



Pre-Leaving Certificate Examination, 2024

Physical Education Ordinary Level

Time: 2 hours, 30 minutes

250 marks

Name:
School:
Address:
Class:
Teacher:

Instructions

There are **three** sections in this paper.

Section A	Short Questions	80 marks
Section B	Case Study	50 marks
Section C	Long Questions	120 marks

Answer questions as follows:

Any **10** questions in Section A

Question 13 in Section B - Case Study

Any **three** of the five questions in Section C.

Write your answers in the spaces provided in this booklet. There is space for extra work at the end of the booklet. Label any such extra work clearly with the question number and part.

Write your answers in blue or black pen.

Section A**80 marks**

Answer any **10** questions from questions 1 - 12.

Question 1

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

Sport	Physical Education	Outdoor and Adventure Activities	Play
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Definition	Concept of physical activity
Engaging in activities for enjoyment or entertainment. It is often characterised by voluntary participation, without strict rules or objectives.	
Often entails physical challenges, exploration, and interaction with nature. This concept is valued for promoting physical fitness, mental wellbeing, and a sense of discovery.	
It involves competition between individuals or teams and is often characterised by skill, strategy, and physical exertion.	
A discipline that focuses on the development of physical fitness, motor skills, and knowledge of various physical activities. It aims to promote a healthy and active lifestyle among young people.	

Question 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.

Question 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.

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.		

Question 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.

1.
2.

Question 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:

Main energy system	Duration	Intensity	Type of activity
1. ATP-PCr System			Shot put
2.	For activities lasting between 30 seconds and 2 minutes.		
3.		Provides energy for activities of moderate to low intensity	

Question 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.

Physical Activity
Structure / Strategy

Question 7



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

Question 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.

	Description
F_____	
I_____	
T_____	
T_____	

Question 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.

1.
2.

Question 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).

Physical Activity
Skill
Explanation

Question 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.

1.
2.

Question 12

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

- Skill and technique
- Structures and strategies
- Choreography
- Performance-related fitness
- Psychological preparedness.

Performance Aspect 1
Performance Aspect 2

Examine the text and images in the Case Study below and answer question 13.

I'm a GP here in Galway. Outside of work and sport, when I'm in the thick of it, there's very little time for much else. Work. Train. Home. Eat. Bed. Go again.

In your hospital posts, as part of your training, you put in long hours. Sometimes 24-hour shifts. Sometimes 100 hours a week. Since I've become a GP, the hours are a bit less demanding, and balancing my career and my sport has become a lot easier.

It has given me a great appreciation for the simple fact that I can get out and play sport, never mind play for Galway.



Catriona Cormican

Being a doctor is my vocation, sport is the outlet for me. I can leave any work stress behind when I get a sliotar in my hand.

Camogie was the first sport that I played up at Cappataggle when I was 9 or 10. I took up football later and played both all the way up through underage levels.

I would have loved to have been a dual player, but the time came when I had to commit to one or the other. I can't even remember why exactly I chose football. I was doing well at the time I suppose, and my GAA career went in that direction.

I remember going to the All-Ireland Football Final in 2004 as a supporter. I really looked up to the girls playing for Galway. Players like Lorna Joyce, who was also studying medicine at the time. I just thought she was amazing, playing football, and on her way to becoming a doctor. That had a huge influence on me. Then you had Niamh Fahy, who I played underage with. She was such a leader, and had a big impact on that final.

The following Christmas, there was a book released which was dedicated to the winning Galway team, and my mother got it for me. I was obsessed with it. I read it inside out. I knew everything about them, who they were, where they were from, what their favourite film was. Then the day after St. Stephen's Day I got a call from Richard Bowles, who was the Senior Team Manager, and he asked me to join the panel. I nearly collapsed with excitement.

"So, in 2005, I was playing senior football for Galway. I was 16."

I never left camogie behind completely and was still playing games for the club. In 2016, we'd a great year with Cappataggle and won the intermediate camogie county final. It sort of reignited my love for the game that I had when I was younger.

I tried to keep playing both camogie and football for a while, but as time went on, I just felt like I couldn't give any more to football.

We were beaten by Dublin in the All-Ireland Football semi-final in 2018. After that game, I knew I'd reached the end of the road.

Where I'm from in East Galway, it is a hurling heartland. The pitch in Cappataggle is the heart of the community. You're proud to be from Cappy because there's such a passion for hurling and camogie.

I couldn't have predicted that just over a year after leaving football behind, I would be back in Croke Park, winning a Camogie All-Ireland with Galway.

Getting to play in an All-Ireland final is the pinnacle of success. If you're not careful, it can consume you. You have to manage the nerves and live in the moment.

I think my age helped me to enjoy the experience a bit more.

In my first year playing football for Galway in 2005 we got to an All-Ireland final. When you are that young, you think you're invincible, that you will be in the final every year.

When I joined the panel in 2018, I had a sense that there was something special about the group. Of course, you have the 'big name' players, but they are surrounded by hardworking, committed teammates. Even if it meant standing on the side-line to help the team, that's what you did. There was a culture of hard work that was going to be hard to beat when we all pulled together.



'Sometimes it's not all about having the best players. It's about how the group comes together as a collective.'

That's how it was with us. It culminated in an All-Ireland winning year.

After the final whistle, seeing my family there, who had put in so many years of travelling the length and breadth of the country, giving up their time to get me to training; to win like that, you feel like you're giving something back.

'I never thought of myself as someone to look up to or a role model or anything like that.'

During the lockdown, I got a message from a principal of a school in Clonfert, a village a few miles away from Cappataggle. He asked if he could forward on some letters that the school children had written to me.

It had been such a stressful time in work dealing with the Covid crisis, to have those letters, seeing the impact our All-Ireland win had on those kids, it was lovely. It really brightened up my day. It made me realise, 'there are young kids that look up to me as a Galway player', in the same way I would have looked up to Lorna Joyce and the other girls from 2004.

Question 13

(50 marks)

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

1.
2.

(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.

1.
2.

(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.

Anxiety
Impact on performance

- (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.

Physical Activity
Personal qualities needed

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

Physical Activity

Section C**120 marks**

Answer any **three** questions, from questions 14 – 18.

Question 14**(40 marks)**

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

Physical Activity
Official
1.
2.

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

1.
2.

(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.

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

1.
2.
3.

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

Physical Activity

Question 15**(40 marks)**

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

Physical Activity
Characteristic 1
Characteristic 2

- (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 behaviour.

Physical Activity
1.
2.

- (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.

Physical Activity

- (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.

1.
2.

Question 16**(40 marks)**

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

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

Physical Activity
Component 1
Component 2

(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.

1.
2.

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

Role of macronutrient 1
Role of macronutrient 2

(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.

Physical Activity
1.
2.

Question 17**(40 marks)**

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

1.
2.

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

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

1.
2.

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

- (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.

Question 18

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

Warm-up
Cool-down

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

1.
2.

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

1.
2.

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

1.
2.
3.

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

1.
2.



Acknowledgements

Q. 7

www.smh.com.au/sport/tennis/record-winning-streaks-freak-forehands-the-young-guns-transforming-tennis-20221114-p5by3g.html
www.shutterstock.com

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