

CTEC L3 SPORT AND PHYSICAL ACTIVITY 2024

UNIT 1 (Body systems and the effects of physical activity)

Date: 13th May Time: PM Marks: 70 Length: 90 min Marks per min: 0.78

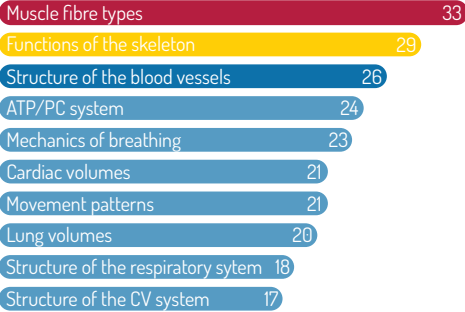
REVISION

Watch our live revision sessions on youtube.com/TheEverLearner



Wed 1st May 16:30-18:00

Most examined topics



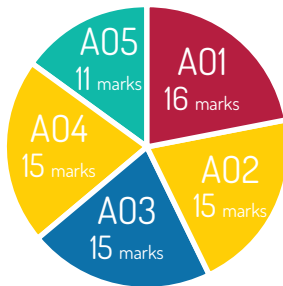
Total marks for all Unit 1 exams since 2019

Skills



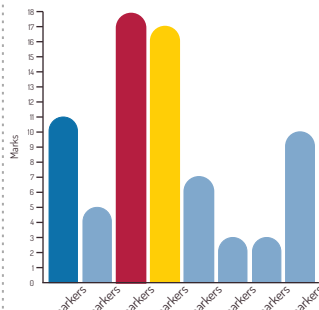
Average marks for all Unit 1 exams since 2019

A0 coverage



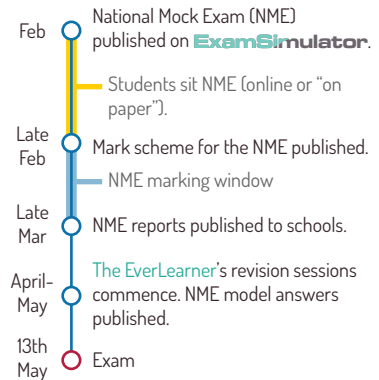
Average marks for all Unit 1 exams since 2019

Mark allocation

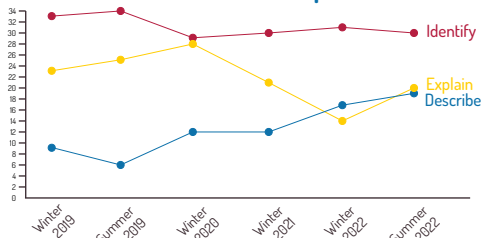


Average marks for all Unit 1 exams since 2019

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!



The EverLearner

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Content preparation

- I have completed the National Mock Exam paper and have received my diagnostic.
 - I have OVER-LEARNT all of the most examined topics.
 - I have learnt all other specification content in preparation for lower-tariff questions.
- Muscle fibre types
 - Functions of the skeleton
 - Structure of the blood vessels
 - ATP/PC System
 - Mechanics of breathing
 - Cardiac volumes
 - Movement patterns
 - Lung volumes
 - Str. of respiratory syst.
 - Structure of CV system

Skills preparation

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

'Identify/State'
skill language

'Explain'
skill language

'Describe/Outline'
skill language

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- I am fully aware that 3-mark and 4-mark questions accumulate the most marks in the CTEC L3 Sport Unit 1 exam.
- I have OVER-PRACTISED 3-mark and 4-mark questions for the CTEC 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 CTEC L3 Sport Unit 1 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...

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.

