



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2022
Physical Education
Ordinary Level

Tuesday 28 June Afternoon 2:00 - 4:30

170 marks

Examination Number

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Day and Month of Birth

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For example, 3rd February
is entered as 0302

Centre Stamp

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Instructions

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

Section A	Short Answer Questions	40 marks
Section B	Case Study	50 marks
Section C	Long Questions	80 marks

Answer questions as follows:

- Any **five** of the twelve questions in Section A
- Question 13 in Section B – Case Study
- Any **two** 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.

This examination booklet will be scanned and your work will be presented to an examiner on screen. Anything that you write outside of the answer areas may not be seen by the examiner.

Section A

40 marks

Answer any **five** questions, from questions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 and 12.

Question 1



Figure 1

Warm up is very important to help prepare for participation in physical activity.

Describe **two** different warm up activities that you might use for a physical activity of your choice.

Physical Activity
Warm up activity 1
Warm up activity 2

Question 2

(a) Name a fitness test that can be used to measure muscular endurance.

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(b) Describe the test for muscular endurance that you have named in **(a)**. You may use an annotated drawing to help if you wish.

Question 3

A range of skills are required to participate effectively in a physical activity.

Identify **three** different skills from a physical activity of your choice and explain why these skills benefit performance.

Physical Activity
Skill 1
Skill 2
Skill 3

Question 4

The images show athletes competing in the 10,000 metre (**Figure 2**) and shot put (**Figure 3**) athletics events.

For **both** of these events, identify the main component of physical fitness involved and explain your choice.



Figure 2



Figure 3

Main component of fitness for 10,000 metres
Explanation
Main component of fitness for shot put
Explanation

Question 5

- (a) Name **two** physical activities that would provide a personal health benefit for older adults who wish to remain active.

1.
2.

- (b) Identify a personal health benefit for older adults of **both** of the physical activities named in in (a).

1.
2.

Question 6

The following statements relate to Sport Ireland's Anti-Doping procedures.

State whether each of the following statements is true or false, by putting a tick (✓) in the appropriate box.

	True	False
(a) Athletes should not have a prohibited substance present in their sample.	☐	☐
(b) Athletes can take any medication as long as it is prescribed by a medical doctor.	☐	☐
(c) Athletes can refuse to do a drug test after receiving proper notification and without consequences.	☐	☐
(d) A violation includes three whereabouts failures in 12 months.	☐	☐

Question 7

Periodisation and training are two of the main components involved in preparing an athlete. Systematically planned preparation with the help of the exercise methods, is the main factor influencing an athletes' progress. (Rathi, *et al* 2010).

(a) Explain the term periodisation.

(b) Outline **one** advantage of periodisation.

Question 8

(a) Outline the difference between merchandising and endorsements.

(b) Give one example of merchandising and one example of endorsements.

Example of merchandising
Example of endorsements

Question 9

(a) Explain intrinsic feedback.

(b) Explain extrinsic feedback.

(c) Give an example of where **either** intrinsic **or** extrinsic feedback can be used to benefit a performer.

Question 10

Name **two** performance enhancing drugs (PEDs) and describe a negative effect of each drug on the athletes that use them.

PED	Negative Effect
1.	
2.	

Question 11

- (a) Elbow flexion is a key movement in basketball.
Name the class of lever used in elbow flexion.



Figure 4

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- (b) There are two other classes of lever.
- (i) Name **one** class of lever. You **cannot** use the same lever as named in (a).
 - (ii) State where in the body you would find such a lever.
 - (iii) Give an example of a sporting action that uses this lever.

(i) Class of lever
(ii) Example of where this lever is in the body
(iii) Sporting action

Question 12

People with disabilities deserve to have the same opportunities to be active as everyone else. Niamh Daffy, CEO, Cara.

Explain **two** ways that coaches can adapt physical activities to make them more inclusive for people with disabilities.

1.
2.

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



Figure 5

There are several contributing factors to the success of the Senior Dublin Football Team.

The origins of this success go all the way back to 2003 when the Leinster Council introduced the Urban Area Scheme to target more of Dublin youth in urban areas and increase interest in playing Gaelic games.

Participation, not inter-county dominance, was the initial focus of the project. The incredibly high participation rates at the underage level translated to the most talented and driven players making the transition to elite competition through existing structures such as inter County Minor and under 21 competitions.

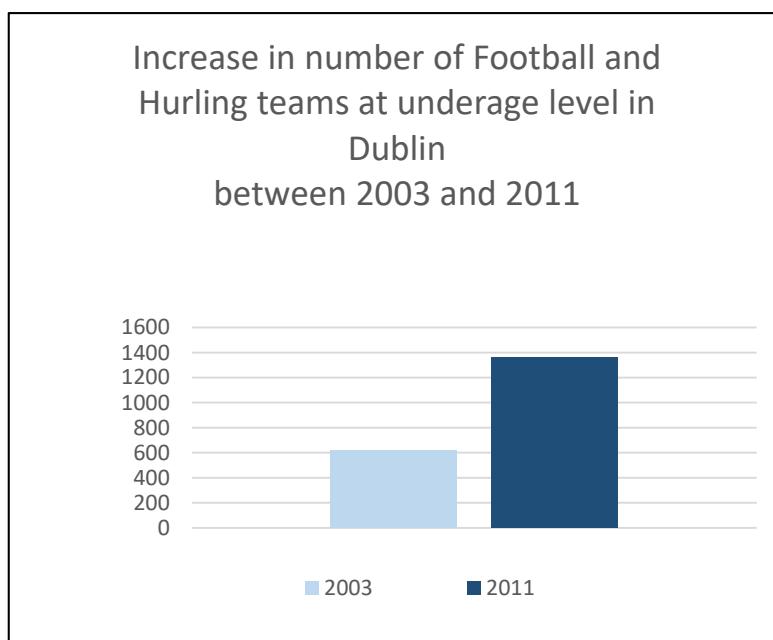


Figure 6

Another factor in Dublin's success has been the input from experts in different areas of training. Professor Niall Moyna helped make a move away from generic strength and power based programs the whole team used to complete. Young players that joined the senior team were no longer expected to do the same strength and conditioning training as a player who had been on the squad for six or seven years.

In the process of winning many all Irelands Dublin often had to outsmart teams to be able to

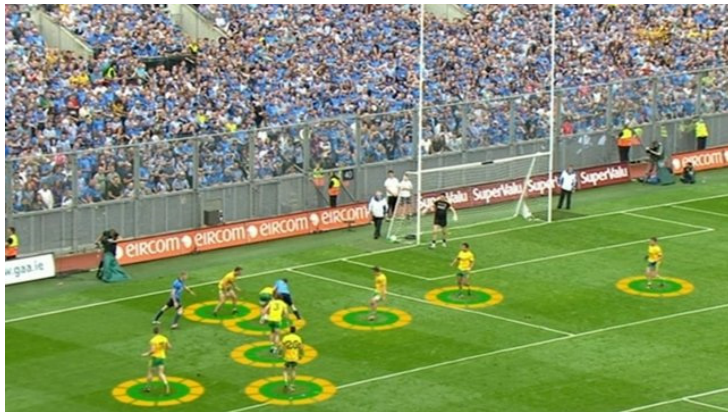


Figure 7

outplay them. However, in 2014 Donegal did outsmart Dublin in the All Ireland Semi Final with the infamous blanket defence (**Figure 7**). The blanket defence required Donegal to keep most of their team back to defend their goal. This type of defence worked well for Donegal coupled with their counter attacking offence.

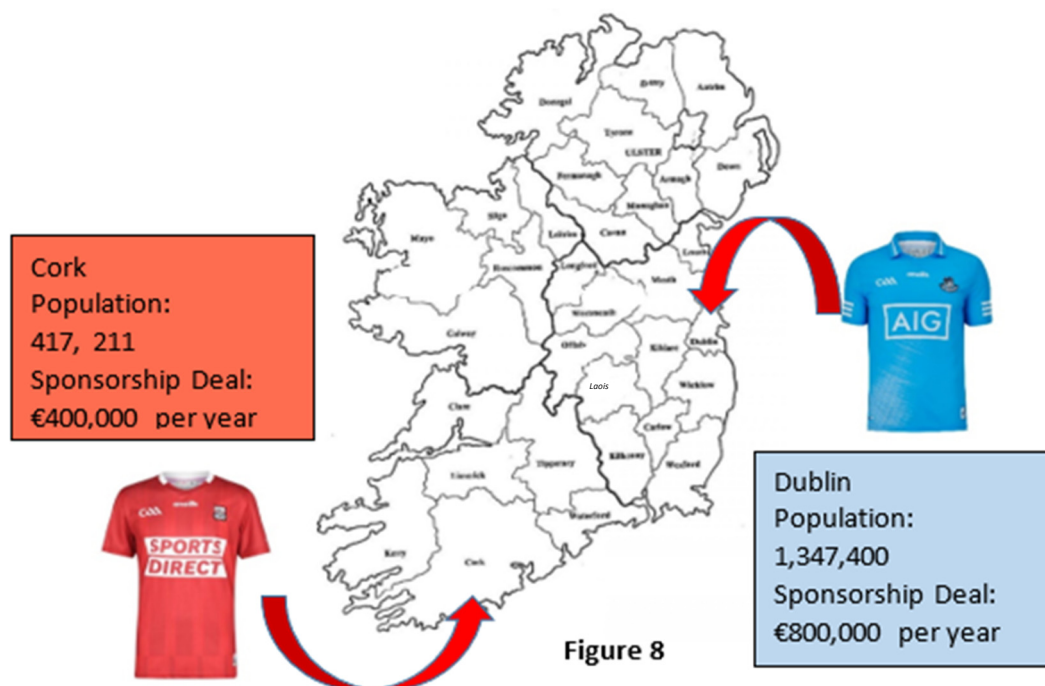


Figure 8

Some argue that Dublin's success is a result of their massive financial advantage. Dublin's finances greatly overshadow even their closest competitors. There is an argument to be made that such enormous differences in funding are justified for a county of Dublin's size and population. Dublin County Board Chairman Seán Shanley said "Providing the right structures for young players to participate in hurling and football in a county with the population of Dublin is a huge operation which requires significant investment".

Question 13**(50 marks)**

- (a) (i) Suggest a way in which the Urban Area Scheme, or a similar scheme, could increase physical activity participation rates.

- (ii) The Urban Area Scheme was similar to the work of Local Sports Partnerships (LSPs) which were set up in 2004. There are now 29 LSPs across the country.

Identify **one** aim of Local Sports Partnerships.

- (iii) Describe a way in which a Local Sports Partnership could fulfil this aim. Your answer must be different to that given in (i).

(b)

Young players that joined the senior team were no longer expected to do the same strength and conditioning training as a player who had been on the squad for six or seven years.

- (i) Based on the description in the case study, which principle of training did Niall Moyna implement in planning the training sessions for the Dublin team?

--

- (ii) Name **three** other principles of training.
You may **not** use the principle of training used in (i).

Principles of Training
1.
2.
3.

- (iii) Explain **three** of the four principles of training that you have named in (i) and (ii).

1.
2.
3.

- (iv) Outline why **two** of these principles of training are important when planning training sessions in a physical activity of your choice.
You must refer to **two** of those explained in (iii).

Physical Activity
1.
2.

(c)

How do you out-smart teams? That's where the advantage lies. It is about making decisions in the game. (Professor Niall Moyna).

- (i) Coaches and teams generally have a game/performance plan prepared before competition. However, the plan may not always work.

What could a coach do during the performance if their plan isn't working?

- (ii) Describe a strategy and/or compositional element suitable for including in a game/performance plan for a physical activity of your choice. You may use a diagram if you wish.

Physical Activity	
Strategy/compositional element	

- (iii)** Outline an adaptation that can be made to this strategy or compositional element if it is not working.

You must use the strategy/compositional element described in **(ii)**.

- (d) (i) Dublin is sponsored by AIG. Cork is sponsored by Sports Direct. The All-Ireland Football Final is sponsored by Supervalu.
Define sponsorship.

- (ii) Dublin's sponsorship deal with AIG is far more lucrative than most sponsorship deals in the GAA.
Discuss **two** advantages and **two** disadvantages of sponsorship for a physical activity of your choice.

Physical Activity
Advantage 1
Advantage 2
Disadvantage 1
Disadvantage 2

Section C

80 marks

Answer any **two** questions, from questions 14, 15, 16, 17 and 18.

Question 14

(40 marks)

(a) **Figure 9** and **Figure 10** show examples of sportsmanship and gamesmanship.

Identify which figure shows sportsmanship and which figure shows gamesmanship, by putting a tick (✓) in the appropriate box, and give a reason for your choice.

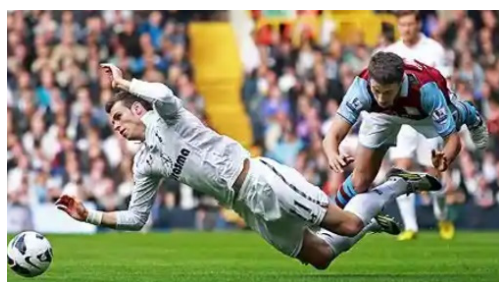


Figure 9



Figure 10

Sportsmanship ☐	Sportsmanship ☐
Gamesmanship ☐	Gamesmanship ☐
Reason	Reason

(b) (i) Define mass participation sporting events.

(ii) Give **two** examples of mass participation sporting events.

1.
2.

(iii) What opportunities can mass participation sporting events provide to businesses that become involved with them?

(c) Sport-related advertising can have a positive or negative influence on young people.

(i) Give **two** examples of sport-related advertising.

1.
2.

- (ii) Outline **one** positive message and **one** negative message that sport related advertising gives to young people.

- (d) In order to ensure that all of the rules of competition are obeyed during a sporting event, a referee blows their whistle to gain attention or a judge makes an announcement.

Outline the roles of **two** competition officials in a physical activity of your choice.
You are **not** allowed to use a referee as one of your officials.

Physical Activity
Role of official 1
Role of official 2

Confidence, belief and courage – the key steps on Kellie Harrington's road to Tokyo gold



Ireland's Kellie Harrington reacts after defeating Brazil's Beatriz Ferreira in their lightweight final bout at the Kokugikan Arena. Photo Brendan Moran/Sportsfile

Figure 11

Kellie Harrington won gold in the 2020 Olympics. **Figure 11** is an Irish newspaper headline following her victory.

(a) (i) Define confidence.

(ii) Identify **two** factors that can influence a performer's confidence during competition.

1.
2.

(b) All high performing athletes need to be fit, and train to improve fitness.

- (i)** Name a method of physical fitness training that could be used to improve performance in each of the components of fitness named in the table below.
- (ii)** Give an example of an activity that could be used to train within each of the named components of fitness.

Component of fitness	(i) Method of Training	(ii) Activity
Speed		
Flexibility		

(c)

Variable practice involves repeating the skill in a variety of situations, which best suits the development of open skills.

When a coach is designing practice schedules to improve learning and performance in a skill they will look at different types of practice, including variable practice.

- (i)** Name **two** other types of practice.

1.
2.

- (ii) Describe **one** type of practice that could be used to practice a skill of your choice. You may **not** use variable practice.

Skill
Type of Practice

(d)

The newspaper headline, in **Figure 11**, refers to Kellie's confidence, belief and courage. She is also a highly skilled performer with the ability to perform those skills at the highest level.

- (i) Explain **two** characteristics of a skilled performance.

1.
2.



Figure 12



Figure 13

- (ii) **Figure 12** shows a couple learning to ice skate. **Figure 13** shows a competitive ice skater.

Discuss how learning skills effectively can benefit performance.

Question 16**(40 marks)**

- (a)** The FITT formula is used to plan training programmes.
Define each part of the FITT formula.

F
I
T
T

- (b) (i)** Name **three** components of physical fitness and state if they are health related or performance related.

Component of Fitness	Health or Performance related?
1.	
2.	
3.	

- (ii)** Discuss the difference between health related fitness and performance related fitness.

(c)

Figure 14 shows cyclist Lance Armstrong. Once a champion cyclist, he won the Tour de France seven times between 1999 – 2005. In 2012 however, he was stripped of all seven Tour de France titles and banned from competitive cycling for life after being found guilty of cheating by using numerous banned substances and an illegal method called blood doping.



Figure 14

Integrity, respect, fairness and equity are principles of ethical practice in sport.

Discuss the importance of any **two** of these principles of ethical practice in relation to a named physical activity.

Physical Activity

(d)

Sport tourism is worth approximately €500 million per year to Ireland. This figure rises in years where the country hosts international sports events.

(i) Give **two** examples of sports events that could attract tourists to Ireland.

(ii)



Beijing National Stadium Tours and Activities

★★★★★ 2,001 Reviews

The Beijing National Stadium, more commonly referred to as the Bird's Nest, was built for the 2008 Beijing Olympic Games at a cost of \$423 million. Since the Olympics and all its fanfare, the stadium has become a major landmark and tourist attraction.

📍 Birds Nest, Xicheng, Beijing

Figure 15

Figure 15 is an advertisement for tours of the Olympic stadium in Beijing. Describe **two** ways that sports marketing could help develop tourism in Ireland.

1.
2.

Question 17**(40 marks)****(a) (i)** Describe **two** common sporting injuries.

1.
2.

(ii) What first aid treatment would you apply to each of the sports injuries identified in **(i)**?

1.
2.

(iii) Suggest **two** ways to prevent sports injuries.

1.
2.

(b) Select any **one** of the groups from the list below. Describe a barrier and a support to participation for your chosen group.

- Women
- Older adults
- People with physical disability
- People with intellectual disability
- Different ethnic groups
- Different socio-economic groups.

Group
Barrier
Support

(c) Explain the role that the media could play in promoting the provision of physical activities for one of the following groups.

You may **not** use the same group as used in **(b)**.

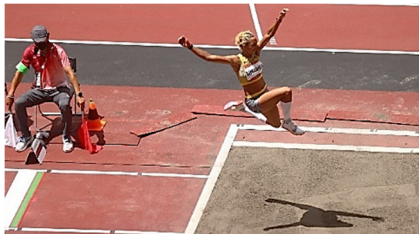
- Women
- Older adults
- People with physical disability
- People with intellectual disability
- Different ethnic groups
- Different socio-economic groups.

- (d) (i) Identify **one** example of how a physical activity of your choice could be adapted to include people with disabilities.

- (ii) Discuss **two** ways in which a school could make provisions to increase participation for people with disabilities in Physical Education.

1.
2.

Question 18**(40 marks)****(a)** Identify the main energy system used for each of the activities below.

	Event	Duration	Intensity	Main Energy System
(i)	Marathon  Figure 16	2 + hours	Low to medium	
(ii)	400m  Figure 17	45+ seconds	High	
(iii)	Long Jump  Figure 18	3 – 5 seconds	High	

- (b) (i)** Using a physical activity of your choice to assist you, identify **two** key nutrients that an athlete in your chosen activity should consume after an intense training session or competition.
- (ii)** Give an example of the type of food that will provide those nutrients.

Physical Activity	
(i) Nutrient	(ii) Food source of nutrient (give one example for each nutrient)

- (iii)** Name **two** sports supplements and explain the role of each supplement for the athletes that use them.

Supplement 1	Supplement 2
Role of supplement	Role of supplement

- (c) Design a tip sheet suitable for young adults aimed at encouraging lifelong participation in physical activity. Include at least **four** points.

(d) How does your tip sheet encourage lifelong participation?

Space for extra work

[illegible]

Indicate clearly the question number and part of the question(s) you are answering.

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Acknowledgements

Images

Image on page 3: <https://inpho.ie/assignment/6AcSrne16Qq84uL4dOq> (Accessed: 10 August 2021)

Image on page 6: https://www.tutorialspoint.com/shot_put/shot_put_quick_guide.htm (Accessed: 13 February 2022)

Image on page 13: <https://www.authorfreeman.com/blog/wp-content/uploads/klay.jpg> (Accessed on 25 October 2021)

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Image on page 16: <https://www.rte.ie/sport/football/2014/0915/643952-brolly/> (Accessed: 15 June 2021)

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Texts

Text on page 9: Rath, B., Kaur, G., & Gaurav, V., (2010). *Role of Periodisation and Training Method in Sports*. British Journal Sports Med 2010, 44 (Suppl I):i1-182

Text on page 14: <https://caracentre.ie/cara-about-us/> (Accessed: 15 June 2021)

Text on pages 15 and 16: adapted from the following sources:

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<https://www.sportsjoe.ie/gaa/latest-dublin-sponsorship-deal-highlights-widening-financial-gap-gaa-159420> (Accessed: 06 July 2021)

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Leaving Certificate – Ordinary Level

Physical Education

Tuesday 28 June

Afternoon 2:00 - 4:30