



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2024
Physical Education
Higher Level

Friday 21 June Afternoon 2:00 - 4:30

250 marks

Examination Number

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Date of Birth

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For example, 3rd February
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Centre Stamp

Instructions

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

Section A	Short answer questions	80 marks
Section B	Case study	50 marks
Section C	Long questions	120 marks

Answer questions as follows:

- any **ten** of the twelve questions in Section A
- question 13 in Section B - Case Study
- any **three** of the five questions in Section C

Write your Examination Number and your Date of Birth in the boxes on the front cover.

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.

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

Question 1



Figure 1

Figure 1 Cork gymnast Meg Ryan performing a floor exercise routine.

- (a)** Identify an appropriate method to analyse each of the following aspects of performance:
- Psychological preparedness Choreography

You **must** use a different method of analysis for each aspect of performance.

Psychological preparedness:
Choreography:

- (b)** Explain the term 'aesthetic and/or artistic criteria of performance' related to physical activities.

Question 2

(a) Define the concept of physical activity, leisure and recreation.

Leisure and recreation:

(b) Discuss **two** barriers to physical activity participation in the community.

1.
2.

Question 3

(a) Discuss how motivation can impact an athlete's practice.

(b) Name a strategy that athletes could use to enhance their motivation.
Explain how this strategy enhances motivation.

Name of strategy:
Explanation:

Question 4

According to a recent survey of 10,000 people in nine countries by Capgemini, the French technology consulting company, nearly 70 percent of fans say that new technologies have enhanced their viewing experience.

Discuss **two** advancements in technology that have impacted spectator experience in a named physical activity of your choice.

Physical activity:
1.
2.

Question 5



Figure 2



Figure 3

Hannah Tyrell, shown in **Figure 2** and **Figure 3**, is a skilled multi-sport athlete. Tyrell won an All-Ireland senior Gaelic football title with Dublin in 2023 and a Six Nations rugby championship with Ireland in 2015.

(a) Define skill.

(b) Identify **two** characteristics of skilled performance.

1.
2.

(c) Explain the term, creative application of skill.

Question 6

A function of Sport Ireland Anti-Doping is the elimination of doping in Irish sport.

State **four** current Irish anti-doping rules.

1.
2.
3.
4.

Question 7

Explain **two** methods of physical fitness training used to develop performance for a named physical activity of your choice.

Physical activity:
1.
2.

Question 8

- (a) Identify **two** injuries that commonly occur in a named physical activity of your choice and identify the potential causes of **both** injuries.

Physical activity:
Injury 1.
Potential causes:
Injury 2.
Potential causes:

- (b) Describe the first aid treatment for **one** of the injuries identified by you in **Question 8 (a)**.

Injury:
First aid treatment:

Question 9



Figure 4

(a) Define endorsements related to sport.

(b) Identify **two** advantages of sponsorship for the National Governing Bodies of sport.

1.
2.

(c) Describe **two** disadvantages of sponsorship for athletes.

1.
2.

Question 10



Figure 5



Figure 6

Figure 5 and **Figure 6** give details of the World Health Organisation's guidelines for physical activity for children and adolescents aged 5-17.

Discuss **two** different approaches to physical activity promotion.

1.
2.

Question 11

A 2020 study, examining the physical and physiological demands of rugby union refereeing, concluded that:

...refereeing 15-a-side rugby union is more physically demanding at higher competitive levels, particularly in terms of high-intensity efforts.

(a) The development of personal fitness is important for officials. Why?

(b) Identify **two** strategies that an official can use to manage conflict between participants.

1.
2.

(c) Describe appropriate attire and appropriate equipment needed by an official in a named physical activity of your choice.

Physical activity:
Attire:
Equipment:

Question 12

(a) Name **three** energy systems used by the human body.

1.
2.
3.

(b) Discuss the role of **one** named energy system for performance in a named physical activity of your choice.

Energy system:
Physical activity:

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

Paris 2024 Summer Olympic Games

The Olympic Games are the world's only truly global, multi-sport, celebratory athletics competition.



Figure 7

Being a global competition, organisation and planning for the successful running of an 'Olympics' is enormous. This July and August, Paris will host the 33rd Summer Olympics. The Games will have a total of 329 events across 32 different sports. Around 10,500 athletes will compete at the Games from 206 National Olympic Committees.

Tony Estanguet, President of the Paris 2024 Organising Committee for the Olympic Games, believes that the Olympics will provide a host of job opportunities. The committee are striving to foster economic development, reduce inequalities, and promote employment as a result of hosting the Games.

One Irish athlete with ambitions for success at this year's Olympics is 400m sprinter Rhasidat Adeleke. Adeleke, now based in the United States of America, had a remarkable 2023 season. Having won the final of the 400m National Collegiate Athletic Association (NCAA) championships in Texas, with an average speed of 8.13m/s, Adeleke signed a deal with Nike making her a professional athlete. At the World Championships in Budapest in August, Adeleke made the final of the 400m and finished fourth with a time of 50.13s, highlighting that the then 20-year-old is a world class athlete. After the race Adeleke commented:



Figure 8

It has been a long season, running since the start of January, so to come, fourth, honestly, it's a really good result..... Hopefully next year I'll be able to gear my season towards the Olympics and not have such a long season after the NCAA.



Figure 9

Becoming a professional athlete should help Adeleke optimise performance. Having access to elite level coaching, resources and, technology can assist with the design and development of her training plans as well as her preparation for events. In 2021, Nike launched its new high tech sports research lab in Portland to help with the development of its athletes and products. The lab includes a running track which uses 3D motion sensor technology to assess the biomechanics of an athlete's posture.

Question 13

(50 marks)

(a) (i) Discuss the difference between vectors and scalars in sport.

(ii) Identify **two** sport related scalar quantities mentioned in the case study.

1.
2.

This question continues on the next page.

- (b)** Examine **two** approaches to safe practice that organisers of an event, such as the Olympic Games, may implement.

1.
2.

(c)

Hopefully next year I'll be able to gear my season towards the Olympics...

(i) Define periodisation.

(ii) What time did Adeleke run in the 400m NCAA championship final race in Texas in 2023?

(iii) Suggest **one** reason why Adeleke ran a faster time in the NCAA championship final than in the 400m World Championship final last year. Justify your reason with reference to the case study.

This question continues on the next page.

- (e) Mass participation events like the Olympic Games provide great opportunities for business and enterprise.

Analyse this statement.

[illegible]

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

Question 14**(40 marks)**

Figure 10

Figure 10 A figure skater performing a routine in front of an arena full of spectators and media.

- (a)** Identify **four** characteristics from a named physical activity of your choice that give it media and/or spectator appeal.

Physical activity:
1.
2.
3.
4.

- (b)** Explain **three** practice methods that can be used to develop skills in a named physical activity of your choice.

Physical activity:
1.
2.
3.

This question continues on the next page.

- (d)** As part of your studies in Leaving Certificate Physical Education you investigated the media coverage of elite performance in sport.

Explain your findings.

Question 15

(40 marks)

National Governing Body	2018	2019	2020	2021	2022	2023
Special Olympics Ireland	1,200,000	1,200,000	1,400,000	1,400,000	1,450,000	1,500,000
Athletics Ireland	887,000	950,000	1,000,000	1,000,000	1,100,000	1,150,000
Swim Ireland	827,000	910,000	950,000	950,000	1,050,000	1,100,000
Horse Sport Ireland	775,000	855,000	930,000	930,000	975,000	1,000,000
Basketball Ireland	598,000	695,000	740,000	740,000	800,000	840,000
Irish Athletic Boxing Association	432,000	475,000	500,000	500,000	500,000	525,000
Ladies Gaelic Football Association	400,000	450,000	485,000	485,000	500,000	525,000
Cricket Ireland	355,000	450,000	480,000	480,000	500,000	525,000
Tennis Ireland	353,000	425,000	450,000	450,000	450,000	475,000
The Camogie Association	395,000	395,000	435,000	435,000	450,000	475,000

Figure 11

Figure 11 presents data from the Sport Ireland Sport Investment 2023 document, which outlines the funding provided to some National Governing Bodies (NGBs).

- (a) (i) Suggest **one** way a National Governing Body of a sport might use the funding they receive from Sport Ireland to support athletes who compete at an international level.

- (ii) Discuss how a named National Governing Body of sport supports the development of sport at a local level.

National Governing Body:

- (b) Explain **two** recovery strategies that athletes use after exercise to support adaptations of the body.

1.
2.

This question continues on the next page.

- (c) Complete the following table to design a performance-related fitness test battery for a named physical activity of your choice.

Physical activity:		
Performance-related fitness component being tested	Name of fitness test	Justification for inclusion of this fitness test

Question 16

(40 marks)

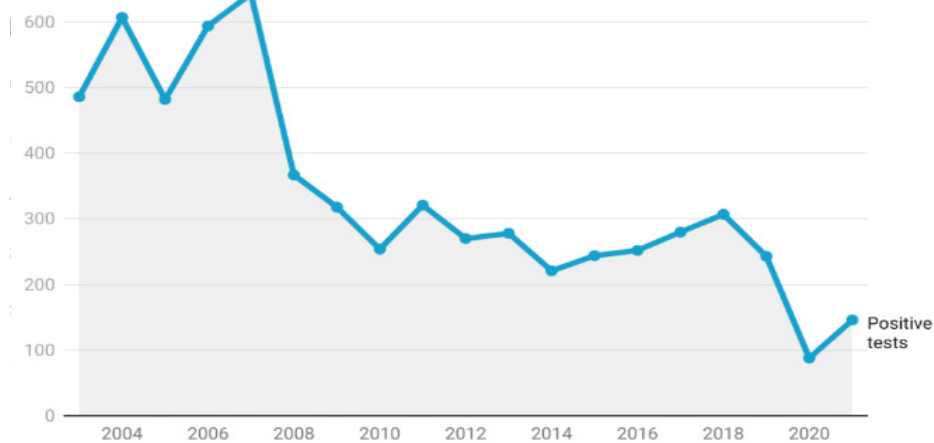


Figure 12 presents information related to the number of anti-doping positive tests in cycling over recent years.

Figure 12

- (a) (i) Make **two** statements about doping in cycling over recent years based on information presented in **Figure 12**.

1.
2.

- (ii) What is a code of ethics for sport?

- (iii) Explain the importance of equity in a named physical activity of your choice.

Physical activity:

(b) Discuss the challenges for performers who use sports supplements.

This question continues on the next page.

- (d) As part of your studies in Leaving Certificate Physical Education you designed a dietary plan for an athlete in a named physical activity of your choice.

Outline **three** aspects of the dietary plan and provide a rationale for the inclusion of **each** aspect.

Physical activity:
1.
Rationale:
2.
Rationale:
3.
Rationale:



Figure 13



Figure 14

(a) Discuss the personal benefits of physical activity for health and wellbeing for people at **two** different life stages.

Life stage 1.
Life stage 2.

- (b) Describe **two** characteristics of people who positively impact and support the physical activity participation of others.

1.
2.

This question continues on the next page.

- (c) Write **three** statements that you would include in a code of practice for the selection of commercial sponsorship for a youth sports team.
Justify why you would include **each** of these statements in this code of practice.

Statement 1.
Justification:
Statement 2.
Justification:
Statement 3.
Justification:

(d) (i) Name a national policy that promotes physical activity engagement.

--

(ii) Analyse how the policy named by you in **Question 17 (d) (i)** promotes physical activity engagement.

Question 18**(40 marks)****(a)** Define **five** components of health-related fitness.

1.
2.
3.
4.
5.

(b) (i) Define anxiety related to performance in physical activity.

(ii) Discuss how anxiety may impact on an athlete's performance in physical activity.

- (c) As part of your studies in Leaving Certificate Physical Education you designed a personal action plan to support a positive psychological disposition for performance.

Outline **three** aspects of the action plan and provide a rationale for the inclusion of **each** aspect.

1.
Rationale:
2.
Rationale:
3.
Rationale:

This question continues on the next page.

(d)



Figure 15



Figure 16

Analyse the involvement of a named business in sport.

Space for extra work

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://www.corkbeo.ie/sport/cork-gymnast-headed-olympics-amazing-20960436> (Accessed: 10 December 2023)

Images on page 7: <https://www.thesun.ie/sport/gaa-football/7550188/tyrrell-ireland-rugby-retirement-dublin-five-in-a-row/> (Accessed: 21 August 2023)

Image on page 10: <https://www.nysafebets.com/news/all-time-biggest-sponsorship-deals-us-sports> (Accessed: 21 August 2023)

Image on page 11: <https://www.ncbi.nlm.nih.gov/books/NBK566048/> (Accessed: 21 August 2023)

Image on page 14: <https://www.thesun.ie/sport/11225115/what-irish-time-rhasidat-adeleke-channel-final/> (Accessed: 21 August 2023)

Image on page 14: <https://olympics.com/en/olympic-games/paris-2024> (Accessed: 21 August 2023)

Image on page 14: <https://www.pulsesports.ng/athletics/story/rhasidat-adeleke-irish-nigerian-track-star-stuns-in-photos-announcing-professional-chapter-with-nike-2023071820404297040> (Accessed: 21 August 2023)

Image on page 20: <https://www.bbc.com/sport/winter-sports/47617486> (Accessed: 25 August 2023)

Image on page 24: https://www.sportireland.ie/sites/default/files/media/document/2023-02/Sport%20Ireland%20-%20Core%20Grant%20Brochure%202023_LR4.pdf (Accessed: 21 August 2023)

Image on page 28: <https://lanternerouge.com/2023/03/26/how-clean-is-cycling-analysing-the-anti-doping-fight/> (Accessed: 21 August 2023)

Image on page 32: <https://www.freepik.com/free-photos-vectors/family-exercise> (Accessed: 21 August 2023)

Image on page 32: <https://www.leinsterrugby.ie/domestic-rugby/domestic-coaching/coaching-courses/coaching-children/> (Accessed: 10 December 2023)

Image on page 38: <https://www.munsterrugby.ie/2022/07/19/2022-23-adidas-training-range/> (Accessed: 10 December 2023)

Image on page 38: <https://twitter.com/MayoGAA/status/1371415328446685185> (Accessed: 10 December 2023)

Texts

Text on page 6: <https://vivatechnology.com/news/how-technology-is-pumping-up-the-sports-fan-base-1638642988874> (Accessed: 21 August 2023)

Text on page 12: <https://pubmed.ncbi.nlm.nih.gov/33146494/> (Accessed: 21 August 2023)

Text on page 14: <https://olympics.com/en/olympic-games/> (Accessed: 21 August 2023)

Text on page 14: <https://www.irishtimes.com/sport/athletics/2023/08/23/irelands-rhasidat-adeleke-fourth-in-400m-final-at-world-athletics-championships/> (Accessed: 21 August 2023)

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Afternoon 2:00 - 4:30