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Write your **student number** in the boxes above.

**Letter**

# VET Sport and Recreation

## Question and Answer Book

VCE Examination – Friday 14 November 2025

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- Reading time is **15 minutes**: 9.00 am to 9.15 am
- Writing time is **1 hour 30 minutes**: 9.15 am to 10.45 am

### Materials supplied

- Question and Answer Book of 20 pages
- Multiple-Choice Answer Sheet

### Instructions

- Follow the instructions on your Multiple-Choice Answer Sheet.
- At the end of the examination, place your Multiple-Choice Answer Sheet inside the front cover of this book.

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

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Contents	pages
<b>Section A</b> (15 questions, 15 marks) _____	2–5
<b>Section B</b> (7 questions, 85 marks) _____	6–19

## Section A – Multiple-choice questions

### Instructions

- Answer **all** questions in pencil on your Multiple-Choice Answer Sheet.
  - Choose the response that is **correct** or that **best answers** the question.
  - A correct answer scores 1; an incorrect answer scores 0.
  - Marks will **not** be deducted for incorrect answers.
  - No marks will be given if more than one answer is completed for any question.
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### Question 1

When conducting an introductory session, which one of the following strategies is the most effective for both promoting discussion and helping students understand instructions?

- A. open-ended questions
- B. group brainstorming
- C. closed questions
- D. active listening

### Question 2

What is the name of Victoria's work health and safety (WHS) regulator?

- A. Occupational Health and Safety
- B. Safe Workplaces
- C. Safe@Work
- D. WorkSafe

### Question 3

When should an assistant coach seek support from their supervisor?

- A. when difficulties arise outside their own job role responsibilities
- B. rarely, as all problems should be handled independently
- C. for every decision made during a session
- D. only at the end of a session

### Question 4

In a session plan, how much time should be allocated to cool-down stretches at the end of a session?

- A. less than 5 minutes
- B. 5–10 minutes
- C. 15–30 minutes
- D. more than 30 minutes

**Question 5**

Which one of the following shows the five stages of group development in the correct order?

- A. storming, norming, performing, adjourning, forming
- B. forming, storming, norming, performing, adjourning
- C. forming, storming, performing, norming, adjourning
- D. norming, performing, adjourning, forming, storming

**Question 6**

Which one of the following should **not** be a consideration when adjusting a planned swimming session?

- A. level of experience
- B. disability
- C. gender
- D. age

**Question 7**

Trevor is delivering a go-karting session.

Which one of the following would be the most effective communication style to use while the participants are driving?

- A. verbal instructions
- B. visual signs
- C. a microphone
- D. a whistle

**Question 8**

The risk assessment matrix assesses risks based on their

- A. likelihood and consequence.
- B. probability and significance.
- C. probability and impact.
- D. likelihood and impact.

**Question 9**

Which one of the following best describes a democratic leadership style?

- A. The coach outlines the way a task needs to be performed, as it requires participants to follow certain criteria to be successful.
- B. The coach provides little instruction or direction to the group.
- C. The coach has full control over the group and expects participants to follow the rules.
- D. The coach involves participants in the decision-making process.

**Question 10**

You are a tennis coach at a community recreation centre. You are planning to deliver a training session on hitting a forehand in tennis for both adults aged over 60 and young children.

Which one of the following is **not** a consideration when conducting this session?

- A. each individual's strength and how quickly they become fatigued
- B. how quickly each individual will learn the content
- C. each individual's dominant hand
- D. each individual's eyesight and vision

**Question 11**

Simone is asked to move gymnastics equipment in preparation for a class. The equipment is light but awkward to move.

What should Simone do?

- A. Push the equipment rather than lift it.
- B. Carry the equipment because it is light.
- C. Run the class in a different week.
- D. Ask someone for assistance.

**Question 12**

What is the best way to communicate sport-specific participation standards?

- A. Model the expected behaviour standards.
- B. Ask senior participants to manage participant behaviour.
- C. Ask participants to read a handbook.
- D. Verbally explain the rules.

**Question 13**

What are the first two steps when preparing for a sport-specific session?

- A. Confirm assigned duties with a supervisor and interpret the session plan.
- B. Create a new session plan independently and conduct the warm-up.
- C. Email all participants to confirm attendance and check for any injuries.
- D. Check for hazards and start setting up the equipment.

**Question 14**

Which one of the following instruction/demonstration methods involves students mastering one component of a skill before moving on to the next?

- A. IDEA (introduce, demonstrate, explain and attend)
- B. PAR (preparation, action and recovery)
- C. progression
- D. whole-part-whole

**Question 15**

When identifying and recording hazards, which three key frameworks must be followed?

- A. regulations, organisational policies and procedures, and personal judgement
- B. WHS laws, organisational policies and procedures, and industry standards
- C. operational guidelines, manager preferences and industry standards
- D. WHS laws, historical records and consultation processes

Do not write in this area.

## Section B

### Instructions

- Answer **all** questions in the spaces provided.
- Write your responses in English.

#### Question 1 (18 marks)

Ashley has recently started working as an activity leader at a whitewater rafting company. The company has just taken a booking for a group that has never rafted before.

- a. Identify two items of personal protective equipment required for whitewater rafting. 2 marks

Item 1 \_\_\_\_\_

Item 2 \_\_\_\_\_

- b. Using level 2 of the hierarchy of controls, list the three ways in which Ashley could reduce any potential risks. 3 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c. One of Ashley’s first responsibilities as an activity leader is to complete a risk assessment form prior to commencing the session.

For each of the hazards listed in the table below, suggest two examples of administrative controls the whitewater rafting company could use. Use each example only once. 6 marks

Hazard	Examples of administrative controls
head injury	1. _____ 2. _____
drowning	1. _____ 2. _____
heat stroke	1. _____ 2. _____

d. One of the participants slips and lands awkwardly on their left wrist. They have been seen by the first-aid staff onsite, who said the participant has a slight sprain but there is no serious damage. As the activity leader, Ashley is required to complete an incident report form.

i. Apart from the participant's personal details, what are **four** pieces of information that Ashley needs to complete the incident report form?

4 marks

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ii. Is Ashley required to report this incident to the WHS regulator? Justify your response.

3 marks

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**Question 2** (13 marks)

Pickleball is a variation of tennis and table tennis. Statistics have shown that pickleball participation rates are increasing, particularly among those aged 40–50 years, many of whom are first-time participants. You are assisting the head coach to run a session of pickleball.

- a. Identify the type of participant that pickleball is attracting. 1 mark

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- b. 'It is helpful to teach tactical skills before teaching technical skills.'  
Is this statement true or false? Justify your response. 3 marks

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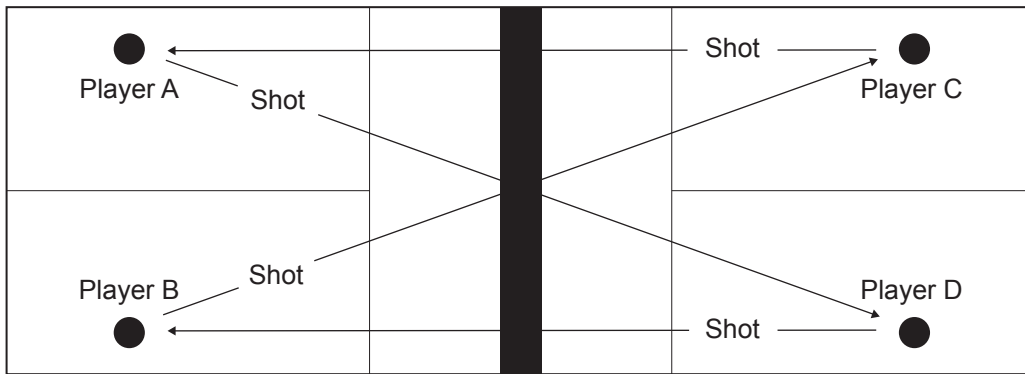


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- c. Complete the table below by identifying each listed pickleball skill as either 'technical' or 'tactical'. 3 marks

Skill	Technical or tactical
serve	
positioning on court	
ball placement	

- d. Before the pickleball session, you read the head coach’s session plan, which includes the activity in the diagram shown below.



Other than the direction of play, describe how to set up and conduct the activity shown in the diagram.

4 marks

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- e. As the assistant coach, provide an example of how you would do the following.

2 marks

Check for understanding \_\_\_\_\_

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Ensure the safe use of equipment \_\_\_\_\_

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**Question 3** (8 marks)

You have recently been employed by an orienteering company. Your role is to act as a tour guide, providing instructions and educational guidance to participants. Daily sessions last four to six hours, including rest and lunch breaks.

Your upcoming session will have six participants aged 16–25.

- a. Describe **one** factor that must be considered before conducting this session. 2 marks

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- b. Describe how you could establish and maintain trust with the orienteering participants. 2 marks

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- c. The orienteering company provides a ‘travel pack’ that must be brought on all sessions. The standard pack contains:

- bandages
- EpiPen
- water purification tablets
- bandaids
- 1–2 litres of water
- antiseptic cream
- blister cream
- map
- compass
- phone or communication device.

- Suggest two other safety items that could be added to the travel pack and explain why. 4 marks

Safety item	Explanation

**Question 4** (9 marks)

Alejandro is a university student who has volunteered to assist the Physical Education team at a local primary school. He will be coaching a different sport each term and will be required to submit session plans to his mentor.

- a.** As a volunteer coach, identify the legal requirement Alejandro must comply with and a behavioural standard expected. 2 marks

Legal requirement \_\_\_\_\_

Behavioural standard \_\_\_\_\_

- b.** For each stage of a session plan, outline two of Alejandro’s key responsibilities. 4 marks

<b>Before the session</b>	1. _____ _____ 2. _____ _____
<b>During the session</b>	1. _____ _____ 2. _____ _____

- c.** At the end of a session, Alejandro is required to safely pack up the equipment. List **three** duties required as part of this process. 3 marks

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\_\_\_\_\_

\_\_\_\_\_

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**Question 5** (11 marks)

Kim is a customer service manager at an amusement centre. Her main role is to facilitate children’s birthday parties. The amusement centre includes laser tag, bowling, escape rooms, rock climbing and arcade games. Kim has an upcoming party that will have 15 participants aged six to seven years old.

- a. The party group is in the storming stage of group formation.

Identify one barrier to group cohesion at this stage and explain its impact on group performance.

3 marks

Barrier to group cohesion \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- b. Suggest one technique to build group cohesion and collaboration that could be used when working with the children at the party and explain how Kim could implement this technique.

3 marks

Technique \_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c. Compare the friendly and approachable leadership style to the disciplinarian and authoritarian leadership style.

2 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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- d. James is a participant at the party. He has decided that he does not want to move on from bowling, while everyone else has started to get ready for rock climbing.

Identify a conflict resolution technique that Kim could use. Outline two key considerations that Kim could take into account in her discussion with James when implementing this technique.

3 marks

Technique \_\_\_\_\_

Consideration 1 \_\_\_\_\_

\_\_\_\_\_

Consideration 2 \_\_\_\_\_

\_\_\_\_\_

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**Question 6** (10 marks)

You are the sports coordinator at a resort. A family group wants to go on a hike. Most of the hiking track is flat, but there are some slight hills.

- a. In the table below, identify one key component you should consider for each stage of the activity session. Explain how this component would support group engagement and ensure participant safety.

6 marks

Stage of the activity session	Key component	Explanation
introduction		
delivery		
evaluation		

- b. Peter, who is 80 years old, keeps complaining during the hike and Chris, who is eight years old, stops at one point and refuses to move.

Compare the different methods you could use to motivate and encourage Peter and Chris to continue walking.

2 marks

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- c. The group is getting tired, nobody is talking and they are all walking slowly in single file. Describe what you could do to improve the group dynamics.

2 marks

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**Question 7** (16 marks)

You are working for an inclusive sports company that is running a local indoor volleyball program for participants of all ages. Your role is to facilitate the sessions and support all the participants.

The table below shows how a specific user group is supported through demonstration methods, instructional methods and modified rules.

User group	Demonstration methods	Instructional methods	Modified rules
young adults (18–24 years old)	<ul style="list-style-type: none"> <li>• play an educational video showing the skill</li> <li>• demonstrate each component of the skill several times</li> <li>• demonstrate the whole skill from start to finish</li> </ul>	<ul style="list-style-type: none"> <li>• address all participants with the same instructions</li> <li>• provide verbal instructions</li> <li>• use clear and concise language</li> </ul>	<ul style="list-style-type: none"> <li>• use soft colourful balls</li> <li>• use a regulation height volleyball net</li> <li>• have two players on the court at a time</li> </ul>

- a. Identify a demonstration method from the table above and describe why it is most suitable for children aged 5–10 years. Suggest a specific modification for this method that is suitable for this age group.

3 marks

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- b. Identify an instructional method from the table on page 16 and describe why it is least suitable for people with a disability. Suggest how you would adjust this instructional method to cater for people in this group.

3 marks

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- c. Using examples apart from those in the table on page 16, complete the following table for adults aged over 65.

3 marks

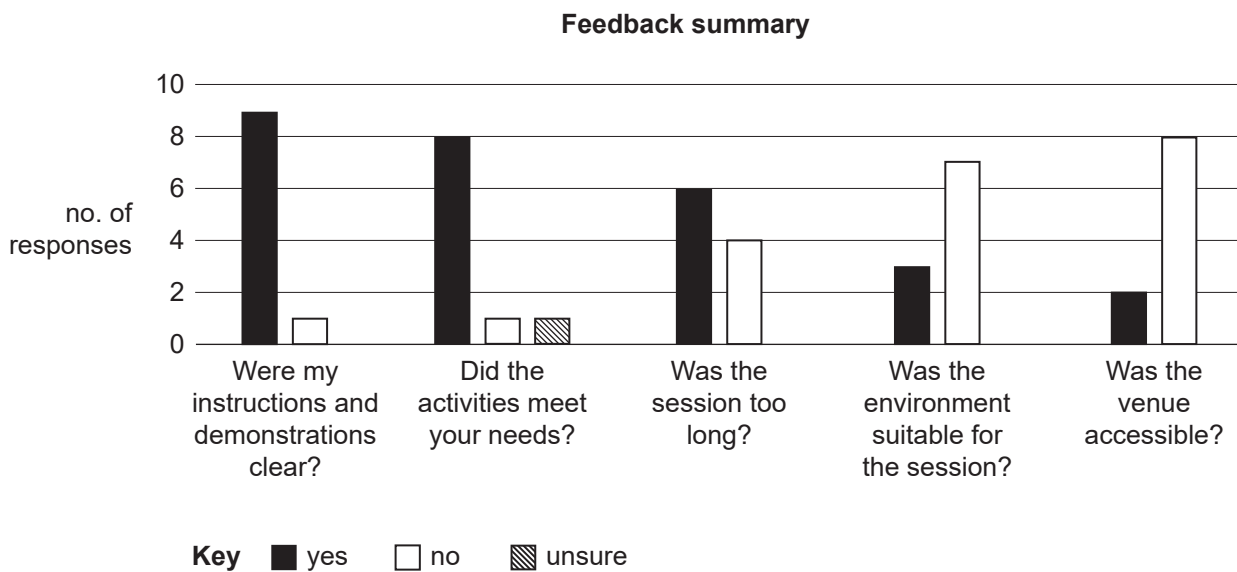
User group	Demonstration method	Instructional method	Modified rule
adults aged over 65	•	•	•

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- d. Identify two environmental factors to consider when delivering an indoor volleyball session to any of the user groups (children aged 5–10, people with a disability, adults aged over 65). Explain how you would respond to each factor. 4 marks

Environmental factor	Response

- e. At the end of a session, you asked participants/carers to provide feedback. The graph below shows a summary of their responses.



- i. Based on the feedback provided, identify an area of strength and an area for improvement. 2 marks

Area of strength \_\_\_\_\_

Area for improvement \_\_\_\_\_

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- ii. Based on the area for improvement identified in **part e.i**, outline an adjustment you could make to your next session.

1 mark

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