Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number | Learner Registration Number

Pearson BTEC Tech Award

Sample assessment materials for first teaching September 2022

Time 1 hour 30 minutes

Paper reference **XXXXX/XX**

Sport

COMPONENT 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

You do not need any other materials.

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

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Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Luca plays tennis. Tennis matches usually last longer than 30 minutes.

1 (a) Which **one** of the following components of fitness is required in sports lasting longer than 30 minutes?

(1)

- ☒ **A** Balance
- ☒ **B** Aerobic endurance
- ☒ **C** Muscular strength
- ☒ **D** Flexibility

Luca is very motivated to increase his fitness for tennis.

(b) Name **one** type of motivation.

(1)

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.....

To increase his fitness for tennis, Luca applies a FITT principle to his fitness training.

(c) Which **one** of the following is a component of the FITT principle?

(1)

- ☒ **A** Intensity
- ☒ **B** Individual
- ☒ **C** Intrinsic
- ☒ **D** Increase

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Luca cannot decide whether to join a private provision or a public provision fitness club to increase his tennis fitness.

(d) Complete Table 1 by stating:

(i) **one** advantage of **private** provision and the benefit of this to the performer

(ii) **one** advantage of **public** provision and the benefit of this to the performer.

(4)

Provision	Advantage of type of provision	Benefit to the performer
Private provision	(i)	(i) .....
Public provision	(ii)	(ii) .....

Table 1

Luca completes a questionnaire to help plan his fitness programme.

(e) Name **one** type of questionnaire Luca should complete to plan his fitness programme.

(1)

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Luca takes part in some fitness tests to assess his fitness for tennis.

(f) Explain **one** reason why Luca would use the 30m sprint test to assess his fitness for tennis.

(2)

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(Total for Question 1 = 10 marks)

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Catherine is a gymnast. She trains regularly to improve her gymnastic performance.

Each picture (**A** and **B**) shows a type of fitness training.

2 (a) Identify the fitness training method shown in pictures **A** and **B**.

(2)

Draw a straight line to match each picture to the correct fitness training method.

Picture	**Fitness training method**
A  (Source: © TORWAISTUDIO/Shutterstock)	Ballistic
	Static passive
B  (Source: © Jasminko Ibrakovic/Shutterstock)	Plyometrics
	Proprioceptive Neuromuscular Facilitation (PNF)
	Circuit training

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(b) Explain **one** reason why fitness training method **B** would improve Catherine's gymnastic performance.

(2)

Catherine is 21 years old. When Catherine trains it is important that she trains at the correct exercise intensity.

(c) Describe how Catherine would work out her anaerobic training zone.

(3)

Technology can be used to measure exercise intensity when training.

(d) Give **one** example of technology that can be used to measure exercise intensity.

(1)

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Catherine applies the SMARTER principles of goal setting to her training programme.

(e) Complete Table 2 by stating:

(i) the name of the principle of goal setting represented by each letter

(ii) why this principle will increase Catherine's motivation to train.

(4)

SMARTER principle	Name of principle of goal setting represented by letter	Why this principle will increase Catherine's motivation to train
M	(i)	(ii) ....
T	(i)	(ii) ....

Table 2

(Total for Question 2 = 12 marks)

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Jenny plays cricket. Jenny has been training to increase her power.

3 (a) Which **one** of the following fitness tests is used to measure power?

(1)

- ☒ **A** Ruler drop test
- ☒ **B** Stork stand test
- ☒ **C** Standing long jump
- ☒ **D** T test

(b) State **one** reason for fitness testing.

(1)

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Jenny also completes the vertical jump test to measure her power.

(c) Explain **one** reason why the vertical jump test would be a more valid test for a cricketer than a swimmer.

(2)

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(d) Explain **one** reason why it is important to calibrate equipment before completing a fitness test.

(2)

Jenny cools down after every training session.

(e) Explain **two** reasons for cooling down after a training session.

(4)

1

2

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Picture C shows Jenny batting in a game of cricket.



(Source: ISHARA S. KODIKARA / Contributor)

Picture C

Jenny has high levels of muscular endurance and reaction time.

(f) Assess the importance of high levels of **muscular endurance** and **reaction time** when batting during a game of cricket.

(6)

(Total for Question 3 = 16 marks)

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Lionel trains regularly to increase his fitness for football.

4 (a) Name the additional principle of training being described: 'altering types of training to avoid boredom'.

(1)

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Lionel carries out fitness testing to assess his fitness for football.

(b) Complete Table 3 by stating:

(i) a fitness test that could be used to test each component of fitness

(ii) why each fitness test is suitable to assess a footballer's fitness.

(4)

Component of fitness	Fitness test	Why this fitness test is suitable to assess a footballer's fitness
Aerobic endurance	(i)	(ii) .....
Muscular strength	(i)	(ii) .....

Table 3

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(c) Explain **one** reason why the 30 metre flying sprint would also be an appropriate fitness test for a footballer.

(2)

(d) Describe how the 30 metre flying sprint test is carried out.

(3)

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Lionel is training to improve his muscular strength and speed.

Table 4 shows two weeks of Lionel's training programme.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Weights at 60% 1RM 3 sets × 8 reps	Rest day	Resistance drills	Rest day	Weights at 60% 1RM 3 sets × 8 reps	Rest day	Resistance drills
2	Weights at 60% 1RM 3 sets × 8 reps	Resistance drills	Rest day	Weights at 70% 1RM 3 sets × 6 reps	Resistance drills	Rest day	Weights at 70% 1RM 3 sets × 6 reps

Table 4

(e) Explain **two** additional principles of training that Lionel is applying in his training programme.

(4)

1 .....

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2 .....

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Table 5 shows some of Lionel's fitness test results.

Fitness test	Rating
Illinois agility run test	Average
Timed plank test	Poor
Body Mass Index	Excellent
Alternate-Hand Wall Toss Test	Excellent

Table 5

(f) Explain, using the data in Table 5, **one** component of fitness Lionel should train to improve his fitness for football.

(2)

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(Total for Question 4 = 16 marks)

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Technology is often used in fitness testing.

5 Evaluate the use of technology when carrying out the **30 metre sprint test**.

(Total for Question 5 = 6 marks)

TOTAL FOR PAPER = 60 MARKS

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