the elbow	
triceps at the elbow	
abdominals at the lumbar spine	

- d. i. Outline the difference between adduction and abduction. 2 marks

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- ii. Identify a major muscle in the upper body that adducts the shoulder. 1 mark

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**Question 3** (15 marks)

You have been asked to design three different sessions for a one-day program for a group of 20 16–18-year-olds, including two students who have a chronic heart condition. The aim of the day is to encourage teenagers to participate in a sport or a recreational program. The participants will arrive at 9 am and depart at 4 pm.

You have access to a fully equipped sporting stadium, a national park and a large, grass-covered sporting oval. You must select **one** of these venues as the base of your program.

Indicate the venue you have selected by ticking (✓) the box beside it:

- sporting stadium  
 national park  
 sporting oval

Your selected venue should be used in all responses to Question 3.

- a.** Apart from encouraging teenagers to participate in a sport or a recreational program, outline **three** goals of your program.

3 marks

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b. In the program plan below, you are to develop an activity for each of the three different sessions. In your program plan:

- describe the activity
- give one modification for the students with a heart condition
- identify a piece of equipment that you will need.

12 marks

**9.00 am** – Participants arrive (housekeeping / rollcall / icebreaker / get-to-know-you / outline the day)

**9.30 am – 11.00 am (Session 1)**

Activity \_\_\_\_\_

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Modification \_\_\_\_\_

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Equipment \_\_\_\_\_

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**11.00 am – 11.30 am (morning tea)**

**11.30 am – 1.00 pm (Session 2)**

Activity \_\_\_\_\_

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Modification \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Equipment \_\_\_\_\_

\_\_\_\_\_

**1.00 pm – 2.00 pm (lunch)**

**2.00 pm – 3.30 pm (Session 3)**

Activity \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Modification \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Equipment \_\_\_\_\_

\_\_\_\_\_

**3.30 pm – 4.00 pm** Feedback, evaluation, participants depart

**Question 4** (18 marks)

You are organising a multi-sport carnival for masters athletes. The event will have 25 different sports contested over a period of two weeks. The only criterion to compete in the event is that participants must be over the age of 40.

- a.** Identify a need for this group of athletes and state how this need affects the athletes. Provide **one** example of how you would cater for this need. 3 marks

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- b.** The masters relay swimming competition is scheduled for the last Saturday and Sunday of November. The accreditation venue closes on Friday evening at 6 pm. Some of the swimmers have contacted the coach and stated that they will not arrive until 9 pm on Friday. They refuse to travel in the same team-arranged transport as some of the other team members.

Identify the barrier to participation in this scenario and explain how the coach could implement a strategy to eliminate this barrier. 3 marks

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c. During the masters carnival, you observe the following:

- athletes refusing to warm-up and cool-down
- dehydration of athletes participating in the marathon
- the water in the swimming pool turning green overnight

In the table below, identify the risk and the principle of risk management for each observation. 6 marks

Observation	Risk	Principle
athletes refusing to warm-up and cool-down		
dehydration of athletes participating in the marathon		
the water in the swimming pool turning green overnight		

d. While conducting one of the masters athletic competitions with a new group, the electrical room catches fire and you need to evacuate the facility.

- i. Identify a WHS operating procedure that you would follow in this scenario and explain the importance of this procedure. 3 marks

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- ii. Identify the specific issue related to the use of the facility during this emergency. 1 mark

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e. Apart from signs, leaflets and formal presentations, explain an information strategy that you could develop for future competitions. Justify your response. 2 marks

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**TURN OVER**

**Question 5** (16 marks)

As the local council's Recreational Activities Coordinator, you have been assigned the role of coaching a walking netball team. Walking netball is a modified version of netball designed for women and men over the age of 55. It is performed at a walking pace and designed to decrease the risk of injuries and falls to the players.

- a.** Many of the interested participants have not played netball before. Your first task will be to teach catching and throwing skills.

Identify and justify the coaching approach that you will use in the sessions.

3 marks

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- b.** When coaching the team, one of your ethical responsibilities is to maintain a professional standard of behaviour.

List three examples of how you can maintain a professional standard with the participants.

3 marks

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

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

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

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- c.** State two legal issues that may arise when coaching these participants and state one source of information about these issues.

3 marks

Legal issue 1 \_\_\_\_\_

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Legal issue 2 \_\_\_\_\_

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Source \_\_\_\_\_

- d. Complete the table below by outlining the walking netball team's current stage of development as a group.

4 marks

The team's current stage of development	
Characteristics of this stage of development	
Two activities that you could use to help the team reach the next stage of development	1. _____ _____ _____ 2. _____ _____ _____

- e. You have been asked to create a group performance plan for the walking netball team.

List two purposes of a group performance plan and state one method of measuring the success of the group performance plan.

3 marks

Purpose 1 \_\_\_\_\_

\_\_\_\_\_

Purpose 2 \_\_\_\_\_

\_\_\_\_\_

Method \_\_\_\_\_

**TURN OVER**

**Question 6** (15 marks)

The local soccer club has decided to introduce a new policy: compulsory use of mouthguards at training and on game days for all players under 18 years of age. The use of mouthguards has been endorsed by the Australian Dental Association and Sports Medicine Australia.

As the assistant coach, you have been given the task of delivering an educational session to the players and their families about the new policy. It will be delivered on the Saturday morning before the season starts. The session is aimed at players in the 13–17 age group, who are complaining about the new policy. You have decided on a formal presentation using PowerPoint.

- a.** Apart from signs, leaflets and brochures, list three ways you can promote your educational session. 3 marks

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

- b.** Identify two different contingency plans that you could use if there was a power outage during your educational session. 2 marks

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

\_\_\_\_\_

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

\_\_\_\_\_

- c. Apart from formal feedback, select a method that you could use to evaluate your educational session and explain why you have selected this method. 3 marks

Method \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

- d. i. Identify three factors that could impede the successful implementation of the new policy. 3 marks

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

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

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

- ii. State **one** person in the club you would report these factors to. 1 mark

\_\_\_\_\_

- e. What is meant by the term 'negotiation'? Give two statements you could use when negotiating with a player who does not want to use a mouthguard. 3 marks

Meaning of negotiation \_\_\_\_\_

\_\_\_\_\_

Statement 1 \_\_\_\_\_

\_\_\_\_\_

Statement 2 \_\_\_\_\_

\_\_\_\_\_

**Question 7** (12 marks)

You have been asked to coach a gymnastics team of children aged 5–8. There is an even mix of 10 boys and 10 girls.

- a. What is the difference between a casual coaching style and a ‘critical friend’ style of coaching? 2 marks

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- b. Identify **two** facilitation techniques that you could use to achieve the best performance outcomes for the children. 2 marks

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- c. One of the parents approaches you and suggests not warming up, but instead focusing on teaching drills. You inform the parent that one of the benefits of warming up is increased proprioception.

What is proprioception? State **one** benefit of proprioception to a child’s gymnastic performance. 2 marks

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- d. Other than increased proprioception, what are two benefits of a warm-up to the muscles? 2 marks

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

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

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e. In the table below, describe a strategy to address each of the hazards given.

4 marks

<b>Hazard</b>	<b>Strategy</b>
The door to the gymnasium is left open and leads to a main road.	
Not all springs are connected to the trampoline mat.	
A large piece of equipment has been placed in front of the emergency exit.	
Children are not staying in the designated activity area within the gymnasium.	