

# Revise BTEC National Sport Revision Guide

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## IMPORTANT ASSESSMENT UPDATE

As a result of feedback from the Department for Education, there have been some updates to the Set Task for **Unit 2 for BTEC Nationals in Sport**.

These updates mean there are now some changes required to this book, which are listed below. You need to be aware of these when using this book for revision.

Changes to assessment of Unit 2: Fitness Training and Programming for Health, Sport and Well-being	Changes to Unit 2 Revision Guide	
<b>Part A</b> will be issued <b>1 week</b> ahead of Part B (instead of 2 weeks).	<b>About your Unit 2 assessment</b>	<b>p84</b>
You have <b>4 hours</b> to complete Part A (instead of 8 hours).	It is noted that Part A is issued 2 weeks before Part B. <b>Part A will now be issued 1 week before Part B</b>	
<b>Part B</b> must be completed in <b>2 hours and 30 minutes</b> (instead of 2 hours).	It is noted that you have 8 hours to complete Part A. <b>You now have 4 hours to complete Part A.</b>	
<p><b>Details on notes prepared in Part A that can be taken into Part B</b></p> <p>You will be expected to do preparatory work in Part A and can take up to four sides of A4 notes into the Part B supervised assessment. Your notes:</p> <ul style="list-style-type: none"> <li>are in response to the information provided in the scenario in the <b>Part A</b> set task information</li> <li>must contain <b>bullets</b> and <b>not</b> extended answers</li> <li>can be hand-written or typed.</li> </ul>	It is stated that in Part A you will conduct independent research and produce 4 sides of A4 notes to use in Part B. <b>Your 4 sides of A4 notes will now be in response to the information provided in the scenario in the Part A set task. The activities in this book can be used in this way. Your notes must also now be in bullet points.</b>	
	<b>Part A: Reading the brief</b>	<b>p85</b>
	<b>Hints for reading the brief</b> It is stated that you read through the brief and make a list of areas suggested to research. <b>You will now read through the brief and make notes on the scenario.</b>	
	<b>Part A: Conducting research</b>	<b>p86</b>
	It is stated that you may conduct research and make notes. <b>Your notes will now be in response to the information provided in the scenario in Part A.</b> In the two sample notes extracts on the page, the notes would now need to be formatted <b>using bullet points</b> .	
<b>Part B: Small adjustment to example questions on pages 88, 91, 92</b>		
Page 88: 2 Provide lifestyle modification techniques (alcohol). <b>Update: 2 Provide lifestyle modification techniques.</b>		
Page 91: 5 Design key stages of a six-week training programme – week 1. <b>Update: 5 Design key stages of a six-week training programme.</b>		
Page 92: 6 Provide justification for the training programme that has been produced for the selected individual (week 1). <b>Update: 6 Provide justification for the training programme that has been produced for the selected individual.</b>		
<b>Answers: update to page 98</b>		
<b>Part A: 1 week</b> before assessment task brief (not 2 weeks); 4 A4 sides of <b>bullet notes in response to the scenario</b> (not 4 sides of independent research in 8 hours). <b>Part B: lasting 2.5 hours</b> (not 2 hours).		