

BTEC NATIONAL SPORT AND EXERCISE SCIENCE

UNIT 2 (Functional Anatomy)

Date: 14th May Time: AM Marks: 60 Length: 90 min Marks per min: 0.67

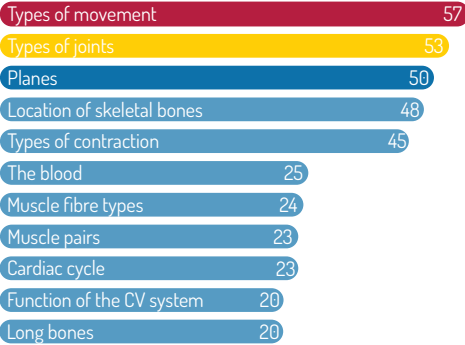
REVISION

Watch our live revision sessions on [youtube.com/TheEverLearner](https://www.youtube.com/TheEverLearner)



Wed 1st May 15:00-16:30

Most examined topics



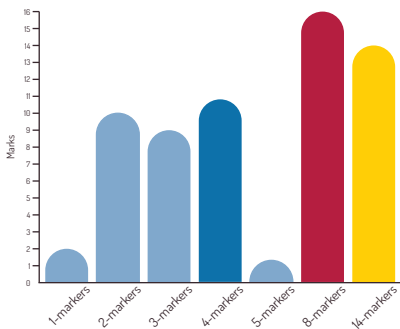
Total marks for all Unit 2 exams since 2018

Skills



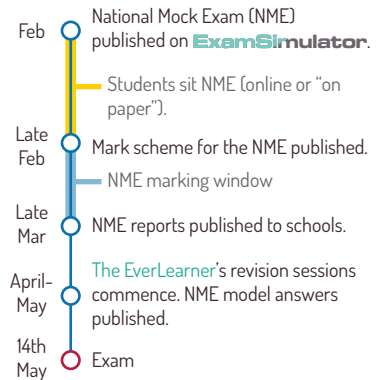
Average marks for all Unit 2 exams since 2018

Mark allocation

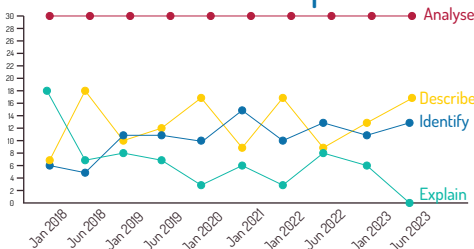


Average marks for all Unit 2 exams since 2018

Timeline 2024



Marks awarded per skill



Revision tips

- Use the tutorials, quizzing and testing on [The EverLearner](#).
- Sit the National Mock Exam with your teacher and review with mark scheme and model answers.
- Attend [The EverLearner's](#) Live Revision on [YouTube](#).
- Do plenty of exam practice on [ExamSimulator](#).
- Take great notes and learn them!

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Content preparation

- I have completed the National Mock Exam paper and have received my diagnostic.
 - I have OVER-LEARNED all of the most examined topics.
 - I have learnt all other specification content in preparation for lower-tariff questions.
- Types of movement
 - Types of joint
 - Planes
 - Location of skeletal bones
 - Types of contraction
 - The blood
 - Muscle fibre types
 - Muscle pairs
 - Cardiac cycle
 - Function of CV system
 - Long bones

Skills preparation

- I am fully aware of the most common command words in the BTEC Sport and Exercise Science Unit 2 exam.
- I have OVER-PRACTISED 'Analyse', 'Describe/Outline' and 'Identify/State' through the National Mock Exam, ExamSimulator and past-paper questions.

'Analyse'
skill language

'Describe/Outline'
skill language

'Identify/State'
skill language

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- I am fully aware that 8-mark questions accumulate the most marks in the BTEC Sport and Exercise Science Unit 2 exam.
- I have OVER-PRACTISED 8-mark questions for the BTEC Sport and Exercise Science Unit 2 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the BTEC Sport and Exercise Science Unit 2 exam.
- I have practised all National Mock Exam, ExamSimulator and past-paper examples of extended-writing.

Practical examples (A02)

Being able to make A02 applications to movement and performance examples is a critical feature of success in this paper. 19 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks.

We recommend the **EIO** method. This means that you:

1. Give your **Example**.
2. State the **Impact** of the concept.
3. State the **Outcome** that it produces.

What **not** to do...

A **cartwheel** is an example of a movement along the frontal plane.

The **synovial fluid** lubricates the shoulder joint during a **football throw-in**.

What to do...

A **cartwheel** is an example of a movement along the frontal plane. If the gymnast maintains this motion **along the frontal plane exactly**, their movement will involve **all four contacts with the floor being in a straight line**.

Write your example here.

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