

Sample pages from the Pearson BTEC Tech Award *Sport Student Book* 2nd Edition

The following sample pages give you an overview of the approach and depth of treatment you can expect from the book and the various learning features the book contains.

Over the page you will find eight sample pages of Component 2, Learning outcome A. The features presented here include some or all of the following items.

Introduction

A broad introduction to the Component, highlighting why the topics covered are important for learners to understand, and how the knowledge and skills developed can be applied in the real world of work.

Learning outcomes

A brief statement of the outcomes as given in the official Pearson specification.

Getting started

A short activity or discussion that will introduce learners to what they will be covering in the lesson.

Key terms

Important words or terms are defined.

Activity

These will help learning about the topic. Learners may be asked to work in pairs, groups or on their own.

Check my learning

This is an opportunity for learners to check back over what they should have learned. It may be a discussion or homework activity.

Did you know?

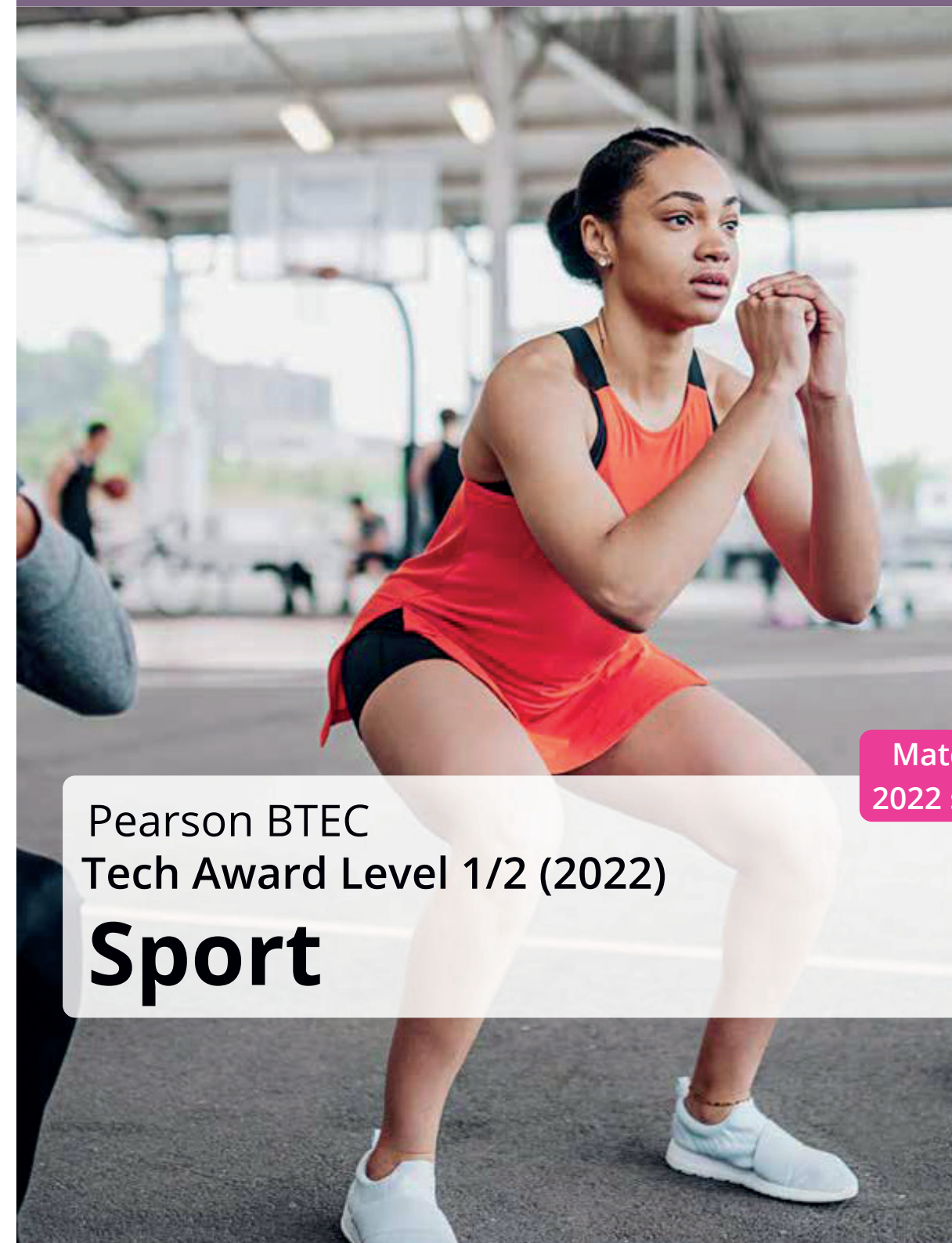
These include interesting facts that relate to what is being learned, to maintain learner engagement and interest.

Best practice

Hints and tips to embed good or best practice in a real-world or workplace context, to add a workplace dimension and make learning relevant to practice.

The content of this second edition has been thoroughly revised and updated to ensure alignment with the new specification and assessment arrangements for the 2022 BTEC Tech Award qualification.

Important note: These sample pages are taken from early proofs of the book, so may not reflect the exact contents that will be contained in the published book. The published book may include amendments or adjustments made during final proofreading.



Matched to the
2022 specification

Pearson BTEC
Tech Award Level 1/2 (2022)

Sport

Student Book

L1/2

2nd Edition

Components of physical fitness 1: aerobic endurance and muscular endurance

GETTING STARTED

What do we mean by physical fitness? Is fitness measurable and if so how do we assess it? Discuss fitness with classmates in a small group. Write a paragraph explaining what fitness means to you. Hold your hands out in front of you and keep your head up and back straight. Bend your legs until your knees reach 90 degrees. Stand up again. Repeat this process as many times as you can in two minutes. Compare your results with your classmates. What is it that allows some people to perform more repetitions than others?



A person can have high levels of fitness in some areas, such as flexibility, but less in others.

KEY TERM
Aerobic endurance is your ability to exercise at moderate intensity for extended periods of time.

INTRODUCTION

There are different definitions of fitness, and it can mean different things depending on what is important to you and the sport(s) you play. In broad terms, it means the condition of being physically healthy, because of exercise.

Physical fitness is a complicated subject. Many people consider it to be simply how far we can run, swim, cycle or row. However, the distance a person can complete is only a part of the overall elements that make someone fit. Someone can have high levels of physical fitness in one area and low levels in another area.

Physical fitness can be broken down into six different components, as shown in Figure 2.1.

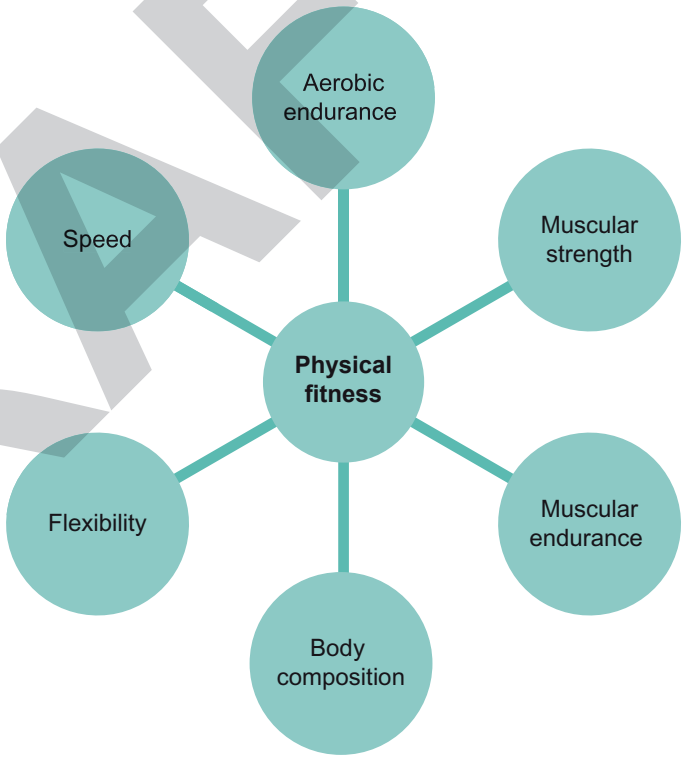


Figure 2.1: Physical fitness is made up of six components

Aerobic endurance

Aerobic endurance is your ability to keep performing an activity, such as running, cycling or swimming, without becoming fatigued. This relies on having a high level of cardiovascular fitness. The cardiovascular system is made up of the circulatory system and the respiratory system. The circulatory system is comprised of the heart, blood and blood vessels, and the respiratory system is made up of the lungs and airways – see Figure 2.2. These two systems work together to take oxygen from the air we breathe, carry oxygen and nutrients to the muscles and organs of the body, and remove waste products, such as carbon dioxide.

ACTIVITY

Support

Identify which of the following sports require high levels of aerobic endurance:

- archery
- hockey
- netball
- swimming 1600 metres
- 100-metre sprint
- football
- high jump
- basketball
- ironman triathlon.

Challenge

Explain which sport you think requires the highest levels of aerobic endurance, giving reasons for your choice.

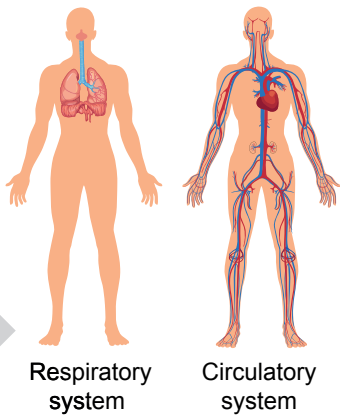


Figure 2.2: Aerobic endurance relies on the circulatory and respiratory systems working efficiently together.

Muscular endurance

Our muscular system is complex: it is made up of a large number of muscles.

Muscular endurance is related to how efficiently your muscular system works. The greater a person's muscular endurance, the increased ability they have to perform an exercise that involves repetitive contractions of a muscle over an extended period of time. Because there are many muscles in our body, it is possible to have good muscular endurance over one movement but poor over another. Movements could include squatting, performing a pull-up, doing a press-up or doing sit-ups.

Table 2.1: Examples of sports that require good levels of muscular endurance

Individual sport	Team sport
Rock climbing to hold on to the rock face	Rugby to be able to keep pushing in a ruck or scrum
Hurdles to maintain the ability to jump	Hockey to ensure that participants can keep moving at speed
Swimming to keep up speed	Rowing to keep stroke rate high
Sailing to allow the person to lean out and keep the boat flat	Netball to allow athletes to keep jumping to catch the ball
Cycling to keep pushing the pedals and keep the bike moving	Football to allow competitors to keep kicking the ball hard

KEY TERM

Muscular endurance is where a muscle can continue contracting over a period of time against a light to moderate fixed resistance or load.

ACTIVITY

Muscular endurance is needed in everyday life. For example, when climbing a flight of stairs your leg muscles are repeatedly contracting to take you all the way to the top of the stairs. Can you give any other examples of when muscular endurance might be needed in everyday life?

CHECK MY LEARNING

- List the six components of physical fitness.
- Explain why aerobic endurance is needed for any sports that have sustained physical activity.
- For two sports of your choice, describe why specific areas of your body require high levels of muscular endurance.

DID YOU KNOW?

There are between 640 and 850 muscles found within the human body, depending on what we count as being a muscle. The range in number is largely down to the difficulty in separating muscles that are grouped together and those that are distinct individual muscles.

Components of physical fitness 2: muscular strength and speed

GETTING STARTED



■ Elite 100-metre sprinters. Examine the photo of 100-metre women sprinters and identify key features of the sprinters' physique. Explain how these features help them to run at high speed over a short distance.

KEY TERMS

Muscular strength is the maximum force (in kg or N) that can be generated by a muscle or muscle group.

Speed is when a person travels very fast over a short distance, calculated as distance covered divided by the time taken to cover the distance.

INTRODUCTION

Depending on the sport you play, it can be important to train your muscles to have a high level of strength or to be able to move quickly.

Muscular strength

Muscular strength is related to how much muscle mass a person has – the larger the muscle mass, the more strength the person has. This is because muscle tissue produces force. The more muscle tissues that a person has, the more force their muscles can produce.

ACTIVITY

Support
Identify two individual sports and two team sports that require high levels of strength.

Challenge
For each sport, describe why a person playing that sport needs high levels of strength to perform well in their sport.

While it is not necessary to have high levels of strength for health reasons, a certain level of strength is required in order to support daily activities. Strong postural muscles are required to keep an upright stance and prevent back pain; strong leg muscles are required to allow us to hold our body weight and move around. Muscle tissue has a higher metabolic rate compared to other body tissues so it helps to 'burn calories' to prevent a person from becoming overweight.

It is important to note that as a person gets older, from about the age of 30, their muscle mass naturally starts to reduce unless the person takes part in resistance training to try to maintain or increase their muscle mass. Strength training can help protect your bones and prevent fractures from falls, as it helps to maintain balance and coordination which is crucial in preventing falls.

Speed

Speed is where a person travels very fast over a short distance. Speed is worked out by measuring distance covered divided by the time taken to cover the distance. Travelling at high speed can take place in various formats such as cycling, swimming, rowing or running over a short distance. Speed is also required in a range of team and individual sports and activities, such as having to sprint to get to the ball in football or to intercept a pass in netball.



■ Athletes who require a wheelchair can take part in wheelchair racing, which competes over short distances and requires high levels of speed.

ACTIVITY

Support
There are many sports that benefit from an athlete having speed. In a small group create a list of sports that require high levels of speed, from both team and individual sports and activities.

Challenge
Next to each of the sports identified above, explain why high levels of speed are required.

CHECK MY LEARNING

- 1 For two sports of your choice, describe why specific areas of your body require high levels of muscular strength.
- 2 Identify three individual sports and three team sports that require speed.

Components of physical fitness 3: flexibility and body composition

GETTING STARTED

Consider the following sports: cricket, badminton, judo, golf, surfing, rugby, basketball, hurdles, gymnastics and shot put. List these activities in order of flexibility, starting with the sport that you feel relies most on flexibility.

KEY TERMS

Flexibility is the range of motion available at the joints of the body. It includes the ability of a person to move a joint fluidly through its complete range of movement.

Body composition is the relative ratio of fat mass to fat-free mass. Fat-free mass consists of the vital organs, such as the heart and lungs, muscle tissue and bone.

BEST PRACTICE

Flexibility training should be included in training programmes for all sports, as the benefits for sports performance include improved aerobic endurance, muscular strength and endurance; increased range of motion; assistance in preventing injury; and decreased muscle soreness and stiffness.

INTRODUCTION

The body is amazing, and can be trained in different ways to change and improve. Keeping the body supple and having an optimum fat ratio is important to everyday life as well as to sport.

Flexibility

Flexibility is an area of fitness that is sometimes overlooked in favour of increasing other components of physical fitness. However, being flexible is directly linked to success in almost every sport.

We have a greater range of motion available at some joints such as the shoulder compared to the elbow. You can move your whole arm in a circular motion because of the type of joint at the shoulder, whereas it is only possible to bend and straighten the elbow joint. Muscle and ligaments surround a joint and will affect how much movement a person can produce at a joint. The less flexible a person is, the less movement they have at various joints in their body because their muscle tissues and ligaments are stiffer and shorter compared to a more flexible person.

Flexibility, like many other components of fitness, can be good across one area of a person's body but weak in another. Ensuring adequate flexibility is an important part of injury prevention. Forcing muscles to make movements that they are unused to can lead to damage and injury. Conditioning muscles with flexibility training can protect the body from injuries through over extension. During a warm-up, gently stretching muscles to prepare them for exercise should be an integral element.

Body composition

Body composition is what your body is made of. The main components of your body include bone, muscle and fat.

ACTIVITY

Mark Cavendish (Tour de France cyclist), Dina Asher-Smith (track and field athlete) and Owen Farrell (rugby player) are very clearly different athletes. What is it about their body compositions that make them effective at their chosen sports?

To a certain extent we are born with a body type and this will define our capabilities, strengths and weaknesses as an athlete. When you measure body composition, the main area that is considered is the amount of body fat a person has. You need to have some body fat to be healthy; however, too much body fat can result in health problems. An excess of body fat also increases our body's weight which in turn means that we have to carry more load. This extra load can make some sports, physical activities or daily tasks more difficult to complete.

Body composition can have a significant effect on a sports person's performance and varies depending on the sport, with different sports having an 'optimum' body composition for performance, as shown in Table 2.2.

Table 2.2: Examples of sports that favour different body compositions



Marathon runner: The Boston Marathon, America – 21 Apr 2014 Rita Jeptoo of Kenya runs to the finishing line



Artistic Gymnastics FIG World Championships Day 10, Doha, USA – 03 Nov 2018 Sanne Wevers of Netherlands during Balance Beam for Women at the Aspire Dome in Doha, Qatar, Artistic FIG Gymnastics World Championships



Shot putter Konrad Bukowiecki is an athlete from Poland competing primarily in the shot put. He participated in the 2022 World Indoor Championships.

Long distance runners tend to have slight frames with lean muscles and carry very little body fat. This means that their legs need to work less hard to carry their frames than if they had muscular bodies or excess body fat.

Gymnasts have powerful frames with a lot of muscle tissue and very little body fat. By having low levels of body fat, gymnasts remain as light as possible but still have the muscle strength to jump high enough and with sufficient power to perform somersaults in the air.

An athlete that throws the shot put needs high levels of muscle tissue to throw the shot with force so it will travel a long distance. As they do not have to move their body any significant distance, excess body fat does not reduce the shot putter's performance.

ACTIVITY

Describe five sports and/or activities that require high levels of flexibility and the joints of the body that need to be flexible in order to be effective in each sport or activity.

CHECK MY LEARNING

- 1 Thinking about your own body, which areas are the most flexible and which areas are the least flexible? Explain why you think this is.
- 2 Explain how body composition affects performance in different sports and activities.

Components of physical fitness 4: types of activity and impact on performance

GETTING STARTED

Working in a small group, discuss and then make a list of the different individual sports, team sports, outdoor activities and physical fitness activities that rely on each of the six components of physical fitness.

KEY TERM

Fitness means being physically strong and healthy.

INTRODUCTION

The six components of physical fitness and five elements of skill-related fitness contribute to a person’s overall fitness and will have a direct impact on their performance in a particular sport or activity.

Benefits of fitness

There are many benefits of having a good level of physical **fitness**. In everyday life this includes being able to climb steps or stairs, walking or cycling to school or the workplace, or carrying out regular tasks such as shopping and cleaning. For athletes, having a good level of fitness means that they will be able to participate in their sport effectively and to a high level. The relationship between physical fitness, exercise and health is shown in Figure 2.3.



Figure 2.3 The relationship between physical fitness, exercise and health can be positive or negative

Impact of fitness on performance

Increased physical fitness leads to better athletic performance, as a physically fit athlete is likely to perform better in their sport. Athletes who have good physical fitness can not only have improved performance, but can also reduce the incidence of injuries and accidents caused by the movement performed in their sport, as their body will be in the physical condition needed to play the sport.

Table 2.3 Examples of how the components of fitness are used in different sports and activities and how they impact performance

Sport/activity	Most important components of physical and skill-related fitness	Impact on performance
Individual sport: golf	Flexibility	Flexibility ensures the athlete has the mobility in the shoulder joint required to swing the club. Limited flexibility will hamper the ability to swing.

Team sport: curling	Power	Power is needed to swing the club to propel the ball through the air towards the target. Insufficient power will result in the ball not travelling far enough.
	Coordination	Coordination is needed to connect the club to the ball. If the athlete does not have good hand–eye coordination, then they will likely not be able to strike the ball.
	Muscular strength	Muscular strength is important to ensure correct technique and delivery. Shoulder and upper body strength are vital for sweeping the rock and lower body strength is vital for a good delivery technique. In a game players can sweep between 48–60 rocks. Good aerobic endurance is needed for the repeated bouts of hard exercise followed by active rest.
Outdoor activity: parkour	Aerobic endurance	Athletes need to perform the rock delivery and sweeping actions on slippery ice. Good balance and stability are needed so they can perform these actions without falling.
	Balance	Parkour requires constant running, moving, and jumping. To meet the demands of the activity a high level of cardiovascular fitness is needed to supply the body with the oxygen and nutrients needed to keep going.
	Power	With all the jumping, leaping, and running, power is needed to produce the explosive movements needed to travel between obstacles.
Physical fitness activity: Zumba	Coordination	Parkour is about efficient movement through the environment, using jumps, swings, and vaults. Coordination is needed to make sure that take-offs and landings are well timed and successful.
	Aerobic endurance	Aerobic endurance is needed to keep dancing and moving for prolonged periods of time.
	Muscular endurance	Muscular endurance is needed to keep moving the body in repeated motions throughout the length of the session.
	Balance	Balance is needed so that the person will stay on their feet whilst changing movements and steps, often at speed.

Assessing fitness

Having low levels of the components of fitness can have a negative impact on sport or activity performance. It may well mean that other people taking part in that sport or activity will perform better because they have higher levels of fitness in specific components. It is therefore important to carry out fitness testing in order to identify which components of fitness need to be improved.

Fitness testing is essential to fitness training as it identifies areas of weakness, which can then be focused on. Training programmes can also be designed to work on these areas. Fitness tests are used before training begins to assess the level of a component, during the training programme to assess progress, and again at the end of the training programme to measure improvement.

LINK IT UP

In component 1 you looked at some of the benefits of taking part in sport, and later in component 2 you will explore how to assess the components of fitness and different training methods for improving the physical components of fitness.

CHECK MY LEARNING

- 1 Outline what it means to be physically fit.
- 2 For a sport or an activity of your choice, describe how the component of physical and skill-related fitness impacts performance.

ACTIVITY

The components of physical fitness are used in team sports, individual sports, outdoors activities and physical fitness activities.

Support

For each of the following sports and activities, identify the components of fitness that are most important.

- 1 Volleyball
- 2 Tennis
- 3 Rock climbing
- 4 Crossfit

Challenge

For each of the four sports and activities above, explain how performance is impacted by the components of fitness that you have identified as most important.

Assessment practice

At the end of each learning outcome, the features reproduced on the following double-page spread, and as described below, will be provided to help learners with assessment preparation.

How you will be assessed

A description of the type of assessment which will be set for this learning outcome.

Tip

A hint or tip that will help learners with their assessment.

Checkpoint

This feature is designed to allow learners to assess their learning. The ‘strengthen’ question helps them to check their knowledge and understanding of what they have been studying, while the ‘challenge’ questions are an opportunity to extend their learning.

Take it further

This provides suggestions for what learners can do to further the work they’ve done in the practice assessment.

Assessment activity

This is a practice assessment that reflects the style and approach of an assignment brief. In Component 3, tasks in the assessment activity features will be similar to those learners should expect in their external assessment.

Learning outcome A: assessment practice
Understand how different components of fitness are used in different physical activities

How you will be assessed

In this component you will be assessed by a completing one internally assessed assignment. The assignment will be set by Pearson.

You will be provided with an assignment brief that describes what you will need to do and the date by which the assignment should be completed and submitted to the teacher.

Your teacher will mark the assignment and tell you what grade you have achieved.

You will be expected to show that you understand how different components of fitness are used in different physical activities.

This will include:

- explaining how different components of physical fitness and skill-related fitness are used in a physical activity
- explaining how different components of physical fitness and skill-related fitness impact on performance in a specific physical activity.

CHECKPOINT

Review your learning of this component by answering the following questions. This will help you to prepare for your assignment.

Strengthen

- Outline the six different components of physical fitness.
- Describe the five different components of skill-related fitness.
- Describe how the components of physical and skill-related fitness are related to sports performance.

Challenge

- Explain how the components of physical and skill-related fitness impact performance in one individual sport and one team sport.
- Explain how the components of skill-related fitness are related to the technical aspects of sport, using a sporting example to illustrate your answer.

ASSESSMENT ACTIVITY

You are an amateur swimmer who wants to start assisting the club with coaching the development squad, which is made up of younger members. The club coach has asked you to help the young people understand the different components of fitness they require for participation in swimming at a more competitive level.

Produce a written response that includes the following:

- Describe the six components of physical fitness, highlighting the ones that are most relevant to swimming.
- Describe the five components of skills-related fitness, highlighting the ones that are most relevant to swimming.
- Explain the impact these components of fitness have on swimming performance.

TAKE IT FURTHER

To expand your answers, include examples of other sports or activities. For example, if muscular endurance is not relevant to your chosen sport, give an example of a sport it is important to and describe why. Also try to use examples from a range of individual and team sports.

TIPS

In your answers, make sure you include all six components of physical fitness, and all five components of skill-related fitness. You can include images to help support your responses.

Contents

To help you with your planning, we have reproduced on the following pages the full contents list of the *Sport Student Book* 2nd Edition.

Each double-page spread in the book represents a one-hour lesson. Each Component subheading in the contents list therefore represents a one-hour lesson. This means that you can use this contents list to plan out how the learning can be spread over the class or contact time you have available.

Acknowledgements

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