



Revision 2025

BTEC Tech Award in Sport: Component 3 Student Notes

spotlight session

Recommended



**Before the revision
session**

Complete the 2025
National Mock Exam

Essential



**During the revision
session**

Complete the notes

Recommended



**After the revision
session**

Review with your
teacher



The EverLearner

Athlete profiles



Ashton

Basic details

Age: 15
Sport: Snowboarding
Level: Participation / Recreational



Celeste

Basic details

Age: 24
Sport: Padel
Level: Participation



Henry

Basic details

Age: 18
Sport: Training for the Army
Level: Performance / Competition



Aysha

Basic details

Age: 19
Sport: Hockey
Level: Performance / Competition



Dani

Basic details

Age: 26
Sport: Basketball
Level: Elite



Hot Topic 9: Motivation

Answer this question:

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

Feeling a _____ of _____ because of doing physical activity.

Marks: **[1]**

Look at this answer below. Is it worth one mark or two? Has the student made one point or two?

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




Aysha




Aysha would attend training frequently due to her motivation and would give 100% whilst at training too.

Marks: **[2]**



Intrinsic motivation		
Motivation from within		
	Example	Benefits
 <p>Celeste</p> <p>Basic details Age: 24 Sport: Padel Level: Participation</p>	Enjoys going to the court and playing the game with her friends.	
 <p>Henry</p> <p>Basic details Age: 18 Sport: Training for the Army Level: Performance / Competition</p>	Gets a sense of achievement every time he lifts a weight he hasn't managed before.	
 <p>Dani</p> <p>Basic details Age: 26 Sport: Basketball Level: Elite</p>	Enjoys the feeling of scoring baskets.	

Extrinsic motivation		
Motivation from external environment		
	Example	Benefits
 <p>Celeste</p> <p>Basic details Age: 24 Sport: Padel Level: Participation</p>		Develops a strong bond with her partner and wants to do well.



 <h2>Henry</h2> <p>Basic details Age: 18 Sport: Training for the Army Level: Performance / Competition</p>		<p>Trains harder than anyone else in order to gain the edge.</p>
 <h2>Dani</h2> <p>Basic details Age: 26 Sport: Basketball Level: Elite</p>		<p>Defends just as hard as when they are attacking.</p>

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Hot Topic 8: Methods of training: Fartlek, interval and circuit training

Find the errors in the table below and correct them, giving as much detail as possible :

Training method		
Fartlek	Interval	Circuit
Speedplay	Continuous	Develops muscular endurance only
Develops aerobic endurance AND agility	Low intensity	Good for whole body conditioning
Popular with games players	Most popular training method for marathon runners	Can incorporate skills

Is the answer below correct? Can you explain why?

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.



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

Aerobic endurance.

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]**

In the table below, which column relates to interval, circuit and Fartlek?

Why might each athlete select each training method?			
Performer			
Henry - army fitness	Changes of intensity are relevant to Henry.	Less likely because army fitness does not include breaks.	Incorporates both running activities and weightlifting, so is well suited.
Aysha - hockey	Excellent for reflecting the changes in intensity in hockey: Sprint...run...jog...walk...	Excellent for developing Aysha's recovery processes when the play stops for a corner.	Develops whole-body fitness and can incorporate stick skills too.
Dani - basketball	Reflects the changes in intensity in basketball to a degree.	More high-intensity work than Fartlek. Intermittency reflects the timeout and benching aspects of the game.	Less relevant but could be used for power development in the legs to help with jumping and rebounding.



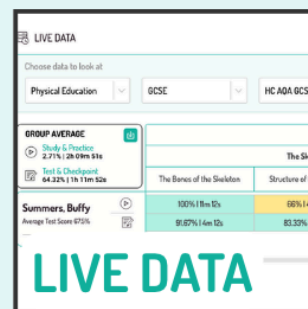
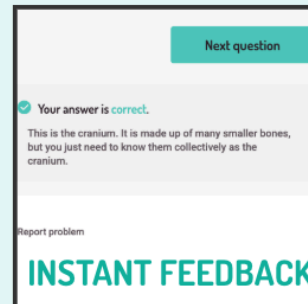
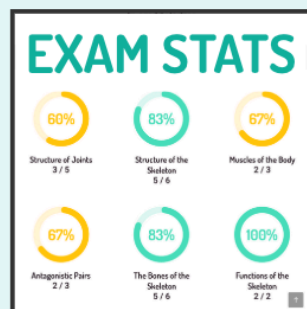
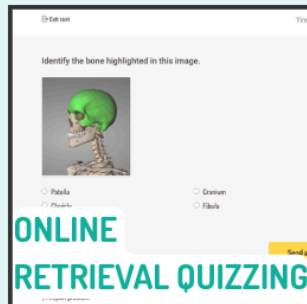
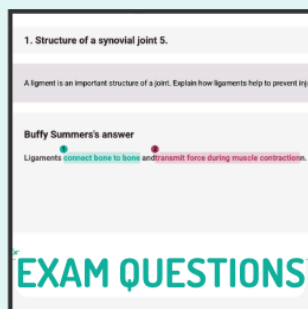
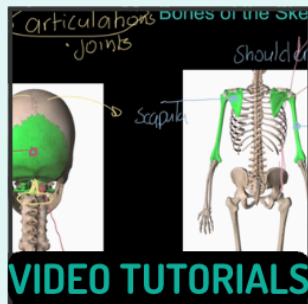
17. Explain **two** reasons why Ashton might change an aerobic endurance circuit into a muscular endurance circuit.

Snowboarders need _____ without _____ to allow them to descend a steep hill. This is particularly relevant to the muscles in the _____ and the circuit will have lots of _____.

Marks: [2]



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Hot Topic 5: Goal setting

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: *Vertical jump test is an excellent method of measuring _____, which is critical for _____ in basketball.*

M: _____

Explanation: *Creates an _____ for success and increases _____ for the athlete working toward it.*

Marks: **[4]**





Ashton

I want to improve my vertical jump test by 5% through a two-month summer training programme of plyometrics. I will record the details in my training diary.

S Vertical jump test links to power needed in snowboarding.
M 5% is measurable.
A Plyometrics can be done in the local gym, which is achievable.
R 5% is a realistic target to achieve within 2 months.
T Inclusion of 2 months makes it time-bound.
E Plyometrics is an exciting form of training.
R Ashton will keep a training diary.



Henry

S
M
A
R
T
E
R



Aysha

Over the next 6 weeks and through a written training plan with my coach, I would like to improve my 12-min Cooper run test by an extra 10% through a variety of different training methods.

S Cooper run test measures cv, fitness which is important in hockey.
M 10% is measurable.
A Continuous training is easily accessible.
R 10% is a realistic target.
T 6 weeks is a good time to apply progressive overload.
E Variety of training will keep the plan exciting.
R Written training plan with her coach so it is recorded.

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