

VCE VET Sport and Recreation

Written examination – End of year

Sample questions

Question 1 (4 marks)

Participants who are involved in activity programs at a fitness centre attend for a variety of reasons.

State the participant need in each of the following scenarios.

Scenario	Participant need
Jan bench presses 50 kg within four weeks.	
Sam develops more power in his legs for an upcoming athletic meet.	
John loses some weight so that he can play with his children without feeling exhausted all of the time.	
Annie joins the 'Mums with bubs' exercise group following the birth of her baby.	

Question 2 (14 marks)

A VCE class is going to participate in a cross-country skiing expedition for two days. The students will be based in a mountain hut overnight. A teacher will be attending and has hired an experienced cross-country skier as well as a mountain guide.

a. Explain how the teacher could manage the following risks that may arise while the students participate in the activity. 8 marks

• Adverse weather _____

• Student rolls their ankle while on the trail _____

• Hazardous section of the trail exposed to high winds _____

• High level of difficulty for some students _____

The teacher needs to present a detailed list of sport-specific information to the school prior to receiving approval for the activity to go ahead.

b. Suggest three separate pieces of information the teacher should present and outline the importance of each to the activity. 6 marks

1. _____

2. _____

3. _____

Question 3 (20 marks)

Robert is currently working as a program assistant for an organisation that offers horseriding experiences to individuals with diverse needs. A high school has asked Robert to develop a horseriding program that takes place on the school’s sports oval for some of its students. There will be 10 able-bodied students and four wheelchair-bound students participating.

- a. One of the aims of Robert’s program is to create social opportunities for the participants.

List **two** benefits that providing social opportunities could have for individuals with diverse needs.

2 marks

- b. Describe **four** methods that Robert could use to clarify the participants’ preferences, needs and expectations with the school.

4 marks

- c. Robert has identified that this program will involve a lot of manual handling by the staff.

What is manual handling?

2 marks

- d. During risk assessment, Robert identifies that the sports oval is a potential source of risk. The sports oval has a natural grass turf, but multiple patches of grass are missing.

Outline how this surface could be a potential risk to the participants.

2 marks

- e. The school is located 50 km from where the horses are permanently kept.

Describe the transport required and other logistics involved in getting all of the program's resources to the school.

3 marks

- f. List **two** factors that could prevent a wheelchair-bound student from safely participating.

2 marks

- g. There are three types of notifiable incidents that should be reported to WorkSafe Victoria if they occur during the running of an activity such as the horseriding program.

State what these three types of notifiable incidents are.

3 marks

- h. List **two** methods Robert could use to inform the participants about follow-up programs.

2 marks

Question 4 (21 marks)

Kate has been appointed general manager of a new aquatic and leisure centre. Construction is almost complete and the centre will soon be handed over to Kate so that she can prepare the centre and have an operation system in place before it is open to the public.

Kate has hired all of the senior management staff to form the centre’s leadership team. She has already conducted an orientation session to enable the staff to get to know each other and form relationships.

Kate is now ready to hold her first official leadership meeting so she can establish a clear group structure and group roles prior to the centre’s opening.

- a.** List the stage of group development described above. 1 mark

During the leadership meeting, two of the managers argue about who is in charge of a particular area, work health and safety (WHS), as they both believe they are. Kate soon realises that a conflict situation is taking place.

- b. i.** Define the term ‘conflict’. 2 marks

- ii.** Describe the appropriate action a manager should take when confronted by a conflict situation between staff. 2 marks

The two managers, who both believe that they are in charge of overseeing WHS at the centre, are arguing that, while WHS is not listed clearly in either of their two job descriptions, it is embedded in their roles and responsibilities. The two managers are very strong-minded and opinionated.

- c.** Name two barriers that are preventing these two managers from enabling the leadership team to move forward with planning the opening of the centre. 2 marks

1. _____

2. _____

- d. Describe two strategies that could be implemented to reduce and/or eliminate one barrier named in **part c**. 2 marks

Barrier	Strategy 1	Strategy 2

To ensure the safety of the people who will be using the gym at the new centre, Kate has asked the fitness manager to identify all of the potential hazards in the gym.

- e. Name two methods the fitness manager could use to identify potential hazards. 2 marks

1. _____
2. _____

- f. Using the table below, state how each possible risk in a gym could arise and give a possible risk control option to reduce the risk. 4 marks

Risk	How the risk could arise	Possible risk control option
users tripping over equipment		
injury using equipment		

After implementing risk control options in various areas of the centre, Kate notices upon the centre's opening that there are a number of impeding factors preventing the successful implementation of the selected risk control options.

- g. Identify a possible impeding factor and a strategy to overcome it. 2 marks

Impeding factor	Strategy to overcome impeding factor

Chemicals are a potential source of risk in the aquatics area of the centre as staff will need to handle chemicals and perform pool tests to ensure the pool is safe to swim in. Personal protective equipment (PPE) is the most common risk control option in reducing risk when handling chemicals.

h. Who is responsible for providing PPE? 1 mark

i. Who is required to wear PPE? 1 mark

j. Name two pieces of appropriate PPE to use when handling pool chemicals. 2 marks

1. _____

2. _____

Question 5 (14 marks)

Gina is going to plan and run an outdoor recreation camp. Basic information for the camp is as follows.

Duration	3 days, 2 nights
User group	Year 10 Outdoor Education students
Age of participants	15–16 years old
Number of participants	20
Planned activities	orienteering, canoeing/kayaking, mountain biking

For each of the three planned activities that will be conducted, Gina will need to ensure there is adequate supervision and an appropriate instructor-to-participant ratio.

- a. i. Rank the three planned activities in order from the activity with the highest instructor-to-participant ratio (i.e. more instructors/supervisors required) to the activity with the lowest instructor-to-participant ratio (i.e. fewer instructors/supervisors required). 2 marks

Rank

1. _____ (more instructors/supervisors required)

2. _____

3. _____ (fewer instructors/supervisors required)

- ii. Justify why you have ranked the activities in this order. 2 marks

- b. Gina is required to submit a risk register before her camp can be approved. She uses the risk rating matrix below to develop a risk register for her three planned activities.

Consequence	Likelihood of risk occurring				
	1 – Rare	2 – Unlikely	3 – Possible	4 – Likely	5 – Almost certain
A – catastrophic	medium	high	extreme	extreme	extreme
B – major	low	medium	high	extreme	extreme
C – moderate	low	low	medium	high	extreme
D – minor	very low	low	low	medium	high
E – insignificant	very low	very low	low	low	medium

Using the risk rating matrix, complete Gina’s risk register below by:

- providing the risk rating for each activity
- outlining a possible strategy that could reduce the occurrence of each risk or prevent each risk from occurring.

6 marks

Activity	Possible risk	Likelihood	Consequence	Risk rating	How the risk could be reduced/prevented
orienteering	tripping over	3	D		
canoeing/ kayaking	capsizing	5	A		
mountain biking	falling off bike	4	C		

- c. Name **one** aspect of risk management that Gina needs to consider when coming up with risk control options.

1 mark

d. As the camp leader, it is vital for Gina to ensure that the group is performing to its optimum level so that the camp runs smoothly. To assist with this, one factor Gina needs to take into account is task allocation.

i. What is task allocation?

2 marks

ii. Provide **one** example of how Gina could implement task allocation during the camp.

1 mark
