



National Mock Exams 2025

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BTEC Tech L1/2 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 2025 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 potential educational experiences of students in other schools/colleges.
- Finally, please use this paper together with the mark scheme and make sure you attend the revision session in April.

This paper contains:

- Questions in the format of the BTEC Tech Award in Sport Component 3 Paper 2025
- 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 revision sessions offered 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).

This 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.

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

First name	
Last name	
Class	
Teacher	

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.



Marks: [1]

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



Marks: [1]

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



Marks: [1]

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

Describe the protocol of this fitness test.



Marks: [2]

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.

Training needs to be demanding enough to cause the body to adapt.

Marks: **[3]**

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.

Type of strength	Percentage of 1RM
Maximum strength	<div>A</div>
Power	<div>B</div>

A:


B:

Marks: **[2]**

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

Marks: **[2]**

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.

Dani

Distance	Intensity	Repetitions
400m	75%	6
600m	75%	4
800m	75%	2

Marks: **[1]**

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.


Aims:

Objectives:

Marks: **[4]**

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.

Dani

Principle of goal setting	Explanation of importance to Dani's training programme
S.....	Explanation
M.....	Explanation

S: _____

Explanation: _____

M: _____

Explanation: _____

Marks: **[4]**

11. Describe continuous training.

Marks: **[1]**

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

How hard an individual will train.

Marks: [1]

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



Dani

Day	Training Plan
Monday	Weight training
Tuesday	Interval training
Wednesday	Weight training
Thursday	Interval training
Friday	Rest day
Saturday	GAME DAY!
Sunday	Swim training

Marks: [2]

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

Public Provision Advantage: _____

Public Provision Disadvantage: _____

Voluntary Provision Advantage: _____

Voluntary Provision Disadvantage: _____

Marks: **[4]**

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

Identify one method of technology that could help Dani.

Marks: **[1]**

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.



Marks: **[1]**

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

Marks: **[2]**

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

Marks: **[1]**

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

Reason for fitness testing	Explanation of reason
A	To monitor improvement and effectiveness of training programme
Identifies strengths and weaknesses	B
Provides a goal	C

A: _____

B: _____

C: _____

Marks: **[3]**

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.



Ashton

Fitness test	Result
Alternate hand-wall ball-toss test	Above average
One minute press-up test	Below average
One minute sit-up test	Good

This image shows a full page of white paper with horizontal dashed gray lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

Marks: [6]

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.

Aysha

- A 10 stations of lower-leg exercises
- B 400m jog, 100m sprint, 200m walk repeat x5
- C 30m steady-pace swim
- D 100m sprint, 1 minute rest x5



Marks: [1]

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

- A Develops power
- B Can be completed as a team
- C Takes a long time
- D Requires a lot of equipment

Marks: [1]

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



Marks: [2]

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.

1:

2:

Marks: [2]

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

1:

2:

Marks: [2]

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

Marks: [1]

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

Aysha



Marks: [2]

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.

This image shows a full page of handwriting practice paper. It features multiple rows of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no margins or additional markings.

