

STUDENT NUMBER Letter

VCE VET SPORT AND RECREATION

Written examination

Monday 14 November 2022

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>
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 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.

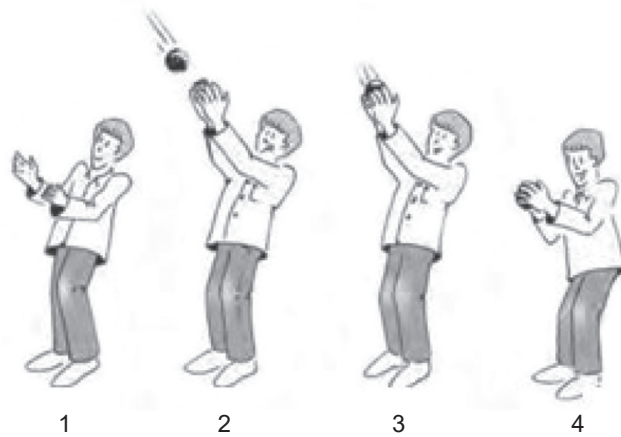
Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the examination room.

Instructions

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

Question 1 (8 marks)

- a. You are coaching a skills session for children in the first year of primary school. You are required to help the children learn how to catch a ball, as shown in the diagram of the catch technique below.



Source: Department of Education, Victoria,
Fundamental Motor Skills: A Manual for Classroom Teachers,
 Community Information Service, Melbourne, 2009, p. 15

Based on the diagram above, list four different statements that you could use to teach the children at each stage of the catch technique.

4 marks

1. _____
2. _____
3. _____
4. _____

- b. State two methods that you could use to obtain feedback from the children about the skills session and give one reason for using each method.

4 marks

Method 1 _____

Reason _____

Method 2 _____

Reason _____

Question 2 (10 marks)

You are conducting a mountain bike riding program for adults. This will be the first time that the participants ride in a rural area. The participants are required to bring their own bikes, helmets and full water bottles. One participant refuses to wear their helmet and states that they will not stay on the marked paths because it is too easy to ride there.

- a.** Identify two safe participation requirements this participant is failing to comply with. 2 marks

1. _____

2. _____

- b.** Describe how you could negotiate with this participant so that they will wear their helmet. 2 marks

- c.** A common coaching communication style is active listening.

Define the term 'active listening' and describe two ways in which you can demonstrate active listening with participants. 4 marks

Definition _____

1. _____

2. _____

- d.** When developing group commitment and cooperation, it is important to establish trust with participants.

Describe how you could establish trust with this group of participants. 2 marks

Question 3 (19 marks)

You have been appointed as an assistant coach for a local basketball team with participants aged 18 to 25 years. The senior coach states that the team’s feedback indicates that the reason for the team not making the finals last year was that, although the team members get along very well, they did not know what was expected of them and they did not understand the instructions from the coaches.

- a. What is the current stage of group formation of the basketball team? 1 mark

- b. In the table below, identify two potential barriers to the development and performance of this basketball team and state one strategy to reduce each potential barrier. 4 marks

	Potential barrier	Strategy to reduce this potential barrier
1.		<hr/> <hr/> <hr/>
2.		<hr/> <hr/> <hr/>

- c. You have been instructed to implement a group performance plan for this basketball team in order to increase the team’s likelihood of success. 2 marks
- State two items that should be included in a group performance plan.

1. _____

2. _____

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- d. i. A mentoring program will be implemented to optimise the group performance of the basketball team.

Define the term 'mentoring'.

2 marks

- ii. A strong mentoring program can be beneficial for the mentor, mentee and organisation (the basketball club).

In the table below, identify one benefit of mentoring for each.

3 marks

	Benefit
Mentor	<hr/> <hr/>
Mentee	<hr/> <hr/>
Organisation (basketball club)	<hr/> <hr/>

The coach of the under-10 basketball team has resigned. Instead of working with the adult team as planned, you have been asked to help run a session for the under-10 basketball team, who are all new to the game.

- e. Identify a coaching communication style and describe an adaptation that you would have to make to this communication style in order to be an effective coach for the under-10 basketball team. Give one reason for your response.

3 marks

Communication style _____

Adaptation _____

Reason _____

- f. You are going to run a dribbling session for the under-10 basketball team. You have been given two dribbling sessions – A and B – to choose from. These are outlined in the table below.

	Dribbling session A	Dribbling session B
Activity 1	using the dominant hand, dribbling the ball up and down the court in a straight line	dribbling the ball down the court while zigzagging around cones
Activity 2	using the non-dominant hand, dribbling the ball up and down the court in a straight line	dribbling the ball down the court while moving around an opponent
Activity 3	dribbling the ball down the court while moving around an opponent	using the dominant hand, dribbling the ball up and down the court in a straight line

Compare the two dribbling sessions and indicate with a tick (✓) the dribbling session that is more suitable for foundation level participants. Provide three reasons for your selection.

4 marks

Dribbling session A Dribbling session B

1. _____

2. _____

3. _____

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Question 4 (8 marks)

You are a recreation leader at an outdoor adventure camp that runs a number of activities.

The annual work health and safety (WHS) audit has revealed 191 incidents for the past 12 months.

The data has been summarised in the table below.

Activities	Number of incidents by cause					
	Incorrect use of equipment or not following instructions	Heat or weather related	Staff error	Uneven walking surfaces	Faulty equipment	Incident total by activity
orienteering	9	5	2	25	0	41
canoeing	7	15	3	–	0	25
rock climbing	2	6	5	–	3	16
high ropes course	6	10	7	–	5	28
swimming	4	9	12	–	0	25
obstacle course	21	11	5	8	11	56
Incident total by cause	49	56	34	33	19	191

Due to the high number of incidents recorded, you have been asked to review and update the risk management plan for all activities.

- a. i. Referring to the table above, identify the activity with the highest number of incidents. 1 mark

- ii. Referring to the table above, identify the cause with the highest number of incidents for the activity identified in **part a.i.** 1 mark

- iii. Identify a possible injury or damage that can occur from the cause identified in **part a.ii.** 1 mark

- b.** Describe an educational program that you could implement to avoid the high number of incidents identified in **part a.i.** 2 marks

- c.** Describe how you could share information about risk control options with other staff members to ensure that they have received and understood the information. 2 marks

- d.** In the hierarchy of control, what risk control option would an educational program fall under? 1 mark

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Question 5 (13 marks)

The local council has decided to construct a temporary ice-skating rink for modified ice hockey sessions for children aged 10 to 12 years. As a junior coach of a local ice hockey club, you have been employed to conduct a six-week program of weekly sessions. None of the participants have skated before.

- a. The coaching approach for these sessions will be technique centred.

State what a technique-centred approach is and provide three reasons why this approach is the most suitable for this program. 4 marks

Technique-centred approach _____

Reason 1 _____

Reason 2 _____

Reason 3 _____

- b. The size and weight of an ice hockey stick for 10–12-year-olds are different from the size and weight of an ice hockey stick for adults.

Apart from the internet, identify two resources where a junior coach could find information about ice hockey stick sizes and weights. 2 marks

1. _____

2. _____

- c. Identify three program components that you should evaluate when collecting participant feedback about a session. 3 marks

1. _____

2. _____

3. _____

- d. During the six-week program, some of the participants' parents ask you about Working with Children Check (WWC) requirements in Victoria.

In the table below, for each scenario, state if the scenario would require a WWC by writing 'yes' or 'no'. Provide a reason for each response.

4 marks

Scenario	WWC required?	Reason
The assistant coach is 17 years old and is paid for their services. They will be supervising the children participating in the program.		<hr/> <hr/> <hr/>
A participant's uncle will be paid to provide a one-on-one coaching session for only his nephew.		<hr/> <hr/> <hr/>

Question 6 (16 marks)

You work at an indoor trampoline centre. An internal audit has indicated that there has been an increase in injuries and accidents during the last six months. The most common reason for these was participants’ disregard for safety rules. You have been asked to conduct an educational program to help decrease the number of injuries for participants. You have also been asked to use formal and informal evaluation techniques at the end of the educational program to be able to make improvements to future programs.

- a. Provide one example of a formal evaluation technique and one example of an informal evaluation technique. Explain each technique and how you would implement the technique. 6 marks

Example	Explanation of technique and its implementation
Formal evaluation technique: <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Informal evaluation technique: <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

- b. How could you store the documentation related to the educational program after it has concluded? 2 marks

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- c. The supervisor has asked you to complete a risk assessment of the indoor trampoline centre.

What does a risk assessment determine and why is it important?

3 marks

- d. In order for you to complete the risk assessment, the supervisor has given you the following matrix but the headings have been replaced with X and Y.

X	Y				
	Insignificant	Minor	Moderate	Major	Catastrophic
Almost certain	high	high	extreme	extreme	extreme
Likely	medium	high	high	extreme	extreme
Possible	low	medium	high	extreme	extreme
Unlikely	low	low	medium	high	extreme
Rare	low	low	medium	high	high

State what the headings X and Y should be.

2 marks

X _____

Y _____

- e. After completing the risk assessment of the indoor trampoline centre, you have identified one hazard as 'almost certain' and 'minor'.

What is the risk rating of this hazard according to the matrix provided in **part d.**?

1 mark

- f. State two ways to determine if controls that are put in place for hazard reduction after a risk assessment are working.

2 marks

1. _____

2. _____

Question 7 (13 marks)

You are employed as a sports and recreation officer at a new self-defence gymnasium. The insurance company has listed the gymnasium as 'high risk'. As a result, you are asked to be part of the WHS consultation committee to ensure the health and safety of both staff and participants.

- a. By law, during each stage of the risk management process, consultation must occur.

Define the term 'consultation' and state one method by which consultation for high-risk activities could take place.

3 marks

Definition _____

Method _____

- b. Outline one benefit of consultation for employees and one benefit of consultation for an organisation or a business when considering high-risk activities. A response may only be used once.

2 marks

Employees _____

Organisation or business _____

- c. Serious incidents must be reported to WorkSafe Victoria.

- i. Identify two types of incidents that need to be reported and/or notified to WorkSafe Victoria.

2 marks

1. _____

2. _____

- ii. Describe the process of notifying WorkSafe Victoria and state how much time you have to do this.

3 marks

Description _____

Time _____

- d. WorkSafe Victoria describes several levels of control within its hierarchy of control.

Complete the table below by stating what occurs at the levels provided.

3 marks

	What occurs
Level 1 (highest)	<hr/> <hr/>
Level 2	<hr/> <hr/>
Level 3	<hr/> <hr/>

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Question 8 (13 marks)

You are working as the coach for a local recreational indoor volleyball tournament. The tournament is open to all foundation level adults over the age of 40. The organiser has been contacted by Deaf Victoria with the request to turn the tournament into an inclusive tournament that also caters for participants who are deaf or hard of hearing.

- a.** Explain how anti-discrimination legislation relates to planning of sport, fitness or recreation programs. 2 marks

- b. i.** One of the principles of inclusive practice is to adapt and modify activities.

State two modifications that you could use to adapt this tournament so that it will be inclusive for participants who are deaf or hard of hearing. 2 marks

1. _____

2. _____

- ii.** Select one modification from **part b.i.** and give a justification for this modification. 2 marks

Modification _____
Justification _____

- c.** List three requirements for preparing a sport-specific tournament. 3 marks

1. _____
2. _____
3. _____

- d. In the planning phase, the logistics for the tournament must be considered.

Define the term 'logistics' and give two examples of logistics that will need to be considered. 4 marks

Definition _____

Example 1 _____

Example 2 _____

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