



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2023
Physical Education
Ordinary Level

Friday 23 June Afternoon 2:00 - 4:30

250 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 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. You may also ask for supplementary paper. 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**80 marks**

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

Question 1

- (a) Name **one** of the most important health related components of fitness (HRF) for a physical activity of your choice.

Physical Activity
HRF component

- (b) Name **and** describe a fitness test that can be used to measure this component of fitness.

Fitness Test
Description of test

Question 2

Describe **two** strategies that could be used to aid recovery after a training session.

Question 3

Basketball has zone defence. Figure skating has interpretation of music.

Identify **one** structure/strategy/compositional element from a physical activity of your choice.
Explain why it might give a performance advantage if used during competition.

You may **not** use zone defence or interpretation of music in your answer.

Physical Activity
Structure/Strategy/Compositional Element

Question 4

Outline **two** supports and **two** barriers to physical activity participation in the community.

Supports	Barriers
1.	1.
2.	2.

Question 5

Name a sports supplement and a reason for using it.

Supplement

Question 6

- (a) Name **two** methods of collecting data about physical activity participation.
- (b) What type of information is collected by each of these methods?

(a) Method of collecting data	(b) Type of information collected
1.	
2.	

Question 7

- (a) Name **two** characteristics of skilled performance.

1.
2.

- (b) Define skill.

- (c) Identify one method of analysing a skilled performance.

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Question 8

Organisers of a physical activity event need to take many factors into consideration.

Describe **two** things they should do to ensure the safety of all participants.

1.
2.

Question 9

Match the psychological factors listed below to an appropriate explanation:

State anxiety Trait anxiety Intrinsic motivation Extrinsic motivation

Explanation	Psychological Factor – please choose from above
Having a desire to participate in order to achieve positive recognition e.g. to win prizes.	
A temporary emotional state that only occurs in certain situations.	
A general emotional state.	
Having a desire to participate to gain satisfaction from the activity.	

Question 10

Explain **two** of the following terms:

- Sports endorsement
- Sports merchandising
- Sports related advertising.

1.
2.

Question 11

(a) Explain hegemonic masculinity.

(b) Explain hegemonic femininity.

Question 12

Place a tick (✓) in the True or False column for the following statements:

	True	False
Sport Ireland is responsible for anti-doping in Ireland.		
The main performance enhancing effect of anabolic steroids is to improve alertness and reduce tiredness.		
Athletes are allowed 5 whereabouts failures in 12 months.		
Putting the ball out of play when an opponent is injured is an example of sportsmanship.		

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

Athlete	
Ellen Keane	Ellen was Ireland's youngest ever Olympic athlete when she swam in 2008 Beijing Paralympics at the age of 13. She was born without part of her left arm. Her speciality is the SB8 100m breaststroke event. She won gold in this event in the Tokyo Olympics with a time of 1 minute, 19.93 seconds. Ellen is sponsored by Allianz Ireland. (SB8 is the category for breaststroke swimmers with coordination affected to a low level, the use of one leg only, the use of one arm only or the partial absence of one limb.)  Figure 1
Serena Williams	Serena was a US tennis player. Winner of 23 Grand Slam singles titles and 14 doubles titles. In the 2014/15 season she won all four Grand Slam singles events – the Australian Open, the French Open, the Wimbledon Championships and the US Open. She has been identified as the highest paid female athlete of all time. She is said to have earned \$94.5 million from tennis.  Figure 2 It was hard for me. People would say I was born a guy, all because of my arms or because I'm strong. This is me, and this is my weapon and machine (pointing at her biceps). I can show Olympia (my daughter) that I struggled, but now I'm happy with who I am and what I am and what I look like.

**Grace
O'Brien**

Grace is a 25-year-old camogie player who captains Nenagh Éire Óg and is co-captain of the Tipperary Senior team.

I remember when I was young, I was never a girl that played with dolls, I was always out and about. I was quite a tom boy and fell in love with camogie when I was in primary school where hurling was a big pastime there. So, to put on a Tipperary jersey is just incredible and is something I will never take for granted.

Tipperary camogie player Grace O'Brien was asked what was the one rule she'd change about camogie.



Figure 3

Question 13

(50 marks)

(a) (i) Define sponsorship.

(ii) Explain **two** ways that Ellen Keane could benefit from her sponsorship deals.

1.
2.

This question continues on the next page

- (b)** Serena Williams has discussed body image from an athlete's perspective.
Read her quotes in the case study and answer the following questions.

(i) Explain body image using an example.

(ii) Discuss how female body image can be influenced by their physical activity participation.

This question continues on the next page

(c)



Figure 4



Figure 5

Explain how participation levels in certain sports can be affected by the type of clothing that you are required to wear.

This question continues on the next page

(d) Complete the following table by:

- (i)** identifying the main energy system and
- (ii)** identifying the main performance related fitness (PRF) components for each of these **three** sports/athletes.

Athlete	Activity	(i) Main Energy System	(ii) Main Performance Related Component of Fitness
Ellen Keane	100m Breaststroke		
Serena Williams	Tennis serve		
Grace O'Brien	70-minute camogie match		

This question continues on the next page

- (iii)** Explain each of the performance related fitness components you have answered in **(ii)** **and** give an example of any other sport/physical activity of your choice where this component is important.

Performance Related Component of Fitness 1
Explanation of Performance Related Component of Fitness
Example from another physical activity
Performance Related Component of Fitness 2
Explanation of Performance Related Component of Fitness
Example from another physical activity
Performance Related Component of Fitness 3
Explanation of Performance Related Component of Fitness
Example from another physical activity

Section C**120 marks**

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

Question 14**(40 marks)**

- (a) (i) Describe an activity that could be used to improve performance in a named skill from a physical activity of your choice. You may use a diagram.

Physical activity
Skill
Activity

- (ii) Explain why the activity that you have described is an effective way to learn the named skill.

This question continues on the next page

(b) Outline **two** stages of skill learning.

1.
2.

(c) (i) Define Newton's second law of motion.

(ii) Name a skill from a physical activity of your choice and explain a creative application of this skill.



Figure 6

Physical Activity
Skill
Creative Application

Question 15

(40 marks)

(a) (i) Explain mass participation sports.

(ii) Discuss **two** economic benefits of physical activity participation.

This question continues on the next page

(b) Name and explain **three** different principles of training.

1.
2.
3.

This question continues on the next page

(c) Periodisation is used in sports coaching.

(i) What is periodisation?

(ii) Why is periodisation used in sports coaching?

(iii) Outline **two** named cycles/phases used in periodisation.

1.
2.

Question 16**(40 marks)****Figure 7**

- (a) (i) In a physical activity of your choice, state what nutrients an athlete should eat on the day of an event.
- (ii) Give a reason for selecting each nutrient.

Physical Activity
Nutrients before the event
Reason(s)
Nutrient during the event
Reason(s)
Nutrients after the event
Reason(s)

This question continues on the next page

- (b)** For each of the nutrients named in **(a)**, give an example of a type of food that could be eaten on the day of the event to ensure that the athlete gets the appropriate nutrient.

Before the event nutrient
Food
During the event nutrient
Food
After the event nutrient
Food

- (c)** Explain **two** psychological factors from the list below **and** describe the impact that they can have on performance.

Confidence

Anxiety

Motivation

Concentration

Factor 1
Explanation
Impact on performance
Factor 2
Explanation
Impact on performance

Question 17**(40 marks)****(a)** Explain Therapeutic Use Exemption (TUE).

(b) (i) Give an example of a Performance Enhancing Drug (PED) in each of the two categories listed below.

Category of PED	Example of PED
Peptide Hormones	Human Growth Hormone
Anabolic Agents	
Stimulants	

(ii) Explain why an athlete might use a PED.

This question continues on the next page

(iii) Discuss **two** negative implications of using PEDs.

1.
2.

This question continues on the next page

(c) There are many demands on people involved in competitive physical activities.

(i) In a physical activity of your choice identify a performer role. Describe **two** demands on a performer in that role. You may **not** refer to fitness.

Physical Activity
Performer Role
Demand 1
Demand 2

(ii) In the same physical activity, explain why a coach needs to manage practice/training time effectively.

(iii) Outline **two** demands of a named official in the same physical activity.

Official
1.
2.

Question 18

(40 marks)

- (a) The Red Bull Cliff Diving World Series has held events on Inis Mór (Aran Islands) and in Dun Laoghaire.



Figure 8

- (i) Explain sports marketing.

This question continues on the next page

- (ii) Describe the impact that hosting sporting events like the Red Bull Cliff Diving can have on the development of tourism in Ireland.

This question continues on the next page

- (b) **Figure 9** shows the percentage of students who participate in school sport outside of the Physical Education class.

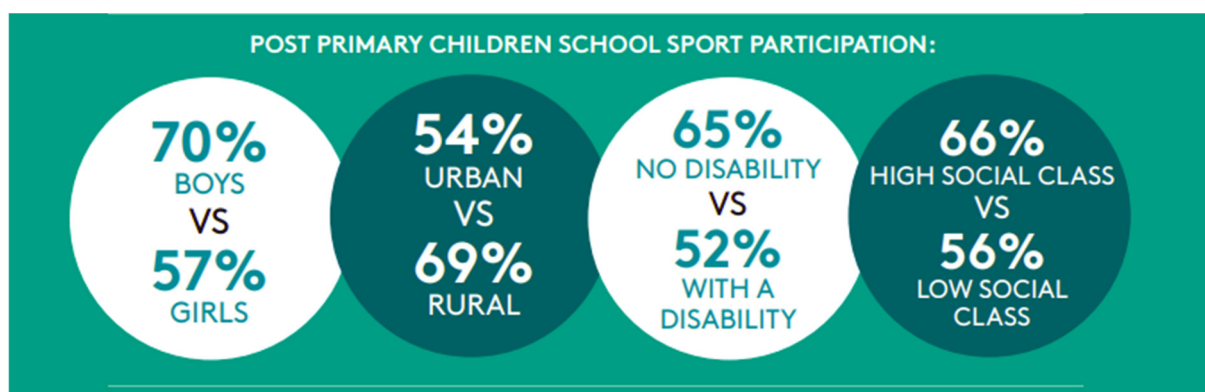


Figure 9

- (i) Which group of students participate the most in school sport?

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- (ii) Outline **two** possible reasons why this group participate more in school sport.

1.
2.

- (iii) Suggest ways to increase participation in physical activity for school children.

This question continues on the next page

- (c) **Figure 10** shows covers of *Sports Illustrated* magazine showing two tennis players, Anna Kournikova and Roger Federer. They were both the number one ranked tennis players at different stages in their careers.



Figure 10

- (i) Do these magazine covers highlight how media represents male and female athletes differently? Explain your answer.

- (ii) Discuss how media representation of the body may affect young men's participation in physical activity/sport.

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 in question 13: <https://www.businesspost.ie/news/paralympians-can-expect-more-sponsor-attention-says-allianz/> (1st accessed on 09.10.2022)

Image in question 13: <https://sports.ndtv.com/tennis/serena-williams-says-she-s-not-on-edge-but-i-m-not-a-robot-1494563> (1st accessed on 11.11.2022)

Image in question 13:

<https://www.facebook.com/SportsJOEdotie/psts/pfbid02qnurERMp2XmFDyNjhCEZtsaHcYomCBotHbz7VidXwRd7jhKUzfQj16NciWt3Ns8VI> (1st accessed on 09.10.2022)

Image in question 13 c): <https://static01.nyt.com/images/2019/01/16/arts/16ACOSTA-ITEM2/16ACOSTA-ITEM2-videoSixteenByNine3000.jpg?year=2019&h=1687&w=3000&sig=0x38d289d6e11c3c6348a2a78c6c1a817b&tw=1> (1st accessed on 09.10.2022)

Image in question 13 c): <https://sportinglimerick.com/opinion-dont-give-joe-schmidt-9-months-to-plan-for-1-game/tadhg-furlong-22-9-2019/> (1st accessed on 11.11.2022)

Image in question 14 c): <https://www.mirror.co.uk/news/world-news/cyclist-best-superman-impression-race-10780196> (1st accessed on 04.12.2022)

Image in question 16: <https://health.clevelandclinic.org/foods-for-prostate-health/> (1st accessed on 20.11.2022)

Image in question 18 a): <https://www.the42.ie/red-bull-cliff-diving-4632153-May2019/> (1st accessed 20.11.2022)

Image in question 18 b): The Children's Sport Participation and Physical Activity Study 2018

Image in question 18 c): <https://ethicsofsports.wordpress.com/2015/11/21/sexualisation-of-female-athletes-in-the-media/> (1st accessed on 20.11.2022)

Texts

Text in question 13 adapted from:

<https://paralympics.ie/team-ireland-profiles/ellen-keane/> (1st accessed on 09.10.2022)

<https://lexi.global/sports/swimming/breaststroke/sb8/> (1st accessed on 04.12.2022)

<https://www.essentiallysports.com/wta-tennis-news-people-would-say-i-was-born-a-guy-serena-williams-once-detailed-the-hate-she-received-because-of-her-big-arms/> (1st accessed on 11.11.2022)

<https://www.nenaghguardian.ie/2022/04/21/obrien-never-takes-playing-for-tipp-for-granted/> (1st accessed on 09.10.2022)

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Leaving Certificate – Ordinary Level

Physical Education

Friday 23 June

Afternoon 2:00 - 4:30