

BTEC Sport Unit 1.

The EXAM.

Types of questions - what to expect

- Multiple Choice questions (1)
- Match ups (1)
- Short answer (2-3)
- Long (extended) answer (6-9)

Answering multiple choice questions

- Read the question carefully
- Look out for the **KEY WORDS** in the question
- Read all of the options carefully
- Rule out any answers that you know are wrong
- Read the **CONTEXT** of the question - look for most appropriate answer
- Select answer

Answering short/long answer questions

- These require you to write a short or an extended answer to show your understanding.
- These are often worth 2-3 or 4-9 marks
- Read the question carefully
- Look out for the key words
- Look at the number of marks available
- Make sure you make the same number of statements as there are marks available.
- Do not repeat yourself
- If the question relates to a specific activity - make sure you make reference to that in your answer.
- Make sure you look at the key command word - describe, explain, justify, discuss.

Buzzwords/command words

- Select - pick one/two
- Identify - pick one/two
- State - list or name what the question is asking
- Describe - give a description of.....
- Compare - identify similarities and differences
- Explain - give reasons why
- Discuss - give reasons or present facts, think about impact
- Interpret - use information given to explain
- Justify - provide reasons why something is valid
- Investigate - discover and examine the facts
- Evaluate - review information, bring together to form a conclusion, evidence your views

Multiple choice questions

- Select which athlete requires the highest level of aerobic endurance? (1 mark)
- 100m sprinter
- Marathon runner
- Gymnast
- Weight Lifter

Match up questions

Match the test to the component of fitness it measures

(4 marks)

• *Draw lines to match them up.*

• Sit and Reach test

Aerobic endurance

• Hand Grip Dynamometer test

Flexibility

• Forestry step test

Body Composition

• Bioelectrical Impedance analysis (BIA)

Strength

Short answer questions

- Mr Bailey is a volleyball player. He takes part in plyometric training to improve his explosive power
- Explain how plyometrics improve Mr Bailey's explosive power.
(2)

Fitness Tests: (8 marks)

Daniel joined a gym to prepare for a 10k cross-country run. He trained for 3 months. At the club, Daniel participated in a training programme, which included swimming, aerobic circuit classes and stretching classes. Daniel took part in a number of fitness tests before and after this training programme. Both sets of results are shown in the table below.

Fitness test	Pre-training results	Post-training results
Sit and reach	5cm	15cm
BMI	27kg/m ²	23kg/m ²
VO ₂ Max	35ml/kg/min	45ml/kg/min

- Using the fitness test results, evaluate how the training programme is suitable preparation for a 10k run

Answer

- Possible key points/viewpoints include:
- Fitness test results
- Interpretation of the results provided which demonstrate improvement of component of fitness.
- Relationship between components of fitness and long-distance running.
- Increased levels of flexibility can help to reduce the risk of injury through muscle tears/tendon strains/ ligament sprains which could happen during the 10 k run if he was to over-stretch during the run/ climbing over styles etc as it is a cross country run.

Answer

- Increased VO_2 max is very important as the 10 k run is an aerobic endurance event so is directly linked to the ability of the cardiovascular system to take up and deliver oxygen to the working muscles to allow Daniel to keep running for a long time.
- Reduced BMI would suggest that there is a reduction in his body fat which would mean he is carrying less weight improving his running performance as it takes less energy to move lighter loads.

Answer

- Relationship between training programme and results of fitness tests
- Flexibility has increased because Daniel has taken part in stretching classes which is an activity that increases flexibility.
- VO₂ max has increased because Daniel has taken part in regular swimming which is an activity that increases aerobic endurance.
- Daniel's BMI has reduced this demonstrates that Daniel's body composition has changed. This is a positive change due to the fact he has been taking part in physical activities.
- Relationship between training programme and performance in long-distance running.
- The training programme has no specific training as there is no running in the programme which is required for the event which is a 10 k run which is a significant flaw in the training programme.
- The training programme has increased aerobic fitness which is a requirement for long distance running but the fitness would be specific to aerobic classes and swimming and not running.

Answer

Even though the programme has produced more areas of improvement than not, this programme has not been as effective as it could have been for a 10 k cross country runner due to lack of specificity. Training should be specific to running e.g. continuous running training lasting at least 50 minutes or covering just under the 10 k distance so that Daniel is ready and his body has adapted to the training to enable him to complete the 10 k distance.

The Forestry Step Test : (9 marks)

- Fitness tests are used to determine baseline fitness levels and set realistic goals for improvement. The step test is a popular fitness test used by sports coaches and performers.
- Discuss the use of the step test in determining the level of fitness of a performer.
- <https://www.youtube.com/watch?v=tM0DadTbY1M>

Plan your answer - writing framework

- What does the test measure?
- What does it require?
- Advantages and disadvantages of the test.

- **DISCUSS** - give reasons or present facts and explain their impact on the test.

Answers: advantages

- **Advantages:**
- Minimal cost involved to administer the test
- Can test large numbers of participants at once
- Test doesn't require calibration of equipment
- Specificity of the step test favours sports performers who make endurance demands of the leg muscle groups (eg cyclists/runners)
- Easy test method to administer.

Answers: disadvantages

- Accuracy of the test results depends on correct stepping technique, which can be difficult to maintain, and can be affected by: - length of participants legs
- Using a standard bench height for the method for all participants (leading to inefficient hip angles for stepping)
- Not achieving correct leg extension (as participant steps up onto the bench)
- Participant might not keep up with the set stepping rate (dictated by a metronome)
- Participant might have difficulty in taking their own pulse
- The step test is not suitable for all populations, eg elderly
- Specificity of the step test favours sports performers who make endurance demands of the leg muscle groups (eg cyclists/runners).