

REVISE BTEC TECH AWARD

Sport

PRACTICE ASSESSMENTS Plus⁺

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Introduction

This book has been designed to help you to practise the skills you may need for the external assessment of BTEC Tech Award **Sport, Activity and Fitness**, Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity.

About the practice assessments

The book contains four practice assessments for the component. Unlike your actual assessment, the questions have targeted hints, guidance and support in the margin to help you understand how to tackle them:



Revision Guide
pages XX

links to relevant pages in the Pearson Revise BTEC Tech Award Sport, Activity and Fitness Revision Guide so you can revise the essential content. This will also help you to understand how the essential content is applied to different contexts when assessed.

Hint

to get you started and remind you of the skills or knowledge you need to apply.



Prepare

to help you on how to approach a question, such as making a brief plan.

LEARN IT!

to provide content that you need to learn such as a definition or principles related to training, nutrition and psychology.

Watch out!

to help you avoid common pitfalls.



Explore

to remind you of content related to the question to aid your revision on that topic.



Time it!

for use with the final practice assessment to help you become familiar with answering in a given time and ways to think about allocating time for different questions.

There is space for you to write your answers to the questions within this book. However, if you require more space to complete your answers, you may want to use separate paper.

There is also an answer section at the back of the book, so you can check your answers for each practice assessment.

Check the Pearson website

For overarching guidance on the official assessment outcomes and key terms used in your assessment, please refer to the specification on the Pearson website. Check also whether you must have a calculator in your assessment.

The practice questions, support and answers in this book are provided to help you to revise the essential content in the specification, along with ways of applying your skills. Details of your actual assessment may change, so always make sure you are up to date on its format and requirements by asking your tutor or checking the Pearson website for the most up-to-date Sample Assessment Material, Mark Schemes and any past papers.

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A small bit of small print

Pearson publishes Sample Assessment Material and the specification on its website. This is the official content and this book should be used in conjunction with it. The questions have been written to help you test your knowledge and skills. Remember: the real assessment may not look like this.

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Practice assessment 1

Answer ALL questions.

Write your answers in the spaces provided.

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

Raj takes part in the sit and reach test. His sit and reach test score is **11 cm**. **Table 1** shows the normative test data for the sit and reach test.

	Category			
Gender	Above average	Average	Below average	Very poor
Male	>14.1	14.0	13.9–9.1	<9
Female	>15.1	15.0	14.9–10.1	<10

Table 1

- 1 (a) Which **one** of the following is Raj's rating for the sit and reach test?

- ☐ A Above average
- ☐ B Average
- ☐ C Below average
- ☐ D Very poor

1 mark

- (b) Name the component of fitness tested by the sit and reach test.

.....

1 mark

Raj carries out some pre-test procedures before fitness testing.

- (c) Which **one** of the following must be carried out before fitness testing?

- ☐ A Calculation of training zones
- ☐ B Calibration of equipment
- ☐ C Cool down
- ☐ D Setting SMART targets

1 mark



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page 26

LEARN IT!

The symbol $>$ means greater than. The symbol $<$ means less than. For **Table 1**, a male scoring more than 14.1 (>14.1) rates above average, or less than 9 (<9) rates very poor.

Hint

In a multiple-choice question, you need to read each of the options carefully and discount any that you know are not correct, you can then decide on the right answer.



Prepare

As well as the sit and reach test, make sure you know the calf muscle flexibility test and the shoulder flexibility test. Consider how well each test design allows it to measure the component of fitness and the practicality and validity of these tests for different sports and participants.

Hint

For a **name** question you need to give a brief, precise answer. There is no need to add any explanation.

Hint

In Question 1(c) mark the box clearly with an 'X' so that the examiner is sure which answer you have chosen.

Practice assessment

1



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page 66

LEARN IT!

Sprint hurdling is where athletes run as fast as they can and also jump to clear a number of hurdles as they run.

Hint

If asked to **state**, recall the correct name from the specification. For example, a training method to improve **strength** would be 'free weights'.

Hint

Give valid reasons for each of the selected training methods. For example, if the sport was rowing, which requires strength, a reason for choosing free weights would be that it is easy to target the muscles that require increased strength so they can exert more force on the water to go faster.

LEARN IT!

Personal goals can be remembered by the mnemonic SMARTER:
S – specific
M – measurable
A – achievable
R – realistic
T – time-related
E – exciting
R – recorded

Hint

In Question 1(f) **explain** requires you to correctly identify a reason and then provide further details to give an explanation as to why this is.

Raj is a sprint hurdler. He uses two different training methods to improve his power and speed.

(d) Complete **Table 2** by stating:

- (i) **one** method of training to improve each component of fitness
- (ii) **one** reason why each method of training is suitable for Raj.

Component of fitness	(i) Method of training	(ii) Reason why method of training is suitable
Power
Speed

Table 2

4 marks

Raj motivates himself to improve his fitness by setting personal goals. A measurable goal is an example of a personal goal.

(e) Name **one** other type of personal goal.

.....
.....

1 mark

Goal setting has a number of benefits.

(f) Explain **one** reason why Raj should set measurable goals.

.....
.....
.....
.....

2 marks

Total for Question 1 = 10 marks

Table 3 shows Ivan's weekly training plan.

Session number	Warm-up	Main activity	Time spent on main activity
1	Pulse-raiser, joint mobilisation and stretching	Running on a treadmill at a constant pace	30 minutes
2	Pulse-raiser, joint mobilisation and stretching	Fartlek training session in the park	30 minutes
3	Pulse-raiser, joint mobilisation and stretching	Swimming continuous lengths in the pool	30 minutes

Table 3

2 (a) Using the information in Table 3

(i) Identify the principle of training Ivan is applying in his training.

.....

.....

1 mark

(ii) Identify the component of fitness Ivan is working on in his training plan.

.....

.....

1 mark

Revision Guide
page 2

Hint

Identify means you need to use the information provided in the question. Ivan uses three different activities in his training plan.

LEARN IT!

Fartlek training involves running at varying speeds and can also be over different terrain. This means the intensity of the training will change during the session.

Hint

In Question 2(a)i the principles of training are the 'rules' followed to make sure that training is effective. For example, progressive overload should be applied by gradually making the training harder. This could be through increasing the time spent exercising, but this isn't happening here as each session is 30 minutes.

Hint

Think about the type of training that lasts 30 minutes.

Practice assessment

1



Revision Guide
pages 4 and 47

Hint

You are told that Fartlek training will improve Ivan's aerobic endurance. Training that improves aerobic endurance brings about specific adaptations to the cardiovascular and respiratory systems. Think about these adaptations and how one of these adaptations would help to improve Ivan's aerobic endurance.

LEARN IT!

The Borg (6–20) Rating of Perceived Exertion (RPE) Scale can be used by a performer to estimate exercise intensity or how hard they think/feel they are working.

Hint

When answering the **describe** Question in 2(c) you need to give a clear account of the steps someone would go through to work out their heart rate using the Borg scale. Say what the scale is, what the numbers on the scale mean and then how they are used to work out heart rate.

Hint

In Question 2(d) give the exact meaning of the term.

- (b) Explain **one** reason why Ivan's aerobic endurance would improve through regular Fartlek training.

.....

.....

.....

.....

2 marks

In order to improve his fitness Ivan must make sure he is working at the correct intensity.

- (c) Describe how Ivan can use the Borg scale to estimate his heart rate during a training session.

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3 marks

Ivan is highly motivated to maintain his training.

- (d) Give a definition of the term motivation.

.....

.....

1 mark

Ivan's motivation comes from himself and from his coach.

(e) Complete **Table 4** by stating:

- (i) the type of motivation given in the description
- (ii) an example of this type of motivation.

Description	(i) Type of motivation	(ii) Example of type of motivation
From within the performer
From an external source such as a coach

Table 4

4 marks

Total for Question 2 = 12 marks



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page 62

LEARN IT!

There are two types of motivation: intrinsic and extrinsic.

Hint

Use your own experience to help you answer this question. Think about your own reasons for participating in physical activity, and what motivates you.

Hint

Double-check your answer to make sure that you have placed your answers in the correct box.

Hint

Even if you are not sure of all the answers, try to complete as much of the table as possible as you will gain marks for any correct answers. For example, if you can only think of one type of motivation, add it to the table even if you have to leave the rest blank.

Practice assessment

1



Revision Guide pages 1 and 5

Hint

To do well in weightlifting, performers need to lift heavy weights, but they also need to be able to move the heavy weight quickly to lift the weight over their head and then hold it in that position.

Hint

Strength is needed to lift a heavy weight but this isn't given as one of the options. Think about what James needs to move the heavy weight quickly.

LEARN IT!

Power is strength \times speed. Power allows us to carry out explosive movements.

Hint

Use of connecting words such as 'because', 'therefore', 'which means that' will help you develop your point in 'explain' questions.

LEARN IT!

Balance allows the control of the distribution of weight.

James is a weightlifter.

- 3 (a) Which **one** of the following components of fitness is **most** important to James in his activity?

- ☐ A Agility
- ☐ B Aerobic endurance
- ☐ C Power
- ☐ D Reaction time

1 mark

- (b) State **one** reason why James should develop his muscular strength.

.....

.....

1 mark

James also needs good balance when weightlifting.

- (c) Explain **one** reason why James would also need good balance.

.....

.....

.....

.....

2 marks

James regularly tests his fitness.

- (d) Explain **one** reason why James's level of motivation can affect the reliability of his fitness test result.

.....

.....

.....

.....

2 marks

James regularly uses fitness tests to test his strength.

- (e) Explain **two** reasons for regularly carrying out fitness testing.

1

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.....

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2

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.....

.....

4 marks



Revision Guide
page 19

Hint

Reliability in this context refers to the consistency of results from a fitness test. It means that the test results should be a true reflection of the person's ability. Think about how being motivated or not might affect your fitness test results.

Hint

Fitness testing is normally carried out before you start a training programme, at intervals through the training programme and then again at the end. Think about what should happen to the fitness test scores each time, and how this information could be used.

Hint

Question 3(e) expects two distinct answers, as indicated by the numbering. For each one, you need to give a different reason for fitness testing, and then expand each point to show how each will benefit the participant.

Practice assessment

1



Revision Guide
pages 33 and
34

Hint

In this **assess** question you need to consider both of the test protocols, how you do each test, whether there is anything about the test that makes it difficult to carry out. Look at the strengths and weaknesses of each test in terms of how easy they are to carry out. Finally, you need to come to a conclusion as to which is the most practical for someone to do.

Hint

Practicality is about how easy the fitness test is to complete. Consider factors such as:

- How much the test costs
- Whether the equipment is easy to use
- Whether the equipment is easily available
- How long it takes to complete.

Hint

Your answer must always be in the context of the individual in the scenario, in this case that is James and his weightlifting.

James wants to measure his body composition. Two tests to measure body composition are: bioelectrical impedance analysis (BIA) and waist to hip ratio.

(f) Assess the practicality of **each** of these tests for James.

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6 marks

Total for Question 3 = 16 marks

Tahlia trains in different types of facilities to increase her fitness for volleyball.

- 4 (a) Name the **type** of facilities being described:
'The facilities tend to be high quality, but expensive.'

.....

.....

1 mark

Tahlia carries out plyometric training to improve her power. Each training session is one hour long. She uses a 4 kg medicine ball during the plyometric drills.

- (b) Complete **Table 5** by stating:
- (i) the name of the FITT principle represented by each letter
- (ii) **one** example of how each principle has been applied to Tahlia's training.

FITT principle	(i) Name	(ii) Example
I
T

Table 5

4 marks



Revision Guide
pages 2 and 55

Hint

Remember that there are three different types of providers of fitness training provision:

- public provision
- private provision
- voluntary provision.

Hint

Here you need to complete the table by stating the name of each FITT principle and giving an example. In your example, demonstrate you understand the term by giving key features. For example, if asked to give an example of how continuous training could be applied, mention that the runner should maintain a steady pace at moderate intensity for at least 30 minutes.

Hint

Make sure your examples are linked to the scenario in the question. Here, the example must be applied to Tahlia's training in plyometrics.

Practice assessment

1



Revision Guide page 41

Hint

Think about the differences between the two types of test. Why might the vertical jump test be a better choice for a volleyball player?

LEARN IT!

In the standing broad jump you stand two feet together with your toes up to a line on the ground. Jump forward using two feet and measure the distance travelled from the starting line.

Hint

Question 4d asks you to describe the process that should be followed to complete this test. You need to give enough detail so that the person reading gets a good understanding of how to do the test. Try to make three linked points they would need to do in the order they should do them.

Tahlia tests her progress using the standing broad jump test.

- (c) Explain **one** reason why a more valid test might be the vertical jump test.

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2 marks

- (d) Describe how the vertical jump test is carried out.

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3 marks

Tahlia designs a training programme to help improve her fitness.

- (e) Explain why the following personal information should be used to aid her programme design.

Physical activity history

.....

.....

.....

.....

Aims for her sport

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.....

.....

.....

4 marks

Tahlia includes plyometrics sessions in her training programme.

- (f) Explain **one** advantage of plyometric training.

.....

.....

.....

.....

2 marks

Total for Question 4 = 16 marks



Revision Guide
page 60

Watch out!

An **aim** is what you want to get out of training, what you want to achieve by the end of the session. An **objective** is how you plan to achieve your aims, e.g., the amount or type of training you need to do. Make sure that you are clear about the differences between these terms.

Hint

Specific personal information should be used when planning a training programme for someone. This includes the person's:

- aims
- objectives
- lifestyle and physical activity history
- attitudes to training.

LEARN IT!

Plyometrics is an explosive type of training that is used to improve power in the part of the body being trained. You can do things like burpees, clapping press-ups, tuck jumps or box jumps.

1



Evaluate means that you need to consider the strengths and weaknesses or advantages and disadvantages, of a topic, reaching a conclusion about its value. Here you need to look at the pros and cons of interval training in improving aerobic endurance for a swimmer and decide if it is a sensible method of training for the swimmer to use.

Interval training can be adapted to develop speed **or** aerobic endurance. Your evaluation should focus on **aerobic endurance**.



You could make a brief plan for longer answers. Here is an example:

- Briefly demonstrate knowledge of the training method.
- Discuss an advantage and a disadvantage of using this method of training for the swimmer.
- Make a judgement about whether this would be a good method for the swimmer.

Relate your answer back to the sport referred to in the question to ensure your comments are relevant to the question context.

Jenna is a swimmer who trains regularly with her swimming club. She does well on short-distance races but gets tired during long distance races, often finishing last.

- 5** Evaluate the use of interval training to improve Jenna's aerobic endurance for swimming.

material

6 marks

Total for Question 5 = 6 marks

TOTAL FOR PAPER = 60 MARKS

Practice assessment 2

Answer ALL questions.

Write your answers in the spaces provided.

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

Sophia is a rock climber. She needs high levels of muscular endurance for her sport.

1 (a) Which **one** of these statements best describes muscular endurance?

- ☐ A The ability to use voluntary muscles repeatedly over time without them getting tired
- ☐ B The maximum force that can be generated by a muscle or group of muscles
- ☐ C The ability to lift a heavy weight quickly
- ☐ D The ability to perform strength exercises without fatigue

1 mark

Sophia is internally motivated to maintain her training programme as she thinks training is fun.

(b) Name the type of motivation that comes from within the participant.

.....

.....

1 mark

Sophia tests her body composition using the BMI test.

(c) Which **one** of the following is the unit of measurement for BMI?

- ☐ A mg/m^2
- ☐ B kg/cm^2
- ☐ C kg/m^2
- ☐ D g/cm^2

1 mark



Revision Guide
pages 32 and 49

Hint

For Question 1(a), pick the correct answer from the choices offered. Eliminate the ones you know are wrong, then guess if you are still unsure.

Hint

Think about the sport of rock climbing when you are looking at the options. Most rock climbers will spend over 30 minutes completing a climb.

Hint

The key word **name** requires you to recall a piece of information and state it clearly, using the correct terminology.

Hint

Use the number of marks available as a guide to how much you need to include in your answer. This question is worth one mark so does not require a long response.

Hint

Read the options carefully; think about how you carry out the test, and the two things you need to measure.



Revision Guide

pages 16, 25
and 55

Hint

Complete means that you need to fill in the empty spaces in the table. For Question 1d(i) you just need to state the type of provision. Then for 1d(ii) explain a disadvantage of this type of provision. The disadvantage should be specific to Sophia (the performer).

Hint

Look for the key information in the descriptions in the first column of the table, for example, the first description mentions expense but also high-quality facilities.

Watch out!

You are given one example questionnaire in the question; don't repeat this in your answer.

Hint

For this **Explain** question, you need to clearly state a reason why Sophia should use a timed-plank test (what it measures) and then give further details to explain why this is relevant to Sophia when rock climbing (how this component of fitness is used in rock climbing).

Sophia wants to make sure she joins a good gym to complete her training, so she looks at the provision available.

(d) Complete **Table 1** by stating:

- (i) the **type** of provision being described
- (ii) **one disadvantage** of the type of provision for the performer.

Description	(i) Type of provision	(ii) Disadvantage of type of provision
Expensive membership costs to allow high standard of facilities with an aim to make a profit.
Funded by money from local authorities with an aim to make sport accessible to all.

Table 1

4 marks

Personal information, such as information from a lifestyle questionnaire, should be used when planning a fitness programme.

(e) Name **one** other type of questionnaire Sophia should complete before planning her fitness programme.

.....
.....

1 mark

Before starting her training programme Sophia takes part in some fitness tests.

(f) Explain **one** reason why Sophia would use a timed plank test to assess her fitness for rock climbing.

.....
.....
.....
.....

2 marks

Total for Question 1 = 10 marks

Samuel is a footballer. He tests his fitness regularly. Each picture (A and B) shows a type of fitness test method.

- 2 (a) Identify the fitness test method shown in pictures A and B.
Draw a straight line to match each picture to the correct fitness test method.

Picture

A



Fitness test method

T Test

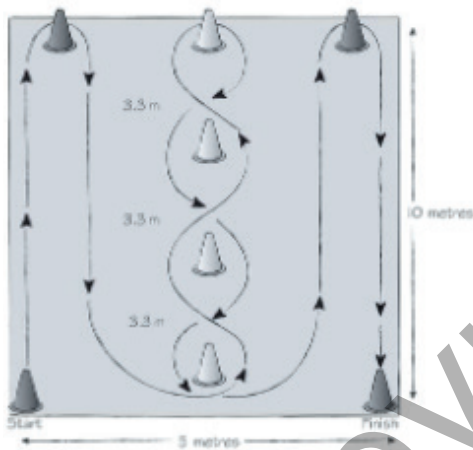
Multi-stage fitness test

Illinois agility run test

Margaria-Kalamen power test

Harvard step test

B



2 marks



Revision Guide
pages 20, 21,
35, 36 and 43

Hint

Identify means you need to select information from the options given. In this case, it is a list of fitness testing methods.

Hint

The first image (A) shows a performer stepping onto a bench. Look at the possible options to see if there is a possible clue in any of the fitness test names.

Hint

Try to use the available information given in the question. For example, in image (B) the arrows indicate several changes of direction. Think about the component of fitness being tested when there is a change in direction.

Watch out!

Fitness test methods and fitness training methods are not the same thing. Fitness testing measures our fitness whereas fitness training is used to improve our fitness. Make sure you are clear on the difference.

**Revision Guide**
pages 13 and 14**Hint**

For Question 2(b) you need to know the component of fitness being tested (look back at Question 2(a)) and use this information to start to answer the question. So, identify the component then add further detail to explain why this would improve Samuel's performance in football.

Hint

When **describing**, make sure you give a clear step-by-step account of how to complete the process, in this case the steps you would follow to calculate the aerobic training zone for a 17-year-old.

Hint

The command word **give** requires you to be clear and concise.

Hint

Think about the different technology available, for example, apps for a phone or tablet or heart rate monitors that are worn under clothing.

- (b) Explain **one** reason why the component of fitness tested in method **B** would improve Samuel's football performance.

.....

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.....

.....

2 marks

Samuel is 17 years old. During part of a training session Samuel will work within his aerobic training zone.

- (c) Describe how Samuel would work out his aerobic training zone.

.....

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.....

.....

3 marks

Samuel uses a smart watch to make sure he is training at the correct intensity.

- (d) Give **one** advantage to Samuel of using this type of technology during his training.

.....

.....

1 mark

Samuel's training causes adaptations to his cardiovascular and respiratory systems. These adaptations increase his aerobic endurance.

(e) Complete **Table 2** by stating:

- one** adaptation to each body system as a result of aerobic endurance training
- why this adaptation will improve Samuel's aerobic endurance.

Body system	(i) Adaptation to body system	(ii) Why this adaptation increases aerobic endurance
Cardiovascular
Respiratory

Table 2

4 marks

Total for Question 2 = 12 marks



Revision Guide
page 56

LEARN IT!

The cardiovascular system is made up of the heart, blood and blood vessels.

LEARN IT!

The respiratory system is responsible for getting air containing oxygen into the body and expelling waste gases such as carbon dioxide.

Hint

Think about how the heart adapts so that it can circulate more blood during exercise.

Hint

Blood transports oxygen, carbon dioxide and nutrients. Think about how an increase in transportation of these could help during exercise.

Watch out!

The role of the cardiovascular system and respiratory system is different, but they are dependent on each other. The respiratory system brings air into the body, the cardiovascular system transports it around the body. Make sure that you are clear about the differences between these body systems.

Practice assessment

2



Revision Guide
pages 19 and
20

Hint

Mark the box of your selected answer with an X. If you change your mind, cross the X through and place an X next to the correct answer. It must be clear which answer you have selected.

Watch out!

It is easy to confuse the terms validity and reliability when related to fitness testing. Validity means that the test being used actually measures the component of fitness that it says it does.

Hint

Although a test may be valid, there might be a better test depending on your sport. For example, a long-distance swimmer and long-distance runner would use different tests to make their test more specific and therefore more valid for their sport.

Marko plays badminton. He tests his fitness but is concerned his results may not be reliable.

- 3 (a) Which **one** of the following is a correct definition for reliability of fitness test results?

☐

A How accurate a test is so that it measures what it should measure.

☐

B How easy a test is to administer.

☐

C A test that does not need repeating.

☐

D A test that gives consistency of results.

1 mark

- (b) State **one** fitness test that can be used to measure reaction time.

.....

.....

1 mark

Marko completes the Yo-Yo test to measure his aerobic endurance.

- (c) Explain **one** reason why the Yo-Yo test would be a more valid test for Marko than the multi-stage fitness test.

.....

.....

.....

2 marks

- (d) Explain **one** reason why it is important for participants to complete an informed consent form before taking part in fitness testing.

.....

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2 marks

Marko warms up before every training session.

- (e) Explain **two** reasons for warming up before a training session.

1

.....

.....

.....

2

.....

.....

.....

4 marks



Revision Guide

pages 16, 45
and 60

Hint

Make sure you clearly identify one reason for completing an informed consent and then use words such as 'because' to help make sure you are explaining your point.

LEARN IT!

An informed consent form gives information about the test and any risks associated with completing the test. The form is completed when the person taking part signs the form.

Hint

For Question 3(e) you need to give two different answers. Make sure you can think of two separate reasons and give a different expansion for each.

Hint

Don't worry if you don't need to use all available writing space. There should be more than enough room for each response on the assessment.

2



For this **assess** question you need to consider both components of fitness and explain the pros and cons logically. These must be specific to the context (badminton). Finally, you need to make a judgement about whether the components are important to the badminton player.

Coordination is needed in any activity that requires the movement of two or more body parts. Think about a game of badminton and:

- when the player needs to move two or more body parts at the same time
- what coordination will allow the badminton player to do
- then think about why this might be important in a game.

Use a PEEL structure for each component of fitness: **P**oint – make one point; **E**xplain – explain the point; **E**vidence – justify and give evidence for your point and explanation; **L**ink – link back to the question.

Power is speed \times strength.

Picture C

(f) Assess the importance of high levels of **coordination** and **power** when playing a game of badminton.

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6 marks

Total for Question 3 = 16 marks