



EXAMS



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BTEC Revision

Unit 1: Fitness for sport and exercise



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Starter – 2 marks questions

- Imagine you were given this question in the exam....

Compare the protocol for the Illinois agility run and the 35m sprint test, considering which test may be a more valid measure of sprint speed in rugby. (2 marks)

- Where are you going to get the 2 marks from?
- How about this one?
- Explain why it might not be appropriate for a 100m runner to train within their aerobic training zone?



3 and 4 mark questions

- These tend to be questions which require:
- Detailed explanation
- Description of an activity/method
- A comparison
- Maths questions
- Mix and match



Each sentence has one word missing. Please circle the correct word.

1. Trees have leaves and _____
A. Moving
B. slab
C. branches
D. screaming
2. _____ is the yelling we do when afraid.
A. branches
B. Moving
C. phanton
D. branches
3. A _____ is an im agines or ghost life being.
A. branches
B. screaming
C. phanton
D. slab
4. Knives are sharp they cut and _____.
A. slab
B. screaming
C. Moving
D. branches
5. _____ is when night ends and day begins.
A. branches
B. Moving
C. slab
D. screaming

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MAHARAJA
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DEVELOPING EFFECTIVE COMMUNICATION IN HEALTH AND SOCIAL CARE

Unit 10: Communication - Reading a book with a service user
My task was to work with Nicky who was one of the service user's who actually had slight hearing problems I had to listen to him and work out what level of ability he had in reading. This task was not easy because communicating between the user's attention in a given moment. I felt that this one-to-one task with Nicky would make him feel special and cared for as it was a means of saying to him that I am making time for him and he will have my undivided attention. Even though Nicky was a good reader overall as he had his book in reading with me, but every time he made a mistake or pronounced a word wrong, I would say "No Nicky that's wrong" he felt that it was me who was wrong and could not read properly so he just totally ignored that. It may have been that he didn't hear the right answer clearly or he felt embarrassed that he was making mistakes during the task. This task may have been overwhelming for him due to him not having a cue to one sentence before or he may have felt lost through a lack of opportunity to communicate with the other service workers. This task had shown there is a need with every other service user who may have a variety of different abilities. I should use clear

3 and 4 mark questions – Mentor and swap

1. Give 3 examples of factors that can affect the reliability of a fitness test? (3 mark)
2. Look at the following chart. State which rating Josh would be given if he managed to jump 54cm, 57cm and 55cm.

Gender	Excellent	Above average	Average	Below average	Poor
Male	>65cm	56 - 65cm	50 - 55cm	49 - 40cm	<40cm
Female	>60cm	51 - 60cm	41 - 50cm	35 - 40cm	<35cm

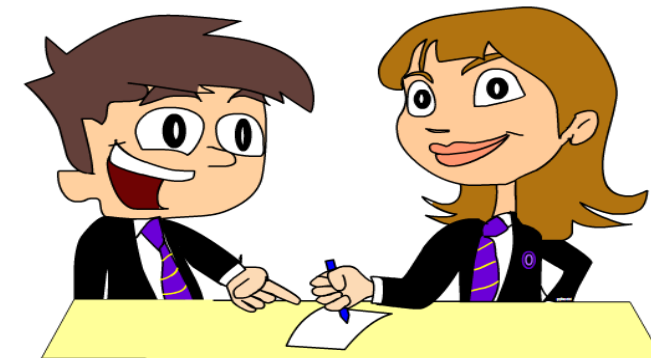
Explain what he could do to improve his jumping ability and how this could help him in Basketball (4 marks)

3. Work out the BMI of this lady and explain why this result may not be 100% valid 152cm tall, 85kg. Showing working out (3 marks)

Mentor then Swap

- 1) Partner A solves the first question.
- 2) Partner B watches and listens, checks and coaches/mentors if needed.
- 3) Swap roles for the next question.

If you are told to do "pairs check", after every two questions you check your answers with your face-partners.



Remember to use your "partner voice"

3 mark question - Answers

1. Warm up, time of the day, sleep, food intake
2. Above average. Plyometric training – increasing the strength of his leg muscles allowing him to jump higher when blocking the ball and gain more height when shooting e.g. A slam dunk
3. Weight/ height x height = kg/m²

$$1.52 \times 1.52 = 2.3104 \quad 85/2.3104 = 36.790 \quad = 36.8\text{kg/m}^2$$

Muscle weighs more than fat.

3 and 4 mark questions – Mentor and swap

1. Explain 2 reasons why interval training would be an appropriate training method for a Rounders player. (4 marks)
2. Amy wants to improve her upper body strength but has injured her ankle. Name and describe a test which Amy could complete before starting a training programme to measure her fitness and again once the training programme is complete (3 marks)

3. What is the Borg scale?

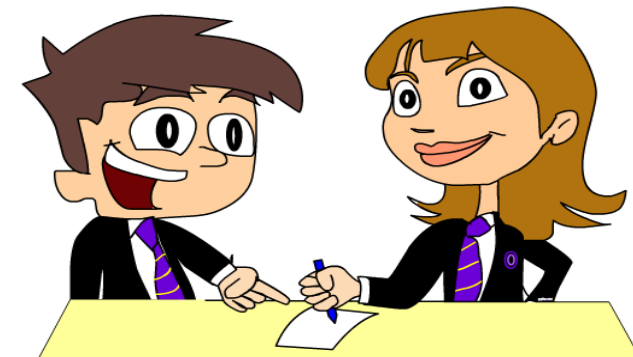
Using the Borg scale, what rating would 141bpm – 180bpm equate to? Show your working out. (3 marks)

4. Give a definition for co-ordination and explain why a Tennis player needs it.(4marks)

Mentor then Swap

- 1) Partner A solves the first question.
- 2) Partner B watches and listens, checks and coaches/mentors if needed.
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Answers

1. Interval training would be appropriate for a Rounders player because in a game of Rounders, players only need sudden bursts of energy for a short amount of time. Interval training is high intensity exercise for 30seconds to 5minutes followed by periods of rest or low intensity work. In a game of Rounders, if batting you may need to sprint all the way around the 4 bases to score a rounder or if fielding you may need to sprint to get the ball which has been hit far, before resting until the next go. This method of stop start links in well to interval training.
2. Modified press ups - Taking the pressure off Amy's ankle. This needs to be done in the same way and under the same conditions before and after the training programme.
3. The Borg scale is the rating of perceived exertion, so how hard someone thinks they are working at.

$$141/10 = 14.1 \quad 180/10 = 18$$

Borg rating of 14-18

4. Co-ordination is the ability to use two or more body parts at the same time to produce a smooth and accurate movement. It is important for a Tennis player to have hand eye co-ordination to hit the ball accurately to where they want it to go. They also need hand eye co-ordination on a serve to make sure they hit the ball at the correct point to make the serve land in its optimal position.



- Next week we will mainly look at 6 and 8 mark questions!!!
- Between now and then, start looking through your revision guide and workbook. Familiarise yourself with the unit content again.
- Practice answering the shorter mark questions, checking your answers in the back of your book. Be sure to correct them if your not quite right as you don't want to be reading incorrect notes when revising for your exam!

