



VCE VET SPORT AND RECREATION  
Practice written examination

**QUESTION AND ANSWER BOOKLET**

**Structure of book**

| <i>Number of questions</i> | <i>Number of questions to be answered</i> | <i>Number of marks</i> |
|----------------------------|---|------------------------|
| 9                          | 9   | 100                    |

**Permitted**



To bring into the examination room: pens, pencils, highlighters, erasers, sharpeners and rulers.

**NOT Permitted**



To bring into the exam: blank sheets of paper and/or correction fluid/tape



No calculators are allowed into this exam



Students are NOT permitted to bring in mobile phones and/or other unauthorised electronic devices into the exam.

**Materials supplied**

- Question and answer book of 21 pages

**Instructions**

Answer **all** questions in the spaces provided  
All written responses must be in English

**Question 1** (13 marks)

Every year the Victorian Institute of Sport offers traineeships for aspiring sports scientists, fitness, strength and conditioning coaches. These traineeships allow participants to gain valuable practical experience and work with some of the most elite athletes the State has to offer. Successful trainees are placed in sports specific programs, where they assist with:

- training sessions
- competition
- program planning
- testing, data collection and analysis

As a successful trainee, you have been offered positions with the following sports programs: Soccer, Netball and Field Hockey.

Choose one of the sports listed above. This sport should be used when answering parts (a) and (b).

Sport chosen: \_\_\_\_\_

- a.** The head coach has asked you to run a dynamic warm up for the team prior to a training session.

Suggest four sports specific dynamic warm up activities you could incorporate into your session.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

4 marks

- b.** Identify two major muscles that should be incorporated into your warm-up.

1. \_\_\_\_\_
2. \_\_\_\_\_

2 marks

**Question 1** - continued

**c.** Identify two benefits of conducting a dynamic warm-up?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

2 marks

**d.** As the athletes are preparing to begin training and participate in your warm-up, you notice that many of them seem to be dragging their feet; arousal levels and motivation seem low amongst the group. In order for the training session to be successful you need to find a way to increase their excitement levels during your warm-up.

Suggest one way you could do this?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 mark

**e.** At the conclusion of the warm-up, identify two questions you might ask yourself as part of a self-reflection.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

2 marks

**f.** The head coach comes to you at the end of the training session and offers some constructive feedback. What is constructive feedback and why is it beneficial?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

**Question 2** (13 marks)

Jana is an athlete. She is coming to the end of her career and is interested in becoming a coach. She believes that she has a lot to offer up and coming athletes as she can share her experiences. Jana asks her coach, Alex, where she should begin to develop her knowledge of coaching practices.

- a.** Alex tell her to access information on the NCAS.

What is NCAS and highlight how they assist new coaches?

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2 marks

As a coach it is important to implement best practice principles. In Australia this means upholding the ASC Coaches' Code of Behaviour.

- b.** What is a 'Code of behaviour'

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1 mark

- c.** Outline two statements you would expect to see on a coach's code of behaviour.

1. 

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2. 

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2 marks

**Question 2** - continued

- d.** Coaches have a number of legal obligations to ensure the safety of all participants who take part in their sessions. As a coach, describe what could be done to uphold your legal obligations in the following areas.

Equipment

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Injuries and illness

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Use of personal information

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Child protection

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8 marks

**Question 3** (11 marks)

‘Yes to Health’ insurance company has just introduced a new program to incentivise their members to participate in regular exercise. Members who wish to take part simply need to apply online. They will receive a FitBit to wear and are encouraged to upload their step count at the end of every week. Based on an individual’s step count they will receive discounts on their insurance and be in the running for prizes and giveaways including holidays, homewares, movie and shopping vouchers.

As part of this new incentive program ‘Yes to Health’ will be running a number of community group exercise sessions. You have been asked to plan a program to be run over four Saturdays from 10am til 11am.

The head of the program Marsha Green wants the program to be casual and wants members to feel like they can just turn up on the day and participate in the session.

**a.** Identify two problems with this approach.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

After identifying problems with this approach, it is agreed that participants will need to register online for the program.

**b.** List three pieces of information that should be included as part of the online registration that would be helpful to you in planning your program.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 Marks

**Question 3** - continued

**c.** What would be the most appropriate way to promote these exercise sessions to members and explain why?

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2 marks

**d.** On the day of the first session a man named Toby turns up to participate in the session, however, he has not registered online and therefore has not enrolled to participate. Describe how you could efficiently and effectively deal with this situation?

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1 mark

**e.** Describe what coaching style would be most appropriate when conducting these programs?

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1 mark

**f.** At the conclusion of the first session suggest two important elements that should be communicate to the group?

1. 

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2. 

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2 marks

**Question 4 (19 marks)**

Harriet has just purchased a sports complex which she plans to run. The complex is made up of:

- 6 full size tennis courts
- 2 beach volleyball courts
- 1 indoor softball diamond
- 2 indoor cricket pitches
- 3 netball courts

The complex is 8-years old and requires quite a lot of repairs and general maintenance. While hazard identification should be an ongoing process within a business it is obvious to Harriet that the complex has been neglected, with many hazards left untreated. Harriet will need to conduct a full hazard identification before she can re-open the complex to the public.

**a.** Besides talking with staff, identify two hazard identification methods Harriet could use and briefly explain why each would be an appropriate in this scenario.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4 marks

**b.** Harriet plans to consult the complex's many staff as part of the hazard identification process.

**i.** Define consultation

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 mark



**Question 4 - continued**

**ii.** Outline two ways in which consultation with staff benefits a business.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

**c.** Harriet has planned for the complex to be closed for at least 2-months while she completes all of the necessary repairs and maintenance. She really wants to get the complex employees involved in the hazard identification process, however, this is proving to be quite difficult as many of them are upset that they are going to unemployed for 2-months while the complex is undergoing repairs.

Suggest how Harriet could encourage workers to participate in the process.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

Eventually Harriet manages to get fifteen staff to attend an in-house staff meeting where she asks them to list hazards that they have noticed while working. She finds that Tony, who works as a cricket umpire at the complex is the only one contributing and he is only identifying hazards in this area.

**d.** Describe how Harriet can get the other workers to contribute and identify hazards in others areas of the complex.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

**Question 4 - continued**

- e. After using a range of methods to identify hazards, Harriet has addressed the majority of them. However, one week from the scheduled re-opening she notices some additional hazards that need her attention.

For each of the hazards identify a suitable risk control option to reduce the risk and highlight an impeding factor that could affect its implementation.

| <b>Hazard</b>   | <b>Suitable risk control option</b> | <b>Potential impeding factor</b> |
|---|-------------------------------------|----------------------------------|
| The bases on the softball pitch tend to move out of place when touched.   |                                     |                                  |
| The netting between the cricket pitch and one of the netball courts is loose and cricket balls can easily roll onto the netball court under the netting.<br>Creating a potential trip hazard. |                                     |                                  |
| 150 people have indicated that they will be attending the complex's open day.<br>There are potentially not enough staff to meet the required supervision ratio.                               |                                     |                                  |

6 marks

**Question 4 - continued**

**f.** When selecting an appropriate risk control option, highlight two criteria that should be considered.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

**Question 5 (12 Marks)**

Total training gym in Glen Waverley has just purchased three state of the art S-Drive Performance Trainers. Performance Trainers are excellent for High Intensity Interval Training (HIIT) and are excellent for building power, endurance and agility. The S-Drive has all the functions of a treadmill while also including a harness system for parachute resistance and a sturdy handlebar which can be pushed or pulled, simulating sled exercises.



As these are new pieces of equipment it is important for the gym to educate members on how to use them.

**a.** Highlight two specific issues that might arise relating to the use of this new equipment?

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 marks

**Question 5 - continued**

- b.** Describe an appropriate strategy that could be implemented to educate gym users on how to use the equipment.

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2 marks

- c.** Tim, one the personal trainers, decides to run a series of face-to-face tutorials where he will practically show members how to use the S-Drive and incorporate it into their training programs to achieve their individual fitness goals.

To promote these tutorials, he is going to liaise with the members.

- i.** Define the term 'liaise'.

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1 mark

- ii.** Explain when would be the best time to liaise with members to promote the tutorials and why?

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2 marks

**Question 5 - continued**

**iii.** At the conclusion of the first tutorial management of the gym want Tim to evaluate it. Identify three criteria that could be used to evaluate the program.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 marks

**iv.** Upon analysing the feedback, there are a number of comments from participants that praise the tutorial, however, state that there was a too much information being presented for them to remember. Suggest an improvement that could be implemented prior to the next tutorial to address this issue.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

**Question 6 (4 marks)**

Kain is full forward for the Wallan Warriors under-18's football side. During Saturday's game he sustained a suspected concussion. He was immediately pulled from the ground and is required to obtain a medical clearance before being permitted to return to training or participate in any further games.

**a.** What is a medical clearance and why is it required?

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2 marks

**b.** Besides a concussion, highlight two other injuries that would require medical clearance.

1. 

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2. 

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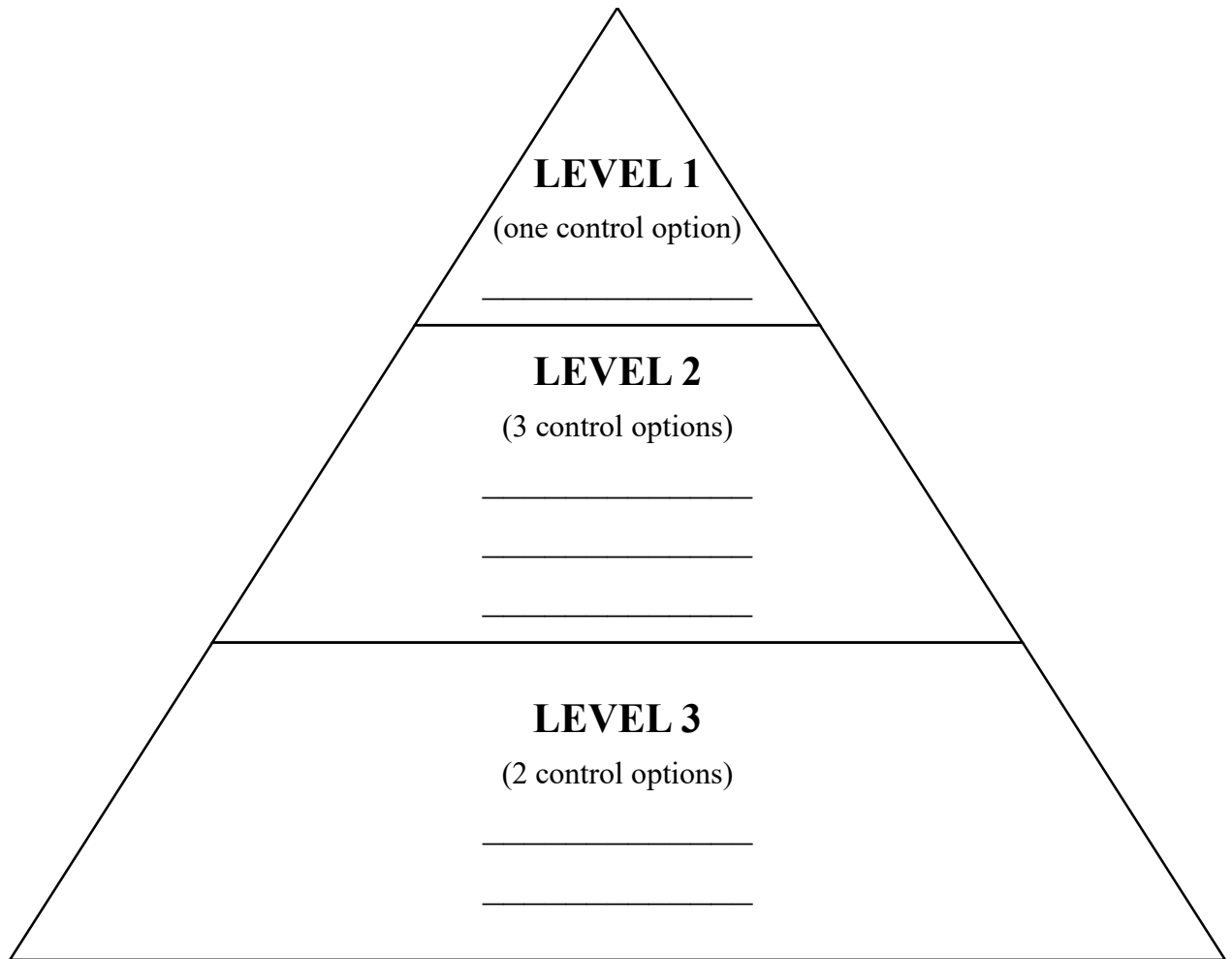
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2 marks

**Question 7 (6 marks)**

The WorkSafe Hierarchy of control outlines a number of options of controlling risks in the workplace. These controls are ranked from Level 1 to Level 3 with 1 being the highest level of protection with the greatest reliability.

On the diagram below, label the risk control options at each level.





**Question 8 (5 marks)**


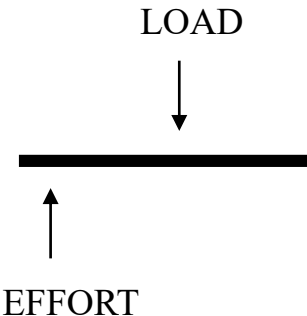
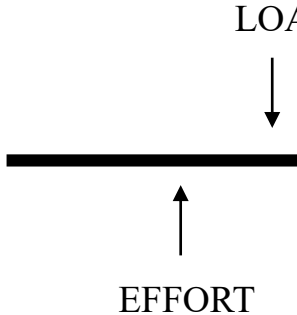
- a. A lever is a rigid structure that is capable of transmitting or exerting a force. It is a rigid rod that is able to rotate around a fixed point. In the human body what part is capable of such movements?

1 mark

- b. A fulcrum is a fixed point where a lever rotates and pivots. In the human body what part is a fulcrum?

1 mark

- c. Complete the following diagram of each lever system by placing the fulcrum in the correct position. Use a triangle ( $\Delta$ ) to identify its position.

|                           |  |
|---------------------------|--|
| <p>First class lever</p>  |  |
| <p>Second class lever</p> |  |
| <p>Third class lever</p>  |  |

3 marks

**Question 9** (17 marks)

Gina is an experienced T-ball coach. She has been asked to coach the local under 16s girls' side at the Hampton Baseball, Softball and T-ball club. Most of the girls have been playing together since under 12s and know each other well. Gina has been told that the team has had the same coach during that time and have formed some bad habits. Gina is told that many of the girls come late to training, argue with the coach, allocate their own positions on the team and can be horrendous in their treatment of each other. Many parents have complained about bullying so the club felt it was time for a new coach to step in and work with the team.

Gina has been asked to find a way to unify the team, stop the bullying and create a disciplined team that promotes inclusiveness and respect.

- a.** In preparing for her first meeting with the team, describe two barriers that Gina should expect and be prepared to deal with.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

- b.** In the team's first session Gina wants to establish a set of goals.

- i.** When working in a group or team why is goal setting important?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 marks

**Question 9 - continued**

- ii.** Gina wants the team to work together to come up with a set of group goals and then work as individuals to set their own personal goals.

Suggest how Gina could facilitate this process.

Group goals

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Individual goals

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4 marks

- c.** Outline a leadership style that would be most suitable for working with this group, initially.

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2 marks

**Question 9 - continued**

- d.** Two weeks into her role as coach, Gina is still struggling to get players to turn up on time for training. She has decided to implement a “No train/No play” policy. Gina’s new policy means that if a player fails to turn up for a training session, or is late without an appropriate excuse, they will not be eligible to compete on the weekend.

She is hoping that it will create accountability amongst the group.

- i.** Explain the concept of accountability and why it is important?

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2 marks

- ii.** Suggest how the club could review the “No train/No play” policy a month after its implementation.

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2 marks

**Question 9 - continued**

- e. The “No train/No play” policy has now been running for 4 weeks and the board of the Hampton Baseball, Softball and T-ball club has called Gina in for a meeting to discuss the policy as they have received a number of complaints from parents.

As it stands, the first week the policy was implemented the team did not have enough players to compete and had to forfeit the game. In the second week four players were not eligible to play. Two in the third week and last week all players were eligible.

Gina tells the board that the feeling within in the team and the attitudes of the players has changed and that abolishing the policy now would be detrimental to the team’s progress.

Outline the steps should be taken by the board to ensure that they make the right decision.

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3 marks

**END OF QUESTION AND ANSWER BOOKLET**