

Year 10 Checklists

Subject: BTEC Sport		Paper: Component 3 Exam	Duration: 60 minutes
What to revise		Where is the information?	
1	<p>Components of fitness- Physical fitness components Skill related fitness components</p>	<p>CPG Revision Guide pages 46-48 https://www.youtube.com/watch?v=KycE8YJeaEI https://www.youtube.com/watch?v=nJleyUBesi8 Class notes Book The Everlearner</p>	
2	<p>Principles of Training 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</p>	<p>https://www.bbc.com/bitesize/guides/zxhxnbk/revision/1 CPG Revision Guide pages 49-50 Class notes Book The Everlearner</p>	
3	<p>Heart Rate What is heart rate? How is heart rate calculated? Ad unit of measurement? Definition of Max HR How to calculate Max HR BORG scale 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 Target Zones What are they? Aerobic vs Anaerobic</p>	<p>CPG Revision Guide page 51-54 https://www.bbc.com/bitesize/guides/z9n6sg8/revision/4 https://www.youtube.com/watch?v=lyjfx47HTLQ https://www.youtube.com/watch?v=ahOGFYb35ZY Class notes Book The Everlearner</p>	
4	<p>Fitness Testing 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 Balance tests</p>	<p>CPG Revision Guide pages 55-72 https://www.youtube.com/watch?v=WUjCeelG24c https://www.youtube.com/watch?v=9XgGPUlnDxY https://www.youtube.com/watch?v=s4fGUC7Ut9Q https://www.youtube.com/watch?v=zRBCOI6a4II Class notes Book The Everlearner</p>	



	Coordination tests Power tests Reaction time tests Body composition tests – Skin Fold Callipers/ BMI/ BIA	
	Exam Practice Extended writing answers & Past Papers	CPG Revision Guide pages 96-116 One Drive – saved on school folder Class notes Book The Everlearner