

STUDENT NUMBER Letter

VCE VET SPORT AND RECREATION

Written examination

Friday 16 November 2018

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>
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 13 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 (5 marks)

- a. One risk control option is the use of PPE.

What is PPE?

1 mark

- b. In the table below, suggest two items of PPE for each activity listed. You may suggest each item only once.

4 marks

Activity	PPE for this activity
indoor rock climbing	1. _____ 2. _____
volleyball	1. _____ 2. _____
canoeing	1. _____ 2. _____
softball/baseball	1. _____ 2. _____

Question 2 (9 marks)

Every year a government department gives each Victorian access to 10 free health and fitness sessions at participating local health and aquatic facilities. A major component of the program is an education campaign that informs users about the appropriate use of health and recreation resources within the state. This year the education campaign was run exclusively online.

- a.** One issue with inexperienced users of health and aquatic facilities is the increased risk of injuries to the user.

List two strategies that staff at health and aquatic facilities could use to help educate inexperienced users.

2 marks

1. _____

2. _____

- b.** Identify two organisational policies and procedures that the government department must adhere to when delivering educational material for the campaign.

2 marks

1. _____

2. _____

- c.** Feedback from health and aquatic facilities showed that only 5% of users in the 65+ age group stated that they saw the educational material.

Suggest three recommendations that could be made regarding the delivery of the educational material in order to increase the engagement of this age group.

3 marks

1. _____

2. _____

3. _____

- d. Identify two methods that the government department could use to evaluate the success of the education campaign.

2 marks

1. _____

2. _____

Question 3 (10 marks)

The local community recreation centre wants you, as the administrative assistant, to assist with the budget and finances of an indoor frisbee competition. The competition aims to increase adult male and female involvement in physical activity. The competition will run for 10 weeks and you have confirmed that there will be two teams of five players participating each week. This is a community-run competition, so the aim is not to make a profit but the competition must not lose money.

Costs involved in the competition

Item	Cost
1 referee per game	\$25.00 per week
equipment hire per game	\$50.00 per week
court hire per game	\$25.00 per week
Total cost	\$100.00 per week

Funding source	Funding amount
local council	\$50.00 per week
fees from participants	\$5.00 per week

- a. i. What is a budgetary constraint? State **one** reason why it is important to consider budgetary constraints.

2 marks

- ii. Provide an example of a budgetary constraint for a participant in this competition.

1 mark

- b.** State three things you could do if the competition begins to lose money. 3 marks

1. _____

2. _____

3. _____

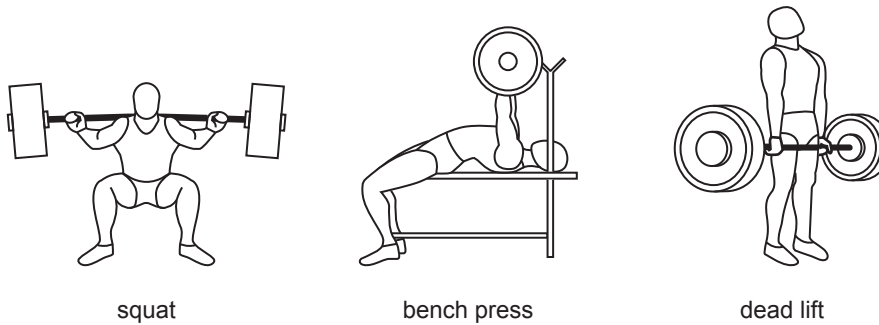
- c.** What type of issue would the recreation centre be dealing with if there were an issue regarding the non-payment of fees by participants? Identify **three** strategies that you could use to ensure outstanding fees are paid. 4 marks

Issue _____

Strategies _____

Question 4 (12 marks)

Powerlifting is a strength sport that involves lifting a maximal weight using three different lifts – squat, bench press and dead lift – as shown in the diagrams below.



You have been asked to be the coach for a powerlifting program at a local gym.

- a. Identify one warm-up involving a dynamic stretch that you could use to warm up the participants for the bench press. In your response, include two verbal cues that you would give the participants and identify two major muscles that will be used in the activity. 5 marks

Warm up _____

Verbal cue 1 _____

Verbal cue 2 _____

Major muscle 1 _____

Major muscle 2 _____

- b. You have a participant who is in a wheelchair.

Identify which lift in the diagrams above would be most suitable for this participant and describe **one** method you could use to increase the arousal levels of this participant prior to this lift during the program. 3 marks

- c. Identify one potential risk for all participants when using the equipment for these lifts. Give one appropriate risk control option for this potential risk and suggest two strategies to address the potential risk with other coaches.

4 marks

Potential risk	Risk control option	Strategy
1.	1.	1. _____ _____ _____ 2. _____ _____ _____

Question 5 (6 marks)

Fun Running in the Park is a running group that organises social runs every Saturday morning. This group encourages people of all abilities to take part and new members are welcome. The local council has given permission for the group to use a 5 km stretch of bike path; however, the group has been informed that members of the public, such as dog walkers and cyclists, may also access this path.

- a. In the table below, suggest a risk control option to prevent each scenario listed.

4 marks

Scenario	Risk control option
a new runner gets lost	
a runner sprains their ankle and has no way of seeking medical attention	
a young runner collides with a member of the public	
runners fall over due to a slippery track as a result of rain	

- b. Identify two benefits of completing a risk assessment for this activity prior to the run each week.

2 marks

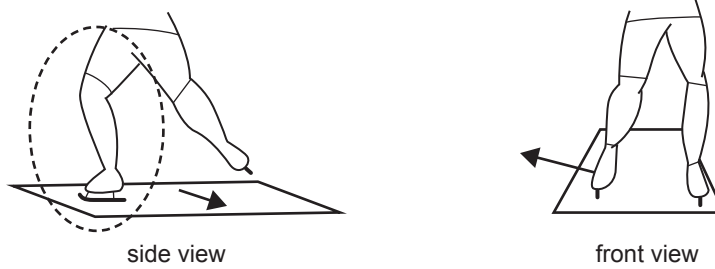
1. _____

2. _____

TURN OVER

Question 6 (15 marks)

You have been appointed the coach of the local under-16 mixed ice hockey team. The team has five players on the ice with the aim of shooting a puck into the opposition’s goal. The movement of forward skating is created by a sideways kick, as shown in the diagrams below.



- a. What anatomical movement is shown in the diagrams above? 1 mark

- b. Identify the major muscle group that is involved in creating the sideways kick movement. 1 mark

- c. During a cool-down, you instruct the players to do some light squatting in their skates. You observe that one of the players often falls over and seems to have poor balance.
Identify two basic principles of biomechanics that could assist the player with greater balance during the squat and provide one verbal cue that you could give the player for each principle. 4 marks

Principle 1 _____

Verbal cue _____

Principle 2 _____

Verbal cue _____

- d. A player complains of foot soreness. Upon removal of the player’s skate, you notice a popped blister that is leaking a green/yellow fluid.
Identify the contraindication and describe the actions you would take to manage the injury. 4 marks

e. A popular coaching style is being friendly and approachable. One of the elements of this approach is maintaining a professional distance.

i. What is 'professional distance'?

2 marks

ii. Identify **three** ways that you can maintain a professional distance.

3 marks

Question 7 (21 marks)

A Year 12 class plans to organise a Year 7 round-robin basketball competition. This competition will run during the lunchbreak in the school's gymnasium. The round-robin competition has been designed for mixed teams only.

- a. As part of the group decision-making process, the class intends to use a technique called 'majority decision', where all decisions are made by popular vote.

List one advantage and one disadvantage of this technique.

2 marks

Advantage _____

Disadvantage _____

- b. The group has decided to define the roles and responsibilities of its members.

State what type of approach this is and explain the importance of this approach. List two skills from this approach that the group could use.

5 marks

Approach	
Importance	
Skills	1. _____ 2. _____

- c. There can be barriers to successful group formation.

For each situation listed in the table below, name a possible barrier and describe one strategy for removing the barrier.

6 marks

Situation	Barrier	Strategy
Two students in the group are arguing about who should be the referee. One student is loud and competitive, while the other student is rather quiet and is completing a referee course.		
The group has not been able to find a qualified referee within the group. One student suggests that they hire his uncle to be the referee.		
One student in the group does not want a competition; instead, the student thinks the session should be about skill development.		

- d. Apart from social media, identify an appropriate medium that could be used to communicate with the Year 7 students about the time and the location of the competition. Justify your response.

2 marks

- e. Identify two members of the school community from whom the group should seek agreement for the program plan. State one reason why seeking agreement is important.

3 marks

Member 1 _____

Member 2 _____

Reason _____

- f. State two components of the competition that could be evaluated at the conclusion of the competition. State one reason why evaluation is important.

3 marks

Component 1 _____

Component 2 _____

Reason _____

TURN OVER

Question 8 (12 marks)

You are the newly appointed skills coach at the local under-18 Australian Rules football mixed club.

- a.** Name two pieces of legislation that you must consider when developing sessions. 2 marks

1. _____

2. _____

- b.** Identify three sources of information that you will require access to in order to plan your sessions. 3 marks

1. _____

2. _____

3. _____

- c.** During the planning of your sessions, you must consider the needs and expectations of the participants.

What is the difference between a need and an expectation? In your response, give **one** example of a need and **one** example of an expectation. 4 marks

- d.** As an Australian Rules football coach, you must understand sport-specific information, such as the ratio of coach to participants.

Explain what the ratio of coach to participants is. Give **one** external source from which you could obtain information about this ratio for Australian Rules football. 3 marks

Question 9 (10 marks)

To ensure safe workplaces, all hazards must be identified. According to WorkSafe Victoria, an organisation must document and record hazards. All records must be stored within the workplace; however, some hazards and incidents must be reported to WorkSafe Victoria.

- a.** What is the role of WorkSafe Victoria? Identify three of WorkSafe Victoria's responsibilities. 4 marks

Role _____

Responsibility 1 _____

Responsibility 2 _____

Responsibility 3 _____

- b.** Identify two workplace incidents that must be reported to WorkSafe Victoria. 2 marks

1. _____

2. _____

- c.** An important aspect of work health and safety (WHS) is manual handling.

Define manual handling and state **two** reasons why it is important.

4 marks
