



# National Mock Exams 2024

POWERED BY **ExamSimulator**

## 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 April.

### This paper contains:

- Questions in the format of the BTEC Tech Award in Sport Component 3 Paper
- 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 Thursday 25th of April 2024 at 15:00.

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*





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

<b>First name</b>	
<b>Last name</b>	
<b>Class</b>	
<b>Teacher</b>	

<b>Title</b>	BTEC Tech (2022) Component 3 National Mock Exam Summer 2024
--------------	---

<b>Guidance</b>	<p>This is a full National Mock Exam designed to help support students taking the Component 3 exam in Summer 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"><li>• Answer all questions.</li><li>• The final question of the paper is a synoptic assessment.</li><li>• Good luck!</li></ul>
-----------------	---

<b>Total marks</b>	60
--------------------	----

1. Filip's lacrosse matches are 60-minutes long. He plays in midfield. Which of the following components of fitness would be most important to ensure that Filip can continuously keep up with the play?



Filip

- A** Speed
- B** Aerobic endurance
- C** Body Composition
- D** Power

My answer is \_\_\_\_\_

Marks: [1]

2. Filip also needs flexibility when he is playing. Which of the following is the correct definition of flexibility?

- A** The amount of muscle that can stretch to allow improvements in technique
- B** The amount a person can reach forward to allow improvements in technique
- C** The range of movement around a bone to allow improvements in technique
- D** The range of motion possible at a joint to allow improvements in technique

My answer is \_\_\_\_\_

Marks: [1]

3. To be the best that he can be, Filip regularly uses fitness testing to assess his fitness. Name two tests to measure flexibility **and** two tests to measure reaction time.

Flexibility test 1: \_\_\_\_\_

\_\_\_\_\_

Flexibility test 2: \_\_\_\_\_

\_\_\_\_\_

Reaction time test 1: \_\_\_\_\_

\_\_\_\_\_

Reaction Time test 2: \_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**

4. Filip has recently completed a fourth set of fitness tests to measure his current fitness levels. Which **component of fitness** shows improvement over the year?

Fitness testing	January	April	July	October
30m sprint test	4.4 s	4.2 s	4.1 s	4.0 s
Hand-grip dynamometer test	55	56	56	55
Bleep test	L11S10	L11S11	L11S11	L11S10
T test	10.13 s	10.33 s	11.13 s	11.33 s

Marks: **[1]**

5. Filip uses the vertical jump test to assess his leg power. He scores **64 cm**. Identify the correct category for his 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. Filip wants to use circuit training to help him improve his aerobic endurance. Describe the key characteristics of an aerobic endurance circuit.

---

---

---

---

---

---

---

---

---

---

Marks: **[3]**

7. Filip's coach wants to create a training programme for Filip in order to help him improve his areas of weakness. Suggest the types of personal information that Filip's coach should use in order to influence the training programme.

---

---

---

---

---

---

---

---

---

---

Marks: **[3]**

8. Phoebe trains every day and is part of a para-swimming team aiming to make the next Olympics. Explain why she requires a high level of coordination in swimming.

Phoebe



---

---

---

---

---

---

---

---

Marks: [2]

9. In order for Phoebe to improve her coordination, she needs to train it. Describe coordination training.

---

---

---

---

---

---

---

---

Marks: [2]



**10.** In addition to her other training, Phoebe also uses continuous training. Suggest two advantages **and** two disadvantages of this method of training.

Advantage 1: \_\_\_\_\_

\_\_\_\_\_

Advantage 2: \_\_\_\_\_

\_\_\_\_\_

Disadvantage 1: \_\_\_\_\_

\_\_\_\_\_

Disadvantage 2: \_\_\_\_\_

\_\_\_\_\_

Marks: **[4]**

**11.** Phoebe is highly motivated to train and compete at her best. Describe the different types of motivation **and** explain the benefits to Phoebe's performance.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: [6]

12. Explain why muscular strength is important to Samira when she is playing badminton.

Samira



---

---

---

---

---

---

---

Marks: **[2]**

**13.** Samira wants to test her strength using the grip dynamometer test. Describe the protocol for this fitness test.

---

---

---

---

---

---

---

---

Marks: **[2]**

**14.** Samira would like to improve her balance, but first she must find out how good her balance is. Name a balance test and explain why this is a suitable test to assess balance.

---

---

---

---

---

---

---

---

Marks: **[2]**

**15.** State what the F in FITT stands for and suggest how this could be applied to a six-week training programme.

Samira



F is: \_\_\_\_\_

Applied to a six-week programme \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

**16.** Explain how Samira would adapt her circuit training to develop her muscular endurance and her muscular strength.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

17. Before completing her circuit training, Samira is careful to ensure she warms up fully. Suggest the responses of the cardiorespiratory system during static stretches.

Samira



---

---

---

---

---

---

Marks: [2]

18. Describe, using an example, how the Borg scale can be used to monitor Samira's exercise intensity when completing her circuit training.

---

---

---

---

---

---

Marks: [2]

19. Apart from the Borg scale, identify **two** other ways to measure exercise intensity.

Samira



Other way 1: \_\_\_\_\_

Other way 2: \_\_\_\_\_

\_\_\_\_\_

Marks: **[2]**

20. Mills competes for his local athletics club at the steeplechase, where he runs 2000m, jumping over obstacles. Therefore, body composition is important to Mills. What is the definition of body composition?

Mills



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Marks: **[1]**

21. Which of the following body composition tests measure a person's weight in kilograms divided by their height in metres squared?

**A** Body composition test

**C** Body mass index

**B** Bioelectrical impedance analysis

**D** Waist-to-hip ratio

My answer is: \_\_\_\_\_

Marks: **[1]**

22. Mills trains three times a week. His coach has recently decided to introduce Fartlek training to his training group. Justify his coach's choice for Fartlek training.

Mills



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks: **[3]**



**23.** Describe a Fartlek session for Mills.

---

---

---

---

---

---

---

---

Marks: **[2]**

**24.** In addition to Mills's Fartlek training, he has been using continuous training to help improve his steeplechase performance. Suggest the benefits of these types of training on Mills's body systems.

---

---

---

---

---

---

---

---

---

---

---

---

Marks: **[3]**



Marks: [6]