

STUDENT NUMBER Letter

VCE VET SPORT AND RECREATION

Written examination

Friday 27 November 2020

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 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.

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Instructions

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

Question 1 (4 marks)

In the table below, indicate with a tick (✓) which pieces of equipment are personal protective equipment (PPE) and which are sporting equipment.

Piece of equipment	PPE	Sporting equipment
		
		
		
		

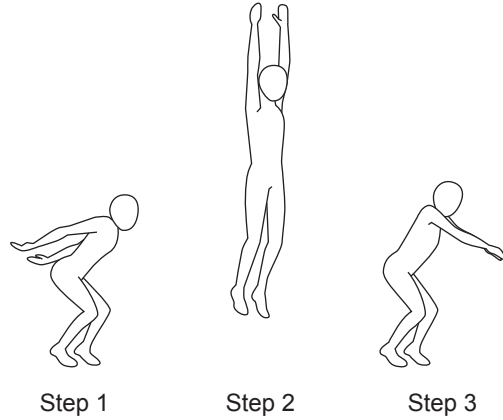
Sources (from top): Jiri Hera/Shutterstock.com; xpixel/Shutterstock.com;
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TURN OVER

Question 2 (18 marks)

Karate will be included in the Tokyo Olympic Games. At local karate clubs in Victoria, this has led to an increase in participation at the foundation level.

- a. One of the skills identified for karate is the vertical jump. The sequence for the vertical jump is shown in the numbered diagram below.



Source: adapted from Department of Education, Victoria, *Fundamental Motor Skills: A Manual for Classroom Teachers*, Community Information Service, Melbourne, 2009, p. 23

In the table below, describe two different body positions for each step of the vertical jump. 6 marks

Description of body positions for each step	
Step 1	<ul style="list-style-type: none"> • _____ _____ • _____ _____
Step 2	<ul style="list-style-type: none"> • _____ _____ • _____ _____
Step 3	<ul style="list-style-type: none"> • _____ _____ • _____ _____

b. Two coaching communication styles for karate are instruction and demonstration.

i. State the difference between these two coaching communication styles. 2 marks

ii. List two techniques that a coach can use to ensure they deliver an effective demonstration to karate students. 2 marks

Technique 1 _____

Technique 2 _____

iii. State **two** reasons why demonstration is an effective coaching communication style for karate. 2 marks

c. List three strategies that could be used at the foundation level of karate to establish behavioural standards for children. 3 marks

Strategy 1 _____

Strategy 2 _____

Strategy 3 _____

d. Because karate is a sport that has a high number of injuries, all coaches should familiarise themselves with the relevant Victorian work health and safety (WHS) Acts, regulations and codes of practice.

What is the difference between an Act, a regulation and a code of practice? 3 marks

TURN OVER

Question 3 (11 marks)

A recreation centre has implemented virtual group fitness classes. These classes involve projecting pre-recorded fitness instructions onto a big screen for participants to follow. There is no correction of technique or general supervision of the participants during these classes.

- a. On reviewing the centre's records, the management of the recreation centre notes that the following situations have occurred.

In the table below, indicate with a tick (✓) which situations are a hazard and which are a risk. 4 marks

Situation	Hazard	Risk
A participant falls over in a virtual class and breaks a bone.		
There is a puddle of water on the floor of the group fitness room.		
The virtual fitness screen is not secured to the wall properly.		
The security camera in the group fitness room is no longer working.		

- b. The management of the recreation centre is required to ensure that the virtual group fitness classes are run safely, based on what is reasonably practicable.

Define the term 'reasonably practicable' and state two factors that are important in determining what is reasonably practicable.

4 marks

Definition _____

Factor 1 _____

Factor 2 _____

- c. The recreation centre installs new security cameras in the group fitness room so that the customer service team can occasionally watch the participants to ensure their safety. WHS regulations require that this control measure be reviewed in some situations.

List three situations in which this control measure should be reviewed.

3 marks

1. _____

2. _____

3. _____

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Question 4 (12 marks)

There has been an increased number of tourists with limited English literacy skills getting into swimming difficulty at Victorian beaches. A council, in partnership with a tourist organisation, has decided to promote a water safety campaign.

a. List two potential problems with delivering this water safety campaign. 2 marks

1. _____

2. _____

b. Explain the educational aim of each of the signs below. 4 marks

Sources (from top): Lance Bellers/Shutterstock.com;
Ratheesh Mohan NML/Shutterstock.com

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- c. As part of the water safety campaign, the tourist organisation has requested a combination of theory and practical activities be delivered at local lifesaving clubs in order to educate tourists with limited English literacy skills about water safety. These lifesaving clubs have both patrolled beaches and indoor clubrooms.

- i. Describe a theory activity and a practical activity that would satisfy the tourist organisation's request.

4 marks

Type of activity	Description of activity
theory	
practical	

- ii. List two ways in which participants could be assessed during the delivery of the activities.

2 marks

1. _____

2. _____

Question 5 (11 marks)

A VET Sport and Recreation teacher has been asked to organise a skateboard competition for the end-of-year school activities. She has assigned this task to her Year 11 VET Sport and Recreation class as an assessment task. The competition will be held at the local outdoor skate park, for interested Year 9 students.

- a. i.** The teacher will facilitate the Year 11 class.

Define the term 'facilitate'.

2 marks

- ii.** At what stage of group development would it be appropriate for the teacher to devolve responsibility to the class?

1 mark

- b. i.** One of the first tasks for the Year 11 class is to complete a risk assessment of the skate park.

List the four steps in conducting a risk assessment of the skate park.

4 marks

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

- ii.** State two reasons why a risk assessment of the skate park should be completed.

2 marks

Reason 1 _____

Reason 2 _____

- c. WHS policies and procedures are based on the principles of incident causation.

Define 'incident causation'.

2 marks

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Question 6 (12 marks)

You are an employee at a multisport complex. You will be instructing the early childhood gymnastics program and organising the evening basketball competitions.

During the day, the mats and trampolines are used for gymnastic classes for children from ages one to four.

In the evening and on weekends, the basketball courts are constantly used for basketball training and games.

- a. Parents and carers need to know the following information prior to their child's first gymnastics class so that they can be actively involved:
- the skills and activities the child will be learning
 - how the child should be dressed
 - how to prepare the child before the class (for example, what to eat, when to eat, hygiene requirements)
 - the role of parents and carers during the class, especially in regard to how to handle and assist their child

List two appropriate methods that could be used to communicate this information to parents and carers.

2 marks

Method 1 _____

Method 2 _____

- b. During a gymnastics class, you notice a few parents and carers standing in a group and talking, with some looking unhappy and shaking their heads. You approach the group and ask if everything is alright. The parents and carers look uncomfortable and shrug.

State one method that could be used to gather feedback from the parents and carers, and explain how this method would allow them to provide feedback without feeling uncomfortable.

3 marks

Method _____

Explanation _____

- c. List one component of the gymnastics program that you should seek feedback on and explain why this feedback is important for the development of the program.

3 marks

Component _____

Explanation _____

- d. i. You are made aware that during basketball games on warm evenings, the 'emergency exit only' doors are being left open to provide extra ventilation. The opened doors should trigger the alarm but players and referees have found a way to bypass this.

You observe a game and agree that the temperature on the courts is uncomfortable without the doors open, but you have concerns about the situation and having the doors open is not acceptable.

List two risks arising from this situation.

2 marks

Risk 1 _____

Risk 2 _____

- ii. Describe **one** method that the management of the multisport complex could use to fully understand the issue.

2 marks

Question 7 (11 marks)

You are conducting an after-school indoor soccer program for secondary school students. Before the first session, you asked all the participants to complete an athlete assessment profile in order to gain information about their preferred styles of motivation and communication.

- a. During a session you notice that there are personality clashes between participants.

Describe how personality clashes could be a barrier to your program.

2 marks

- b. Why would you want to know the participants' preferred motivation styles?

2 marks

- c. Apart from the warm-up, identify four elements that should be included in a session plan.

4 marks

1. _____

2. _____

3. _____

4. _____

- d. Your manager looks at your session plan. He requests that you add questions so that participants can show their understanding of what they have learnt from the warm-up. He suggests that you use open-ended questions to determine their level of understanding.

State the difference between open-ended questions and closed questions.

2 marks

- e. For your program it is required that each participant has 5 m² of space. The facility provides 204 m² of space for your use.

What is the maximum number of participants you can have in a session?

1 mark

Question 8 (11 marks)

You are an assistant recreation officer at a local community recreation centre. You are assisting with organising a game of seniors' wheelchair basketball. Two teams of five players have been created, made up of a mix of genders, with all participants between 55 and 65 years old. The game consists of four quarters of 10 minutes each.

- a. You are given the following budget.

	Cost
Income	entry for 10 participants @ \$35 = \$350 government funding = \$150
Expenditure	equipment hire (10 wheelchairs) = \$250 referee = \$25 insurance = \$100 morning tea with muffins = \$25
Profit	\$100

In regard to running any event or game, describe the difference between income, expenditure and profit.

3 marks

- b. What are three physical conditions that would result in a player being advised not to participate in a seniors' wheelchair basketball game?

3 marks

1. _____

2. _____

3. _____

- c. List two special requirements that you would need to consider when working with wheelchair users.

2 marks

1. _____

2. _____

- d. The community recreation centre manager reminds you that hydration is an important requirement of participation.

Describe the effect of hydration on a player's performance. State one method you can implement to ensure that participants are hydrated.

3 marks

Description _____

Method _____

Question 9 (10 marks)

In the table below, identify the five stages of group development and state a characteristic of the group at each stage.

	Name of stage	Characteristic of the group
Stage 1		
Stage 2		
Stage 3		
Stage 4		
Stage 5		