

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 – Day Date Month Year

- Reading time is **15 minutes**: — to —
- Writing time is **1 hour 30 minutes**: — to —

Materials supplied

- Question and Answer Book of 16 pages
- Multiple-Choice Answer Sheet

Instructions

- Follow the instructions on your Multiple-Choice Answer Sheet.
- At the end of the examination, place your Multiple-Choice Answer Sheet inside the front of this book.

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

Contents	pages
Section A (15 questions, 15 marks)	2–4
Section B (6 questions, 85 marks)	5–15

Section A – Multiple-choice questions

Instructions

- Answer **all** questions in pencil on your Multiple-Choice Answer Sheet.
 - Choose the response that is **correct** or that **best answers** the question.
 - A correct answer scores 1; an incorrect answer scores 0.
 - Marks will **not** be deducted for incorrect answers.
 - No marks will be given if more than one answer is completed for any question.
-

Question 1

A weekly over-60s walking club that allows people to make and maintain friendships while exercising would be an example of

- A. a games-based activity.
- B. a holiday program.
- C. a creative program.
- D. a social-interaction program.

Question 2

Which of the following practices should an activity leader recommend to ensure the safety of golfers using a golf club at a driving range?

- A. Swing the club as hard as possible, regardless of your surroundings.
- B. Always check your surroundings for other players before taking your shot.
- C. Use a club that is significantly shorter than your height, so that you have better control.
- D. Take lots of practice swings in crowded areas to properly warm up.

Question 3

A session plan will be suitably paced when

- A. participants have successfully grasped the skills and are looking for more of a challenge.
- B. participants are becoming bored.
- C. participants are becoming tired.
- D. one individual cannot learn a skill, but the instructor continues with the same activity for the whole group.

Question 4

When demonstrating an activity technique, what should an activity leader do first?

- A. Ask participants to try the technique.
- B. Show the safety considerations.
- C. Explain the key points verbally.
- D. Ensure that all participants can see the activity leader.

Question 5

Which of the following is **not** a procedure to follow when evaluating a recreation session?

- A. Complete session documentation.
- B. Pack up the equipment.
- C. Seek participant feedback.
- D. Review session objectives.

Question 6

Which of the following is the correct order for activity leaders to follow when planning their coaching sessions?

- A. prepare, review, conduct, complete
- B. conduct, complete, prepare, review
- C. prepare, conduct, complete, review
- D. review, conduct, prepare, complete

Question 7

Which of the following statements would be considered a tactical skill instruction in basketball?

- A. 'Keep your eyes up when you are dribbling the ball.'
- B. 'When dribbling the ball, make sure you practise with each hand.'
- C. 'When you are dribbling the ball, try to run quickly and create space.'
- D. 'Practise dribbling the ball up and down the court.'

Question 8

Which of the following would be considered an open question?

- A. 'Who had a good time today?'
- B. 'What made today's session enjoyable?'
- C. 'Has all the equipment been put away?'
- D. 'What time are we meeting next week?'

Question 9

An appropriate warm-up time for a session that lasts 60 minutes would be

- A. 10 minutes.
- B. 20 minutes.
- C. 30 minutes.
- D. 40 minutes.

Question 10

When facilitating a group session, what is the most effective way for an activity leader to ensure clear communication with all participants?

- A. Use technical terms frequently to sound professional.
- B. Speak quickly to cover as much information as possible.
- C. Use only hand gestures to convey instructions.
- D. Maintain eye contact and use simple, concise language.

SAMPLE

Question 11

What is the primary role of a facilitator when conflict arises between team members during a training session?

- A. Ignore the conflict and continue with the session.
- B. Take sides with the participant they know best.
- C. Address the conflict calmly and help participants to find a resolution.
- D. Encourage independence by allowing the participants to handle the conflict themselves.

Question 12

Under Victorian Occupational Health and Safety (OHS) legislation, which requirement must be met before implementing a new hazard-control measure?

- A. approval from WorkSafe Victoria
- B. completion of a cost-benefit analysis
- C. consultation with employees affected by the change
- D. written agreement from all employees

Question 13

A leisure centre installs an automated system that continually monitors and adjusts water quality, helping to reduce the risk of waterborne illnesses.

What type of risk control is this?

- A. engineering
- B. administrative
- C. elimination
- D. isolation

Question 14

Which of the following are **not** external sources of information relating to developing risk-control options?

- A. WorkSafe Victoria compliance codes
- B. organisational policy and procedures
- C. industry associations and unions
- D. equipment manufacturers

Question 15

An indoor rock climbing venue wants to implement new safety control measures.

According to Work Health and Safety (WHS) laws, identify who needs to be consulted.

- A. external equipment vendors
- B. casual staff only
- C. health and safety representatives
- D. club members

Section B

Instructions

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

Question 1 (17 marks)

You are running a school holiday program for 20 participants aged 8–10.

- a.** Prior to the start of the program, you have to run a safety briefing with the participants.
- i.** Explain what a safety briefing is. 2 marks
-
-
- ii.** Give an example of what information may be included in a safety briefing. 1 mark
-
-
- b.** As you have not met the participants before, it is important that you try to build a rapport with them as soon as possible.
- i.** Define the term 'rapport'. 1 mark
-
-
- ii.** Describe an activity that you could run to help build rapport with participants. 2 marks
-
-
-

SAMPLE

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- c. One of the activities you run is a game of soccer. During the game, you realise that one of the participants is a very experienced and talented soccer player. They are completely dominating the game, and finding it too easy.

Describe an adjustment you could put in place to make the game more challenging for this participant.

2 marks

- d. During the session, it is important that you provide constructive feedback and positive reinforcement to each of the participants. A common way to do this is to use the 'feedback sandwich' technique.

- i. Explain what the 'feedback sandwich' technique involves and what this approach is designed to do.

4 marks

SAMPLE

- ii. Give an example of how to use the 'feedback sandwich' technique.

3 marks

- e. Identify **two** pieces of documentation that you would need to collate at the end of the session to help you plan the next session.

2 marks

Do not write in this area.

Question 2 (12 marks)

You are leading a community centre’s recreational basketball session for adults aged 60 and over. The session runs for 45 minutes and focuses on activities that promote physical activity and social interaction. You notice at the beginning of the session that participants have varying levels of mobility and basketball experience.

- a. Identify **two** physical capabilities, injuries or medical conditions resulting from ageing that could affect the participants’ mobility, and describe how you could adjust the session plan to meet their needs.

4 marks

- b. State **two** communication techniques you could use with this group to ensure a successful session, and suggest how to tailor each technique to the group’s characteristics.

4 marks

SAMPLE

- c. List two factors to consider when evaluating your session. Suggest one question you could ask when considering each factor.

4 marks

Factor 1 _____

Question 1 _____

Factor 2 _____

Question 2 _____

Do not write in this area.

Question 3 (21 marks)

You are a trainee at a residential recreation camp. The camp hosts school students of all ages and offers a range of outdoor activities.

The camp has recently installed an outdoor artificial rock climbing and abseiling wall.

- a. List two internal sources and two external sources that could assist with hazard identification.

4 marks

Internal source	External source
1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____

- b. Other than when new equipment is installed, state **three** occasions on which hazard inspections must occur.

3 marks

- c. Each morning before activities take place, camp staff use a hazard-inspection checklist as part of their safety checks of the climbing wall.

Describe **two** advantages of using the hazard-inspection checklist to inspect equipment.

4 marks

Do not write in this area.

- d. Suggest a suitable administrative control that camp managers could implement to help ensure the safety of participants using the rock climbing and abseiling wall. Justify your answer.

3 marks

Administrative control _____

Justification _____

- e. Camp managers ask you to be part of the WHS consultation committee to ensure the ongoing safety of climbers and abseilers.

Define the term 'consultation', and state two methods managers could use to encourage your participation in WHS activities.

3 marks

Definition _____

Method 1 _____

Method 2 _____

SAMPLE

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- f. Identify two duty holders who are responsible for the WHS processes. Outline one specific obligation for each duty holder under WHS legislation. 4 marks

Duty holder 1	<hr/> <hr/>
Obligation	<hr/> <hr/>
Duty holder 2	<hr/> <hr/>
Obligation	<hr/> <hr/>

Question 4 (14 marks)

During a scheduled drinks break at a senior high school cricket match, two players, Jordan and Ashley, get into a heated argument. Jordan feels that Ashley, as captain of the team, is choosing to bowl too often, with other team members having fewer opportunities to bowl. This affects team dynamics and frustrates Jordan. The disagreement escalates, and both players start arguing loudly, disrupting the message the coach is trying to give and creating tension among the other team members. The coach steps in to address the conflict and help both players reach a resolution.

- a. Define the term 'conflict'. 1 mark

- b. Discuss the impact this conflict may have on team performance. 3 marks

- c. Describe the initial steps the coach could take to address the conflict between Jordan and Ashley.

2 marks

- d. In the table below, outline how each conflict resolution technique could be used to resolve the conflict between Jordan and Ashley.

6 marks

Conflict resolution technique	How the technique could resolve conflict
Mediation	<hr/> <hr/> <hr/>
Negotiation	<hr/> <hr/> <hr/>
Collaboration	<hr/> <hr/> <hr/>

SAMPLE

- e. Identify two benefits for the team overall if the conflict between Jordan and Ashley is effectively resolved.

2 marks

Benefit 1 _____

Benefit 2 _____

Question 5 (11 marks)

You have been asked by a local athletics club to plan a series of coaching sessions for a 'come and try' program for children aged 5–12. All the participants have been identified as foundation-level participants.

- a. Explain two tasks that need to be carried out in order to prepare for the track and field sessions with foundation-level participants. 2 marks

Task 1 _____

Task 2 _____

- b. You will need to do a warm-up for the start of the session.
Identify three benefits of a warm-up. 3 marks

Benefit 1 _____

Benefit 2 _____

Benefit 3 _____

- c. As the participants are younger children, you will need to use modified equipment.
Outline a reason why it is often important to modify equipment for younger children. 2 marks

- d. As part of your coaching planning, and in order to enable the progression of your participants, you will need to ensure that the participants can perform the fundamental motor skills first.
Define the concept of 'fundamental motor skills'. 2 marks

Do not write in this area.

- e. Apart from running a cool-down, explain two tasks that you need to undertake to successfully complete the track and field sessions. 2 marks

Task 1 _____

Task 2 _____

Question 6 (10 marks)

You are running a sports coaching session for a sport of your choice.

Chosen sport _____

- a. List **one** sport-specific safe participation requirement you will need to inform the participants about prior to the session. 1 mark

- b. When delivering a warm-up, it is important to go from 'slow to fast' and 'simple to complex'. Justify why you would use these concepts as a coach when instructing a warm-up. 2 marks

- c. A Game Sense approach to coaching is the current best practice for achieving physical, social and cognitive learning outcomes. Outline two main characteristics of this approach. 2 marks

Characteristic 1 _____

Characteristic 2 _____

- d. For your chosen sport, design a drill that would be an example of a Game Sense approach to coaching.

In the table below, outline the following:

- i. description of the drill
- ii. aim of the drill
- iii. two instructions or rules of the drill you would use in your explanation
- iv. one variation you can use to manipulate the drill/situation.

5 marks

Description of the drill	<hr/> <hr/>
Aim of the drill	<hr/> <hr/>
Instructions or rules	1. <hr/> <hr/> 2. <hr/> <hr/>
Variation	<hr/> <hr/>

Do not write in this area.

You can use the space below to draw diagrams that support your answer.



SAMPLE

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Answers to multiple-choice questions

Section A

Question	Answers
1	D
2	B
3	A
4	D
5	B
6	C
7	C
8	B
9	A
10	D
11	C
12	C
13	A
14	B
15	C

SAMPLE