



National Mock Exams 2024

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BTEC Tech Award in Sport – Component 3

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd. Please note the following:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a predicted paper. No one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision session in January.

This paper contains:

- Questions in the format of the BTEC Tech Award in Sport Component 3 Paper 2024
- Multiple-choice questions
- Short-answer questions
- Extended writing

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms on Tuesday 2nd of January 2024 at 15:45.

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

James Simms



Subject	Physical Education
Course	BTEC Tech Award in Sport (2022) Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity
Time allowed	1 hour 30 minutes

First name	
Last name	
Class	
Teacher	

Title	BTEC Tech Award in Sport Component 3: National Mock Exam January 2024
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Guidance	<p>This is a full National Mock Exam designed to help support students taking the Component 3 exam in January 2024. The paper has been modelled on the 2022 SAMS but contains brand-new content. All questions and mark schemes are written with a thorough attention to detail by experienced exam writers.</p> <p>Instructions:</p> <ul style="list-style-type: none">• Answer all questions.• The final question of the paper is a synoptic assessment.• Good luck!
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Total marks	60
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1. Lauren needs to move her head to avoid being punched during a match. Which of the following components of fitness is being described here?



Lauren

- A Power C Flexibility
 B Reaction time D Muscular endurance

Marks: [1]

2. In order to monitor how hard she is training, Lauren uses a the scale numbered **from 6 to 20**. Name this scale.



Lauren

Name of the scale:

Marks: [1]

3. Lauren uses the **anaerobic training** zone to increase muscular strength and power. Which of the following is correct for the anaerobic training zone?



- A 60 - 85% of HR max C 85 - 100% of HR max
 B 70 - 85% of HR max D 50 - 65% of HR max

Marks: [1]

4. Lauren uses free weights to develop her muscular strength. State **two** advantages **and** two disadvantages of Lauren using free weights.



Advantage 1:

.....

Advantage 2:

.....

Disadvantage 1:

.....

Disadvantage 2:

.....

Marks: [4]

5. Lauren completes the vertical-jump test to assess her leg power. She scores **49cm**. Identify the correct category for this test score.

Vertical-jump test

The following are national norms for 16- to 19-year-olds. (Davis 2000)

Gender	Excellent	Above average	Average	Below average	Poor
Male	> 65cm	50 - 65cm	40 - 49cm	30 - 39cm	< 30cm
Female	> 58cm	47 - 58cm	36 - 46cm	26 - 35cm	< 26cm

Data from DAVIS, B. et al. (2000) Physical fitness and fitness testing. In DAVIS, B. et al. Physical Education and the study of sport 4th ed. London: Harcourt Publishers p.123

Marks: [1]

6. Explain why Lauren would use **plyometric exercises** such as **incline press-ups** in her training.



Marks: [2]

7. Sonaya swims **three** times a week for health reasons.
Identify the basic principle of training that is being described.



Basic principle of training: _____

Marks: [1]

8. Sonaya has decided to write herself a two-week swimming training programme. Identify **two** additional principles of training and explain how Sonaya has applied them.



Sonaya

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	5 sets of 10 lengths 75s recovery between sets	Weight training 3 sets 20 reps 65% 1RM	5 sets of 10 lengths 65s recovery between sets	5 sets of 10 lengths 65s recovery between sets	Weight training 3 sets 20 reps 65% 1RM	Rest
Week 2	5 sets of 12 lengths 65s recovery between sets	5 sets of 12 lengths 65s recovery between sets	Rest	Weight training 3 sets 20 reps 70% 1RM	Weight training 3 sets 20 reps 70% 1RM	5 sets of 12 lengths 60s recovery between sets	5 sets of 12 lengths 60s recovery between sets

Additional principle 1: _____

Sonaya's use: _____

Additional principle 2: _____

Sonaya's use: _____

Marks: [4]

9. Sonaya is a swimmer and she wants to get faster.
Describe the 30m flying sprint test.

Sonaya



Marks: [2]

10. Sonaya is a member of both a private and a public swimming pool. Identify one advantage of **both** private and public sector provision and a benefit to Sonaya of **both**.

Sonaya



Advantage of private sector provision:

Benefit to Sonaya:

.....

Advantage of public sector provision:

Benefit to Sonaya:

.....

Marks: [4]

11. Sonaya swims for health and to make herself feel good. Name the type of motivation that Sonaya has.

Sonaya



Motivation type:

Marks: [1]

12. John uses ongoing fitness testing specific to volleyball. State **two** reasons for fitness testing.

John



Reason 1: _____

Reason 2: _____

Marks: [2]

13. John uses fitness tests of all kinds. Explain why John should give informed consent before completing a battery of fitness tests.

John



Marks: [2]

14. John's coach uses the vertical jump test to measure John's power. Describe **two** factors that could lead to the test results being unreliable.



Description of factor 1: _____

Description of factor 2: _____

Marks: [2]

15. John's coach uses the stork stand test to measure John's balance. Name **one** other fitness test for balance.




Other test: _____

Marks: [1]

16. John and John's coach have decided that John needs to improve his power, speed and flexibility.
Identify which **three** of the training methods from the image would be most suitable.

John



Training methods
PNF training Continuous training Interval training Plyometric training Circuit training SAQ training

Training method 1:

Training method 2:

Training method 3:

Marks: [3]

Lined writing area consisting of 28 horizontal dashed lines.

Marks: [6]

18. Eilish is a road cyclist and regularly completes long rides at the weekend.
If Eilish requires her cardiorespiratory system to deliver oxygen to her muscles, which component of fitness is she using?



Marks: [1]

19. Eilish relies heavily on good levels of muscular endurance.
Explain why muscular endurance is important to a road cyclist.



Marks: [2]

20. Eilish needs to test her aerobic endurance in order to train appropriately. Explain why Eilish would choose **not** to use a 12-minute Cooper test despite it being a test of aerobic endurance.



Eilish

Marks: [2]

21. As a cyclist, Eilish uses BMI testing. Suggest **two** reasons why BMI testing is appropriate for Eilish.



Eilish

Reason 1: _____

Reason 2: _____

Marks: [2]

22. Other than BMI, name **two** other fitness tests Eilish could use to assess her body composition.



Test 1: _____

Test 2: _____

Marks: [2]

23. Eilish has set a goal stating: "After 12 weeks of training, I will compete in a charity road race." State **two** elements of SMARTER that Eilish **has** considered when creating this goal.



Element 1: _____

Element 2: _____

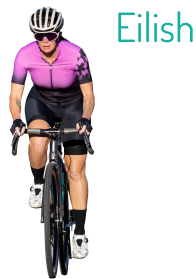
Marks: [2]

24. Eilish mixes continuous training with aerobic interval training. Describe aerobic interval training for a road cyclist.



Marks: [2]

25. Eilish completes static stretches during her cool-downs from cycling. Suggest **three** long-term adaptations that Eilish could experience from flexibility training.



Adaptation 1:

Adaptation 2:

Adaptation 3:

Marks: [3]

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Marks: [6]

END OF PAPER