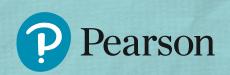
REVISE BTEC TECH AWARD Sport, Activity and Fitness

PRACTICE ASSESSIAEITS Plust



REVISE BTEC TECH AWARD Sport, Activity and Fitness

PRACTICE ASSESSIENTS Plus

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A note from the publisher

These practice assessments are designed to complement your revision and to help prepare you for the external assessment. They do not include all the content and skills needed for the complete course and have been written to help you practise what you have learned. They may not be representative of a real assessment.

While the publishers have made every attempt to ensure that advice on the qualification and its assessment is accurate, the official specification and associated assessment guidance materials are the only authoritative source of information and should always be referred to for definitive guidance.

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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:



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.



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



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



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.



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



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.



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

1 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	Excellent	Above	Average	Below average	Very poor
		average			
Male	>20	19.9–14.1	14.0	13.9–9.1	<9
Female	>25	24.9–15.1	15.0	14.9–10.1	<10

Table 1

(a) Identify, using Table 1 , Raj's rating for the sit and reach test.
1 mark
(b) State the component of fitness tested by the sit and reach test.

Total for Question 1 = 2 marks

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Revision Guide page 4

Hint

When you **identify**, you assess factual information. An answer might be a single word, although sometimes a few words or a maximum of a single sentence are required.

Hint

When you **state**, you give a definition or example – here, the appropriate component of fitness.

LEARN IT!

The symbol > means greater than. The symbol < means less than. For Table 1, a male scoring more than 20 (>20) rates excellent, or less than 9 (<9) rates very poor.

1 mark

Explore

As well as the sit and reach test, make sure you know the following tests: Cooper 12-minute run (aerobic endurance), one-minute sit-up test (muscular endurance), hand grip dynamometer test (strength), Sargent jump test (power), 30-metre sprint test (speed). Consider how well each test design allows it to measure the component of fitness.



Revision Guide pages 14, 43

Hint

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 name a training method, recall the correct name from the specification. For example, two training methods to improve strength would be 'free weights' and 'resistance machines'.

Hint

Give valid reasons for your chosen training methods to improve the power of a sprint hurdler. For example, if the sport was rowing which requires strength, a method could be 'Using free weights'. A reason could be 'It involves lifting heavy weights such as a deadlift. This improves strength so the rower can exert more force on each stroke of the oar.'

Hint

For Question 2(b), remember that extrinsic motivation can be provided through tangible and intangible rewards.

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Pete is a sprint hurdler. He uses two different training methods to 2 improve his power. (a) Name **two** training methods Pete could use to improve his power and for each method give a reason why it is suitable to improve power for his sport. Method of training 1 Reason 2 marks Method of training 2 Reason 2 marks Pete needs motivating to train to improve his power. (b) State two examples of how Pete may be extrinsically motivated to take part in training to improve his power. 1 mark 1 mark

Pete benefits from his increased levels of motivation as it means he works harder in training and increases the intrinsic and extrinsic rewards he receives.

(c) Give **two other** benefits of Pete having high motivation levels for his

participation in training.	
1	
	1 mark
2	
	1 mark

Total for Question 2 = 8 marks

Practice assessment





Revision Guide page 44

Hint

When you **give**, you provide examples, justifications and/or reasons to a context. Here, you need to give two other benefits of having a higher level of motivation when training.

Hint

Relate your answers to the scenario in the question by linking the theory of the benefits of motivation to the effect they will have on someone training.

LEARN IT!

Motivation is defined as the internal mechanisms and external stimuli that arouse and direct behaviour.

Watch out!

Refer to the information you have been given previously. Two possible benefits are already given in the introduction to the question. Make sure you chose two different benefits for your answers.



Revision Guide page 28

Hint

You are given information about the main activity and the time spent on it for each session. Use this information to help you decide on your answers.

Hint

For Question 3 (a), the principles of training are the 'rules' followed to make sure 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 25 minutes.

Hint

For Question 3 (b), think about the type of training that lasts 25 minutes.

Hint

A participant's session plan should give information about all of the parts of the session, not only the warm-up and main activity. One component is missing which you need to know to answer Question 3 (c).

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3 Table 2 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	25 minutes
2	Pulse raiser, joint mobilisation and stretching	Fartlek training session in the park	25 minutes
3	Pulse raiser, joint mobilisation and stretching	Swimming continuous lengths in the pool	25 minutes

Table 2

Use the information in Table 2 to answer Questions 3 (a) to (c).
(a) Identify the principle of training Ivan is applying in his training.
1 mark
(b) Identify the component of fitness Ivan is working on in this training plan.
1 mark
(c) State one other component Ivan should include in his session plan.
1 mark

Ivan has a good level of self-confidence. (d) Give the type of motivation that is increased when self-confidence increases. 1 mark (e) Explain two other benefits of Ivan increasing his self-confidence. 2 marks 2 2 marks

Practice assessment





Revision Guide pages 43, 45

LEARN IT!

Self-confidence is defined as the belief that a desired behaviour can be performed.

LEARN IT!

There are two different types of motivation. Intrinsic motivation is motivation that comes from internal factors. Extrinsic motivation is when external factors provide the motivation.

Hint

When answering Question 3 (e) you need to explain **two other** benefits. You are given one benefit in Question 3 (d). Do **not** repeat that motivation increases when Ivan's self-confidence increases.

Hint

When you **explain**, you convey understanding by making a point/ statement or by linking the point/statement with a justification/expansion. Here, you should make each point by identifying a benefit and then expanding on each point to show the impact on training performance.





Revision Guide page 46

Hint

A positive environment is where performers feel safe, are happy to take risks and try new things and don't worry if they get it wrong. Consider how coaches create this for their players.

Hint

When you **explain** for this question, you should make each point by identifying a valid way of creating a positive environment in a physical training situation and then expand each point to show how this increases self-confidence.



Think about the things your teacher or coach does to make you feel more confident about trying something new or difficult. Consider further ways to increase self-confidence in a sporting performance, such as working with a training partner of similar ability, using goal setting or self-talk.

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Revision Guide pages 17–18

Hint

In this question, the command word give is for a definition and 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 heart rate should be at 60-80% heart rate maximum (HRM) and training at a constant intensity for at least 30 minutes.

Hint

Examples should be linked to the scenario, with expansion to clarify how they relate to the scenario. Here, the example must be applied to Thalia's training in plyometrics.

LEARN IT!

There are four FITT principles: Frequency, Intensity, Time, Type.

Explore

Consider how someone using **two** other methods of training would apply all aspects of the FITT principles. Think about how the application of the FITT principles changes with different types of training methods, for example, circuit training and continuous training.

Tahlia carries out plyometric training each week to improve her power in volleyball.

She uses a 4 kg medicine ball during the plyometric drills.

- (a) For each of the selected FITT principles:
 - (i) Give a definition

Definition of intensity

(ii) Give **one** example of how the principle could be applied to Tahlia's training.

,	
	1 mark
Example	
	1 mark
Definition of type	
	1 mark
Example	

1 mark





Revision Guide pages 24–25

Hint

Think about how the new information given to you in this question can be used to help your answer.

Hint

Consider why Tahlia chose plyometric training rather than Crossfit® which is a more generalised method of training to increase different components of fitness, not just power.

Hint

When working powerfully you tend to be working flat out for that period of time. Think about how this might affect your heart rate and therefore your training zone.

Explore

Crossfit® uses equipment from a number of different fitness disciplines. Apart from power, consider what else Crossfit® can be used to improve.

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Tahlia's fitness test results show that her power is improving but is still a weakness. Two of the principles of training Tahlia uses to help improve her power are participant differences and needs and training zones.

(ii) Give **one** example of how the principle could be applied to

her power are participant differences and needs and training zone

(b) For each principle of training:

(i) Give a definition

Tahlia's future training sessions.

Participant differences and needs
1 mark
Example
1 mark
Training zones
1 mark
Example

Total for Question 4 = 8 marks

1 mark

Revision Guide page 39

Hint

To help understand what each question requires, you could use 'CUBE':

- Circle the command verb
- Underline key information in the question
- Box key information in the case study
- Ensure you know what the question is asking you.

Hint

The recommended daily allowance (RDA) for an adult male is 2500 calories. Men often use more calories than women as they normally have more muscle mass, so you would expect a woman's RDA to be lower than this.

Watch out!

In Question 5 (b) a 'source' means what best to eat to get protein. The sources seeds and nuts are in the introduction to the question. Your answer must be one other source.

Hint

1 mark

For Question 5 (c), think about the functions of protein and why a sports performer might need more than someone not taking part in sport.

Maya is a tennis player. Her coach thinks that with the right diet she could play even better.
She is thoughtful about her diet, eating nuts and seeds for protein and making sure she eats a good mix of vitamins and minerals.
(a) State the recommended daily calorie intake for an adult female.
calories (kcal)
1 mark
(b) Identify one other source of protein that Maya should eat as part of her diet.
1 mark
(c) Explain one reason why Maya should eat protein as part of her diet.
2 marks
Maya also eats a large amount of unsaturated fats in her diet.
(d) Give one example of an unsaturated fat that Maya might eat as part of her evening meal.





Revision Guide pages 36–37

Hint

Limit is another word for restrict. The question is asking why Maya shouldn't eat too much fat. Although she should have fat in her diet, think about a problem Maya could have if she eats too much fat.

Hint

Think about the benefits of vitamin A, and which benefits are particularly important to a tennis player.



Consider the different types of diets that might suit different kinds of athletes and sports performers, and the reasons why.

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	ain why Maya shou			
				2 marks
(f) State her s	one reason why v port.	vitamin A is imp	ortant in Maya's	diet for
•••••				1 mark
			- 16 6 .	
			Total for Questic	on 5 = 8 mark

(a)	Name the condition caused by not drinking enough water.
(u)	Name the condition caused by not arriving chough water.
•••••	
	1 mark
Poo	r hydration will affect how well Declan can perform.
	Give two negatives of poor hydration.
1	
2	
	2 mark
(c)	Explain one benefit of good hydration for Declan during the maratho
•••••	
•••••	
	2 mark
Dec	lan also drinks other fluids during the marathon.
	Explain one other fluid Declan may drink while running in the marathon.
•••••	
•••••	

Total for Question 6 = 7 marks

Practice assessment





A marathon is a longdistance race. Marathon runners race for 26.2 miles.

Hint

For Question 6 (b), you need to think about the potential problems for the body if it doesn't get enough liquid. Water is used throughout the body, for example to help blood flow and in temperature regulation.

LEARN IT!

The recommended daily intake (RDI) of fluids is two litres. However, if you are exercising you need one additional litre of fluid for each hour of exercise.

Hint

For Question 6 (d), consider whether any of the different sports drinks on sale would be useful in a long-distance race of over 26 miles, especially if the athlete is getting tired.



Revision Guide page 42

Hint

When you discuss, you consider the different aspects in detail of an issue, situation, problem or argument and how they interrelate.

LEARN IT!

A pre-workout supplement is any supplement taken before exercise in an attempt to increase workout performance. Creatine is a protein supplement.



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

Discuss

- the suitability of each supplement
- whether there is any value in Ethan taking them before a training session, and whether they are dependent on each other to bring about the desired effect
- any risks
- any alternatives, for example snacks.

Watch out!

Show your knowledge and understanding by correctly using specialist terminology and detail in your discussion that links back to the context of the question. Give reasons to support the points in your discussion.

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7 Ethan is a weightlifter. He trains four times a week. Before every training session, he takes legal, pre-workout supplements.

Table 3 shows the pre-workout supplements that Ethan takes.

Ethan's pre-work	out supplements		
Caffeine			
Glucose tablets			
Creatine			
Table 2			

Creatine				
Table 3				
Discuss the suitability of Ethan's use of pre-workout supplements before his training sessions.				
9 marks				

Total for Question 7 = 9 marks

Practice assessment



Revision Guide page 42

Hint

For longer answers, you could use PEEL. For example, in relation to caffeine:

Point: Make one point (for example why caffeine supplements are suitable).

Explain: Explain this point (for example how the function of caffeine helps in training).

Evidence: Justify the point and explanation. (for example the effect on Ethan to develop his weightlifting).

Link: Link back to the question (for example how this develops and improves Ethan's performance).

Hint

Consider whether there are any risks to taking these pre-workout supplements, or whether there is a better way to get the same outcome in training.

Hint

Plan a pre-workout snack that could effectively replace Ethan's preworkout supplements.

Hint

Consider popular brands of different pre-workout supplements, those that use blends in their products and any potential issue with proprietary blends.



LEARN IT!

There are two types of anxiety: **state anxiety** and **trait anxiety**.

LEARN IT!

State anxiety is situation specific. This means the player only gets anxious in certain situations.

Hint

In your explanation for Question 8 (b), state what the effect is likely to be on Aiden's state anxiety and expand on what he might be worried about.

Hint

Look at the key words in questions. In Question 8 (c), the words 'two' and 'before' are both in bold to draw your attention to them.

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(a)	Give the definition of trait anxiety.
	1 mark
(b)	Explain the effect on Aiden's state anxiety if the teams draw in the semi-final.
••••	
••••	
••••	
••••	
	2 mark
(c)	Explain two methods Aiden's coach could use to reduce the anxiety levels of her players before the match.
1	
••••	
••••	
••••	
	2 mark
2	
••••	
••••	
••••	
	2 mark
	Total for Question 8 = 7 mark

Aiden's football team are in the semi-finals of a regional competition. Aiden

is worried about the game, as his team normally draw with their opponents.

1



Revision Guide page 9

Hint

When you **evaluate**, you consider various aspects of a subject's qualities in relation to its context, such as: strengths and weaknesses, advantages and disadvantages, pros and cons. You need to come to a judgement supported by evidence, which will often be in the form of a conclusion.

Watch out!

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

Prepare

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

- Demonstrate knowledge of the two training methods.
- Evaluate some advantages and disadvantages and how easily each could improve aerobic endurance for swimming.
- Conclude by making a judgement about which should be used, evaluating competing points.

Hint

Throughout your evaluation, relate your answer back to the sport in the question to ensure your comments are relevant to the question context.

9	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.

Evaluate which one of the following training methods Jenna should use to improve her aerobic endurance for swimming:

- · Interval training
- · Fartlek training.

9 marks





Revision Guide page 9

Hint

For longer answers, you could use PEEL. For example, in relation to Fartlek training:

Point: Make one point (for example what Fartlek training is).

Explain: Explain this point (for example how it can improve the component of fitness Jenna requires).

Evidence: Justify the point and explanation (for example how it relates to Jenna's sport and how far it is of use compared to interval training).

Link: Link back to the question (for example, considering pros and cons, and which method is most beneficial for Jenna's sport and aims).

Watch out!

Your evaluation should show breadth and not be too brief so be familiar with a range of sports. Use paragraphs to develop a logical evaluation.

Hint

Conclude your welldeveloped and logical evaluation with a judgement on the most appropriate training method.

Total for Question 9 = 9 marks	

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TOTAL FOR PRACTICE ASSESSMENT = 70 MARKS



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

1 Abena is a rock climber. She takes part in a hand grip dynamometer test. Her result is **39 kg**.

Table 1 shows the normative test data of the grip dynamometer test for males and females.

	Category				
Gender	Excellent	Good	Average	Fair	Poor
Male	>56 kg	51–56 kg	45-50 kg	39–44 kg	<39 kg
Female	>36 kg	31–36 kg	25-30 kg	19-24 kg	<19 kg

Table 1

(a) Identify the category Abena is in for the grip dynamometer test,

using Table 1 .
1 mark
(b) State the component of fitness tested by the grip dynamometer test.

Total for Question 1 = 2 marks

1 mark

рас

Revision Guide pages 1, 6

Watch out!

Read the question and Table 1 carefully. Don't just use the first row of data. Make sure you read the row in the table that gives the **female** scores.

Hint

When you **identify**, you assess factual information that may require a singleword answer, although sometimes a few words or a maximum of a single sentence are required.

Hint

When you **state**, you give a definition or example. When stating the component of fitness, think about the technique used to complete the dynamometer test. For example, you have to squeeze the grip as hard as you can for about five seconds, so this can't be a test of power as it is not explosive.





Revision Guide pages 9, 14, 47

Hint

When you **name**, you give a definition or example. Here, you are naming training methods.

Hint

Aerobic endurance

training improves
the ability of the
cardiorespiratory system
to transport oxygen and
nutrients to the working
muscles so the body
can work for longer.
Power involves explosive
movement. Think of a
training method that uses
this type of movement.

Hint

When you describe, you give an account or details. Here, it needs to be clear from your description what the main features of the training method are.

Hint

When you **give**, you can provide examples, justifications and/or reasons to a context. Here, you give a definition of anxiety.

LEARN IT!

There are two types of anxiety. **State** refers to anxiety in a particular situation. **Trait** refers to a characteristic of someone's personality as always being anxious.

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2 Owen joins a boxing club. In the first training session, he completes a number of fitness tests.

The test results show that his aerobic endurance and power are both poor.

- (a) Complete **Table 2** by:
 - (i) naming **one** training method to improve each of these components of fitness
 - (ii) describing how to carry out each of the training methods chosen.

Component of fitness	(i) Training method	(ii) Description of training method
Aerobic endurance	1 mark	1 mark
Power	1 mark	1 mark

Table 2

Owen enjoys the first training session but is anxious about sparring with other boxers.

(b)	Give a definition	n of anxiety.		
	•••••		 	

1 mark

To help control Owen's anxiety, the boxing coach decides to use an induction and to place Owen in a group based on his ability level.

Induction	
2 mark	S
Ability level	
	·····

Total for Question 2 = 9 marks

2 marks

Practice assessment





Revision Guide page 49

Hint

When you **explain**, you convey understanding by making a point/ statement or by linking the point/statement with a justification/expansion. Here, you need to make a point about the method as applied to Owen and then justify how using this method will reduce his anxiety.



Think about other ways the coach could help control Owen's anxiety. For example, by using music that lowers his anxiety levels and motivates him to participate or a prefight talk to reassure him and reduce worry.



Explore

Consider whether all methods of controlling anxiety would work equally well with everyone, or if different situations mean different methods should be used. Make sure you can apply this knowledge to a range of suitable sporting activities.





Revision Guide page 17

Hint

When you calculate, you determine the amount or number mathematically. You are given the units for the answer (bpm). This should help you think about the formula you need to use for this equation.

Watch out!

Make sure you show your answer to both parts of the question. Under calculation show the equation for carrying out the calculation, even though it is a very straightforward sum to work out. and the answer.

Hint

For Question 3 (b), consider how the pulse is measured by using two fingers to lightly compress the radial and carotid arteries where they pass close to the surface of the skin.



Consider another way Ali could measure his training intensity and the different types of technology available for him to use.

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Ali is taking part in a fartlek training session. During the less intense 3 parts of his run he rates his training intensity as 15, using the rate of perceived exertion (RPE) scale. (a) Calculate Ali's heart rate using his rate of perceived exertion (RPE). Calculation Answer bpm 2 marks (b) Name the **two** locations on his body where Ali could take his pulse to check his heart rate. 1 2 ______ 2 marks