



VCE- VET Sport and Recreation
Practice written exam

Student Question and Answer Booklet

Student Name			
Attempt Number		Date	
Result			

Structure of this booklet

Question and answer booklet of 21 pages

Number of questions	Number of questions to be	Number of Marks allocated
9	9	100

Instructions

- All questions must be answered
- All responses to the questions must be in English
- Please read all questions carefully before answering
- Writing needs to be legible
- All answers must be written on the exam paper in the space provided
- Mobile phones and electronic devices must be **TURNED OFF** and placed in your bag under your desk
- Use black or blue pen only
- Clear the table/desk of unessential items, bags closed and stored away.
- NO TALKING is permitted during exam
- The exam paper must be handed in at the completion of the exam

Once the exam starts, you cannot leave and re-enter the exam room unless under extraordinary circumstances and then only accompanied by an appointed member of staff.

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:

- 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
- Field Hockey.

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

Sport chosen	
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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

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 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?

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.	
2.	

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	
Injuries and illness	
Use of personal information	
Child protection	

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, and 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 that will be run over four Saturdays from 10am till 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

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

2 marks

Question 3 - continued

- 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.	
2.	

2 marks

Question 4 (19 marks)

Harriet has just purchased a sports complex, which she plans to run. The complex has:

- 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

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1 mark

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

1.	
2.	

2 marks

Question 4 continued

Harriet has planned close the complex 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.

- c. 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 impending factor that could affect its implementation.

Hazard	Suitable risk control option	Potential impeding factor
The bases of 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, cricket balls can easily roll onto the netball court under the netting which could create a potential trip hazard		
150 people have indicated that they will be attending the complex's open day. There are potentially not enough staff to meet the required supervision ratio		

6 marks

- 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 that 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.

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'.

1 mark

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

2 marks

Question 5 - continued

- iii. At the conclusion of the first tutorial management of the gym, want Tim to evaluate the tutorial. 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, they 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.

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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.

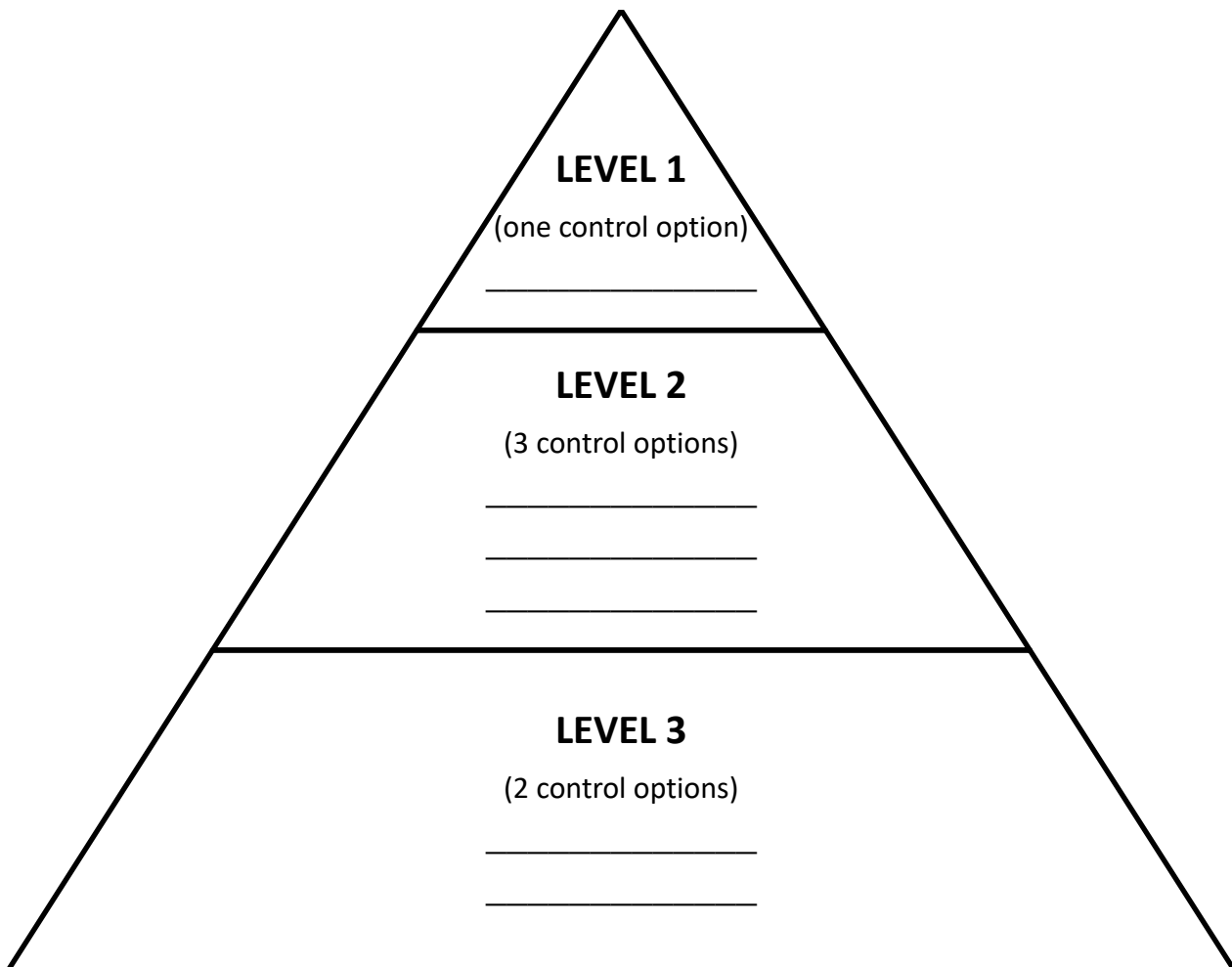
1.	
2.	

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)


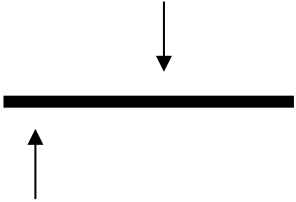
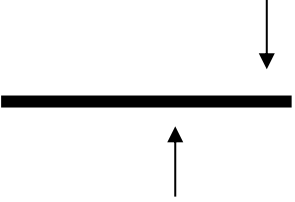
- a. A lever is a rigid structure that is capable of transmitting or exerting a force. It is a rigid rod that is able to rotate around a fixed point. In the human body, what part is capable of such movements?

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 (Δ) to identify its position.

First class lever	<p>EFFORT LOAD</p> 
Second class lever	<p>LOAD</p>  <p>EFFORT</p>
Third class lever	<p>LOAD</p>  <p>EFFORT</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 knows that the team has had the same coach during that time and have formed some bad habits; 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

- 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

Individual goals

4 marks

Question 9 – continued

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

2 marks

- 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?

2 marks

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

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 the Board should take to ensure that they make the right decision.

3 marks

End of Exam

Instructions:

1. Go through this booklet and make sure you have answered all the questions
2. Correct any errors that you find
3. Remain in your seat until the exam is finished
4. Do not disturb other students



VCE- VET Sport and Recreation
Practice written exam

Marking Guide

Structure of the Marking Guide

Models answers in this guide are there to assist you in making judgements on the student's competence. The answers are a useful guide to determine if the responses provided by the student are sufficient and cover the question being asked.

Mapping

In this Marking Guide, a mapping box has been included at the start of each question. This is to assist Teachers in the identification of the relevant unit of competency, element, performance criteria or where applicable required knowledge and skills. The following units of competency have been used in this process:

1. SISSPT303A - Conduct basic warm-up and cool-down programs
2. SISSCO101 - Develop and update knowledge of coaching practices
3. SISXCAI004 - Plan and conduct programs
4. SISXRES002 - Educate user groups
5. BSBWHS303 - Participate in WHS hazard identification, risk assessment and risk control
6. SISXCAI006 – Facilitate Groups

Important notice

This exam is ***not*** an approved VCAA exam. VFA Learning have written the assessment in order to assist students who are completed their VCE – VET Sport and Recreation programs.

Question 1

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:

- 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
- Field Hockey.

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

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.

Mapping	SISSPT303A Element 1.3
Soccer	High knees, butt kicks, kick throughs, vertical leaps (simulate header)
Netball	Lunge walks, walking hip rotations alternating legs (lift knee forwards and rotate knee out to side and put foot down, repeat), butt kicks, skipping.
Field Hockey	Field Hockey: High knees, butt kicks, lunge walk with trunk rotations, running with hip rotations

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

Mapping	SISSPT303A Element 1.2
Soccer	Quadriceps, hamstrings
Netball	Quadriceps, hamstrings
Field Hockey	Quadriceps, hamstrings

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

Mapping	SISSPT303A - Element 1.1
	<ul style="list-style-type: none"> • Increase range of motion, flexibility and joint mobility with sport specific movements • Mentally and physically prepares the athlete for the game or training with sports specific exercises • Increases blood flow, warms up the body and increase muscle temperature

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?

Mapping	SISSPT303A - Element 2.5
	<ul style="list-style-type: none"> • Blast some motivational music • Be vocal and encourage players to be vocal. Praise player effort and encourage them to work harder.

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

Mapping	SISSPT303A – Element 4.2
	<ul style="list-style-type: none"> • Are the players adequately warmed up? • Were my instructions clear • How will I ensure everyone is motivated to participate • Are there any other methods I could use to motivate participation

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?

Mapping	SISSPT303A - Element 4.2
	<p>Constructive feedback is providing useful comments and suggestions that contribute to improvement and a positive outcome. It is beneficial as it promotes growth and encourages better performance in a supportive manner.</p>

Question 2

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?

Mapping	SISSCO101 - Element - 1.1
National Coaching Accreditation Scheme. They educate coaches and provide them with accredited qualifications.	

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'

Mapping	SISSCO101 - Element - 3.1
A 'Code of behaviour' is a set of principles or minimal standards for all coaches to uphold. They detail how a coach is expected to conduct themselves while in their role.	

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

Mapping	SISSCO101- Element - 3.1
<ul style="list-style-type: none"> • Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion. • Treat each person as an individual. • Operate within the rules and spirit of your sport, promoting fair play over winning at any cost. • Support participation and inclusiveness in all aspects of the sport. 	

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.

Mapping	SISSCO101 - Element - 2.1
Equipment	Have a process for thoroughly checking equipment after and prior to conducting a session. Ensure that faulty equipment is placed in a safe location when it cannot be used.
Injuries and illness	<p>Ensure that you are trained in first aid and up to date with all required qualifications. Have a first aid kit on hand that is fully stocked, ensuring that it is immediately accessible in the event of an emergency.</p> <p>Always have a phone on hand to call for assistance in an emergency.</p> <p>Have comprehensive records of each participant so that you are aware of any injuries, medical conditions or medications they are currently taking</p>
Use of personal information	<p>Ensure that all documents containing participant's personal information is kept in a safe place and is security protected, i.e. under locker and key or password protected.</p> <p>Ensuring that only authorised personnel have access.</p>
Child protection	<p>Ensure that you and all those assisting you have an up-to-date WWC (Working with Children Check)</p> <p>Ensure that you are aware of your mandatory reporting requirements and where required report any suspected physical or sexual abuse.</p>

Question 3

‘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, and 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 that will be run over four Saturdays from 10am till 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.

Mapping	SISXCAI004 – Element 1.1 SISXRES002 - Element 1.1
<p>You don’t know who the participants are, their ages, medical conditions or capabilities. Making the session difficult to plan for.</p> <p>You don’t know how many people will be participating in the session. Making it difficult to organise a suitable venue and equipment.</p>	

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.

Mapping	SISXCAI004 - Element 2.1
<p>Participant age</p> <p>Participant condition (i.e. fitness levels, how active are they?)</p> <p>Any medical conditions, illness and/or special requirements</p>	

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

Mapping	SISXRES002 - Element 2.3
Email would be the most appropriate way as the insurance company would have access to all member email addresses. It is quick and cost effective. The email could also contain a link to the registration form to make it easy for members to register their interest in participating.	

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?

e.

Mapping	SISXCAI004 - Element 2.1
Be prepared and have a paper-based enrolment form for him to complete, which you can quickly review to identify any concerns such as illness or a medical condition..	

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

Mapping	SISSCO101 – Element 3.2
Casual – These sessions are about fun, socialisation, enjoyment and getting active. It is important to be relaxed while still being well planned, organised and safety conscious.	

g. At the conclusion of the first session, suggest two important elements that should be communicated to the group.

Mapping	SISXCAI004 - Elements 5.2 and 5.3
Inform participants of the next session Thank participants for participating in the program and seek feedback	

Question 4

Harriet has just purchased a sports complex, which she plans to run. The complex has:

- 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.

Mapping	BSBWHS303 Element 1.1
1.	Conduct a physical inspection – Harriet should create a checklist and conduct a physical walk-through of the workplace inspecting all elements for potential hazards. If she is unfamiliar with potential hazards that exist in a sporting complex she should enlist the assistance of a professional consultant to conduct the walk-through with.
2.	Reviewing records of accidents and “near misses” – Harriet should review all of the complex’s incident reports. Highlight the accident that occurred and where and then inspect the area or equipment that caused the injury to see if the hazard still exists.

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

- i. Define consultation

Mapping	BSBWHS303 Element 3.1
1.	Consultation is the process of formally discussing something to seek advice and make decisions.

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

Mapping	BSBWHS303 Element 3.1
2.	<ul style="list-style-type: none"> •Decreases the incidence of workplace accidents by increasing the identification of hazards. •Creates a more productive, inclusive workplace where employees feel valued •Business saves money on hiring external consultations to help them identify hazards

Question 4 continued

Harriet has planned close the complex 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.

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

Mapping	BSBWHS303 Element 3.2
<p>She could contact each staff member individually and ask them all to attend a paid WHS meeting where she could provide food and refreshments. It is important that she let them know how much she would value their experience and participation in the process.</p>	

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.

Mapping	BSBWHS303 Element 3.2
<p>Harriet could split them into groups, based on the area that they work in and get them to brainstorm onto a piece of paper, which Harriet could then take away and use as part of her hazard identification process.</p> <p>Harriet could go around the room and ask each person to contribute one hazard at a time that they have noticed in their area. She could continue to do this until the group cannot think of any other hazards.</p>	

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 impending factor that could affect its implementation.

Mapping		BSBWHS303 – Elements 4.3 and 4.4	
Hazard	Suitable risk control option	Potential impeding factor	
The bases of the softball pitch tend to move out of place when touched	Substitution – replace them with another type of base that is more adhesive to the playing surface.	Lack of money to pay for a whole new set of bases.	
The netting between the cricket pitch and one of the netball courts is loose, cricket balls can easily roll onto the netball court under the netting which could create a potential trip hazard	Isolation – create an additional barrier at the bottom of the netting between the two courts Substitution – replace the netting for one that is tighter. Administrative controls – Do not schedule netball on that court when the cricket pitch is being used.	Lack of money to pay for additional barriers or new netting. Poor management	
150 people have indicated that they will be attending the complex's open day. There are potentially not enough staff to meet the required supervision ratio	Administrative controls – roster more staff on for the day.	Additional staff are not available	

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

Mapping		BSBWHS303 – Element 3.2	
<p>Cost – some risk control options may be expensive to implement, making them not a viable option.</p> <p>Time – how long is it going to take to implement the risk control and does this impact on the business's ability to stay open and/or be productive..</p>			

Question 5

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 that 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

Mapping	BSBWHS303 Element 3.2
<p>Users don't know how to use the equipment and use it and potentially may do so incorrectly making it a serious safety concern.</p> <p>Gym users have no idea how to use the equipment and so they don't, making it a waste of money for the gym.</p>	

Question 5 - continued

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

Mapping	BSBWHS303 - Element 3.2
<p>Users don't know how to use the equipment and use it and potentially may do so incorrectly making it a serious safety concern.</p> <p>Gym users have no idea how to use the equipment and so they don't, making it a waste of money for the gym.</p>	

- 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'.

Mapping	SISXRES002 – Element 2.3
<p>Liaise is to talk to another person and tell them about what they are doing so that they can work together effectively.</p> <p>Liaise is a means of communication between two or more people or groups.</p> <p>Liaise means to work together and communicate about what is happening.</p>	

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

Mapping	SISXRES002 – Element 2.3
<p>It would be best to liaise with gym members when the gym is busy, i.e. 6am – 9am and 5pm – 8pm. As you will be able to access a large number of members at this time.</p> <p>It may be best to speak with members while they are in the warm-up or cool-down phase of their workout or when they are preparing to leave the gym area so that you do not interrupt their workout routine or training program.</p>	

2 marks

Question 5 - continued

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

Mapping	SISXRES002- Element 3.3
<ul style="list-style-type: none"> • Effectiveness – Did the program achieve the desired outcome? • Presentation – What is appropriate for the user group, clear and professional? • Efficiency – Did the program start and finish on time? Did the presenter finish the planned program? Did it feel rushed? • Equipment and resources – were they appropriate? 	

- iv. Upon analysing the feedback, there are a number of comments from participants that praise the tutorial, however, they 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.

Mapping	SISXRES002 - Element 3.4
<ul style="list-style-type: none"> • Tim could provide members with notes or fact sheets that they can take away and refer back to when needed. This eliminates the need for them to remember everything that is said during the tutorial. 	

Question 6

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?

Mapping	SISSCO101 – Element 3.4
<p>Medical clearance is a document or form completed by a doctor or physiotherapist that states that a player is fit to return to playing their specific sport or activity. Medical clearances are in place to ensure that players seek medical attention for conditions that could cause serious health problems if not appropriately treated.</p>	

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

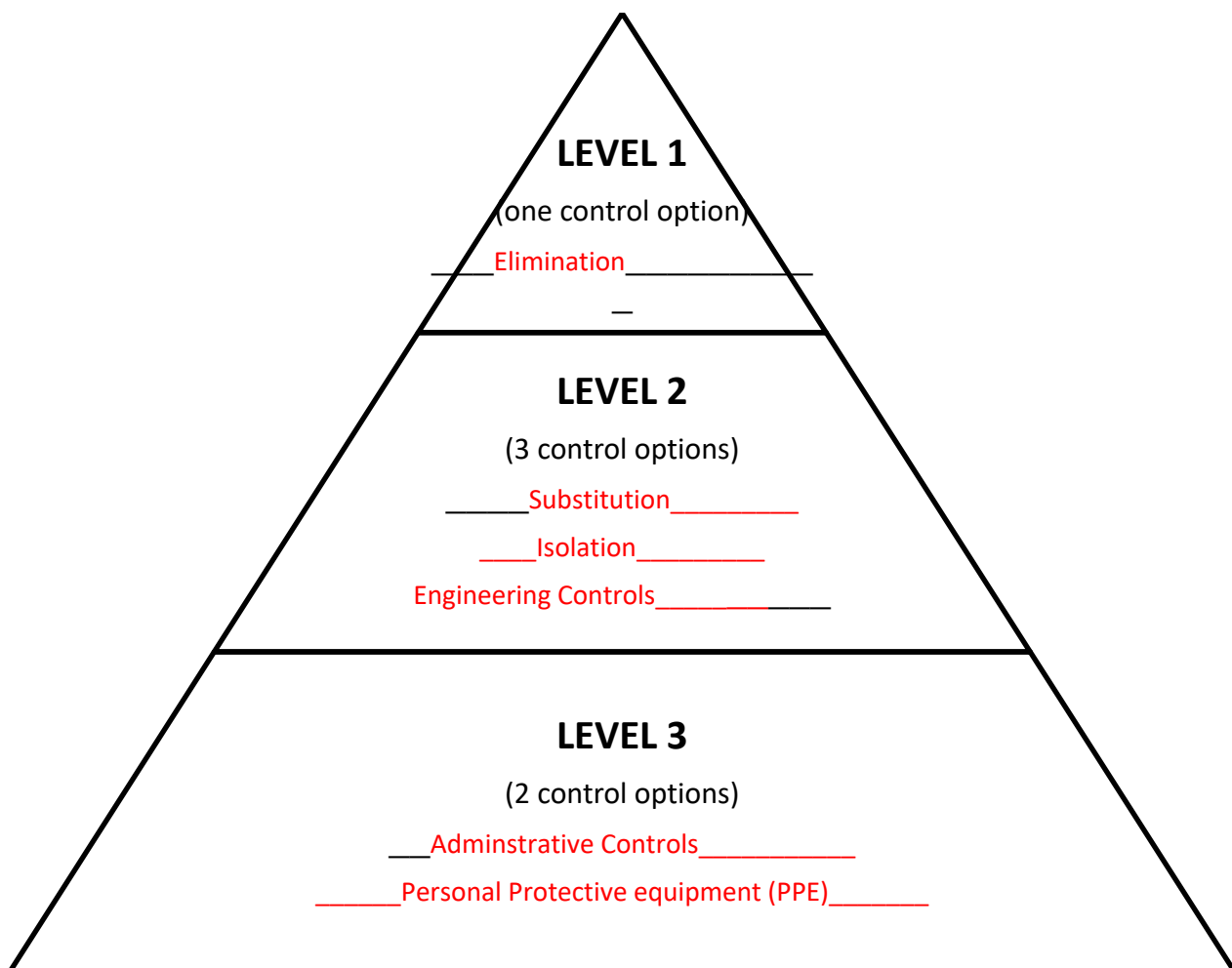
Mapping	SISSCO101 – Element 2.3
<ul style="list-style-type: none"> • Broken or fractured bones • Significant soft tissue injuries such as an ACL or torn ligament. • Any heart related conditions or episodes 	

Question 7

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.

Mapping	SISSSCO101 - Element 4.3 Knowledge evidence – Risk control options
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Question 8 (5 marks)


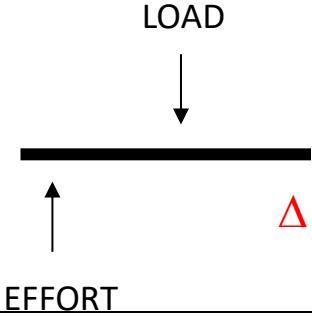
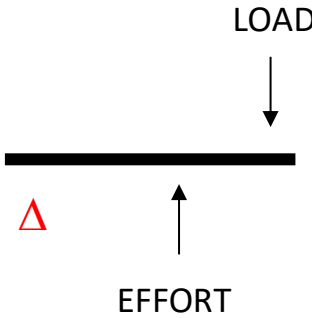
- a. A lever is a rigid structure that is capable of transmitting or exerting a force. It is a rigid rod that is able to rotate around a fixed point. In the human body, what part is capable of such movements?

Mapping	SISSPT303A – Elements 2.3 and 3.2
Bones	

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

Mapping	SISSPT303A – Elements 2.3 and 3.2
Joints	

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

Mapping	SISSPT303A – Elements 2.3 and 3.2
First class lever	
Second class lever	
Third class lever	

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 knows that the team has had the same coach during that time and have formed some bad habits; 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.

Mapping	SISXCAI006 - Element 1.2
<p>Personality clashes – If the players are treating each other poorly it may be because of their varying behaviours, traits, thinking and reasoning.</p> <p>Lack of group cohesion and commitment to group goals – Players are mistreating one another and turning up when they feel like it to training. This is evidence that many of the players only care about themselves and are not committed to the group.</p>	

- 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?

Mapping	SISXCAI006 – Element 1.2
<p>Goal setting helps individuals and groups to focus on what is important and have a common goal to work towards. Goal setting is also helpful as it provides criteria to evaluate the performance of a group and/or individuals. Goal setting can also be a bonding experience for a group where they discover that they all want the same outcome and can work together to achieve it.</p>	

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.

Mapping	SISXCAI006 - Element 1.2
<p><u>Group goals</u> Gina could call a team meeting and using a white board she could brainstorm with the group what they want to achieve as a team. This brainstorming could then be used to formulate a set of goals. These goals should be displayed in team areas and the players reminded of them on a regular basis so that they are a clear and specific focus.</p> <p><u>Individuals</u> Gina could provide each team member with a piece of paper and ask them to sit on their own and think about what they want to achieve as an individual. She should stress that each person’s goals should be their own.</p>	

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

Mapping	SISXCAI006 – Element 3.1 Knowledge evidence – Leadership styles
<p>Gina should adopt a disciplinarian/authoritarian leadership approach. Bullying is a serious issue, a major safety concern and should not be tolerated. Gina will need to get tough with the group to get them to start respecting one another and turning up on time for training. In doing so she should ensure that she is still respectful of the players and considerate of their feelings.</p>	

- 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?

Mapping	SISXCAI006 – Element 3.3
<p>Accountability is about being responsible for your behaviour and decisions. Accountability is important as it makes individuals aware of their actions and responsible for any consequences that may arise as a result of them.</p>	

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

Mapping	SISXCAI006 - Element 3.3
<p>Review how many players have been late for training and whether or not the situation has improved.</p>	

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 the Board should take to ensure that they make the right decision.

Mapping	SISXCAI006 – Element 3.3
<p>They should assess the current situation and the problem. Identify what the club wants to achieve. Brainstorm any alternatives if they exist. Evaluate the current solution outlining the pros and cons. Consider the alternatives and then make the decision.</p>	