

STUDENT NUMBER Letter

VCE VET SPORT AND RECREATION

Written examination

Monday 7 November 2016

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 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 (17 marks)

You have been appointed the aquatics coordinator at a local recreation centre. The centre has changed its policy to follow Life Saving Victoria's 'Watch Around Water' policy, which includes:

- children under five years of age must be accompanied into the centre by a responsible parent/guardian and must be constantly and actively supervised within arm's reach during recreational play
- children under 10 years of age must be accompanied into the centre by a responsible parent/guardian and must be constantly and actively supervised in clear view.

- a. Describe a strategy that could be used to educate occasional users about the 'Watch Around Water' policy using word of mouth. 2 marks

- b. You inform the parent of a nine-year-old about the policy. The parent becomes aggressive and informs you that their child is responsible and an excellent swimmer, and that the child does not need a supervisor because the child will turn 10 in three days. The centre manager has told you to resolve this conflict assertively.

- i. What type of situation would the conflict described above relate to? 1 mark

- ii. What is 'assertive' conflict resolution? 1 mark

- iii. Explain how using an assertive conflict resolution technique could help to resolve the conflict in the situation described above. 2 marks

The recreation centre has a popular learn-to-swim program for children. You notice that the swimming teachers are not working effectively as a team. Recently, they have shown a lack of group cohesion and commitment to goals. You feel that this could have an impact on the future success of the program and decide to try to improve the group's cohesion.

- c. What are **three** important group dynamics to consider when facilitating the group? 3 marks

- d. Describe a monitoring or assessment method you could use to ensure that group cohesion improves. 2 marks

- e. The recreation centre has a practice of lending goggles to students who forget to bring their own to a lesson.

What classification of risk is this?

1 mark

- f. Complete the following table with one example for each of the potential sources of risk to users of the swimming pool. 3 marks

Potential source of risk	Example
physical	
chemical	
psychological	

- g. To increase profits, the centre manager has decided to sell more merchandise at the customer service desk. The centre manager wants the merchandise to be of a high quality in order to avoid any product liability issues.

What is product liability?

2 marks

TURN OVER

Question 2 (14 marks)

During the pre-game activities at a major sporting stadium, a message is displayed on two electronic scoreboards and announced over the public address (PA) system, advising spectators about what to do in the event of an emergency. This message runs for approximately 30 seconds.

- a. Identify **one** user group this message is aimed at. 1 mark

- b. Provide **two** reasons why these methods of communication may not reach everyone in the stadium. 2 marks

- c. Explain what the management team of the stadium could do to maximise the chances of everybody seeing or hearing the message when they attend an event at the stadium. 2 marks

During a game, there was an emergency in a grandstand and several spectators were injured in the rush to evacuate.

- d. Identify the classification of this risk at the stadium. 1 mark

During the evacuation, one of the spectators started arguing with the event staff about where they were supposed to go.

- e. i.** Identify a situation that could cause the conflict between the spectator and the event staff described above. 1 mark

- ii.** Name **one** resource that could be used to resolve this conflict. 1 mark

- iii.** In the situation identified in **part e.i.**, would negotiation be effective in resolving the conflict? Justify your answer. 3 marks

- iv.** Why is it important to resolve this conflict? 2 marks

- f.** On this occasion, the stadium did not run the 'what to do in an emergency' announcement over the PA system or on the scoreboards before the commencement of play.

What piece of relevant legislation would apply to the injured spectators? 1 mark

Question 3 (8 marks)

A new fitness-based app has just been launched. The manufacturer of the app claims that you can get fit by exercising for only 20 minutes a day using the app’s programs, three days a week.

- a. Identify one user group that would benefit **most** from using this app. Justify your response. 3 marks

User group _____

Justification _____

- b. Select a method to promote the use of this app. Explain why this method would be **best** suited to the user group identified in **part a**. 3 marks

Method _____

Explanation _____

- c. Explain why promoting this app to retirees might not be a successful strategy. 2 marks

Question 4 (15 marks)

Graham has been appointed the senior coach of the youth basketball team at the Australian Institute of Sport. His role will involve overseeing the training, strengthening and conditioning of the team, as well as the coordination of training sessions, in order to help his athletes reach their full potential. Graham will need a variety of staff and resources so that he can fulfil his responsibilities.

- a. Name two medical support team personnel that Graham could recruit to help support his athletes. State a contraindication that each of them could help prevent or treat. 4 marks

Medical support personnel	Contraindication

- b. Some of the athletes under Graham's care are under 16 years of age.

What extra documentation is needed before these athletes can commence a training program? 1 mark

- c. Name three benefits that the athletes would receive if they were adequately warmed up prior to commencing the main part of a training session. 3 marks

1. _____

2. _____

3. _____

- d. List three relevant drills or activities that Graham could include in the warm-up component of his session plan. 3 marks

1. _____

2. _____

3. _____

- e. Graham has noticed that many of the athletes in the team tend to lose their balance very easily, particularly when defending.

Name two biomechanical principles that Graham could teach his athletes to help them develop better balance. State how each principle affects balance and stability. 4 marks

Biomechanical principle	How it affects balance and stability

Question 5 (4 marks)

For each of the conflict situations given in the table below, identify an organisational policy or constraint that may be used to assist with resolving the dispute. The same answer must **not** be used twice.

Conflict situation	Organisational policy/constraint
A staff member is unhappy about a cut in their working hours.	
A product sold by a business does not work as it is supposed to.	
A salesperson is on their phone and does not make any contact with a customer who is seeking assistance in the store.	
A customer purchased an item of clothing online and, when it arrived, discovered that the wrong size had been sent.	

Question 6 (11 marks)

On a Year 11 school camp held in Queensland, students were given the opportunity to participate in a non-compulsory snorkelling trip to the Great Barrier Reef.

- a. Trust and safety are key components in developing positive group dynamics.

Explain why these components would be essential for this type of activity.

2 marks

- b. State a method to monitor and assess the performance of the group during the snorkelling activity and explain why this method would be necessary.

3 marks

- c. During the activity, it became clear that there was a personality clash between two students.

Why could this personality clash be considered a problem? Provide **one** strategy the staff could use to reduce or eliminate this barrier during the snorkelling trip.

3 marks

- d. Some members of the group were very excited to be going snorkelling and were over-aroused.

In relation to this activity, suggest why over-arousal could be a concern. Describe a method to reduce these students' arousal levels prior to them entering the water.

3 marks

Question 7 (18 marks)

A company intends to run a school holiday sports camp over the summer period. The activities coordinator has decided to offer soccer, netball, field hockey, cricket and orienteering, and will target the program at children with a range of abilities, from the ages of 12 to 16. The company will employ specialist coaches for each sport.

- a.** Suggest **two** things the coaches would need to consider when planning appropriate tasks and activities for the sports camp. 2 marks

- b.** Give **one** method that could be used to assess the ability or condition of the children prior to their participation in the sports camp's activities. 1 mark

- c.** Other than seeking feedback or surveying the participants, suggest **two** ways in which the coaches could successfully conclude a session. 2 marks

Select one of the sports offered: soccer, netball, field hockey, cricket or orienteering.

Sport _____

- d.** Other than human resources, list **two** resources that would be required for the sport you have selected. 2 marks

- e.** For the sport you have selected, outline two appropriate activities that could be included to develop the participants' skills. 4 marks

1. _____

2. _____

- f. The activities coordinator decides to run a basketball game. There is one participant at the sports camp who is wheelchair-bound.

Suggest **one** modification strategy and outline how the activities coordinator could adopt this strategy in order to allow this participant to play an active role in the session.

3 marks

- g. The children will be working together at the sports camp for a full week. It is important that they get to know each other and work together effectively.

- i. Explain why it is important to have a collaborative approach to developing good working relationships.

2 marks

- ii. Describe **one** activity that could be incorporated to facilitate a collaborative approach.

2 marks

Question 8 (13 marks)

A school has decided to employ ABC Sailing to conduct a full-day learn-to-sail program for students. The venue chosen is a large lake used for recreational purposes and as a water source for the local community. Each boat will have two students on board.

- a. Describe **one** appropriate strategy that could be used to prepare the students prior to them undertaking this program. 2 marks

- b. Given the outdoor and remote nature of this activity, identify two items of equipment that would be most appropriate to use as an aid in educating the students at the sailing site. 2 marks

1. _____

2. _____

- c. ABC Sailing is required to complete a plan of its risk management procedures in order to run sailing activities.

For each scenario given below that could arise during the program, give a risk treatment option and describe a strategy that ABC Sailing could use to implement this risk treatment option.

8 marks

- Scenario 1 – Staff notice that two students are not listening to instructions and are sailing too close to other boats.

Risk treatment option _____

Strategy _____

- Scenario 2 – A sail is torn on one boat, preventing it from moving through the water like the other boats.

Risk treatment option _____

Strategy _____

- Scenario 3 – During the course of the day, the weather becomes rough, with high winds.

Risk treatment option _____

Strategy _____

- Scenario 4 – A boat capsizes.

Risk treatment option _____

Strategy _____

- d. Why would ABC Sailing need to repeat a risk analysis of the learn-to-sail program on a regular basis?

1 mark
