



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2024
Physical Education
Ordinary 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
2005 is entered as 03 02 05

Centre Stamp

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 **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. 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.

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

Question 1

Figure 1

In a named physical activity of your choice, outline **two** ways technology has impacted on coaches.

Physical activity:
1.
2.

Question 2

Outline **two** ways motivation can have a positive impact on practice.

1.
2.

Question 3

Outline **two** impacts of merchandising on a named physical activity of your choice.

Physical activity:
1.
2.

Question 4



Figure 2

(a) Identify **two** different categories of performance-enhancing drugs.

1.
2.

(b) Describe how **one** of the performance-enhancing drug categories identified by you in **Question 4 (a)** can affect performance.

Performance-enhancing drug category:

Question 5

Outline **two** social benefits of physical activity.

1.
2.

Question 6

(a) Put a tick (✓) in the box beside the statement that correctly describes the term periodisation.

(i) It is interval training for 6 months.

☐

(ii) It is the division of a training plan into phases.

☐

(iii) It is performance analysis that provides coaches with data.

☐

(b) Describe a method of physical fitness training that develops power.

Question 7



Figure 3

- (a) In a named physical activity of your choice, identify **two** weaknesses that an opposition team could have.

Physical activity:
1.
2.

- (b) Suggest a strategy you could use to exploit **one** of the weaknesses identified by you in Question 7 (a).

Question 8

Outline **two** characteristics of a named physical activity that could give it media or spectator appeal.

Physical activity:
1.
2.

Question 9

(a) List **two** factors that influence personal performance in a named physical activity of your choice.

Physical activity:
1.
2.

(b) Describe **one** of the factors listed by you in **Question 9 (a)**.

Factor:

Question 10

Outline **two** implications of using performance-enhancing drugs for the performer.

1.
2.

Question 11

To be successful in sports, you need to learn techniques and skills and practise them regularly. (Carol Dweck)

Outline **two** characteristics of a skilled performance.

1.
2.

Question 12



Figure 4

Describe how mass participation events provide opportunities for business.

Do not write on this page

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

On the water



Figure 5

Cork Masters Swimming Club

Cork Masters Swimming Club was formed in 1979 by Susan Maguire, and Martin Hayes to cater for the increasing numbers of people who wanted to use swimming as a leisure activity and a method of achieving fitness and good health. Susan and Martin were enthusiastic, organised and very determined to set up a new club, and the club has gone from strength to strength. Anyone aged 19 and over is welcome to become a member. The swimming club has regular training sessions. The training sessions can help participants improve stroke technique, endurance, speed, flexibility and strength.

2022 Ireland marathon swimming: hall of fame



Figure 6



Figure 7



Figure 8

The Irish Long Distance Swimming Association (ILDSA) Awards reward, recognise and celebrate the passionate long distance swimming community and their achievements.

In 2022, three marathon swimmers were inducted into the hall of fame: Elaine Burrows Dillane; Finbarr Hedderman and Rosie Foley. All three of these swimmers have swam the English Channel (33km), as well as multiple other marathon swims.

Completing these marathon swims needs high levels of endurance, as well as a huge amount of time planning, training and travelling for swims.

Olympic springboard final



Figure 9 (Tom Daley)



Figure 10 (Shi Tingmao – gold medal winner)

Tom Daley caused a stir when he was spotted watching the women's 3m springboard final while knitting. The British diver has called knitting "his secret weapon", as it helps him to mentally prepare for competitive diving.

Question 13

(50 marks)

(a) (i) Identify **two** reasons why the Cork Masters Swimming Club was set up.

1.
2.

(ii) Explain **one** of the reasons identified by you in **Question 13 (a) (i)**.

Reason:

This question continues on the next page.

- (b) (i)** With reference to the case study, identify **three** characteristics that Susan and Martin displayed to promote others' participation in physical activity.

1.
2.
3.

- (ii)** Describe **one** of the characteristics correctly identified by you in **Question 13 (b) (i)**.

Characteristic:

- (c) (i)** Explain why endurance would be important in long distance open water swimming.

- (ii)** Identify **two** strategies a marathon swimmer could use to support recovery following long-distance swimming training.

1.
2.

(iii) Describe **one** of the strategies identified by you in **Question 13 (c) (ii)**.

Strategy:

(d) During the Olympic women's springboard diving final there was a lot of media focus on diver Tom Daley knitting.

(i) Identify **two** ways the media may play a role in maintaining gender stereotypes of men and women in sport.

1.
2.

(ii) Discuss **one** of the ways the media maintains gender stereotypes identified by you in **Question 13 (d) (i)**.

This question continues on the next page.

(e) (i) What strategy does Tom Daley use to help him prepare mentally for competition?

(ii) Describe **two** different strategies to improve mental preparedness before practice or performance in a named physical activity of your choice.

Physical activity:
1.
2.

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

Question 14**(40 marks)**

Figure 11

Allianz Insurance have announced a new partnership with record-breaking Irish sprinter, Rhasidat Adeleke. The multi-year deal will welcome Rhasidat on board as the newest sporting ambassador of Allianz Insurance, as the brand commits to supporting the 20-year-old's bid to compete at the Olympic Games in Paris 2024.

(a) (i) Define sponsorship.

This question continues on the next page.

(ii) Outline **two** advantages and **two** disadvantages of sponsorship for performers.

Advantage 1.
Advantage 2.
Disadvantage 1.
Disadvantage 2.

(b) (i) Discuss the involvement of a named business in sport.

- (ii) Describe **two** impacts sponsorship could have on a named National Governing Body (NGB).

National Governing Body:
1.
2.

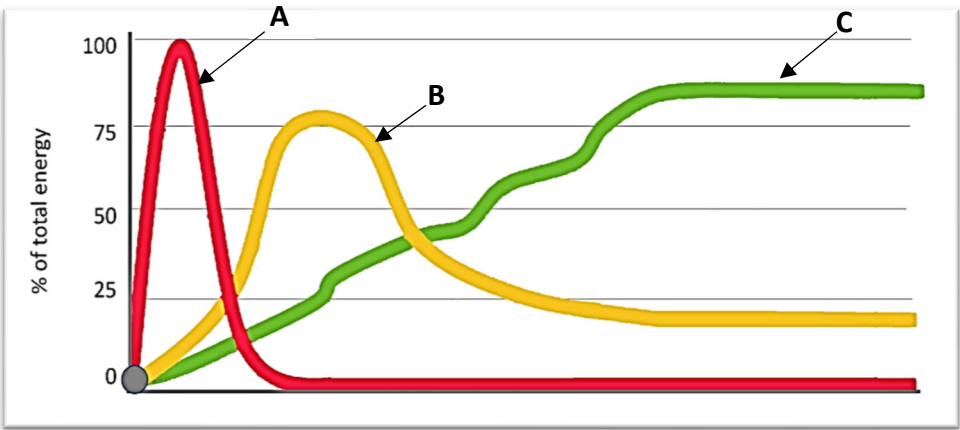
- (c) Lionel Messi the soccer player has been sponsored by the sports drink Gatorade.

- (i) Identify **two** advantages and **two** disadvantages of sports drinks.

Advantage 1.
Advantage 2.
Disadvantage 1.
Disadvantage 2.

This question continues on the next page.

Figure 12 is a graph of how the body uses energy



Key		
A		0-10 seconds
B		10-60 seconds
C		60-120 seconds

Figure 12

(ii) Identify the line colour/letter that represents the aerobic system.

(iii) In a named physical activity of your choice, explain why that activity uses the aerobic system.

Physical activity:

Question 15

(40 marks)



Figure 13

(a) (i) List **two** positive and **two** negative impacts the media has on spectators.

Positive 1.
Positive 2.
Negative 1.
Negative 2.

(ii) Describe **one** positive and **one** negative impact the media has on spectators listed by you in **Question 15 (a) (i)**.

Positive:
Negative:

This question continues on the next page.

- (b)** During the camogie match the coach yells “Lily get into space”. Lily looks up into the space in the sky. The coach shakes their head in disbelief.

Describe **two** desirable interpersonal skills of a coach or choreographer.

1.
2.

- (c) (i)** Describe **one** advantage and **one** disadvantage of a newly developed technology for officials in a named physical activity of your choice.

Physical activity:
Technology:
Advantage:
Disadvantage:



Figure 14

A running blade is a prosthetic leg that transfers energy created by the runner on to the track. It consists of a customised socket that fits the athlete's stump, a knee joint and a carbon fibre running blade.

(ii) Explain how technology can benefit performers.

Question 16

(40 marks)

(a) (i) Define safe practice in physical activity.

(ii) Give **two** examples of safe practice in physical activity.

1.
2.

(iii) Describe **two** economic benefits of physical activity.

1.
2.



Figure 15

- (b) (i)** In a named physical activity of your choice, identify **two** common injuries and explain how they could be treated.

Physical activity:
Injury 1.
Treatment:
Injury 2.
Treatment:

This question continues on the next page.

(ii) Identify **two** symptoms of overtraining.

1.
2.

(iii) Describe **one** symptom of overtraining identified by you in **Question 16 (b) (ii)**.

(c) In a named physical activity of your choice, describe **two** benefits of flexibility training.

Physical activity:
1.
2.

Question 17

(40 marks)



Figure 16

Maggie Duba pictured in green above picks up a fallen runner, Sarah Storey and helps her finish the race at an athletics meet in America.

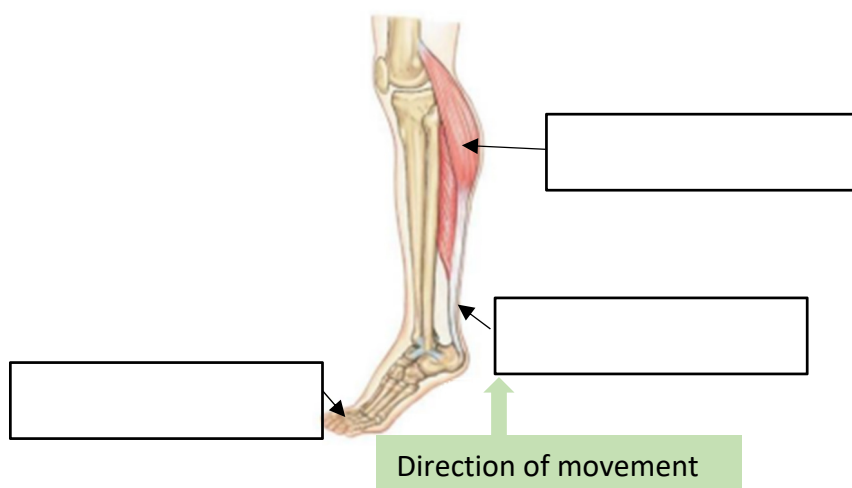
(a) (i) Describe **two** principles of ethical practice.

1.
2.

This question continues on the next page.

(ii) Discuss the difference between sportsmanship and gamesmanship.

(b) (i) Label the load, effort and fulcrum on the diagram below.



(ii) Identify the class of lever shown in the diagram above.

Class of lever:

(c) (i) Explain performance analysis.

(ii) In a named physical activity of your choice, describe **two** benefits of performance analysis for the performer.

Physical activity:
1.
2.

This question continues on the next page.



Figure 17

Figure 17 shows a gymnast performing an aerial cartwheel on the beam at the Olympic Games.

- (iii) Outline **two** ways that you can compare your performance to that of a model performer in a named physical activity of your choice.

Physical activity:
1.
2.

Question 18**(40 marks)**

(a) (i) Outline **three** rules and regulations of a named physical activity of your choice.

Physical activity:
1.
2.
3.

(ii) Describe the appropriate scoring or recording system of a named physical activity of your choice.

Physical activity:

This question continues on the next page.

(b) (i) Describe the demands of officiating under **two** of the following headings:

Personal fitness

Psychological readiness

Personal attire

1.
2.



Figure 18

(ii) Identify **two** strategies used by officials when managing conflict.

1.
2.

(iii) Describe **one** of the strategies identified by you in **Question 18 (b) (ii)**.

Strategy:

(c) (i) In a named physical activity of your choice, describe **one** nutritional requirement before the activity and **one** nutritional requirement after the activity.

Physical activity:
Before:
After:

(ii) Name **one** dietary supplement and outline **two** advantages of using that supplement.

Dietary supplement:
Advantage 1.
Advantage 2.

Space for extra work

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

Acknowledgements

Images

Image on page 3: <https://www.reed.co.uk>. Online sports coaching and team management course 2021. (Accessed: 2 April 2023)

Image on page 5: <https://www.linkedin.com/pulse/legal-implication-use-performance-enhancing-drugs-sports-olisa> (Accessed: 11 January 2024)

Image on page 7: You Tube. Find their weakness(how to analyse your opponent). (Accessed: 21 May 2023)

Image on page 10: <https://www.thresholdsports.co.uk>. Bright future for mass participation events 2022. (Accessed: 19 April 2023)

Image on page 12: <https://www.corkmastersswimmingclub>. Cork masters swimming club. (Accessed: 9 July 2023)

Images on page 12: [Swimireland.ie/2022/10/14/2022-ireland-marathon-hall-of-fame-revealed/](https://www.swimireland.ie/2022/10/14/2022-ireland-marathon-hall-of-fame-revealed/) (Accessed: 17 November 2023)

Image on page 13: Annegret Hilse <https://www.reuters.com/lifestyle/sports/diving-chinas-shi-wins-gold-womens-3-metre-springboard-2021-08-01/> (Accessed: 17 November 2023)

Image on page 13: <https://www.tomdaleyknits.com>. BBC News. (Accessed: 8 July 2023)

Image on page 17: <https://www.sportforbusiness.com/allianz>. 2023. (Accessed: 21 May 2023)

Image on page 21: www.anorak.co.uk (Accessed: 2 June 2023)

Image on page 23: Jens Büttner <https://www.nytimes.com/2017/03/10/sports/woodhall-pistorius-blade-runner-prosthetics.html> (Accessed: 13 February 2024)

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Image on page 32: <https://www.thewomensgame.com>. "Forgotten side". 2020. (Accessed: 21 June 2023)

Texts

Text on page 9: <https://www.quote fancy.com>. Carol S. Dweck. (Accessed: 10 July 2023)

Text on page 12: adapted from [Swimireland.ie/2022/10/14/2022-ireland-marathon-hall-of-fame-revealed/](https://www.swimireland.ie/2022/10/14/2022-ireland-marathon-hall-of-fame-revealed/) (Accessed: 17 November 2023)

Text on page 12: adapted from <https://www.corkmasters.ie/new-page> (Accessed: 26 March 2024)

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