



# Year 11 assessment checklist

Subject: BTEC Sport		Paper: Component 3 Exam	Duration: 1 hr 30 mins
What to revise		Where is the information?	
1	<b><u>Components of fitness-</u></b> Physical fitness components Skill related fitness components	CPG Revision Guide pages 46-48 <a href="https://www.youtube.com/watch?v=KycE8YJeaEI">https://www.youtube.com/watch?v=KycE8YJeaEI</a> <a href="https://www.youtube.com/watch?v=nJleyUBesi8">https://www.youtube.com/watch?v=nJleyUBesi8</a> Class notes Book The Everlearner	
2	<b><u>Principles of Training</u></b> including FITT (Frequency, Intensity, Time & Type) SPORT (Specificity, Progressive Overload, Reversibility & Tedium) Definitions/ Descriptions Identifying their presence or lack of in a training programme Be able to create a training programme consisting of all SPORT FITT elements	<a href="https://www.bbc.com/bitesize/guides/zxhxn timer/revision/1">https://www.bbc.com/bitesize/guides/zxhxn timer/revision/1</a> CPG Revision Guide pages 49-50 Class notes Book The Everlearner	
3	<b><u>Heart Rate</u></b> What is heart rate? How is heart rate calculated? Ad unit of measurement? Definition of Max HR How to calculate Max HR <b><u>BORG scale</u></b> What is it? & what does it measure? Definition of RPE (rate of perceived exertion) Range of numbers on the scale Equation linking BORG scale with Heart Rate <b><u>Target Zones</u></b> What are they? Aerobic vs Anaerobic	CPG Revision Guide page 51-54 <a href="https://www.bbc.com/bitesize/guides/z9n6sg8/revision/4">https://www.bbc.com/bitesize/guides/z9n6sg8/revision/4</a> <a href="https://www.youtube.com/watch?v=lyjfx47HTLQ">https://www.youtube.com/watch?v=lyjfx47HTLQ</a> <a href="https://www.youtube.com/watch?v=ahOGFYb35ZY">https://www.youtube.com/watch?v=ahOGFYb35ZY</a> Class notes Book The Everlearner	
4	<b><u>Fitness Testing</u></b> including: Importance of testing Pre-test procedures Procedures for the tests themselves Validity and reliability Interpretation of results Advantages, disadvantages of tests for the following tests: Aerobic endurance tests Muscular endurance tests Flexibility tests Speed tests Muscular strength tests Agility tests	CPG Revision Guide pages 55-72 <a href="https://www.youtube.com/watch?v=WUjCeelG24c">https://www.youtube.com/watch?v=WUjCeelG24c</a> <a href="https://www.youtube.com/watch?v=9XgGPUlnDxY">https://www.youtube.com/watch?v=9XgGPUlnDxY</a> <a href="https://www.youtube.com/watch?v=s4fGUC7Ut9Q">https://www.youtube.com/watch?v=s4fGUC7Ut9Q</a> <a href="https://www.youtube.com/watch?v=zRBCOI6a4II">https://www.youtube.com/watch?v=zRBCOI6a4II</a> Class notes Book The Everlearner	

	Balance tests Coordination tests Power tests Reaction time tests Body composition tests – Skin Fold Callipers/ BMI/ BIA	
5	<b><u>Warm-up &amp; Cool down/ Training Safety</u></b> What are they? How to do each – 3 stages Why are they done? Consequences of not doing them?	CPG Revision Guide page 73 <a href="https://www.bbc.com/bitesize/guides/zyqd2p3/revision/1">https://www.bbc.com/bitesize/guides/zyqd2p3/revision/1</a> <a href="https://www.youtube.com/watch?v=zMReVEkdEnI">https://www.youtube.com/watch?v=zMReVEkdEnI</a> Class notes Book The Everlearner
6	<b><u>Training Methods</u></b> Name the training methods Explain how to carry each one out Apply the training methods to different sports Health and Safety/ How to use fitness equipment safely Apply training methods to principles of fitness How to choose an appropriate training method	CPG Revision Guide pages 74-83 <a href="https://www.bbc.com/bitesize/guides/zyqd2p3/revision/2">https://www.bbc.com/bitesize/guides/zyqd2p3/revision/2</a> <a href="https://www.youtube.com/watch?v=E2EAqUgewMw">https://www.youtube.com/watch?v=E2EAqUgewMw</a> Class notes Book The Everlearner
7	<b><u>Provisions of Fitness Training</u></b> What are the 3 types of provision? Examples within the world of sport Advantages and disadvantages of each	CPG Revision Guide page 84 Class notes Book The Everlearner
8	<b><u>Long Term Effects of Training</u></b> Effects on the cardiorespiratory system & musculoskeletal system	CPG Revision Guide page 85-86 Class notes Book The Everlearner
9	<b><u>Fitness Programme Design</u></b> How to design a fitness programme Reason for a programme PAR-Q questionnaires - why they are done and what personal information they find	CPG Revision Guide page 87-88 Class notes Book The Everlearner
10	<b><u>Motivation and Goal Setting</u></b> What is motivation? Intrinsic and extrinsic motivation – examples and definitions Why does a coach need to know how their athlete is motivated? What can cause low levels of motivation Impact of high motivation <b><u>Goal setting</u></b> What is goal setting? Why is it done? SMARTER targets? How does goal setting link to motivation, fitness testing and training?	CPG Revision Guide page 89-90 Class notes Book The Everlearner
	<b><u>Exam Practice</u></b> Extended writing answers & Past Papers	CPG Revision Guide pages 96-116 One Drive – saved on school folder Purple class notes Book The Everlearner