



PHYSICAL EDUCATION

HIGHER & ORDINARY LEVEL

MARKING SCHEME

Pre-Leaving Certificate Examination 2024

Higher Level: page 2

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HIGHER LEVEL

SECTION A**80 MARKS = 10 @ 8 MARKS****Question 1**

- (i) Name two components of performance-related fitness.
- (ii) For one of your named components, describe a strategy or drill to improve this aspect of fitness with reference to a named physical activity. You may use a diagram to aid your answer.

1m + 1m + 6m

1m each for correctly named component of performance-related fitness

6m for very good description of strategy/drill

3m for good description of strategy/drill

2m if strategy/drill is relevant but not related to a named physical activity.

Suggested answer:

Any two: agility, balance, coordination, power, speed, reaction time

E.g. a drill to improve power for a gymnast, Plyometric Box Jumps:

Stand in front of the box with your feet shoulder-width apart. Maintain a strong and neutral spine, engaging your core muscles. Bend your knees slightly, preparing for the jump. Explosively extend your hips, knees, and ankles to generate upward momentum, and swing your arms to help propel your body upwards. Tuck your knees towards your chest to increase your height. Start with 3-4 sets of 5 reps with 1-2 mins between sets for rest.

Question 2

Explain the difference between mass-participation sports and outdoor and adventure activities.

4m + 4m

4m for very good explanation.

2m for good explanation.

1m for fair explanation.

Suggested answer

Mass-participation sports involve a large number of participants. These events are usually open to people of all ages and abilities, encouraging widespread involvement and community engagement. Examples of mass-participation sports include marathons, charity walks, cycling races, and fun runs.

Outdoor and adventure activities involve recreational pursuits conducted in natural or outdoor environments. These activities entail physical challenges, exploration, and interaction with nature. Examples include hiking, rock climbing, camping, canoeing, skiing, and mountain biking. Outdoor and adventure activities are valued for promoting physical fitness, mental well-being, and a sense of adventure and discovery.

Question 3

Explain the importance of completing a cool down after high-intensity exercise and suggest two ways participants can cool down effectively.

4m + 2m + 2m

4m for importance

2m each for suggested way

Suggested answer

High-intensity exercise elevates your heart rate, and stopping abruptly can be stressful on your cardiovascular system. A cool-down helps bring your heart rate back to its normal range gradually, reducing the risk of dizziness or fainting.

1. **Static stretching and mobility exercises:** incorporate static stretches and mobility exercises to target major muscle groups. Hold each stretch for 15-30 seconds focusing on areas such as your hamstrings, quadriceps, calves, hip flexors, and shoulders. Gentle mobility exercises like arm circles, hip rotations, and neck tilts can also help improve flexibility and alleviate muscle tension.
2. **Active recovery:** perform low-intensity exercises for about 5-10 minutes, gradually reducing the intensity. For example, if you were running, switch to a slow jog, and then to a brisk walk. This helps gradually lower your heart rate and keeps blood circulating throughout your body.

Question 4

Describe one advantage and one disadvantage for an official in a named physical activity in relation to the technological developments impacting on their ability to carry out their duties.

4m + 4m

4m each for very good description of advantage and disadvantage. Must name correct official. Must be relevant to the named physical activity.

3m for good description.

2m for fair description.

Suggested answer

For example: Soccer Referee

Advantage: Boosting Referee Confidence:

Referees are under pressure to make quick decisions in high-stakes situations. The availability of technology like VAR can help referees make confident choices, knowing that they have access to video evidence that can validate their calls.

Disadvantage: if a referee in soccer is too reliant on the technology, their authority could be challenged, and this might impact the dynamics of the game. This can lead to disagreements between players, coaches, and fans who might question the need for a referee if technology is making all the decisions.

Question 5

Analyse two strategies to improve mental preparedness for during practice/performance in a named physical activity.

4m + 4m

4m for very good analysis

3m for good analysis

2m for fair analysis

1m for poor analysis

Suggested answer

Example: camogie.

Pre-performance routine is a structured set of actions, behaviours, and mental processes that players follow consistently before a game that helps to create a sense of focus and reduce anxiety. For a camogie player, taking a free, having a consistent routine can help reduce nerves by providing a sense of familiarity and control. Knowing exactly what to expect and what actions to take can help reduce the uncertainty that contributes to anxiety.

Question 6

Discuss two social benefits of physical activity for the health and wellbeing of older adults.

4m + 4m

4m for very good relevant discussion

2m for good relevant discussion

1m for fair discussion

Suggested answer

Reducing loneliness: for people who are retired from work, regular social interaction through physical activities such as swimming can combat feelings of loneliness and isolation, which are detrimental to mental health.

Question 7

Evaluate the effectiveness of two named methods of collecting data on participation in physical activity.

4m + 4m

Suggested answer

Examples of methods: surveys and questionnaires, accelerometers and wearable devices, direct observation, fitness trackers, and mobile apps.

Smartwatches automatically collect data without requiring participants to manually record their activities. This convenience eliminates the potential for recall bias and increases compliance in data collection. Wearables can track a wide range of metrics beyond steps, such as sleep quality, heart rate variability, and workout intensity. However, different brands and models of wearable devices can yield slightly different results due to variations in sensors and algorithms. This can make it challenging to compare data across different devices.

Question 8

- (i) Name **two** sports supplements commonly used by athletes.
- (ii) Discuss the challenges of using sports supplements.

1m + 1m + 3m + 3m

1m each for correctly named sport supplement.

3m + 3m for at least two challenges very well discussed.

1m for fair discussion.

Suggested answer

Protein supplements, creatine, branched-chain amino acids (BCAAs), omega-3 fatty acids, glutamine, etc.

Glutamine is an amino-acid supplement that's sometimes used by athletes to potentially aid in muscle recovery and support the immune system. Glutamine supplements can be relatively expensive, and athletes need to weigh the cost against the potential benefits they might receive. If an athlete's diet already provides sufficient glutamine intake, the added expense of supplementation might not be justified.

High doses of glutamine might lead to stomach cramps, bloating, and diarrhoea. Athletes need to be cautious about overdoing the supplementation, as excessive intake could lead to adverse effects that affect their performance and well-being.

Question 9

Different approaches to physical activity promotion can vary in their effectiveness based on various factors. Technology-based interventions have shown promise in increasing physical activity levels, especially among younger populations. Evaluate the effectiveness of one such technology-based intervention.

8m for excellent evaluation of the technology-based intervention including pros and cons of its ability to promote/ increase physical activity amongst young people.

6m for very good evaluation

4m for good evaluation

2m for fair evaluation

Suggested answer

Example: A wearable device such as a Fitbit, Fitbit provides real-time data on steps taken, distance travelled, and active minutes. This self-monitoring aspect can increase awareness of young people's activity levels and encourage them to make positive changes. Fitbits offer social features where you can connect with friends, create challenges, and compete in step counts or other metrics. This social aspect is a fun way of promoting camaraderie, accountability, and friendly competition, encouraging increased activity.

While Fitbit can be motivating initially, its effectiveness in the long term might be limited. Young people may become less engaged or lose interest over time, leading to decreased adherence to the device and its goals. Relying solely on external rewards can be less effective in sustaining long-term behavior change.

Question 10

Ethical issues can arise in media coverage of athletes. Describe two negative impacts that the media can have on elite performers.

4m + 4m

4m for very good description

2-3m for good description

1-2m for fair description

Suggested answer

Constant media attention and the loss of privacy can contribute to emotional distress and even burnout. Athletes may feel overwhelmed by the demands of the public eye, which can affect their mental health and overall well-being.

Athletes may feel the need to consistently meet or exceed the expectations set by media coverage. This can result in performance anxiety, affecting their ability to focus, concentrate, and perform at their best during competitions.

Question 11

Behind every successful athlete is a highly effective coach. Outline ways a coach/choreographer could analyse their own performance in order to be as effective as possible for their athletes.

3m + 3m + 2m

First and second best way outlined 3m + 3m and 2m for the third way outlined.

3m for very good outline

1m for fair outline

Suggested answer:

Reflective diary: Maintain a diary where coaches can document their thoughts, observations, and feelings after coaching sessions or interactions with athletes. This helps coaches identify patterns, successes, challenges, and areas for improvement over time. Regular journaling encourages self-awareness and a deeper understanding of coaching dynamics.

Question 12

Identify and describe a strategy to capitalise on your opponent during competition with reference to a named physical activity.

2m + 6m:

2m to identify strategy

3m + 3m for very good description

1m for fair description

2m max if strategy is the same as Q1

Suggested answer

Strategy: targeting opponent's backhand weakness in badminton.

'Once I have identified that my opponent's backhand is weaker, I strategically place shots to exploit this weakness. I aim to hit shots to their backhand side, forcing them to use their less comfortable stroke.'

Alternate between slow and fast shots to disrupt their rhythm. Suddenly increasing the pace with a fast shot to their backhand can catch them off guard.

SECTION B

CASE STUDY

50 MARKS

Question 13

- (a) **Using evidence from the case study, examine the factors which influence your own and others' participation in physical activity.**

9m

3m + 3m + 3m for each factor considered

3m for very good examination

1m for fair examination

At least one point must relate to case study for full marks, max 1m each if no point related.

Suggested answer

- Supportive friends, family, or peers can positively influence an individual's decision to participate in physical activities.
- Having positive role models who lead active lifestyles can inspire others to follow suit.
- The availability and proximity of gyms, sports facilities, parks, and recreation centres can impact participation.

- (b) **Community is a massive part of the GAA. Outline ways in which pathways between school and community-based physical activity/sport might be strengthened.**

9m

3m + 3m + 3m for each way outlined

1-3m for very good outline

Suggested answer

- Shared Facilities: Schools and community sports organizations can share sports facilities, such as sports fields, gyms, or swimming pools. This allows both school and community athletes to access high-quality facilities and fosters a sense of community engagement.
- Community Sports Events: Encourage community sports organizations to organize events and competitions that involve participation from local schools. These events can showcase the talents of school athletes and provide opportunities for them to interact with community members.
- School Promotion of Community Sports: Schools can actively promote community sports programs to their students and parents, encouraging them to participate outside of school hours. This could be done through newsletters, flyers, or announcements during school events.

- (c) **'You have to manage the nerves and live in the moment.' Discuss how anxiety can impact on performance.**

8m**4m + 4m**

4m for positive impact + 4m for negative impact

1-4m for very discussion

Suggested answer

High levels of anxiety can lead to difficulty in maintaining focus and concentration. Athletes may become distracted by their anxious thoughts, worries, or physical sensations, making it challenging to stay focused on the task at hand.

Increased resilience: Athletes who have experienced and managed anxiety in the past may develop greater resilience and mental toughness. They can draw on these experiences to cope with future challenges and setbacks.

- (d) It can be very difficult for amateur sportspeople to balance the demands of life, work and sport as outlined by Caitriona. Explain the importance of the ability of a coach to plan for and manage training time effectively for the success and development of athletes.

12m

3m for named + 3m for explained (x 2)

Suggested answer

Coaches who plan and manage training time well can design progressive training programs. These programs gradually increase in intensity, complexity, and workload, enabling athletes to develop their skills and fitness levels steadily. Without proper time management, athletes may experience burnout.

Overtraining can lead to physical injuries, mental fatigue, and a decline in performance. Coaches who allocate sufficient rest and recovery periods within training schedules can help prevent overtraining and ensure that athletes maintain their physical and mental well-being.

- (e) With reference to a named physical activity, investigate the demands of the physical, personal and technical qualities needed for a successful performance.

12m

1-4m for very good investigation of the *physical* demands needed for a successful performance in a named activity.

1-4m for very good investigation of the *personal* demands needed for a successful performance in a named activity.

1-4m for very good investigation of the *technical* demands needed for a successful performance in a named activity.

Max 2m each if not related to a named activity.

Suggested answer

Example: High Jump

- **Physical demands:** Flexibility: Adequate flexibility in the hips, knees, and ankles is essential for an effective arch during the jump. The ability to achieve a curved body position maximizes the clearance height.
- **Personal demands** - Maintaining focus and concentration throughout the approach, takeoff, and clearance is vital for a successful jump. Distractions can lead to errors and unsuccessful attempts.
- **Technical demands** - Bar clearance technique: The clearance phase involves arching the body over the bar. Athletes must extend their legs and hips, maintain a curved body position, and rotate the body to pass over the bar without knocking it.

SECTION C

120 MARKS

Students answer any **three** questions from questions 14 to 18.

Question 14

40 MARKS

- (a) **Discuss the difference between health, and performance-related fitness, with reference to a named physical activity.**

12m

2m for stated + 2m for discussed + 2m for example (x 2)

Suggested answer

Example: Soccer

Health-related fitness refers to the components of fitness that are essential for maintaining good health, and reducing the risk of chronic diseases. Cardiovascular endurance, muscular strength and endurance, flexibility and body composition are health-related components of fitness.

For example, soccer is an endurance-based sport, and players need good cardiovascular endurance to sustain high-intensity efforts throughout a 90-minute match. Soccer involves a wide range of movements, such as kicking, sprinting, and changing directions. Adequate flexibility is essential to prevent muscle strains and enhance overall mobility on the field.

Performance-related fitness focuses on the components of fitness that are essential for optimising athletic performance in specific sports or physical activities. These components (speed, agility, power, balance and coordination) centre around enhancing physical performance, athleticism, and specialised skills.

For example, soccer players need agility to change direction rapidly, dodge opponents, and to react to sudden changes. Power is vital for explosive movements, such as shooting, jumping, and tackling. It helps players generate force quickly to execute soccer-specific actions effectively.

- (b) **With reference to the same physical activity you named in part (a) of this question, discuss how health-related fitness can be developed in a demanding practice context.**

16m

At least four components of health-related fitness discussed.

Practical examples in relation to the named activity must be given for full marks.

Suggested answer

Cardiovascular endurance: Incorporate high-intensity interval training (HIIT) during training.

Design drills that mimic game situations, such as sprinting between cones, changing directions, and recovering quickly. For example, set up a series of cones and have players sprint back and forth between them dribbling the ball with short rest intervals.

Muscular strength: focus on compound exercises that engage multiple muscle groups simultaneously, mirroring the dynamic movements in soccer. Some effective compound exercises include squats, deadlifts, lunges, bench presses, and rows.

Muscular endurance: incorporate high-repetition sets (15-20+ reps) using moderate weights or resistance. This helps build muscular endurance by increasing the time under tension.

Flexibility: include dynamic stretches and mobility exercises in warm-up routines. Incorporate movements that mimic soccer-specific actions, like leg swings, hip circles, and arm circles.

Dynamic stretching enhances flexibility while preparing muscles for the demands of practice.

(c) Name and describe three principles of training**12m**

1m for principle named + 3m for description (x 3)

Suggested answer

Specificity is highly valuable in training for performance improvement. Tailoring training to closely match the demands of the target activity enhances skill transfer and adaptation to real-world performance situations. Athletes who train with specificity are more likely to see improvements in their sport-specific skills and overall performance.

Recovery and Rest: Adequate recovery and rest are vital for optimizing performance gains. Performance improvements occur during the recovery phase when the body repairs and adapts to the training stress. Athletes who prioritize recovery experience reduced fatigue, improved readiness, and better overall performance.

Overload: Overload is a key principle in performance training, as it involves exposing athletes to training loads beyond their current capacities. This principle stimulates physiological adaptations and leads to improved performance levels. Properly managed overload helps athletes reach new heights in their performance.

Question 15**40 MARKS****(a) Explain what creative application of skill is in sport and why athletes would use it. Refer to a named physical activity in your explanation.****12m**

6m for explanation of creative application of skill + 6m for why athletes would use it.

Very good explanation/ reason = 6m

Good explanation/ reason = 4m

Fair explanation/ reason = 2m

Max 2m + 2m if students don't refer to a specific physical activity.

Suggested answer

Refers to the ability of athletes to use their skills in innovative and unique ways to gain a competitive advantage, solve problems, and achieve success. It goes beyond conventional execution of techniques and involves adapting skills, thinking outside the box, and showcasing individual flair and originality. Creative application of skill is often seen in sports where improvisation, flexibility, and quick thinking are essential for success. For example, gymnastics: adding unique twists, flips, or combinations to routines to stand out in competitions. Incorporating unconventional dance elements or movements to showcase individuality in floor exercises.

(b) Describe the problems associated with athlete fatigue.**15m**

Three problems described.

3m for stated + 2m for developed (x 3)

Suggested answer

- Fatigued athletes are more susceptible to injuries due to reduced coordination, decreased reaction times, and compromised muscle function. The risk of overuse injuries and acute injuries, such as strains and sprains, significantly increases.
- Fatigue can lead to mental exhaustion, resulting in decreased concentration, focus, and decision-making abilities. Athletes may struggle to strategize effectively and execute their skills at their best.
- Fatigue can disrupt athletes' sleep patterns, leading to insomnia or insufficient rest. Poor sleep negatively impacts physical and mental recovery, affecting overall well-being and performance.

- (c) **In relation to the FITT formula, discuss how individuals can tailor their exercise programme to meet their specific fitness goals. You must refer to a named physical activity in your answer.**

13m

Very good discussion = 10-13m

Good discussion = 7-9m

Fair discussion = 4-6m

Poor discussion = 1-3m

If students don't identify the FITT formula correctly and/or don't refer to a physical activity, max marks awarded = 5m

Suggested answer

Example: 800 Metre Runner

- **Frequency:** aim for at least four to six training sessions per week to build and maintain the necessary fitness for the 800m race. Incorporate a mix of running workouts, strength training, and recovery sessions to achieve a well-rounded program.
- **Intensity:** for running workouts, incorporate a combination of high-intensity interval training (HIIT) and longer, moderate-intensity runs. The intensity of interval workouts should mimic the demands of the 800m race. Focus on running at race pace or slightly faster during intervals.
- **Time:** the duration of running workouts can vary depending on the training phase and specific workouts. Include shorter intervals (e.g., 200m or 400m repeats) as well as longer tempo runs to build endurance. Give sufficient time for warm up and cool down routines to prevent injuries and aid recovery.
- **Type:** focus on running workouts that simulate the demands of the 800m race. Include interval workouts with shorter distances and higher intensity, as well as longer, aerobic-based runs. Incorporate strength training exercises that target the muscles used in running, such as leg strength exercises (e.g., squats, lunges) and core exercises (e.g., planks, Russian twists).

Question 16

40 MARKS

- (a) **Swimming involves movement in multiple planes, as the body moves through the water in a three-dimensional environment. Identify and explain how two of these planes apply to swimming.**

12m

2m for identifying plane of movement + 4m for relevant explanation

Very good explanation= 4m

Good explanation= 3m

Fair explanation= 1-2m

Suggested answer

Sagittal Plane: the sagittal plane divides the body into left and right sides. In swimming, movements, the sagittal plane includes freestyle stroke. The arms move forward and backward in the sagittal plane during the freestyle stroke. The legs also kick in this plane. Like freestyle, the arms and legs move in the sagittal plane during the backstroke.

Frontal Plane: divides the body into front and back halves. In swimming, movements in the frontal plane include the breaststroke stroke where the arms move outward and then inward in the frontal plane during the pull phase of the breaststroke. The legs also perform a frog kick in this plane. In the butterfly stroke the arms move laterally outwards and then come together in the frontal plane during the butterfly stroke.

- (b) **'The coach's understanding of the athlete's particular skill development and training stage is paramount for appropriate selection of feedback and instruction methods.'**

Discuss two different types of feedback appropriate for an athlete in the cognitive stage of learning with reference to a named activity.

10m

1m for type of feedback named correctly + 2m for discussed + 2m for developed (x 2)

Suggested answer

Knowledge of Performance Feedback e.g. badminton - coach provides information about the athlete's execution of a skill or technique during training/competition. This can include details about body positioning, grip, timing, and movement. For example, a coach might say, 'During your overhead clear, focus on keeping your elbow high and your wrist firm. This will give you better control over the shuttle.' This type of feedback helps beginner athletes understand the mechanics of a skill and the correct way to execute it. It aids in building the correct muscle memory and ensures that the athlete starts with a strong foundation.

- (c) (i) **A coach must consider various principles to create well-rounded and productive practice sessions. As a coach, explain what principles of effective practice you would incorporate in the design of an athlete's or team's practice schedules.**

12m

Three principles explained.

4m + 4m + 4m

Very good explanation= 4m

Good explanation= 2-3m

Fair explanation= 1m

Suggested answer

Progression: training should progress gradually, starting with basic skills and building up to more complex and advanced techniques. This gradual progression prevents overwhelming players and minimizes the risk of injury.

Variation- incorporate a variety of drills, exercises, and activities to keep players engaged and prevent boredom. Different challenges develop different skills and keep practice interesting.

Individualisation: recognize that players have varying skill levels and strengths. Tailor practice components to address individual needs while still working within the team structure.

- (ii) **Discuss how a coach could guide an athlete's use of ongoing reflection on his/her practice/performance.**

6m

3m + 3m for discussion stated and developed

Suggested answer:

The coach could provide the athlete with a structured framework or set of questions that the athlete can use for reflection and keep a training journal. For example, what were my goals for this practice/performance? What did I do well during this session? What could I have done better? What did I learn from this experience? Having specific questions can guide their thought process.

Question 17

40 MARKS

- (a) The human body relies on three main energy systems to provide the necessary fuel for physical activity. The relative contribution of these energy systems depends on the duration, intensity, and type of activity being performed.

Complete the table below:

| Main energy system | Duration | Intensity | Type of activity |
|--------------------|----------|-----------|------------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |

15m

2m for each energy system named correctly + 1m for each part filled in correctly in relation to the named type of activity.

Suggested answer:

Type of activity must be specific, not general like 'running'.

Phosphagen System (ATP-PCr System):

Duration: the phosphagen system is the primary energy source for short-duration, high-intensity activities lasting up to approximately 10-15 seconds.

Intensity: it provides energy for maximal or near-maximal efforts, such as sprinting or lifting heavy weights.

Type of Activity: activities that heavily rely on the phosphagen system include short sprints, explosive movements, and power-based exercises, e.g. shot-put.

Glycolytic System (Anaerobic System):

Duration: the glycolytic system becomes increasingly important for activities lasting between 30 seconds and 2 minutes.

Intensity: it is particularly active during high-intensity efforts that are sustained but not maximal or high-intensity interval training (HIIT).

Type of Activity: activities that heavily rely on the glycolytic system include shorter distance running events such as a 400-meter sprint, intense bursts of activity, and activities involving repetitive explosive efforts.

Aerobic System:

Duration: the aerobic system is the dominant energy source for longer-duration activities lasting beyond 2 minutes, and can sustain energy production for extended periods.

Intensity: It provides energy for activities of moderate to low intensity, such as jogging, cycling, or endurance events.

Type of Activity: activities that rely on the aerobic system include long-distance running e.g. marathon, swimming, cycling, and other endurance-based activities.

- (b) With reference to a named physical activity, explain how a structure and/or strategy can be modified in response to a particular performance scenario. This may be in relation to training/practice or performance.**

11m

1m for structure/strategy named + 10m for explanation

10m for very good explanation

7m for good explanation

5m for fair explanation

2m for poor explanation

Suggested answer

Example: basketball: performance Scenario: The team is struggling to get through the opponent's defence, and their shots are consistently getting blocked. The team is having difficulty creating high-percentage scoring opportunities.

The coach employs a motion offense to counteract their opponent's defence.

Off-the-Ball Movement: The coach encourages players to move without the ball, setting screens, cutting to the basket, and making backdoor cuts. This off-the-ball movement helps players get open, and create scoring opportunities.

Floor Spacing: the coach modifies the team's floor spacing, ensuring players are positioned in a way that stretches the defence and opens up driving lanes for players with the ball.

Ball Movement: the coach emphasizes ball movement and quick passing to keep the defence on its toes. By passing the ball quickly and efficiently, the offence can create openings in the defence and find better shooting opportunities.

- (c) Describe two current Irish anti-doping rules, including the ways in which they are enforced by Sport Ireland, and/or how athletes comply with their enforcement.**

14m

2m for rule identified + 3m for described + 2m for enforcement (x 2)

Suggested answer

Therapeutic Use Exemptions (TUEs)-Athletes who require the use of a prohibited substance for legitimate medical reasons can apply for a TUE.

A TUE allows athletes to use the prohibited substance while still complying with anti-doping rules. To enforce this rule, athletes must submit a TUE application that includes detailed medical information and documentation from a medical professional. TUE applications are thoroughly reviewed by a TUE Committee, and, if approved, the athlete can use the prohibited substance with the proper authorisation.

Whereabouts: reporting athletes in Ireland who are part of the national or international registered testing pool are required to provide accurate and up-to-date information about their whereabouts. This includes daily locations and availability for testing. Enforcing this rule involves athletes regularly updating their whereabouts information using the Anti-Doping Administration and Management System (ADAMS). Testing agencies may conduct out-of-competition testing at the locations provided by the athlete. Failure to accurately report whereabouts or missing a test can lead to disciplinary consequences.

Question 18

- (a) (i) **Explain what sport-related advertising is and outline an example.**

6 marks:

3m for explanation + 3 marks for example

Suggested answer

A type of advertising that uses sports or sporting events to promote products, services, brands. It uses the popularity and appeal of sports to capture the attention of a specific target audience, often individuals who are interested in sports or who follow sporting events.

e.g. Brands market energy drinks and supplements as essential for athletes or active individuals to improve their performance and recovery.

- (ii) **For the example you outlined in part (i), discuss the impact of sport-related advertising on young people.**

6 marks:

3m for positive impact discussed + 3m for negative impact discussed.

Discussion must be linked to part (i).

Suggested answer

Aspiring young athletes may be influenced to believe that using these products will help them perform better, achieve success, or become like their favourite athletes.

- (b) (i) **Identify and describe the characteristics of a named physical activity that give it or could give it media and/or spectator appeal.**

12m

2m for characteristic identified + 2m for described (x3)

Suggested answer

Example: rugby

- The physical challenges and intense competition often lead to emotional moments on the field. Whether it's a dramatic try, a game-changing tackle, or a last-minute score, these moments create strong emotional connections with viewers.
- Rugby hosts international tournaments like the Rugby World Cup, Six Nations Championship, and Tri Nations/Rugby Championship. These global events bring together teams from different countries, generating widespread interest and coverage.
- Rugby has a deep-rooted history and tradition that resonates with fans. The stories of legendary players, rivalries between teams, and the heritage of the sport contribute to its appeal.

- (ii) **The way sporting events are portrayed in the media can influence how spectators engage with and react to those events. Outline one way in which media coverage impacts spectator behaviour.**

6m

3m for stated + 3m for outlined

Suggested answer

Sportsmanship and respect: media coverage can emphasise sportsmanship, respect for opponents, and fair play. Fans may adopt these values in their behavior, leading to a more positive and respectful atmosphere at events.

- (c) **Sponsorship can provide many advantages as well as disadvantages for national governing bodies of sport. With reference to a named national governing body, discuss the possible advantages and disadvantages of sponsorship.**

10 marks:

1m for correct and relevant NGB

1m for advantage named + 2m for advantage discussed

1m for disadvantage named + 2m for disadvantage discussed

1m for advantage/disadvantage named + 2m for advantage/disadvantage discussed

Suggested answer:

e.g. Football Association of Ireland (FAI)

- Sponsorship can lead to better-funded competitions, such as the national league and cup tournaments. This can attract better players and coaches, enhance the quality of the sport, and increase fan engagement.
- Sponsors often contribute to promoting the sport through marketing and advertising, increasing its visibility. This can help in attracting more fans, participants, and potential sponsors.
- Sponsors may have specific requirements or expectations about how their brand is associated with the FAI. This can limit the organisation's autonomy and decision-making.
- Relying heavily on sponsorship revenue can make the FAI vulnerable to changes in the economic environment or shifts in the priorities of sponsors. If a major sponsor withdraws support, it can lead to financial instability.

ORDINARY LEVEL

SECTION A 80 Marks 10 @ 8 marks each

1. Match each of the following concepts of physical activity with its correct definition:

8m:

2m + 2m + 2m + 2m

| Definition | Concept of physical activity |
|--|----------------------------------|
| Engaging in activities for enjoyment, or entertainment. It is often characterised by voluntary participation, without strict rules or objectives. It can be seen as a fundamental aspect of human behavior and is essential for learning, socialising, and personal development. | Play |
| Often entail physical challenges, exploration, and interaction with nature. This concept is valued for promoting physical fitness, mental well-being, and a sense of adventure and discovery. | Outdoor and adventure activities |
| It involves competition between individuals or teams and is often characterised by skill, strategy, and physical exertion. | Sport |
| A discipline that focuses on the development of physical fitness, motor skills, and knowledge of various physical activities. It is typically taught in schools and aims to promote a healthy and active lifestyle among students. | Physical Education |

2. Media coverage can create intense pressure for athletes to perform consistently. This pressure can lead to stress, anxiety, and performance-related issues.

Examine the positive impact that media coverage has on its participants.

8m:

4m for stated + 4m for examined

Suggested answer:

Positive media attention can lead to endorsements, sponsorship deals, and other financial opportunities for elite athletes. This can provide financial security and enable them to focus on their training and competition.

3. There are several methods commonly used to collect data on participation in physical activity. Read the following statements and tick whether they are true or false.

8m:

2m + 2m + 2m + 2m

| Statement | True | False |
|--|------|-------|
| Activity monitors, such as pedometers, or wearable fitness trackers, are devices that measure and record movement patterns and physical activity levels. | ✓ | |
| Physical activity logs or diaries require participants to record their daily physical activities, including type, duration, and intensity. | ✓ | |
| Self-report surveys involve other people providing information about your physical activity levels through questionnaires or interviews. | | ✓ |
| Activity monitors, such as pedometers, or wearable fitness trackers, provide objective data and can capture both structured and unstructured physical activities throughout the day. | ✓ | |

4. Excellent coaches and mentors help athletes to perform at their highest level. Outline two ways a coach/mentor could improve an individual's concentration before and/or during performance.

4m + 4m

4m for very good outline

2-3m for good outline

1m for fair outline

Suggested answer:

Create a routine: Help the individual create a pre-performance routine that includes physical and mental warm-up exercises. Consistent routines can signal the brain that it's time to concentrate.

5. The human body relies on three main energy systems to provide the necessary fuel for physical activity. The duration, intensity, and type of activity being performed affect which energy system is used.

Complete the table below:

8m:

1m for each section filled in correctly in relation to the named type of activity.

Suggested answer:

1 - **Duration:** The phosphagen system is the primary energy source for short-duration, high-intensity activities lasting up to approximately 10-15 seconds.

Intensity: It provides energy for maximal or near-maximal efforts, such as sprinting or lifting heavy weights.

2 - Glycolytic System (Anaerobic System):

Intensity: It is particularly active during high-intensity efforts that are sustained but not maximal or high-intensity interval training (HIIT).

Type of Activity: Activities that heavily rely on the glycolytic system include shorter distance running events such as a 400-meter sprint, intense bursts of activity, and activities involving repetitive explosive efforts.

3 - Aerobic System:

Duration: The aerobic system is the dominant energy source for longer-duration activities lasting beyond 2 minutes and can sustain energy production for extended periods.

Type of Activity: Activities that rely on the aerobic system include long-distance running e.g. marathon, swimming, cycling, and other endurance-based activities.

6. **With reference to a named physical activity, describe how a structure or strategy can be changed based on a particular situation during practice/training or when performing.**

8m

2m for structure/strategy named + 6m for description

6m for very good explanation

4-5m for good explanation

2-3m for fair explanation

1m for poor explanation

Suggested answer:

Physical activity: basketball

Structure/ strategy: fast break

To respond effectively to a fast break situation, a team might modify their structure by spreading out on the court. Players might adjust their positioning to ensure that they have both offensive and defensive players well-distributed to counter any potential counterattack from the opposing team.

7. **Tennis is a sport that involves movement in multiple planes of motion. Explain how tennis incorporates movement in the sagittal and frontal planes.**

8m:

4m for each plane explained in relation to tennis.

4m for very good explanation

2m for fair explanation

Suggested answer:

Sagittal Plane (Forward and Backward): Players move forward to approach the net or reach the ball, and they move backward to cover the baseline. These movements occur in the sagittal plane.

Frontal Plane (Lateral Movement): Lateral movements are crucial in tennis, especially when players need to quickly shift sideways to reach balls that are hit wide to their forehand or backhand. This lateral movement helps them cover the court effectively.

8. **The FITT formula helps individuals and professionals tailor exercise routines to their specific goals and fitness levels. Outline the FITT formula in the below table.**

8m:

1m each for Frequency, Intensity, Time, and Type + 1m each for correct description

Suggested answer:

| | Description |
|-----------|--|
| Frequency | How often exercise sessions are conducted within a week. Important for achieving consistent progress and allowing for recovery. |
| Intensity | The level of effort exerted during exercise. Can be measured using heart rate, perceived exertion, or weight lifted, depending on the type of exercise. |
| Time | The duration of each exercise session. Adequate time is necessary to achieve desired fitness outcomes. |
| Type | The specific mode or type of exercise performed. Includes activities like cardio, strength training, flexibility exercises, and more. The choice of exercise type depends on individual preferences and goals. |

9. **Overtraining is a condition that occurs when athletes engage in excessive training and do not give their bodies enough time to recover. Describe two issues athletes face when they overtrain.**

8m:

2m + 2m for stated and described (x 2)

Suggested answer:

Overtraining can lead to a decline in athletic performance. Instead of improving, athletes may experience decreased strength, endurance, speed, and overall skill level. This happens because the body doesn't have enough time to recover and repair.

Overtraining puts athletes at a higher risk of injuries. Physical exhaustion and compromised recovery weaken the body's defences against strains, sprains, and other injuries. Additionally, mental fatigue can impact concentration and coordination, leading to accidents or missteps during training or competitions.

10. **With reference to a named physical activity, explain a scenario where an athlete uses their skills in an innovative or unique way to gain a competitive advantage over their opponent(s).**

8m:

2m for skill + 3m for stated + 3m for explained

Suggested answer:

Physical activity: Gaelic football

Skill: dummy solo

Explanation: a player might use the dummy solo when they are closely marked by an opponent while running with the ball. By performing a convincing dummy solo, they could trick the opponent into thinking they are about to kick the ball, causing the opponent to react by moving to block the expected kick. This creates an opportunity for the player to change direction quickly and continue their run, potentially leaving the opponent off balance and creating space to advance with the ball or pass it to a teammate.

11. **Overload is a key principle in performance training, as it involves exposing athletes to training loads beyond their current capabilities. Describe two other principles of training. You may not use overload.**

8m:

1m for named + 1m for stated + 2m for described (x 2)

Suggested answer:

Specificity

Tailoring training to closely match the demands of the target activity enhances skill transfer and adaptation to real-world performance situations. Athletes who train with specificity are more likely to see improvements in their sport-specific skills and overall performance.

Recovery and Rest

Performance improvements occur during the recovery phase when the body repairs and adapts to the training stress. Athletes who prioritize recovery experience reduced fatigue, improved readiness, and better overall performance.

12. **Identify and outline an appropriate method of analysis for two of the following aspects of performance:**

8m:

2m for identification + 2m for outline (x2)

Suggested answer:

Skill and Technique Analysis

Video Recording - Record the performance using high-quality video equipment from multiple angles to capture all aspects of the skill and technique and you can compare the performance to an expert in that field.

Choreography

Music Synchronisation - Analyse how well the choreography synchronises with the accompanying music or sound. Assess timing, rhythm, and musicality.

SECTION B

CASE STUDY

50 MARKS

Question 13

- (a) Using evidence from the case study, identify and explain two factors which influence your own and or others' participation in physical activity.

8m

2m for factor identified + 1m for explained + 1m for developed (x2)

Suggested answer:

Having positive role models who lead active lifestyles can inspire others to follow suit. Watching role models overcome challenges and barriers in their pursuit of physical activity sends a message that obstacles can be conquered. This can motivate others to overcome their own barriers, such as time constraints or lack of confidence.

Any other relevant point.

- (b) Community is a massive part of the GAA. Outline two ways to improve the connections between physical activity/sports in schools and those in the community.

10m

2m for stated + 2m + 1m for outlined

Suggested answer:

Shared Facilities: Schools and community sports organizations can share sports facilities, such as sports fields, gyms, or swimming pools. This allows both school and community athletes to access high-quality facilities and fosters a sense of community engagement.

Community Sports Events: Encourage community sports organisations to organise events and competitions that involve participation from local schools. These events can showcase the talents of school athletes and provide opportunities for them to interact with community members.

- (c) "You have to manage the nerves and live in the moment." Define anxiety in sport and discuss how anxiety can impact on an athlete's or team's performance.

8m

2m for definition

3m for positive impact + 3m for negative impact

1-3m for very discussion

Suggested answer:

Anxiety refers to the feeling of unease, nervousness, or worry that athletes experience before or during competitions. It can be accompanied by physical symptoms such as increased heart rate, sweating, and restlessness.

Impact: High levels of anxiety can lead to difficulty in maintaining focus and concentration. Athletes may become distracted by their anxious thoughts, worries, or physical sensations, making it challenging to stay focused on the task at hand.

Increased resilience: Athletes who have experienced and managed anxiety in the past may develop greater resilience and mental toughness. They can draw on these experiences to cope with future challenges and setbacks.

- (d) **It can be very difficult for amateur sportspeople to be successful whilst balancing the demands of life, work and sport as outlined by Caitriona. Investigate the personal qualities needed for a successful performance with reference to a named physical activity. You may not refer to camogie in your answer.**

12m

3m for named + 3m for explained (x 2)

Suggested answer:

e.g. dancing

Discipline and work ethic: Dance requires disciplined practice and hard work. Successful dancers are committed to regular training and maintain a strong work ethic to improve their technique and artistry continually.

Dance often involves working in groups or ensembles. Successful dancers are team players who collaborate well with choreographers, fellow dancers, and other artistic collaborators.

- (e) **With reference to a named physical activity, investigate the demands of the technical qualities needed for a successful performance.**

12m

May use same activity as mentioned above.

3m for stated + 3m for development (x 2)

Suggested answer:

e.g. high jump

Technical demands - Bar clearance technique: The clearance phase involves arching the body over the bar. Athletes must extend their legs and hips, maintain a curved body position, and rotate the body to pass over the bar without knocking it.

SECTION C

120 MARKS

Question 14

40 MARKS

- (a) (i) **Identify an official from a named physical activity and outline two roles of this official.**

4m + 8m

4m

2m + 2m for activity named + relevant official

Suggested answer:

Physical activity: tennis

Official: chair umpire

8m

Roles: 2m for stated + 2m for outline (x 2)

Suggested answer:

The chair umpire monitors player behavior and ensures that both competitors display sportsmanship and respect towards each other, as well as the officials and the audience. They have the authority to issue warnings, penalties, or even disqualifications for unsportsmanlike conduct, verbal abuse, racquet abuse, or violations of the code of conduct.

- (b) (i) **Describe two important principles a coach would use to design effective practice schedules for athletes or teams.**

8m

2m for stated + 2m for description (x 2)

Suggested answer:

Variety: Introduce a mix of drills, exercises, and activities to prevent monotony and keep athletes engaged. A diverse practice regimen helps develop various skills and prevents burnout.

Progression: Start with foundational skills and gradually advance to more complex tasks. This gradual progression builds competence, confidence, and prevents overwhelming athletes with tasks beyond their current abilities.

- (ii) **Explain how a coach can help an athlete regularly think about their performance in a way that they can learn from it and make improvements.**

6m

3m + 3m for discussion stated and developed

Suggested answer:

The coach could provide the athlete with a structured framework or set of questions that the athlete can use for reflection and keep a training journal. For example- what were my goals for this practice/performance? What did I do well during this session? What could I have done better? What did I learn from this experience? Having specific questions can guide their thought process.

- (c) (i) **Outline three characteristics of an athlete in the cognitive stage of learning.**

9m

2m for stated + 1m for outlined (x 3)

Suggested answer:

Slow and Deliberate Movements: Movements may be slow and deliberate as the athlete concentrates on executing the skill correctly. The emphasis is on accuracy rather than speed.

Trial and Error: They experiment with different approaches and techniques to figure out what works best. Mistakes are common, and they learn by analysing the outcomes of their attempts.

Verbal and Visual Instruction: Athletes in this stage benefit from clear verbal explanations and visual demonstrations. They need instructions that highlight key points and essential cues.

- (ii) **Discuss one type of feedback appropriate for an athlete in the cognitive stage of learning with reference to a named activity.**

5m

1m for type of feedback named correctly + 2m for discussed + 2m for developed

Suggested answer:

Knowledge of Performance Feedback e.g. badminton-coach provides information about the athlete's execution of a skill or technique during training/ competition. This can include details about body positioning, grip, timing, and movement. For example, a coach might say, "During your overhead clear, focus on keeping your elbow high and your wrist firm. This will give you better control over the shuttle." This type of feedback helps beginner athletes understand the mechanics of a skill and the correct way to execute it. It aids in building the correct muscle memory and ensures that the athlete starts with a strong foundation.

Question 15

40 MARKS

- (a) **Identify and describe two characteristics of a named physical activity that give it or could give it spectator appeal.**

12m

3m for characteristic identified + 3m for described (x 2)

Suggested answer:

e.g. rugby:

The physical challenges and intense competition often lead to emotional moments on the field. Whether it's a dramatic try, a game-changing tackle, or a last-minute score, these moments create strong emotional connections with viewers.

Rugby hosts international tournaments like the Rugby World Cup, Six Nations Championship, and Tri Nations/Rugby Championship. These global events bring together teams from different countries, generating widespread interest and coverage.

- (b) (i) **The way sporting events are portrayed in the media can influence how spectators engage with and react to those events. With reference to a named physical activity, outline two ways in which media coverage impacts spectator behavior.**

12m

3m for stated + 3m for outlined (x 2)

Suggested answer:

Sportsmanship and respect - media coverage can emphasise sportsmanship, respect for opponents, and fair play. Fans may adopt these values in their behavior, leading to a more positive and respectful atmosphere at events.

Any other relevant point.

- (ii) **Developments in technology have had a significant impact on the spectator experience in sport in various ways. For example, clubs have official apps that offer live updates, highlights and interviews. With reference to a named physical activity, examine the developments in technology that have impacted on the spectator experience.**

8m

4m for stated + 4m for examined

Or

2m for stated + 2m for examined (x2)

Suggested answer:

Instant-replay technology have made it possible for spectators to see crucial moments of the game from multiple angles and in slow motion. This enhances the understanding and enjoyment of the game by allowing fans to dissect key plays, goals, and controversial decisions.

- (c) **There can be moral concerns or dilemmas when the media reports or covers stories about athletes. Describe two negative impacts that the media can have on elite performers.**

4m + 4m

4m for very good description

2-3m for good description

1-2m for fair description

Suggested answer:

Constant media attention and the loss of privacy can contribute to emotional distress and even burnout. Athletes may feel overwhelmed by the demands of the public eye, which can affect their mental health and overall well-being.

Athletes may feel the need to consistently meet or exceed the expectations set by media coverage. This can result in performance anxiety, affecting their ability to focus, concentrate, and perform at their best during competitions.

Question 16**40 MARKS**

- (a) (i) **Define health-related fitness.**

6m

3m for stated + 3m for developed

Suggested answer:

Health-related fitness refers to the components of fitness that are essential for maintaining good health and reducing the risk of chronic diseases. Cardiovascular endurance, Muscular Strength and Endurance, flexibility and body composition are health related components of fitness.

- (ii) **With reference to a named physical activity, discuss how two components of health-related fitness can be improved.**

10m

2m for component named + 3m for discussion (x 2)

Suggested answer:

physical activity: soccer

Cardiovascular endurance: Incorporate high-intensity interval training (HIIT) during training.

Design drills that mimic game situations, such as sprinting between cones, changing directions, and recovering quickly. For example, set up a series of cones and have players sprint back and forth between them dribbling the ball with short rest intervals.

Muscular strength: Focus on compound exercises that engage multiple muscle groups simultaneously, mirroring the dynamic movements in soccer. Some effective compound exercises include squats, deadlifts, lunges, bench presses, and rows.

- (b) **Recovery is an essential part of performing optimally. Diet plays a huge role in optimising recovery for athletes.**

- (i) **Identify two macronutrients that athletes should consume to enhance recovery.**

2m

1m + 1m

Suggested answer:

Protein, carbohydrates

- (ii) **Outline the role of each macronutrient you named in (i) in enhancing recovery.**

10m

3m for stated + 2m for outlined

Suggested answer:

Protein is essential for repairing and rebuilding muscle tissues that may be damaged during intense exercise. It provides the building blocks (amino acids) necessary for tissue repair and growth. Consuming protein after workouts supports muscle recovery and adaptation to training. Carbohydrates are the body's primary energy source, and replenishing glycogen stores in muscles is crucial for recovery. High-intensity exercise depletes glycogen levels, and consuming carbs helps restore them. Optimal carbohydrate intake supports faster recovery and prepares athletes for subsequent workouts or competitions.

- (c) **Describe two current forms of assistance available to athletes or teams in Ireland to promote high-level performance. Refer to a named physical activity in your answer.**

12m

3m for resource named + 3m for description (x 2)

Suggested answer:

Physical activity: swimming

National Governing Body (NGB): Swim Ireland play a central role in coordinating and developing competitive swimming programs. They organize competitions, set standards, and provide guidelines for athlete development.

Elite Training Centres: These centres offer specialised training facilities, coaching expertise, and access to sports science services. They serve as hubs for elite athletes to train and improve their performance.

Question 17

40 MARKS

- (a) **Discuss two personal benefits of physical activity for the health and wellbeing of young people.**

12m

3m for stated + 3m for discussed (x 2)

Suggested answer:

Physical activity has a direct positive impact on mental health by promoting the release of endorphins, which are natural mood enhancers. It helps reduce symptoms of anxiety, stress, and depression by providing a healthy outlet for pent-up emotions and promoting relaxation.

Physical activity has been linked to enhanced cognitive function and improved academic performance among young people. It improves blood flow to the brain, which supports cognitive processes such as memory, attention, and problem-solving.

- (b) (i) **Outline what is meant by the term sport endorsement.**

2m

Suggested answer:

A professional athlete or sports personality is hired to represent and promote a product or brand e.g. sports equipment, sports drinks, technology etc. This athlete becomes the "endorser."

- (ii) **Examine two benefits of endorsements for an athlete.**

6m

1m named + 2m examined (x 2)

Suggested answer:

- Endorsement income can provide athletes with financial security, allowing them to save, invest, and plan for their future, including retirement.
- Endorsements help athletes build their personal brands. Associating with respected brands or products can boost their public image, credibility, and marketability.

- (c) (i) **Examine how developments in technology can promote/ increase physical activity amongst young people.**

12m

3m for named + 3m for examined + 3m for stated how physical activity is promoted / increased + 3m for developed

Suggested answer:

Wearable device such as a Fitbit - Fitbit provides real-time data on steps taken, distance travelled, and active minutes. This self-monitoring aspect can increase awareness of young people's activity levels and encourage them to make positive changes. Fitbits offer social features where you can connect with friends, create challenges, and compete in step counts or other metrics. This social aspect is a fun way of promoting camaraderie, accountability, and friendly competition, encouraging increased activity.

- (ii) **Young people in sports should be taught to use technology responsibly and ethically, with a focus on fair play and respect for others. Explain the importance of fairness and respect in sport in relation to the above statement.**

8m

2m for stated + 2m for explained (x 2)

Suggested answer:

Data Privacy: When using wearable devices, apps, or online platforms to track performance, young athletes should be aware of the data they're sharing and ensure their privacy is protected. They should also respect the privacy of others and not use this information to gain an unfair advantage.

Responsible Use of Social Media: Young athletes should be mindful of what they post on social media, especially when it comes to their own or others' personal and performance-related information. Inappropriate comments or posts can have a negative impact on their reputation and that of their team or organization. It's important to be respectful of themselves and others in relation to their performance.

Question 18

40 MARKS

- (a) (i) **Explain the importance of completing a warm-up before and cool-down after high-intensity exercise.**

8m

2m for stated + 2m for explained (x 2)

Suggested answer:

Warm up - Gentle movements during a warm-up help increase muscle temperature, making them more pliable and responsive. This reduces the risk of strains and enhances overall muscle function.

Cool down - High-intensity exercise elevates your heart rate, and stopping abruptly can be stressful on your cardiovascular system. A cool-down helps bring your heart rate back to its normal range gradually, reducing the risk of dizziness or fainting.

- (ii) **Suggest two ways participants can warm up effectively.**

4m

2m for stated + 2m for developed

Suggested answer:

1-doing light aerobic exercises like jogging, brisk walking, or cycling gradually raises heart rate and blood flow. This increases body temperature, which improves muscle function and prepares the cardiovascular system for more intense activity.

2-Incorporating movements related to the upcoming activity is important for specific muscle activation and neural preparation. For example, basketball players might perform dribbling drills, and swimmers might do arm movements resembling strokes.

(iii) Suggest two ways participants can cool down effectively.**4m**

2m for stated + 2m for developed

Suggested answer:

1-Static Stretching and Mobility Exercises: Incorporate static stretches and mobility exercises to target major muscle groups. Hold each stretch for 15-30 seconds focusing on areas such as your hamstrings, quadriceps, calves, hip flexors, and shoulders. Gentle mobility exercises like arm circles, hip rotations, and neck tilts can also help improve flexibility and alleviate muscle tension.

2-Active Recovery: Perform low-intensity exercises for about 5-10 minutes, gradually reducing the intensity. For example, if you were running, switch to a slow jog, and then to a brisk walk. This helps gradually lower your heart rate and keeps blood circulating throughout your body.

(b) Describe three effective communication skills which support positive interaction between athletes participating in a team sport.**12m**

2m for named + 2m for described (x 3)

Suggested answer:

Clear and Open Communication - Team members should communicate clearly and openly, avoiding vague language or mixed messages. Clarity encourages trust among teammates and helps resolve conflicts before they escalate.

Positive Feedback and Encouragement: Providing positive feedback and words of encouragement boosts morale and motivation within the team. Recognizing each other's efforts and successes promotes a positive atmosphere and a sense of camaraderie.

The code of ethics in sports organisations upholds the fundamental values of the sport and contributes to the positive impact of sports on various aspects of life.

(c) Outline two strategies that a captain of a team could implement to help boost their team's mental outlook before a performance.**12m**

3m for stated + 3m for outlined (x 2)

Suggested answer:

Captains can give motivational pep talks with team members before the performance. They should focus on boosting morale, emphasising the importance of teamwork, and reminding everyone of their strengths and past achievements.

Positive Reinforcement- Encourage and praise team members for their hard work, dedication, and progress during training and preparation. Recognizing their efforts can boost their confidence and self-belief.



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