

BTEC Tech Award in Sport Answering Extended Questions



The PE Classroom

Extended Questions

In your exam you will have to answer two extended questions. These questions may seem daunting, but they don't need to be! They are an opportunity to 'show-off' your knowledge and understanding of sport.

In this short booklet we will go over how the marks are awarded, what a brief plan might look like and some example responses to show how you might obtain marks.

How Marks are Awarded

Like with any question, examiners mark your response based on how well you demonstrate knowledge and understanding of the material. However, the difference with 6 markers is that they have to make that decision by using **indicative content** and **level descriptors**.

What is indicative content?

This is the content that is listed in the mark scheme used by examiners. It will cover points that examiners should expect to see in a response. If you answer contains these points, they can be confident you have the knowledge and understanding of the topic.

However, unlike some shorter question's mark schemes, it is not perspective, meaning that you can be awarded for points not in the indicative content but are still relevant.

Example: 'Assess how Samantha's coach could use 'Specific', 'Measurable' and 'Recorded' goals to improve her performance' (6 marks). (From Pearson sample material).

Specific

- Individual to the performer/state exactly what is wanted to be achieved
- To increase Samantha's speed over 100m

Measurable

- What measure is used to monitor progress
- To reduce time/minutes/seconds

Recorded

- Write down progress
- Samantha will keep a diary of a results



What are level descriptors?

Level descriptors are contained within a table and allow examiners to assign a level to your answer. The levels are as follows:

Level	Mark	Description
-	0	No rewardable content
1	1-2	<ul style="list-style-type: none">• Demonstrates isolated elements of knowledge and understanding, there will be major gaps or omissions.• Few of the points made will be relevant to the context in the question.• Limited assessment which contains generic assertions rather than considering the factors or events and their relative importance, leading to judgements which are superficial or unsupported.
2	3-4	<ul style="list-style-type: none">• Demonstrates some accurate knowledge and understanding, with only minor gaps or omissions.• Some of the points made will be relevant to the context in the question, but the link will not always be clear.• Displays a partially developed assessment which considers some of the factors or events and their relative importance leading to partially supported judgements.
3	5-6	<ul style="list-style-type: none">• Demonstrates mostly accurate and thorough/detailed knowledge and understanding.• Most of the points made will be relevant to the context in the question, and there will be clear links.• Displays a well-developed and logical assessment which clearly considers the factors or events and their relative importance, leading to supported judgements.



Sentence Starters

Extended Questions will use one of the following command words:

- **Analyse**
- **Evaluate**
- **Discuss**
- **Justify**

These words indicate the evaluative points that will help you obtain marks.

Using the sentence starters below can help you access marks for each type of question:

Discuss:

- In comparison,
- Similarly,
- Is characterised by
- Is similar/different because
- It is important in this context because...

Analyse:

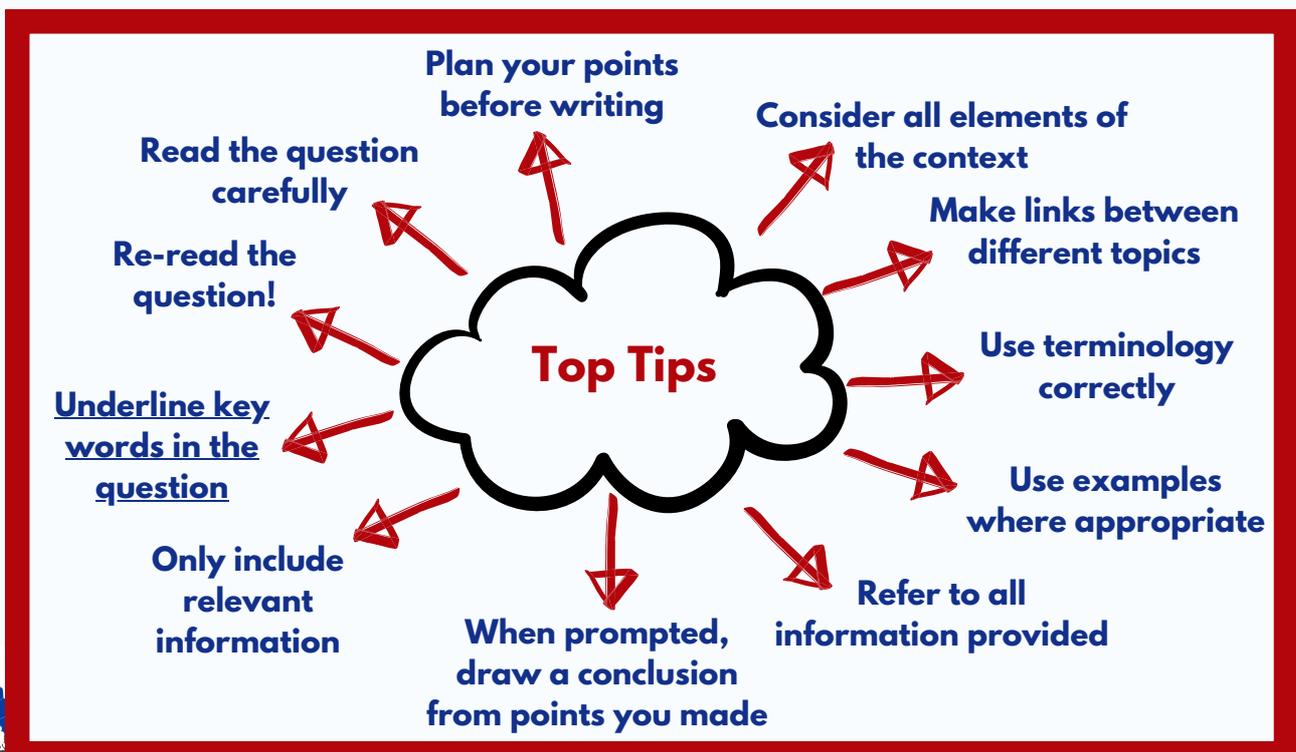
- This means that...
- As a result,
- Therefore,
- Because...
- Firstly,
- Lastly,

Evaluate:

- An (dis)advantage,
- On the one hand,
- On the other hand,
- In contrast,
- ,whereas
- A strength/weakness...

Justify:

- Because...
- The evidence for/against this is...
- Therefore,
- On the one hand,
- On the other hand,
- I think...



Example One

Assess the importance of high levels of aerobic endurance and agility when participating in a game of tennis. (6 marks)



Both aerobic endurance and agility are components of fitness which are important in the sport of tennis.

Aerobic endurance is important for a tennis player. Aerobic endurance is the ability of the heart and lungs to supply oxygen to the working muscles. In tennis, a player is required to supply the working muscles with oxygen for long periods of time. For example, a match lasting 3 sets could take part over two hours and high levels of aerobic endurance will ensure the player does not become fatigued during this time. High levels of aerobic endurance will also mean that a player will recover quicker following a match. This will mean that they will be ready to train or perform again after a short period of time. However, it also must be noted that aerobic endurance is not the sole requirement in tennis. Other components such as coordination and power are also vitally important.

Agility is the ability to move and change direction quickly whilst maintaining control. An agile player will be able to move swiftly in all directions and this will give them more time to react to the ball and to choose an effective shot. A tennis court is relatively small in size which means that agility becomes much more important than other components of fitness, such as speed. In addition to this, agility will enable a player to change their tactics and disrupt an opponents flow. For example a player with high levels of agility might come into the net more often in order to play drop shots or volleys. Combining high levels of agility, power and coordination would be highly beneficial in the sport of tennis.

In conclusion, when comparing aerobic endurance and agility in tennis, both are highly important. However, I would suggest that agility is of the highest importance level due to the fact that it is required for almost every point. Furthermore, a player with poor aerobic endurance may be able to cover this up, to a degree, by taking time to recover in between points.



Every point made throughout this answer is explained with appropriate examples

This answer also includes a relevant introduction and conclusion



Example Two

Evaluate the different provisions for sport in England. (6 marks)

Paragraph 1 (Public providers)

Public providers are provided by local council or governments and do not aim to break a profit. They are good for providing affordable opportunities for local people but due to budgetary constraints, facilities often are not as well maintain, equipment is less up to date than provide provisions.

This paragraph explains another type of provider, but builds on paragraph 1 by comparing the providers.



↖ This simple paragraph describes what public provisioners are and explores their advantages and disadvantages.

Paragraph 2 (Private providers)

Private providers are ran by businesses/companies which make a profit. They are able to offer better facilities and equipment than public providers because they have more money. However, much of this money comes from customers, therefore it is more expensive and inaccessible to some in society.

Paragraph 3 (Voluntary providers)

Voluntary provisions are organised by unpaid volunteers and usually aim to serve the community it is based in such as a amateur football club. They are often inclusive of all members in a community and can often encourage people to take part in sports they haven't tried before. However, they often have to rely on sponsorship, which is hard to come by which consequently makes training opportunities less reliably scheduled and harder for clubs to have up to date equipment. Consequently, for someone looking to develop specific components of fitness, it can be harder to rely on voluntary provisions.



Example Three

Using practical examples, discuss the use of 'progressive overload' and 'specificity' as principles of training within gymnastics. (6 marks)



Paragraph 1

A gymnast can apply overload as a principle of training by working harder than normal during training sessions. This will ensure that fitness improvements will occur. For example the gymnast can lift heavier weights in the gym in order to promote muscle development. This links with the 'Intensity' strand of the FITT principle (frequency/intensity/time/type). Increasing the frequency of training will also result in the application of overload. For example, the gymnast might move from 3 sessions a week to 4 sessions a week.



This paragraph focuses on the first part of the question only. The question asks for 'explanation' and 'practical examples' of overload and both of these elements are clearly shown in the answer.

Paragraph 2

A gymnast can apply specificity as a principle of training by planning their sessions ahead of time to make sure their training meets the requirements of their upcoming competitions. For example, if a gymnast is competing in a competition on the pommel horse in 6 weeks time, they would be looking to focus on upper body strength training in order to build their upper body muscular strength. They should also ensure that flexibility training is incorporated into their training programme long term so that they are able to consistently perform movements which require high levels of flexibility. A gymnast would benefit less from continuous training as their routines do not last longer than 20 minutes. Improving aerobic endurance would not help them perform better in competitions.

Therefore, progressive overload and specificity principles helps a gymnast make their training programme appropriate for achieving their goals.



Example Four

'Evaluate the potential benefits and limitations of fitness testing. (6 marks)



Paragraph 1

Fitness testing is a widely used process used for many purposes within fitness training. Firstly, it identifies strengths and weaknesses of a performer which allows training requirements to be identified. The results also provide a basis to set goals, monitor improvement and measure the success of a training programme. This can motivate a performer to keep going with a training programme.

Paragraph 2

Having said this, fitness testing has its limitations. Firstly, because they cannot replicate specific sporting scenarios, the tests do not measure the movements of these activities meaning results may not be completely valid for a performer's goals. They also do not replicate competitive scenarios which reduces their validity and reliability.

Paragraph 3

It is important to point out that not all tests are performed in the same way, which affects the benefits and limitations of each test performed. The way in which tests are performed can make them more or less useful. For example, administrators must use correct procedures and protocols in order to be accurate. This includes the correct calibration of equipment and knowledge of how to use equipment such as a timer.



This answer discusses benefits and limitations of a fitness testing and demonstrates that the reliability and validity of tests can vary depending on their administration.

However, it could be improved by using examples.

