



Victorian Certificate of Education 2013

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER

Figures

Words

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Letter

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VCE VET SPORT AND RECREATION

Written examination

Friday 15 November 2013

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> |
|----------------------------|---|------------------------|
| 8 | 8 | 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 15 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 (14 marks)

You are conducting a five-day holiday program for 25 primary-school children between the ages of 10 and 12 from 9.30 am until 3.00 pm each day. The program will have a games focus and participants will have access to a playing field, a hall, a skate park and tennis courts.

- a. List **two** organisational policies or procedures that you would have to consider before conducting the holiday program. 2 marks

- b. Identify **one** external factor that you would need to consider when selecting an appropriate venue. 1 mark

- c. Outline a strategy that you could use to identify the activity goals for the children in the program. 2 marks

- d.** You have been asked to develop an appropriate session plan for the first activity of the first day. The session will last for 30 minutes.
- i.** Which stage of group formation are these children in? 1 mark

- ii.** What are **two** characteristics of this stage of group formation? 2 marks

- iii.** State an appropriate aim for this session, given this stage of group formation. 1 mark

Choose **one** of the facilities available for your session by ticking (✓) the box next to it.

playing field hall skate park tennis courts

- iv.** Based on the facility chosen, propose an appropriate activity that you could conduct during this session and explain how it meets the needs of this stage of group formation. 3 marks

- v.** Identify **two** areas of logistics that you would need to address for the session. 2 marks

Question 2 (16 marks)

You are the manager at the local driving range. You have recently employed two 15-year-old students to retrieve the balls that the golfers hit from the bays. As it gets dark, the students have to pick the balls up while golfers are still hitting other balls. You have given each of the students a cricket helmet, shin guards and softball chest pads for protection when they are retrieving the balls.

- a. What workplace legislation are you breaching? 1 mark

- b. Give **two** risk treatment options that you could use to reduce the risk of injury to the students. 2 marks

- c. Select **one** risk treatment option from **part b.** and explain how it could be implemented. 2 marks

A group of 24 students has made a booking for an introduction to golf. The aims of the session are to introduce them to the game of golf and to ensure that they have fun. You have to plan the 45-minute session for them.

- d. Other than the aims and warm-up, what are **two** items that your session plan should include? 2 marks

- e. What are **two** benefits of doing a warm-up with the students before they start the session? 2 marks

When conducting the session, you notice two students are not paying attention and are not following instructions. When asked about their behaviour, the students say that they just want to hit the ball as far as they can.

- f. Identify a barrier that is caused by these students' attitudes, which can impede group development. 1 mark

- g.** Throughout the session, you provide the students with feedback on their progress.
State two reasons why feedback is an important part of a training program. 2 marks

1. _____

2. _____

- h.** Describe **one** method that you could use to evaluate your coaching performance for the session. 2 marks

Both beginners and advanced golfers can get nervous when they are in front of a large crowd and need to make a difficult shot in order to win. Being able to control their emotions and thoughts is a skill that needs to be acquired to succeed in the sport.

- i.** Describe an arousal technique that a nervous golfer could use to reduce their nervousness. 2 marks

Question 3 (15 marks)

You are a member of a committee organising a charity bicycle ride that will travel through various suburbs of Melbourne on a Sunday morning. There are many aspects to consider when planning this event to ensure that it runs smoothly and safely.

- a. You require physical, human and financial resources to run this event.

In the table below, give **one** example for each type of resource listed.

3 marks

| Type of resource | Example |
|------------------|---------|
| physical | |
| human | |
| financial | |

- b. i. Identify **one** potential barrier to the committee's group development and its performance. 1 mark

- ii. Describe **two** ways in which you could try to eliminate that barrier. 4 marks

- c. A charity bicycle ride organised for the public can involve many risks.

Identify the classification for each of the following risks.

4 marks

| Risk | Classification of risk |
|---|------------------------|
| lower than expected number of participants | |
| heavy rain resulting in slippery roads | |
| some cyclists disobeying volunteer traffic marshals | |
| people setting off fireworks | |

d. After identifying a list of risks for the charity bicycle ride, your committee decides that a contingency plan is needed.

i. What is a contingency plan and when should it be executed?

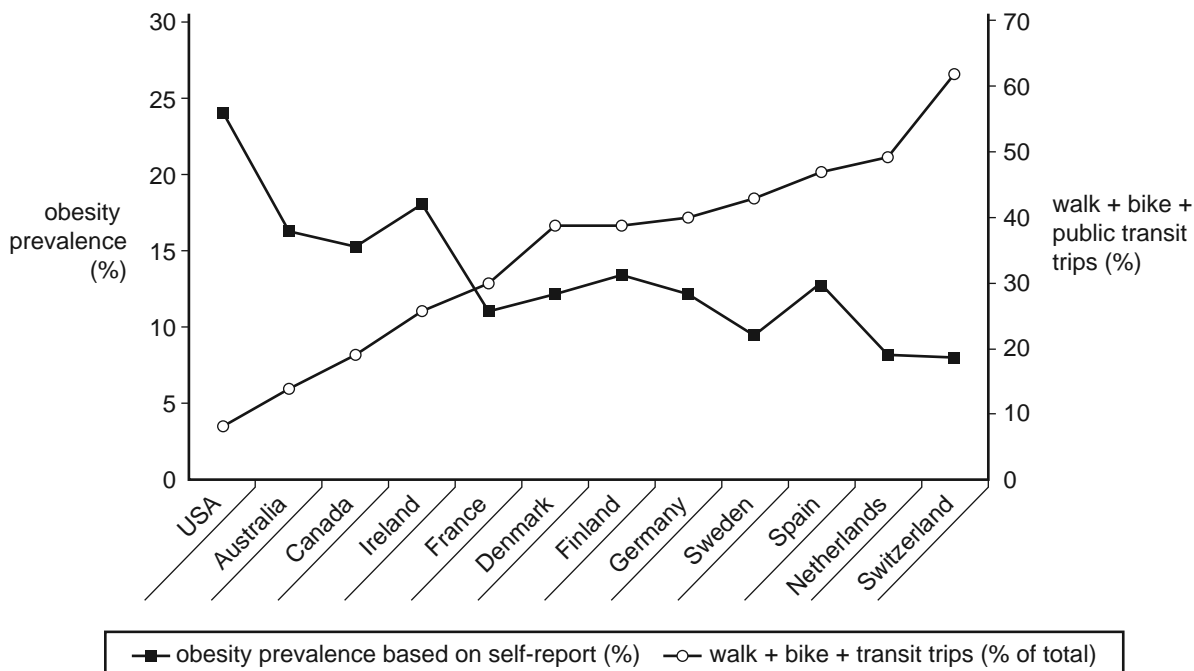
2 marks

ii. Suggest a situation, other than those listed in **part c.**, that may occur during the charity bicycle ride and would require a contingency plan.

1 mark

Question 4 (15 marks)

The graph below indicates the prevalence of obesity and active transportation rates across a number of countries.



Obesity (BMI $\geq 30 \text{ kg m}^{-2}$) prevalence and rates of active transportation (defined as the combined percentage of trips taken by walking, bicycling and public transit)

Source: Reprinted with permission from DR Bassett, J Pucher, R Buehler, DL Thompson and SE Crouter, ‘Walking, Cycling, and Obesity Rates in Europe, North America, and Australia’, in *Journal of Physical Activity and Health*, vol. 5, issue 6, November 2008, pp. 795–814

a. According to the graph, which country has the highest prevalence of obesity? 1 mark

b. i. Describe the relationship between active transportation and obesity. 2 marks

ii. Identify **two** countries that do not follow the relationship described above. 2 marks

c. Guidelines suggest 30–60 minutes of exercise a day.
Which of the countries shown in the graph is most likely to meet these guidelines due to the use of active transportation? 1 mark

- d.** Identify and comment on a participant attribute that could influence the data. 3 marks

participant attribute

influence on data

- e. i.** Based on the graph, predict what these results could mean for future generations of Australians. 1 mark

- ii.** Suggest a resource that you could access in order to get reliable statistics on Australia's obesity crisis. 1 mark

- f.** You have been asked to develop a marketing strategy encouraging people to conform to the guidelines referred to in **part c.** within Australia. 4 marks
How would you research and promote your strategy?

research to be conducted

promotional techniques to be used

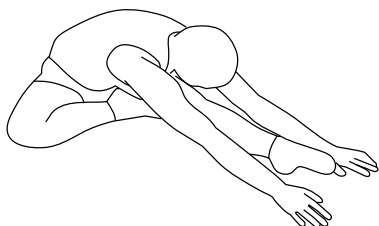
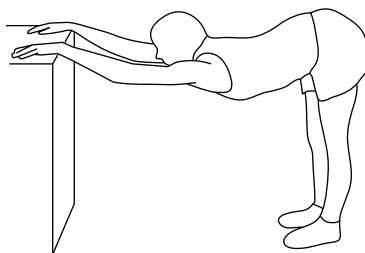
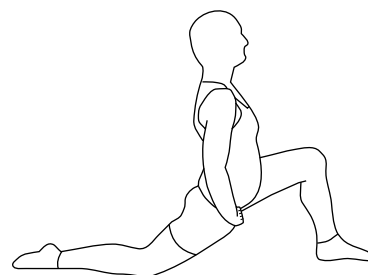
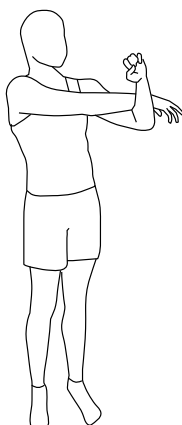
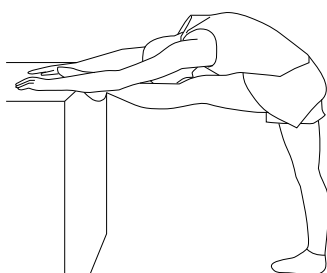
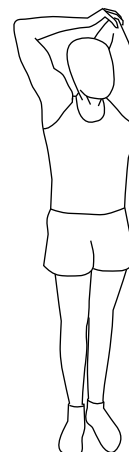
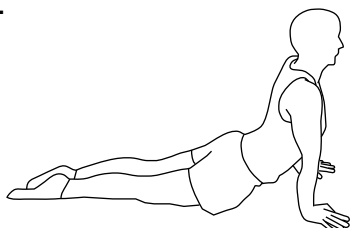
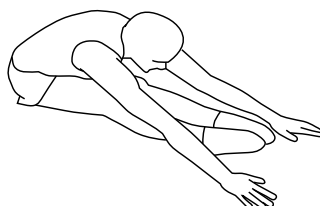
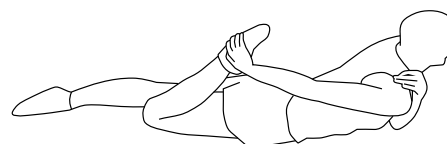
Question 5 (16 marks)

You are conducting a session on a Saturday afternoon.

The order of the activities that you have planned for the warm-up is as follows.

1. sprints
2. stretches
3. sit-ups
4. push-ups

Pictured below are the stretches that the athletes will be undertaking as part of the warm-up.

A.**B.****C.****D.****E.****F.****G.****H.****I.**

During your session, you notice an athlete limping as he arrives for the activity. There is also a large black-and-blue area on the back of his upper left thigh. The athlete hands you a doctor's note stating that he is allowed to participate in a modified activity.

- a.** What contraindication is suggested by the athlete's physical signs? 1 mark

- b.** State a reason why stretch **E.** is not suitable for this athlete. 1 mark

- c. Identify the specific muscle groups that are being targeted in stretches **F.** and **G.** 2 marks

F. _____

G. _____

- d. Your employer has suggested the use of static stretches during the warm-up.
Explain the suitability of performing static stretches during a warm-up. 2 marks

- e. Apart from stretching, identify which component of the warm-up could be harmful to the injured athlete in **part a.** Explain why this could be harmful. 3 marks
- component

explanation

- f. i. During the session, the injured athlete approaches you and states that he has felt a sharp pain in the area of his injury.
Identify a medical support team member this athlete should consult, other than a medical practitioner. 1 mark

- ii. The athlete states that he intends to go to a massage therapist.
Why would this **not** be a suitable choice? 2 marks

- g.** Your cool-down consists of a slow walk, the same stretches as in the warm-up and contrast baths (hot and cold).

Explain **one** benefit of using contrast baths.

2 marks

- h.** Why is it beneficial to do stretches during the cool-down?

2 marks

Question 6 (8 marks)

Harry is the owner/manager of a new 24-hour fitness centre. The fitness centre has just opened for business and new members have been sought. Harry is worried about the risk of injuries to clients who intend to come late at night when there is no supervision.

- a.** List **two** ways in which Harry may promote the safe use of equipment by members. 2 marks

- b.** Give **one** way in which Harry could evaluate the success of his promotion of the safe use of equipment. 1 mark

- c.** Several clients have written complaints about a new piece of equipment that feels unbalanced. How could Harry handle the complaints? 1 mark

- d.** Harry discovers that there are a number of injuries occurring during the 9.00 pm–11.00 pm timeslot on the weekend, when no instructor is present.
- i.** How could Harry address this problem? 1 mark

- ii.** What procedure should Harry follow if an injury occurs? 2 marks

- iii.** Where should information about clients' injuries be stored? 1 mark

Question 7 (10 marks)

The majority of injuries related to organised sports occur during practice rather than the game. Using the wrong or improperly fitted equipment in an activity is a major cause of injury in sports.

- a. Identify two user groups that would benefit from an educational program on this topic. Explain why these user groups should be targeted. 6 marks

group 1 _____

explanation _____

group 2 _____

explanation _____

- b. Identify **one** piece of promotional material that you could use to advertise this program to both user groups. 1 mark

- c. Suggest how this material could be distributed effectively. 1 mark

- d. Once the program is completed, you will need to create a feedback form. Develop two questions that you could include on your form to identify areas for improvement in your session. 2 marks

question 1

question 2

Question 8 (6 marks)

Group performance for a team can be improved through effective task allocation and mentoring.

- a. What is 'task allocation'? 1 mark

- b. What is 'mentoring'? 1 mark

- c. Describe how task allocation and mentoring can help create optimal performance when working with a team. 4 marks

task allocation

mentoring
