

Leisure Elective

3. (c) *Changing work patterns have led to increased leisure time.*

(i) State the factors that influence family leisure patterns.

(Expect 4 factors @ 3 marks each)

Social factor, Age of children, Gender, Occupation, Class, Cost, Location

(ii) (a) Name **two** leisure activities available in your community for teenagers

(Expect 2 @ 3 marks each) = 6.

(b) Analyse how **each** activity named contributes to the physical, social and emotional well-being of teenagers.

(Expect 2 @ 6 marks each) = 12

Must refer to Physical, Social and Emotional in each case

(2004 HL)

(ii) Give an account of **three** factors that influence family leisure patterns.

3 factors @ 5 marks each

- *Occupation/income.*
- *Age – less physical activity for elderly.*
- *Gender – no longer gender orientated.*
- *Society and Culture – Ireland - pub centre of social life.*

) ***In today's society the need for leisure time is greater than ever.***

(i) Discuss the reasons why leisure is important in today's society.

3 reasons @ 5 marks each

- *Important for physical, social and emotional well-being.*
- *Leisure helps in relieving stress and strain.*
- *Bodies respond positively to regular physical activity.*
- *New friendships are formed by joining gym, etc.*
- *Contributes to the emotions of all family members – bonding, etc.*
- *Classes can improve personal development, self-esteem, etc.*

(2005 OL)

3.(c) (i) Discuss the function and value of leisure in today's society.

Expect 3 points @ 5 marks each

Allows people to relax and unwind from everyday stresses, improves physical well being, develops new skills, introduces challenges, gratifies the senses, enables family bonding, encourages social interaction, sets good example to young children in relation to making use of free time etc.

(ii) Outline how social and cultural influences impact on our choice of leisure activities.

Expect 3 points @ 5 marks each

Social - socio-economic grouping, geographical location - people tend to be interested in local activities e.g. rugby club, trends e.g. skateboarding, Less social division now foreign travel freely available etc.

Cultural - Games associated with particular countries e.g. Basketball - USA, different GAA games associated with different counties e.g. football - Kerry, different styles of dance e.g. Irish dancing, Spanish flamenco, family culture e.g. traditional Irish music etc.

(2007 HL)

3.(c) (i) Define *leisure*.

(6)

2 points @ 3 marks each

e.g. the residual time left over after essential activities have been completed, the time that an individual can choose to spend as he/she wishes, time available for ease and relaxation etc.

(ii) Discuss the importance of leisure activities for teenagers with reference to:

- physical development
- social development
- emotional development.

(24)

4 points @ 6 marks each

(One reference to each plus 1 other)

- physical development: *fitness, weight control, muscle development, fresh air, promotes health, development of new skills, physical challenges etc.*
- social development: *meeting people, team sports, outings for whole family, cultural influence, availability e.g. rugby, peer group development, enables family bonding etc.*
- emotional development: *ways of overcoming conflict in family, cope with success and failure, self esteem, sense of belonging, personal development, inner peace, helps deal with stress, mental wellbeing, allows people to relax and unwind etc.*

(2008 OL)

3.(c) (i) Describe how (a) age and (b) gender impact on a person's choice of leisure activities.

4 points @ 3 marks each – (12)
expect 2 references to (a) and (b)

Age - older people may be less physically able, for younger children certain sports may not be suitable (dangerous), interests vary with age - teenagers - IT, older people - gardening, age may affect disposable income available for leisure pursuits, etc.

Gender - certain sports can be dominated by one gender e.g. males dominate rugby; activities can be dominated by one gender e.g. woodwork/engineering versus embroidery and textile crafts; males sometimes have more leisure time than working mums; males tend to have a higher participation in sports, etc.

(ii) Name and evaluate **two** leisure facilities available in your community.

Refer to:

- cost and value for money
- the range of facilities offered.

(18)

Name = 1 mark

Cost = 2 marks

Value for money = 2 marks

Facilities = 2 points @ 2 marks each

X 2

Name - sports clubs e.g. GAA, rugby, swimming, tennis, golf, hill-walking club, sailing etc.

Exercise classes e.g. gym; yoga, Pilates; dance classes e.g. ballet, salsa, hip-hop; music classes;

Evening classes e.g. painting, cooking;

Cultural - cinema, book clubs, bridge clubs etc

Cost and value for money - initial costs- membership fee;

ongoing costs - special clothes/equipment; amount of use/access; family rates;

special discounts; extra benefits e.g. free entry to tournaments,

friend/colleague can participate at a reduced fee;

Facilities - classes/tuition/professional advice; equipment; pitches for games/ floodlighting/all weather; changing facilities; canteen/bar, etc.

(2009 HL)