



EXAMS



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BTEC Revision

Unit 1: Fitness for sport and exercise



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Starter – 4 marks question

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

Describe the method for the Illinois agility (4 marks)

- Where are you going to get the 4 marks from?
- Have a go at answering the above question.
 1. Make sure the cones are set out at the correct distances
 2. Lie face down by the start cones
 3. On 'go' get up and run around the course as quickly as possible
 4. Stop the clock when you pass the finish line



6 and 8 marks questions

Key terms

- **Evaluate:** Look at both sides of the story and sum up the pro's and con's of each side. You may have to give a final decision
- **Compare:** Identify and explain
- **Discuss:** Give reasons or present facts and explain the impact on the topic



8 mark questions – Mentor and swap

1. Using your knowledge of training, interpret and evaluate the data in the table below, commenting on each athlete's effectiveness.

Name	MSFT 1	MSFT 2	MSFT 3
Lin	4.4	5.3	7.1
Richard	5.5	5.6	5.5
Pedro	6.1	6.8	4.5

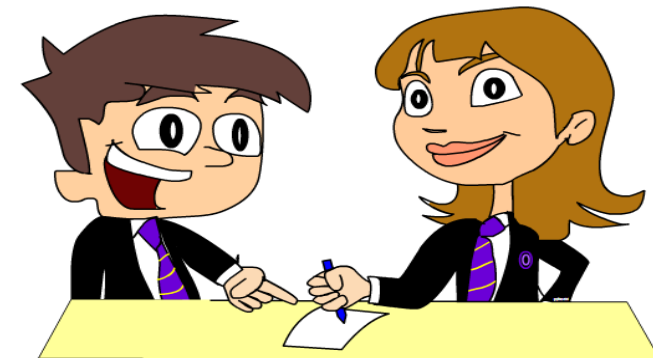
2. The Bioelectrical impedance analysis and the skinfold test are used to predict the percentage of body fat.

Discuss the use of BIA and skinfold to predict percent body fat.

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"

8 mark question - Answers

1. The fitness test all of the athletes have participated in is the multi stage fitness test.

Lin has shown an improvement from week 1 through to week 3 suggesting the type of training she has been using has been successful and she has been progressively overloading her body. She may have been using continuous training which is suited to showing an improvement in the multi stage fitness test.

Richard showed a slight improvement from test 1 to test 2 but then reverted back to his original score in test 3. This indicates that his training has not been effective, either he was using the wrong training method which was not specific to running or he was not overloading or increasing the intensity.

Pedro had a positive start improving test 1 to test 2 however reversibility seems to kick in, perhaps he picked up an injury after test 2 and could not train as his results got worse

8 mark question - Answers

1. Advantages of BIA

-Quick, easy, non invasive (unlike skinfold), related to age and gender (unlike BMI)

2. Disadvantages of BIA

-expensive equipment, client inputs own data, client doesn't follow pre test procedures, calibration of equipment, no alcohol 48hour prior, must be hydrated

3. Advantages of Skinfold

-good estimations, not expensive, no pre test procedures

4. Disadvantages of skinfold

-embarrassing, reliability issues linked to area of skin used, can not be used on very obese people

Now write a continuous prose answer... and swap with your partner to mark

How the questions are marked...

Level	Descriptor
0 0 marks	No rewardable material
1 1– 3 marks	A few key points identified, or one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.
2 4 – 6 marks	Some points identified, or a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3 7 – 8 marks	Range of points described, or a few key points explained in depth. All sides of the case are considered and the answer is well-balanced, giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.



- **Next week – practice papers!!!**
- 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!

