

VCE VET Sport and Recreation

Written examination – End of year

Sample questions

These sample questions are intended to demonstrate how ‘SISSCO001 Conduct sport coaching with foundation level participants’ may be examined. They do **not** constitute a full examination paper.

Question 1 (9 marks)

You are working as an assistant coach for a local football team. The team consists of children between the ages of 10 and 12. You will be assisting the children with their kicking technique.

- a. The coach has suggested that you use only open-ended questions with the children.

In the table below, indicate with a tick (✓) which questions are open-ended and which questions are closed.

4 marks

Question	Open-ended	Closed
What did you like best about the activity?		
Did you have a good time?		
Will you come back and play again?		
What will make you come back again?		

- b. i. What are two language considerations when instructing children in this age group? 2 marks

Consideration 1 _____

Consideration 2 _____

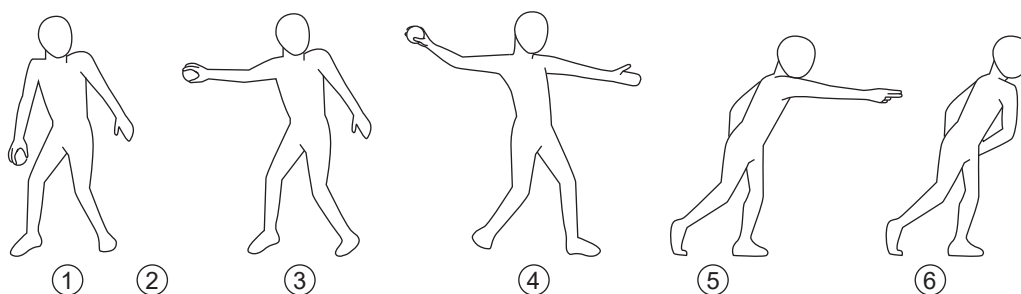
- ii. Provide an example of an instructional statement using **one** of these considerations. 1 mark

- c. Identify **two** ways in which you could confirm that a foundation-level participant has understood your instructions.

2 marks

Question 2 (8 marks)

You have been asked to coach a group of seven- to nine-year-old children on how to throw a ball overhand to a target. The sequence for an overhand throw is shown in the numbered diagram below.



- a. In the table below, identify the order of the steps by labelling each step with the corresponding number (1–6) from the sequence shown in the diagram above.

6 marks

Step	Number
During the throw, step forward towards the target with the foot opposite your throwing arm.	
Move your throwing arm down in front of you and across your body.	
Focus your eyes on the target.	
Move your throwing arm horizontal behind your body.	
Rotate your shoulder to lift your arm to the front of you and throw the ball.	
Stand side-on to the target, feet apart.	

- b. Identify two appropriate methods of receiving feedback from children in this age group.

2 marks

Method 1 _____

Method 2 _____

Question 3 (18 marks)

- a. All coaches need to adhere to the coach’s code of conduct set by their sport’s governing body.

Outline two statements that would appear in a typical coach’s code of conduct.

4 marks

Statement 1 _____

Statement 2 _____

- b. List two behaviours that would be expected of an assistant coach.

2 marks

Behaviour 1 _____

Behaviour 2 _____

- c. In the table below, explain each communication style listed by stating the importance of that style for foundation-level participants and how that style could be successfully implemented.

6 marks

Communication style	Importance of this style for foundation-level participants	How this style could be successfully implemented
demonstration		
tone and level of voice		
terminology and language		

- d.** Outline the importance of giving and receiving feedback, how this element of coaching can be implemented, and how feedback can be received. 6 marks

Importance _____

How to implement _____

How to receive _____

Question 4 (12 marks)

You are a basketball coach. You are coaching foundation-level participants aged seven years. Over the next few weeks you are going to focus on goal shooting.

- a.** Outline three basketball shooting drills that you would introduce to the participants. Each drill should increase in complexity. 6 marks

Drill 1 _____

Drill 2 _____

Drill 3 _____

- b. In the table below, outline a solution that you would adopt to address each issue listed that may arise during your sessions.

6 marks

Issue	Solution
Participants do not seem to be getting the ball into the hoop.	
One participant is significantly taller than the other participants and is dominating the scoring.	
Participants seem to be constantly out of breath after the ball has been transferred from one end of the court to the other.	
One participant seems to be lacking confidence, is using avoidance strategies to keep from getting involved and their teammates are refusing to pass them the ball.	