YEAR 11 BTEC TECH AWARD LEVEL 1/2 SPORT

Pearsons education (Edexcel) is your Exam Board for BTEC
Component 3 Exam: 60 Marks, 90 Minutes (1 Hour 30 Minutes)

A: Explore the importance of fitness for sports performance

A1 The importance of fitness for successful participation in sport

- Different sports require specific fitness components like endurance, strength, speed, flexibility, power, agility, balance, coordination, reaction time, and body composition

A2 Fitness training principles

- Training uses FITT and additional principles to ensure effective, safe, and sport-specific adaptation

A3 Exercise intensity and how it can be determined

- Exercise intensity is measured and monitored using heart rate, RPE, 1RM/15RM, and technology

B: Investigate fitness testing to determine fitness levels

B1 Importance of fitness testing and requirements for administration of each fitness test

- Fitness testing provides baseline data, guides training, tracks progress, and sets goals, while requiring safe, reliable, valid, and practical procedures

B2 Fitness test methods for components of physical fitness

- Fitness components are measured using specific endurance, strength, speed, flexibility, and body composition test

B3 Fitness test methods for components of skill-related fitness

- Fitness components are tested with specific sport assessments

B4 Interpretation of fitness test results

- Compare results to norms, evaluate them, and recommend fitness improvements

C: Investigate different fitness training methods

C1 Requirements for each of the following fitness training methods

- Warm-ups and cool-downs prepare the body and support effective training

C2 Fitness training methods for physical components of fitness

- Training methods develop endurance, strength, speed, and flexibility

C3 Fitness training methods for skill-related components of fitness

- Agility, power, balance, coordination, and reaction time are trained with specific exercises

C4 Additional requirements for each of the fitness training methods

- Advantages and disadvantages depend on cost, access, safety, effectiveness, and sport specificity

C5 Provision for taking part in fitness training methods

- Different types of sport provision—public, private, and voluntary—have pros and cons

C6 The effects of long-term fitness training on the body systems

- Training improves body systems, increasing endurance, strength, power, flexibility, and speed

D: Investigate fitness programming to improve fitness and sports performance

D1 Personal information to aid fitness training programme design

- Set sport goals and plan how fitness, training, and motivation will achieve them

D2 Fitness programme design

- Use personal data and FITT to design a training programme

D3 Motivational techniques for fitness programming

- Motivation drives behaviour and performance

Over Easter – What You Should Do

- BTEC Mind- Map and questions
- Make knowledge organisers / flashcards
- Complete exam questions using mock exam: https://pages.theeverlearner.com/hubfs/2025-revision/mock-ms/mock-exam-2025-btec-tech-component-3.pdf

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- Mark Scheme: https://pages.theeverlearner.com/hubfs/2025-revision/mock-ms/mock-exam-2025-btec-tech-component-3-mark-scheme.pdf
- Exam revision: https://pages.theeverlearner.com/hubfs/2025-revision/spotlight-sessions/BTEC-Tech-Sport-Comp-3.pdf

Revision Content:

- Everlearner revision video: https://youtu.be/Y_oCPoOQb5E
- Revision booklets: https://thepeclassroom.com/wp-content/uploads/2024/02/Learning-Outcome-A-Booklet-6.pdf
- Key Key terms poster: https://thepeclassroom.com/wp-content/uploads/2024/12/BTEC-Comp-3-Components-of-Fitness-LOA-Key-Terms-Poster.pdf
- Topic Poster: https://thepeclassroom.com/wp-content/uploads/2024/11/BTEC-Component-3-LOA.pdf
- Answer booklet: https://thepeclassroom.com/wp-content/uploads/2024/02/Learning-Outcome-A-Answers-5.pdf
- BBC Bitesize GCSE: https://www.bbc.co.uk/bitesize/examspecs/zxbg39q

Use the GCSE Content to revise for:

- Components of fitness
- Fitness testing
- Principles of training
- Effects of exercise
- Health, Fitness & Wellbeing