

# BTEC L3 SPORT 2024 – UNIT 1 (Anatomy and Physiology)

Date: 15th May Time: PM Marks: 80 Length: 90 min Marks per min: 0.89

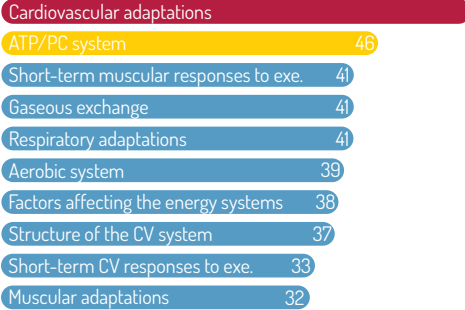
## REVISION

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



Thu 2nd May 15:00-16:30

### Most examined topics



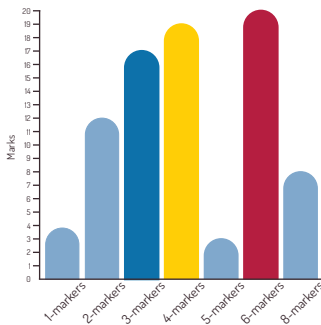
Total marks for all Unit 1 exams since 2017

### Skills



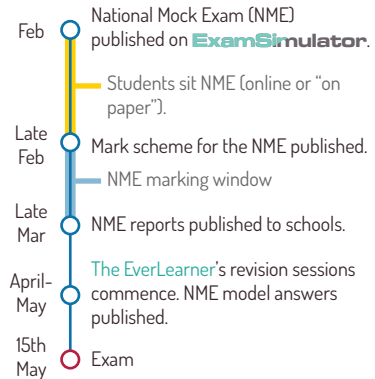
Average marks for all Unit 1 exams since 2017

### Mark allocation

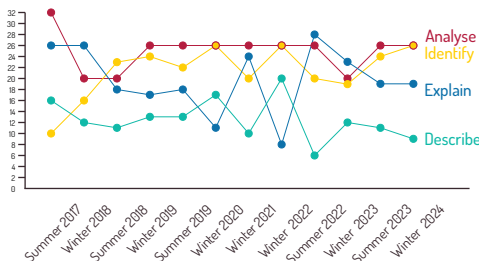


Average marks for all Unit 1 exams since 2017

### 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.
- CV adaptations
  - ATP/PC system
  - Short-term muscular resp.
  - Gaseous exchange
  - Respiratory adaptations
  - Aerobic system
  - Factors affecting energy syst.
  - Structure CV system
  - Short-term CV resp.
  - Muscular adaptations

## Skills preparation

- I am fully aware of the most common command words in the BTEC L3 Sport Unit 1 exam.
- I have OVER-PRACTISED 'Analyse', 'Identify' and 'Explain' through the National Mock Exam, ExamSimulator and past-paper questions.

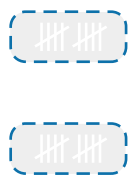
'Analyse'  
skill language

'Identify'  
skill language

'Explain'  
skill language

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- I am fully aware that 6-mark questions accumulate the most marks in the BTEC L3 Sport Unit 1 exam.
- I have OVER-PRACTISED 6-mark questions for the BTEC L3 Sport Unit 1 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the BTEC L3 Sport Unit 1 exam.
- I have practised all National Mock Exam, ExamSimulator and past-paper examples of extended-writing.



## Practical examples

Being able to make AO2 applications to movement and performance examples is a critical feature of success in this paper. 19 marks come from AO2 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...

Marathon running is a predominantly aerobic performance.

What to do...

Marathon running is a predominantly aerobic performance due to its long duration and moderate intensity and the aerobic system being able to supply over two hours of energy as long as the intensity does not rise too far.

A sprinter recruits additional respiratory muscles during inspiration after the race ends.

Write your example here.

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