

Y11 Revision



BTEC SPORT

BTEC Sport Exam - **Wednesday 6th January 2021**

This is not a Mock. It is their actual exam and is worth 25% of their Overall Grade. It can also have an impact on other unit performance/s as it's a mandatory unit.

Therefore, a Good performance in the exam is vital.

All students have a Revision Guide and Mock Papers will also be made available.

Key areas to revise:

1) Physical & Skill-Related Components of Fitness (and Definitions)

2) Determining Exercise Intensity (MHR - Men/Women, The Training Pyramid/Target Zones/Percentages, BORG/RPE Scale)

3) Principles of Training (FITT, SPORT, R&R)

4) Fitness Training Methods (Preparation for Training, Warm Up's/Cool Down's & Flexibility, Strength, Muscular Endurance, Power, Aerobic Endurance & Speed FTM's)

5) The Fitness Tests (How to Conduct a Test & Flexibility, Strength, Aerobic Endurance, Speed, Agility, Anaerobic Power, Muscular Endurance & Body Composition Tests)