

SUPERVISOR TO ATTACH
PROCESSING LABEL HERE

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

Letter

VET Sport and Recreation

Question and Answer Book

VCE Examination – Friday 15 November 2024

- Reading time is **15 minutes**: 11.45 am to 12 noon
- Writing time is **1 hour 30 minutes**: 12 noon to 1.30 pm

Materials supplied

- Question and Answer Book of 16 pages

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

Contents	pages
8 questions (100 marks)	2–14

Instructions

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

Question 1 (12 marks)

Ryan runs a learn-to-skate company and is a qualified skating instructor. He has been appointed by a school to deliver a series of skating lessons to a group of students.

- a. Outline two reasons why it is important for Ryan to confirm the age group of the participants with the school prior to conducting the skating lesson. 2 marks

1. _____

2. _____

- b. The school has confirmed that the group are Year 8 students, many of whom are first-time skaters. How will the students' level of experience influence Ryan's lesson preparation? 2 marks

- c. After the first session is completed, Ryan plans to seek feedback from his staff, the participants and the school. 6 marks
- Using the table below, identify the most appropriate type of feedback that Ryan could use, and justify the choice. A response may only be used once.

	Type of feedback	Justification
Staff		
Participants		
School		

Do not write in this area.

- d. Suggest two questions that Ryan could ask the participants to seek feedback on the lesson. 2 marks

1. _____

2. _____

Question 2 (11 marks)

You have recently commenced working for MobiKay, a mobile kayaking business that engages groups of four to six individuals in kayaking tours of local rivers and water catchments. These tours are run by one guide and are approximately two hours in length.

The business has been run independently by the owner for the past two years. Workplace practices and procedures have been determined by the owner but are not formally documented.

- a. Define the following terms: 2 marks

Policy _____

Procedure _____

- b. List three elements that should be included in a policy document. 3 marks

1. _____

2. _____

3. _____

Question 2 continues on the next page.

c. You identify several hazards in the operation of the MobiKay business. These include:

- one guide supervising six participants. This could potentially lead to a participant getting lost.
- a two-hour kayaking tour with undisclosed time to rest. This could potentially lead to dehydration, heat stroke or other medical complications for the participants.

Identify and describe two mechanisms from the hierarchy of control that may be implemented to control each risk outlined above.

6 marks

Risk control option 1 _____

Description _____

Risk control option 2 _____

Description _____

Question 3 (16 marks)

A local football club wants to establish a team to play in the new women’s competition beginning in the upcoming football season. As the appointed assistant coach of the new team, you are keen to promote the sport and the club to women in the local community.

- a. Identify the stage of group development critical to the success of establishing the women’s team and list one characteristic of this stage. 2 marks

Stage of group development _____

Characteristic _____

- b. Identify a barrier to group formation that may arise and describe a strategy that you could use to overcome it. 3 marks

Barrier to group formation _____

Strategy _____

- c. You have worked with the coach to develop a session plan to include a range of activities that aim to develop the team’s technical and tactical skills.
In the table below, identify one technical skill and one tactical skill that could be included in the training session and describe a suitable activity for the development of each skill. 4 marks

	Skill	Description of activity
Technical		
Tactical		

Question 3 continues on the next page.

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- d. Prior to the first training session, you are given the task of identifying any hazards at the venue.

Identify one hazard identification method that you would use and justify why you selected that method.

3 marks

Method _____

Justification _____

- e. The next stage is to complete the risk assessment and implement the chosen risk controls.

Identify two factors that would impede the implementation of risk control options and outline a strategy to overcome each factor.

4 marks

Factor 1 _____

Strategy to overcome _____

Factor 2 _____

Strategy to overcome _____

Question 4 (15 marks)

You are running a three-day fishing charter for a group of international tourists aged between 45 and 75 years.

Prior to departing the dock, you have to provide them with a safety briefing that includes an overview of the equipment.

- a.** List two methods that you can use to identify specific issues that may arise. 2 marks

1. _____

2. _____

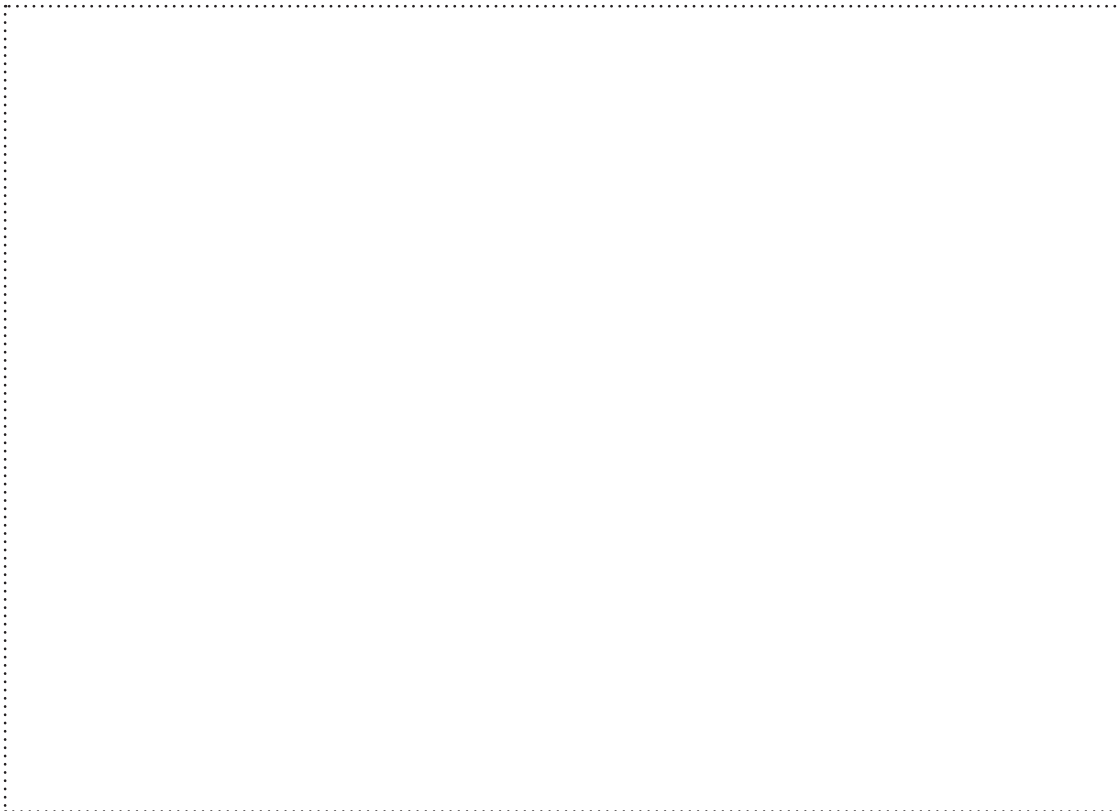
- b.** Describe and justify an appropriate method to conduct the safety briefing. 3 marks

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c. Recently, there has been a trend in clients taking off their life jackets while on board the boat, leaving them in danger if they fall overboard.

i. Construct a poster targeted at the identified user group that has **three** different components to convey this information.

3 marks



ii. Justify why you have included each component on the poster.

3 marks

d. It is important to evaluate any education program. Describe two criteria that you could use to evaluate a program.

4 marks

1. _____

2. _____

Do not write in this area.

Question 5 (6 marks)

You are the owner of an obstacle course that includes a variety of challenges. There have been several incidents that have resulted in injuries to employees and participants. You understand that consultation is an important part of workplace health and safety.

- a.** Suggest two reasons why you should consult with employees in the workplace. 2 marks

1. _____

2. _____

- b.** According to the legislation, identify who you must consult with in the workplace, other than employees. 1 mark

- c.** Explain a step that should be included in the consultation process and how it could be implemented with your employees. 3 marks

Question 6 (22 marks)

You are a facilitator for a school holiday program that runs for one week during the summer holidays. There will be 25 participants aged between nine and 12 years. The theme for the week is athletics and the breakdown of the program is shown below.

Day 1	jumping events (long jump and high jump)
Day 2	running events
Day 3	throwing events (discus and shot put)
Day 4	relays
Day 5	carnival (all events)

- a. Outline an individual goal that you could set for yourself and a group goal you could set for the program.

2 marks

Individual goal	
Group goal	

- b. It is important for the facilitator to establish the activity goals.

Define the term 'activity goal' and discuss why it is important to establish activity goals prior to the start of each session.

3 marks

- c. Identify and explain the most appropriate leadership style the facilitator should adopt during the program.

3 marks

d. To ensure that your program runs successfully, several resources will be required.

Identify two categories of resources and provide an example of each.

4 marks

	Category	Example
1.		
2.		

e. One participant questions the relevance of the training session being conducted. They ask why they are being taught jumping-based skills if they are never going to use them in real life.

Explain your rationale for educating the participants on these fundamental skills, including relating it to their day-to-day lives.

2 marks

f. The participants are grasping the skills of the training session well. However, a small number of participants are uninterested as they are ‘finding it too easy’.

List three strategies that could be used to encourage more participation from these students, and briefly describe how you would implement each of these strategies during your session.

6 marks

Strategy 1 _____

Implementation _____

Strategy 2 _____

Implementation _____

Strategy 3 _____

Implementation _____

- g.** It is important to evaluate the program, and collecting participant feedback is a key element of evaluation.

Identify two program components on which you should seek participant feedback. 2 marks

- 1. _____
- 2. _____

Question 7 (10 marks)

Charlie has been appointed as a sports coach for a multi-sport program. The program is run for 10 weeks, with the emphasis on being physically active and maximising participation while learning some new skills.

- a.** Identify **one** stakeholder from whom Charlie could seek agreement regarding the program plan prior to implementing it. 1 mark

- b.** Charlie has been developing skills in demonstration techniques when working with foundation skill-level participants.

Explain **one** benefit of an effective demonstration for foundation skill-level participants. 2 marks

- c.** List **one** method that Charlie could use to seek feedback on their coaching. Discuss how this method might be used to improve future coaching performances. 3 marks

Do not write in this area.

- d. Charlie is thinking of ways of modifying their cricket lesson to accommodate the abilities of all the participants.

Suggest an appropriate modification for each of the following scenarios.

4 marks

Scenario	Modification
Several participants are finding it difficult to hit the ball.	
Some participants are saying they are struggling to run the length of the pitch.	
During the game, participants are becoming frustrated and disengaged as they are being given 'out' too quickly when batting.	
A participant who is visually impaired is keen to participate.	

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