



The EverLearner

National Mock Exams 2025

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Mark Scheme BTEC Tech L1/2 in Sport – Component 3

Please read before distributing to students.

Purpose of this document

This document and the associated question paper are based on the data analysis performed by The EverLearner Ltd and published within the 2025 infographics. Please, note the following:

- We believe this mark scheme has a very strong association with previous BTEC Tech Award in Sport Component 3 exams in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a mark scheme for 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 potential educational experiences of students in other schools/colleges.
- Finally, please make sure you attend the associated revision session in April.

This mark scheme contains:

- Copy of each question for reference
- Marking guidance where appropriate
- Marking points containing alternative acceptable responses plus relevant assessment objective

How should schools use this mark scheme?

The mark scheme has been constructed specifically for the exam paper used in The EverLearner's National Mock Exams from 2025. Many of these questions will be discussed in the live revision show provided by James Simms on Tuesday 29th of April 2025 at 15:30 (available to all subscribing schools live and on demand; a shorter version for non-subscribers will be available on YouTube after the live session).

The paper is available to be set, answered and marked online via [ExamSimulator](#). [ExamSimulator](#) is a premium resource available via [TheEverLearner.com](#) and provides immediate diagnostics of student writing performance after every exam answer. [Get in touch with us](#) to start a free trial.

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

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

Title	BTEC Tech in Sport NME 2025
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Guidance	<ul style="list-style-type: none">• The total mark for this paper is 60 marks.• You have 1 hour 30 minutes (plus additional time for those who have exam access arrangements).• The marks for each question are shown in brackets (use this as a guide for how much time should be spent on each question).• Read each question carefully and answer all questions.• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck!
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Total marks	60
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1. Henry wants to join the army after school. To complete the fitness requirements, he has to show a range of different components of fitness. Which of the following is being defined below?

The product of speed and strength allowing explosive movements in sport.

Marking points (maximum 1)

(1) [AO 1] A - Power/Power/A

2. Henry has been asked to complete a health assessment prior to training. What does PAR-Q stand for?

Marking points (maximum 1)

(1) [AO 1] Physical activity readiness questionnaire

3. Before completing a selection of fitness tests, which of the following should Henry do to ensure reliable results?

Marking points (maximum 1)

(1) [AO 1] C: Calibrate equipment/Calibrate equipment/C

4. As part of the army fitness requirements, Henry has to complete the multi-stage fitness test.

Describe the protocol of this fitness test.

Marking points (maximum 2)

(1) [AO 1] Start on the recording/Start on triple bleeps

(2) [AO 1] Run between the cones/Run back and forth between the cones/Run up and down the 20m marked area

(3) [AO 1] Reach the cones on the bleep

(4) [AO 1] Bleeps become progressively faster

(5) [AO 1] Continue until bleeps cannot be maintained/Continue until participant can no longer reach the line on the bleep/Continue until exhaustion

(6) [AO 1] Equipment required is tape measure, cones, non-slip area and audio player

5. Identify the additional principle of training being described in the image and describe, using an example, how Henry can apply the principle to his army training programme.

Marking guidance

Do not accept "overload" on its own.

Award one mark for identification and two marks for description.

Marking points (maximum 3)

(1) [AO 1] Progressive overload

(2) [AO 2] Gradual increase of frequency of training/Intensity of training/Time of training

(3) [AO 2] Increasing the weight lifted by 10% each week/Increasing the distance running 1km each week/Increasing the number of running sessions by one every two weeks

6. Henry wants to develop both his maximal strength and his power with a weight-training programme. Complete the table below with the correct percentages for his 1RM.

Marking points (maximum 2)

(1) [AO 2] A: 90%/A: 90

(2) [AO 2] B:75%/B:75

7. Describe **two** characteristics of plyometrics training.

Marking points (maximum 2)

(1) [AO 1] Leaping/Hopping/Bounding

(2) [AO 1] Develops power/Builds explosive power/Increases muscular strength

(3) [AO 1] Requires a high level of fitness

(4) [AO 1] Not for beginners/Dangerous

8. Dani is an elite-level basketballer who completes the following interval session shown in the image.

State the **component of fitness** which this **specific** interval training session will improve.

Marking guidance

Do not accept "speed", as the image indicates longer intervals.

Marking points (maximum 1)

(1) [AO 2] Aerobic endurance/Cardiovascular endurance

9. Dani is considering the aims and objectives of their new programme. Describe what Dani should consider for **both** the aims and objectives of a fitness programme.

Marking guidance

Do not credit marks if student has confused aims and objectives.

Award up to two marks for aims, and up to two marks for objectives.

Marking points (maximum 4)

(1) [AO 3] Aims: What they would like to achieve

(2) [AO 3] Aims: Link to goal setting/Make aims achievable

(3) [AO 3] Aims: Link to specific and relevant methods of training

(4) [AO 3] Objectives: How they intend to meet the aims

(5) [AO 3] Objectives: Training method should link to the component of fitness

(6) [AO 3] Objectives: Success criteria

10. Dani's coach has set the following target:

To be able to improve their vertical-jump test score by 5cm in the next six weeks.

Complete the table below by:

- (i) Naming the principles of goal setting represented by each letter.
- (ii) Explaining the importance of each principle for Dani's training.

Marking guidance

Award up to two marks for the principles and up to two marks for the explanation.

Marking points (maximum 4)

(1) [AO 1] Specific

(2) [AO 3] Vertical-jump test is specific to leg power, required in basketball to jump for the rebound/Explosive sprints to regain possession/Powerful jumps to create height to intercept a pass

(3) [AO 1] Measurable

(4) [AO 3] Measurable targets increase motivation and focus/Allows Dani to see progression/Clearly shows if the goal is achievable throughout the training programme

11. Describe continuous training.

Marking points (maximum 1)

(1) [AO 1] Steady-pace training for a minimum of 30 minutes/Moderate-intensity training for 30 minutes or longer

12. Name the basic principle of training being described in the image below.

Marking points (maximum 1)

(1) [AO 1] Intensity

13. The image below shows Dani's current fitness programme. Explain the importance of **type** as a basic principle of training.

Marking guidance

Award one mark for AO1 and one mark for AO2.

Marking points (maximum 2)

(1) [AO 1] How an individual trains

(2) [AO 2] Required to ensure fitness goals are reached

(3) [AO 2] Variety to avoid tedium/boredom

14. Dani plays for an elite club which receives private investment.

Describe **one** advantage and **one** disadvantage of the two other forms of provision listed below:

(i) Public

(ii) Voluntary

Marking guidance

Award one mark for an advantage and one mark for a disadvantage for each provision type.

Marking points (maximum 4)

(1) [AO 2] Advantage of public provision is it's available for all/Inclusive

(2) [AO 2] Advantage of public provision is that prices are manageable because of the lack of profit incentive

(3) [AO 2] Disadvantage of public clubs is they do not always have the most modern facilities/Facilities not updated regularly

(4) [AO 2] Disadvantage of public provision is that equipment is not updated regularly

(5) [AO 2] Advantage of voluntary clubs is that they build community spirit/Build sense of belonging

(6) [AO 2] Disadvantage of voluntary clubs is that they are often amateurish/Run by volunteers who may not have specialist skills

(7) [AO 2] Disadvantage of voluntary clubs is that there is a lower commitment/Volunteers can walk away easily, affecting the club standards

15. Dani is keen to start using more technology to measure their exercise intensity.

Identify one method of technology that could help Dani.

Marking guidance

Accept other suitable methods of technology.

Marking points (maximum 1)

(1) [AO 1] Smartwatch/HR monitor/Apps on phone

16. Ashton is going on his school snow sports trip and wants to be able to snowboard on longer routes without taking a break.

Explain one reason why Ashton might choose aerobic endurance circuit training as part of his exercise programme.

Marking guidance

Do not accept answers that link to muscular endurance.

Marking points (maximum 1)

(1) [AO 1] Allows Ashton to snowboard for an entire day

(2) [AO 1] Without experiencing fatigue

17. Explain **two** reasons why Ashton might change an aerobic endurance circuit into a muscular endurance circuit.

Marking points (maximum 2)

(1) [AO 3] Allows continuous muscular contractions to occur for longer without tiring

(2) [AO 3] Can make the stations specific to develop muscular endurance in the legs which is required for a snowboarder

18. Name one exercise that Ashton would include in a circuit to develop muscular endurance in his legs.

Marking guidance

Accept any other appropriate exercises.

Marking points (maximum 1)

(1) [AO 2] Squats/Lunges/Calf raises

19. The table below shows reasons and explanations for the importance of fitness testing. Using the table, complete the information:

Marking points **(maximum 3)**

(1) [AO 1] A: Gives baseline data

(2) [AO 3] B: Allows specific training plan to be created/Targets individual needs of performer/Focuses on required components of fitness

(3) [AO 3] C: Fitness level to aim for/Motivation

20. Ashton has recently completed a range of fitness tests in his PE lesson. These are shown in the table below. Discuss both the reliability **and** validity of the tests shown in the table for assessing Ashton's fitness for snowboarding.

Marking guidance

Responses will be credited according to the learner's demonstration of knowledge and understanding of the material, using the indicative content and level descriptors below.

[BTEC Tech in Sport 6-mark level descriptor](#)

The indicative content is not prescriptive. Responses may cover some or all indicative content, but learners should be rewarded for other relevant responses.

Marking points **(maximum 6)**

(1) [AO 4] Alternate hand-wall ball-toss test measures coordination

(2) [AO 4] One-minute press-up test and one-minute sit-up test measure muscular endurance

(3) [AO 4] Factors affect reliability of fitness tests

(4) [AO 4] All three tests must have a calibrated stopwatch

(5) [AO 4] To be reliable, standardised test procedures must be followed

(6) [AO 4] Compliance with test protocols, such as standing the correct distance from the wall in the Alternate hand-wall ball-toss test/Completing the correct technique of press-ups/Sit-ups

(7) [AO 4] Tests should be completed several times to achieve reliable results

(8) [AO 4] Ensuring the tests measure key fitness indicators for snowboarding

(9) [AO 4] Muscular endurance in the legs is the most important and is not assessed/Tests measure muscular endurance in upper body and core, not the most important in snowboarding/Coordination is not a key indicator of fitness in snowboarding

(10) [AO 4] Experience of the test administrator can affect reliability

(11) [AO 4] Conditions of the testing environment can affect reliability of alternative hand-wall ball-toss test, inside has less environmental factors unlike outside and the influence of wind/Rain

21. Aysha is a keen hockey player who wants to represent the U19 regional team. She has recently added Fartlek training to her fitness programme. Look at the table below and identify which session would be **most** appropriate for Aysha.

Marking points (maximum 1)

(1) [AO 2] Option B/B

22. Which of the following is a disadvantage of Fartlek training?

Marking points (maximum 1)

(1) [AO 3] C- Takes a long time/Takes a long time/C

23. Explain **one** reason why Aysha would use the yo-yo test to assess her fitness in hockey.

Marking points (maximum 2)

(1) [AO 2] To test aerobic endurance

(2) [AO 3] Required to maintain performance levels until the end of the game without fatigue/To delay fatigue and continue performing

24. Aysha's coach has asked her to complete the 12-minute Cooper run test. Identify **two** pieces of equipment that are required to administer this test.

Marking guidance

Do not accept "swimming pool".

Marking points (maximum 2)

- (1) [AO 2] Stopwatch/Timer
- (2) [AO 2] 400m track/Track
- (3) [AO 2] Whistle

25. Describe **two** different examples of when muscular strength would be useful in hockey.

Marking guidance

Accept any other appropriate examples linked to hockey.

Marking points (maximum 2)

- (1) [AO 3] Lower body: Combine with speed to create power for explosive sprinting
- (2) [AO 3] Core: Holding off a player when jockeying for the ball
- (3) [AO 3] Upper body: In combination with speed for forceful contractions to hit the ball powerfully

26. Give **one** example of intrinsic motivation.

Marking points (maximum 1)

- (1) [AO 2] Pride
- (2) [AO 2] Fun
- (3) [AO 2] Sense of achievement
- (4) [AO 2] Skill mastery

27. Describe **two benefits of intrinsic motivation on Aysha's hockey performance.**

Marking points **(maximum 2)**

- (1) [AO 3] Increased attendance of training, which will improve skills/Fitness
- (2) [AO 3] Maintain training intensity leading to improved skill learning/Fitness
- (3) [AO 3] Higher enjoyment, leading to greater resilience/Refusal to give up
- (4) [AO 3] Better concentration, leading to improved focus on tactics

28. Padel is a new and emerging sport which is a combination of tennis and squash. Like thousands of other players, Celeste has recently joined a club and is about to start playing matches. Evaluate the importance of flexibility and speed for Celeste when playing padel.

Marking guidance

Responses will be credited according to the learner's demonstration of knowledge and understanding of the material, using the indicative content and level descriptors below.

[BTEC Tech in Sport 6-mark level descriptor](#)

The indicative content is not prescriptive. Responses may cover some or all indicative content, but learners should be rewarded for other relevant responses.

Award up to three marks for flexibility and award up to three marks for speed.

Marking points **(maximum 6)**

- (1) [AO 4] Speed is the distance divided by time to reduce time taken to move the body or body part in an event or game
- (2) [AO 4] Speed is useful for sprinting for the ball
- (3) [AO 4] Speed is required to generate power when hitting the ball
- (4) [AO 4] Without speed, she would not reach the ball and would lose the point
- (5) [AO 4] Without speed, there would be less power behind the ball making it easier for the opposition to return it
- (6) [AO 4] Flexibility is the range of motion possible at a joint to allow improvements in technique
- (7) [AO 4] Flexibility is useful when reaching for the ball to return difficult shots

(8) [AO 4] Flexibility is important to increase the range of movement around the joint to reduce the chances of straining or tearing a muscle

(9) [AO 4] Flexibility can reduce injury which can lead to reversibility of fitness levels, reducing overall performance level

(10) [AO 4] Without flexibility, the technique of more complex shots might be inhibited preventing effective performance

(11) [AO 4] Speed is more important than flexibility due to needing to get to the ball quickly before it bounces twice



BTEC Tech Award Level 1/2 in Sport: Component 3

6 Mark Level Descriptors

Level	Marks	Description
	0	<ul style="list-style-type: none">No rewardable material
1	1-2	<ul style="list-style-type: none">Demonstrates isolated elements of knowledge and understanding, there will be major gaps or omissions.Few of the points made will be relevant to the context in the question.Limited evaluation which contains generic assertions leading to a conclusion that is superficial or unsupported.
2	3-4	<ul style="list-style-type: none">Demonstrates some accurate knowledge and understanding, with only minor gaps and omissions.Some of the points made will be relevant to the context in the question, but the link will not always be clear.Displays a partially developed evaluation which considers some different competing points, although not always in detail, leading to a conclusion which is partially supported.
3	5-6	<ul style="list-style-type: none">Demonstrates mostly accurate and thorough/detailed knowledge and understanding.Most of the points made will be relevant to the context in the question, and there will be clear links.Displays a well developed and logical evaluation which clearly considers different aspects and competing points in detail, leading to a conclusion that is full supported.