



The EverLearner

National Mock Exams 2024

POWERED BY ExamSimulator

Model Answers BTEC Tech Award in Sport – Component 3

This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing
- Marking for each of the model answers in order to guide teachers and students to credit-worthy elements of the answers

How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2024 and to prepare for the live revision sessions delivered by James in January 2024. We strongly recommend that students learn these model answers in preparation for the January exams 2024. The questions posed and the answers provided are based on significant analysis.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Tuesday, 2nd of January 2024, 15:45-16:45), available in the BTEC Tech Award in Sport – Component 3 Revision page:

<https://pages.theeverlearner.com/2024-january-btec-sport-revision>

All questions are taken from ExamSimulator. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

James Simms



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	James
Last name	Simms
Class	TEL24
Teacher	The World.

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

B - Reaction time

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: Borg 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

C - 85 - 100% HRmax

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: Can focus on specific muscle groups

Advantage 2: Lots of variation including barbells, kettlebells etc...

Disadvantage 1: Lauren may use poor technique which could cause injury

Disadvantage 2: Free weights are more suitable to an experienced performer.

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

Above average.

Marks: [1]

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



Plyometrics will increase Lauren's arm power leading to stronger, sharper punches which could lead to more points and a higher chance of winning.

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: Frequency.

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: Specificity

Sonaya's use: lots of training in the pool itself.

Additional principle 2: Rest and recovery

Sonaya's use: scheduling rest days in the plan.

Marks: [4]

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

Sonaya



Set cones measured at 0m, 30m and 60m.
Accelerate between 0m and 30m and run at top
speed between 30m and 60m. The acceleration is not
measured.

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: more modern equipment and facility.

Benefit to Sonaya: she feels more motivated to swim and does so frequently.

Advantage of public sector provision: tends to be lower priced

Benefit to Sonaya: she can afford to swim frequently.

Marks: [4]

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

Sonaya



Motivation type: Intrinsic motivation.

Marks: [1]

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

John



Reason 1: To provide baseline, pre-training data.

Reason 2: So that training can be planned specifically in a more-informed way.

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



John needs to be able to say no if he doesn't feel good. He also knows more about what will happen.

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: The coach may follow the wrong protocol.

Description of factor 2: The coach may use inaccurate measurement technique leading to false results being recorded.

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: Y-balance 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: PNF for flexibility

Training method 2: Interval for speed

Training method 3: plyometrics for power.

Marks: [3]

17. John is a club volleyball player and is trying to break through into the first team this season. Evaluate the importance of agility **and** flexibility for John as he tries to achieve his volleyball goal.

John



Agility is being able to change direction precisely without losing control. Flexibility is an adequate range of motion in a joint. John needs agility to move precisely side to side to cover the net and also forward and back to be in a position to block serves and smashes. Without agility John would be frequently out of position and would miss a lot of balls as well as being unable to play attacking shots for his team.

John needs shoulder flexibility to reach both high and low balls but also needs lower body flexibility in the hips if he needs to dive forwards or sideways for blocks. In total flexibility is essential to block challenging balls and to create good angles on attacking shots. Finally good flexibility can help prevent injuries.

In conclusion, both components could be considered equally essential to John. In fact, good flexibility can make up for lower agility and vice versa.

I recommend that John does lots of stretching as flexibility is often undervalued.

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?



Eilish

Aerobic endurance.

Marks: [1]

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



Eilish

Because she needs to repeatedly apply force to the pedals without fatiguing, for example, during a hill climb.

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.



The Cooper test is running-based and Eilish is a cyclist. Secondly, the test is not practical as it requires a large, open area.

Marks: [2]

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



Reason 1: cycling is based on power to weight ratio so BMI is relevant.

Reason 2: BMI is easy to conduct so is practical.

Marks: [2]

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



Eilish

Test 1: Bio-electrical impedance analysis

Test 2: Waist-to-hip ratio test

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.



Eilish

Element 1: Time-related

Element 2: measurable

Marks: [2]

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



Eilish

work intensity of 60-80% max HR for a work interval of 5 minutes. A work relief ratio of 1:1.

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.



Eilish

Adaptation 1: Increased range of motion at joints

Adaptation 2: Increased tendon extensibility

Adaptation 3: Increased extensibility of ligaments.

Marks: [3]

Evaluate a range of technological developments **and** their influence on circuit training sessions.

A strength is that lots of high-tech equipment has developed such as bungee ropes which makes circuits more exciting. However, this can lead to greater costs of sessions. Furthermore, the more technical the equipment, the more understanding is needed. On the one hand, specialist, sprung floors are excellent for circuits. On the other hand, this causes greater costs to the provider.

Leisure centres and gyms can provide large screens and these can even interact with participants' wearable devices to display achievements and intensity. These can also show digital timers which increases accuracy and leads to better flow through the space and session running on time.

Finally, screens can provide video technology which can lead to asynchronous sessions and greater quality of instruction.

In conclusion, technology massively improves the experience of circuit training but may be price exclusive as well as less accessible for some people.

Lined writing area consisting of 25 horizontal dashed lines.

Marks: [6]

END OF PAPER