

Trial Examination 2022

## VCE VET Sport and Recreation

Written Examination

### Question and Answer Booklet

Reading time: 15 minutes

Writing time: 1 hour 30 minutes

Student's Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

#### Structure of booklet

<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
9	9	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 booklet of 12 pages

#### Instructions

Write your **name** and your **teacher's name** in the space provided above on this page, and on the answer sheet for multiple-choice questions.

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.**

Students are advised that this is a trial examination only and cannot in any way guarantee the content or the format of the 2022 VCE VET Sport and Recreation Written Examination.

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**Instructions**

Answer **all** questions in the spaces provided.

**Question 1** (4 marks)

In the table below, identify the specific risk control measure that best matches each scenario. You must use a different risk control measure for each scenario.

<b>Scenario</b>	<b>Risk control measure</b>
A section of a mountain bike trail is washed out after heavy rain.	
A pool lifeguard working outside all day obtains serious sunburn.	
The handle of a cricket bat becomes loose after a shot is played.	
A store attendant suffers a back injury after constantly lifting heavy items onto shelves.	

**Question 2** (16 marks)

A mountain resort has built a new freestyle terrain park containing a range of features and obstacles for skiers and snowboarders.

- a.** Outline two methods the mountain resort could use to identify potential hazards within their terrain park. 4 marks

Method 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Method 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- b.** List three benefits of conducting a risk assessment of the freestyle terrain park. 3 marks

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

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

3. \_\_\_\_\_

- c.** Explain the purpose of assessing risk at the freestyle terrain park. 2 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It has been identified that users of the freestyle terrain park range in ability from beginner to expert. As a result, the risk varies considerably based on user experience.

- d.** Outline a strategy that the mountain resort could use to control risks for the various users of the freestyle terrain park. 3 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Even though the mountain resort has undertaken all the necessary steps to control risk, residual risks remain.

- e.** Define the term ‘residual risk’. 1 mark

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- f.** Describe a method that the mountain resort could use to evaluate the success of their risk control options. 3 marks

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**Question 3** (6 marks)

Complete the table below by identifying a technical fundamental and a tactical fundamental of each sport.

<b>Sport</b>	<b>Technical fundamental</b>	<b>Tactical fundamental</b>
netball		
AFL		
tennis		

**Question 4** (13 marks)

The popularity of participating in fitness classes remotely has increased significantly in the past few years. While being more convenient for many individuals, remote classes may not offer participants the required attention and support to perform the correct forms and techniques when exercising.

- a. i.** State a method that a personal trainer could use to identify this specific issue. 1 mark

\_\_\_\_\_

- ii.** Provide a strategy that a personal trainer could use to address this specific issue. 2 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- b.** Outline why it would be important to understand the user group before developing an educational program. 2 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c.** Provide three key points that need to be considered when developing educational material for remote participants. 3 marks

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

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

3. \_\_\_\_\_

- d.** List three criteria a personal trainer could use to evaluate their educational program and explain why it is important to evaluate the educational program. 5 marks

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

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

3. \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Question 5** (21 marks)

You have volunteered to be a member of an organising committee for a major triathlon event. The event is open to both professional and recreational participants, all above the age of 12 years. There are separate races to cater for individual abilities.

- a. In the table below, compare the preferences, needs and expectations of a professional athlete and a recreational participant for this event. 6 marks

	<b>Professional athlete</b>	<b>Recreational participant</b>
<b>Preference</b>		
<b>Need</b>		
<b>Expectation</b>		

- b. i. State a method for determining whether an athlete should **not** participate in the triathlon event. 1 mark

\_\_\_\_\_

- ii. Outline the possible steps you would take if it were established that an athlete was at risk if they participated in the triathlon event. 2 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c. List three points to consider when hiring staff for the triathlon event. 3 marks

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

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

3. \_\_\_\_\_

- d. The staff could be considered an impeding factor when attempting to implement risk control options for your triathlon event.

- i. Define the term 'impeding factor'. 1 mark

\_\_\_\_\_

\_\_\_\_\_

- ii.** Outline how the triathlon event staff could be an impeding factor. 2 marks

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- iii.** Identify one impeding factor (other than the triathlon staff) that may impact the success of the risk controls you have implemented. 1 mark

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- e.** State a method for informing the triathlon event staff about risk controls. 1 mark

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- f.** Explain the importance of supporting and encouraging staff to participate in the consultation process of implementing risk controls for the triathlon event. 2 marks

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Following the triathlon event, you send out a survey to all participants.

- g.** State the purpose of this survey and what you would do with the information received. 2 marks

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**Question 6** (6 marks)

In the table below, identify the barrier that may apply in each scenario and suggest a strategy to reduce or eliminate that barrier.

<b>Scenario</b>	<b>Barrier</b>	<b>Strategy to reduce or eliminate barrier</b>
A basketball coach is struggling for team unity as her best player always argues with their teammates.		
A sports club president is pushing the selection committee for their son to be chosen in the team for the finals, despite him not having played all season.		
A staff member did not properly explain the terms and conditions of a gym membership to a new client.		

**Question 7** (8 marks)

New staff members have gathered for an induction session prior to the commencement of their employment at a recreation-based holiday camp for children aged 8 to 16 years.

**a. i.** Which stage of group formation would the new staff members presently be in? 1 mark

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**ii.** Describe a characteristic of the stage identified in **part a.i.** 1 mark

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**b.** Discuss a method the holiday camp team leader could use to allocate tasks to the new staff members. 2 marks

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**c.** The holiday camp team leader has provided tips to all new staff members around communicating with the participants of the holiday camp.

**i.** Define the term ‘active listening’. 2 marks

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**ii.** Identify two non-verbal communication cues that the new staff members can use. 2 marks

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**Question 8** (20 marks)

You have been appointed coach of an under-10s junior soccer team. Many of the participants are playing their first season of soccer.

The soccer club has provided you with a document outlining a list of behaviours the club expects of all coaches.

- a. i.** What is the name of this document? 1 mark

\_\_\_\_\_

- ii.** List three items that may be contained within the document from **part a.i.** 3 marks

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

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

3. \_\_\_\_\_

- b.** Identify three strategies you could employ prior to the commencement of each training session to ensure the sessions are safely conducted and outline how each strategy assists safety. 6 marks

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

- c.** Outline a modification you could make within your training session to maximise the skill development of the participants. 2 marks

\_\_\_\_\_

\_\_\_\_\_

- d.** Describe an appropriate method that could be used to demonstrate the skill of trapping the ball to your participants. 3 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- e. Provide an example of one open-ended question and one closed question you may ask the participants when they watch your demonstration of the trapping skill from **part d**. 2 marks

Open-ended \_\_\_\_\_

Closed \_\_\_\_\_

- f. i. Identify one advantage of providing feedback to a participant on their ability to trap the ball. 1 mark

\_\_\_\_\_

- ii. List two strategies that would make the feedback as effective as possible. 2 marks

\_\_\_\_\_

\_\_\_\_\_

**Question 9** (6 marks)

Privacy and confidentiality are legislative requirements for any sports club.

- a. List three items of information about club members that must remain private. 3 marks

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

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

3. \_\_\_\_\_

- b. Define the term ‘confidentiality’ as it applies to a sporting organisation. 1 mark

\_\_\_\_\_

\_\_\_\_\_

- c. Outline a method that a club manager could use to ensure club members’ private information remains confidential. 2 marks

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**END OF QUESTION AND ANSWER BOOKLET**