

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

Pearson BTEC Level 1/Level 2 Tech Award

Thursday 9 May 2024

Morning (Time: 1 hour 30 minutes)

Paper
reference

BSP03

Sport

COMPONENT 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer all questions. Write your answers in the space provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Jamie is a 100m sprinter.

1 (a) Which **one** of the following tests is used to test speed? (1)

- A One-minute press-up test
- B Timed plank test
- C 30 metre sprint test
- D 12-minute Cooper run test

Jamie's coach tests his reaction time.

(b) Name **one** test to measure Jamie's reaction time. (1)

Jamie is asked how hard he worked during the fitness tests.

(c) Which **one** of the following is a method of measuring intensity? (1)

- A PPE
- B BIA
- C KGW
- D RPE

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Jamie's coach applies the **SMARTER** principle when setting a goal for Jamie's training programme.

(d) Complete **Table 1** by:

- (i) naming the principle of goal setting represented by each letter.
- (ii) explaining how this principle would be applied to Jamie's training programme.

(i) Principle of goal setting represented by letter	(ii) Explanation of how principle would be applied
A <div style="text-align: right;">(1)</div> <div style="text-align: right;">(1)</div>
T <div style="text-align: right;">(1)</div> <div style="text-align: right;">(1)</div>

Table 1

Jamie's coach wants him to work on his strength.

(e) State **one** long-term effect of strength training on the body. (1)

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Jamie needs to improve his speed.

(f) Give **one** reason why acceleration sprints would improve Jamie's speed in a 100m race. (2)

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(Total for Question 1 = 10 marks)



Anaya plays cricket. Anaya completes a number of fitness tests.

2 (a) Identify the units of measurement for the following fitness tests. (2)

Draw a straight line to match **each** fitness test to the unit of measurement.

Fitness test

Unit of measurement

Sit and reach test ●

Body mass index (BMI) ●

● No. of reps

● cm

● kg/m²

● kgw

(b) Explain **one** reason why Anaya would need good levels of coordination when playing cricket. (2)

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Anaya wants to work out her body mass index (BMI) but does not have access to a BMI machine.

(c) State how Anaya would work out her BMI manually. (3)

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Anaya injures herself during a training session.

- (d) Name the additional principle of training being described: 'if training stops, the fitness gains from training are lost.' (1)

- (e) Complete **Table 2** by:
 - (i) naming **two** parts of a warm-up.
 - (ii) explaining two parts of the warm-up.

(i) Part of warm-up	(ii) Explanation of part of warm-up
(1)	(1)
(1)	(1)

Table 2

(Total for Question 2 = 12 marks)



Mohammed plays for his local rugby team. His coach plans a training programme for the team.

To ensure the programme is effective, Mohammed's coach uses the additional principles of training.

3 (a) Which **one** of these is an additional principle of training? (1)

- A Specificity
- B Reliability
- C Validity
- D Calibration

Balance is important in rugby.

(b) Give **one** reason why a rugby player needs balance. (1)

Mohammed's coach tests his balance.

(c) Describe **one** test that Mohammed's coach could use to test Mohammed's balance. (2)

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Mohammed participates in a circuit session at his local gym.

(d) Describe **two** features of a circuit session. (2)

1

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2

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Mohammed's coach sets up some post-training programme fitness tests.

(e) Explain why it is important that the tests are reliable and practical.

(4)

Reliability

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Practicality

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QUESTION 4 BEGINS ON THE NEXT PAGE



Sarah plays netball for her county. Sarah's coach sets her a fitness training programme.

As part of her training programme, Sarah runs regularly for at least 30 minutes at a steady pace.

- 4 (a) State which training method Sarah is using as part of her training. (1)

Sarah wants to join a gym. She does not know which gym to join.

- (b) Complete **Table 3** by:
- (i) stating **two** types of provision.
 - (ii) describing **one** advantage for each type of provision.

(i) Type of provision	(ii) Description of advantage for type of provision
(1)	(1)
(1)	(1)

Table 3

Sarah takes part in the multi-stage fitness test.

- (c) Explain **one** advantage **and one** disadvantage of the multi-stage fitness test. (4)

Advantage

Disadvantage



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Sarah's coach talks to her about how technology can be used in sport.

(d) Explain how Sarah could use a smart watch to improve her performance.

(4)

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(e) Name **one** type of motivation.

(1)

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(f) Explain how **one** example of a reward would improve motivation.

(2)

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(Total for Question 4 = 16 marks)



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(Total for Question 5 = 6 marks)

TOTAL FOR PAPER = 60 MARKS



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