



Retired Onscreen Test Version 9

Unit 1: Fitness for Sport and Exercise

BTEC Firsts Level 1/2 in Sport

Introduction



This retired onscreen test has been made available to centres to help you prepare your learners for their BTEC Firsts Level 1/2 external assessments.

We recommend that you use this test as a written assessment which is then either teacher marked or peer assessed.

This retired test should be used in conjunction with the Mark Scheme and the Lead Examiner's Report to clearly identify the assessment requirements. These documents are available at:

<http://www.edexcel.com/quals/firsts2012/sport/Pages/default.aspx>

FAQs



How can I view the videos in the test?

This document has been produced using screen captures of the retired onscreen test. As such, videos are not available in this PowerPoint document. This document should be used in conjunction with the retired onscreen test which is available on the website:

<http://www.edexcel.com/quals/firsts2012/sport/Pages/default.aspx>

How can I see the drop down menus in the test?

Where a drop down menu may obscure information the learner requires to answer a question, we have instead supplied a text box containing the options from the drop down menu. To view drop down menus please use the retired onscreen test

Question 1/18

Identify which **one** of these is a component of skill-related fitness. (1)

Click on **one** of the boxes.

☐

Flexibility

☐

Muscular strength

☐

Balance

☐

Aerobic endurance

Question 2/18

A sports performer takes part in aerobic training at a steady pace, at a moderate intensity, for 30 minutes.

(a) Identify which type of training the sports performer is taking part in. (1)

Click on **one** of the boxes.

☐

Fartlek training

☐

Continuous training

☐

Interval training

☐

Flexibility training

(b) Identify which sports performer would benefit **most** from aerobic endurance training. (1)

Click on **one** of the boxes.

☐

Sprinter

☐

Marathon runner

☐

Javelin thrower

☐

Gymnast

Question 3/18

Each picture (**A** and **B**) shows a type of fitness training.

Match the pictures to the correct fitness training methods. (2)

Click on each picture and then the correct type of fitness training method.

A



B



John Freeman © Dorling Kindersley

Type of fitness training method

Plyometric training

Continuous training

Fartlek training

Flexibility training

Free weight training

Question 4/18

The videos show two types of speed training.

Type 1



Type 2



State the **two** types of speed training the sports performer is carrying out. (2)

Type your answers in the boxes.

Type 1.

Type 2.

Question 5/18

Complete the sentences about fitness testing. (2)

Drag and drop the correct words to complete the sentences.

is a measure of a person's maximum amount of oxygen uptake.

is used to predict a person's percentage of body fat.

PNF

VO₂ max

BIA

KgW

1RM

Question 6/18

Roger is a cyclist who is designing an aerobic endurance training programme to improve his sporting performance.

Identify which **one** of the additional principles of training is being applied in each statement. (2)

Type your answers in the boxes in the table.

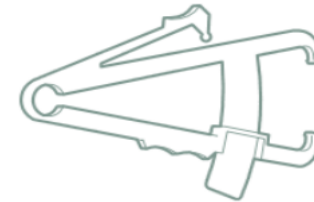
Statement	Additional Principle of Training
I will have one day a week when I will not take part in any training.	<input type="text"/>
I will gradually increase the number of miles I cycle each week.	<input type="text"/>

Question 7/18

The diagram shows a piece of fitness testing equipment.

(a) State the name of this equipment. (1)

Type your answer in the box.



(b) State the component of fitness that this equipment measures. (1)

Type your answer in the box.

(c) Identify **one** part of the body where this equipment is used to take measurements. (1)

Click on **one** of the boxes.

Shoulder

Thigh

Ankle

Calf

(d) Identify the information required from a person when using the Jackson-Pollock nomogram testing method. (1)

Click on **one** of the boxes.

Height

Weight

Age

Maximum
Heart Rate

Question 8/18

(a) Identify what the **I** stands for in the FITT principles. (1)

Click on **one** of the boxes.

☐

Indirect

☐

Intensity

☐

Injury

☐

Increase

Reversibility is one of the additional principles of training.

(b) State what is meant by reversibility. (1)

Type your answer in the box.

Question 9/18

The picture shows a person taking part in a fitness test.

(a) Identify the fitness test shown in the picture. (1)

Click on **one** of the boxes.

☐

Sit and reach test

☐

Forestry step test

☐

Vertical jump test

☐

Multi-stage fitness test

(b) Identify the component of fitness that this test measures. (1)

Click on **one** of the boxes.

☐

Muscular strength

☐

Aerobic endurance

☐

Muscular endurance

☐

Anaerobic power



Question 10/18

Muscular strength is an important component of fitness for some sports performers.

(a) Identify the sport in which an elite performer requires the **highest** level of muscular strength. (1)

Click on **one** of the boxes.

☐

Football

☐

Shot put

☐

1500m

☐

Badminton

(b) Identify which training method is **most** appropriate to increase muscular strength when using free weights. (1)

Click on **one** of the boxes.

☐

High reps and low load

☐

Low reps and high load

☐

High reps and high load

☐

Low reps and low load

Question 11/18

The video shows sports performers taking part in a circuit class. They exercise at each station for one minute.

(a) Explain how **one** component of physical fitness is being trained in this circuit class. (2)

Type your answer in the box.

(b) Explain how the stations in the circuit could be changed to train for muscular strength. (2)

Type your answer in the box.



Question 12/18

Identify the component of fitness that is **most** important for a golfer. (1)

Click on **one** of the boxes.

☐

Body composition

☐

Coordination

☐

Reaction time

☐

Agility

Question 13/18

100 metre sprinters need power and a fast reaction time to perform effectively.

(a) Explain why **power** is important for a sprinter in a 100 metre race. (2)

Type your answer in the box.

(b) Explain why a **fast reaction time** is important for a sprinter in a 100 metre race. (2)

Type your answer in the box.

Question 14/18

Omid is training to improve his maximum strength.
Omid's 1 Repetition Maximum (1RM) is 70 kg.
Omid uses weights at 90% 1RM to increase his maximum strength.

The equation to calculate 1RM is:

$$\frac{90}{100} \times 1RM$$

(a) Calculate the weight Omid lifts to train for maximum strength (2)

Type your answer in the box.

(b) Describe **one** safety requirement when performing bicep curls using free weights. (2)

Type your answer in the box.

Working box

Question 15/18

Anna is 58 years old and has just started to take part in regular exercise at her local gym. She took part in a sit and reach test and scored a below average result.

(a) Explain why Proprioceptive Neuromuscular Facilitation (PNF) training would be appropriate for Anna. (2)

Type your answer in the box.

(b) Explain why ballistic training would **not** be an appropriate training method for Anna. (2)

Type your answer in the box.

Question 16/18

A sports coach is going to carry out the 35m sprint test with their athletes.

Select **two** pieces of equipment that would be used to carry out the 35m sprint test. (2)

Click on **two** diagrams.



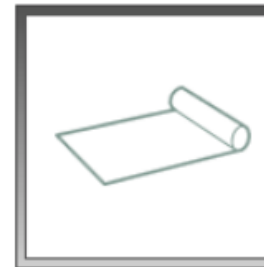
Weighing scales



Dumb-bell



Tape measure



Mat



Stopwatch

Question 17/18

James takes part in weight training. His personal trainer carries out the Body Mass Index (BMI) test.

James does not have excess body fat but the results of the BMI test place him in the obese body composition category.

Explain why the BMI test has placed James in the obese body composition category. (2)

Type your answer in the box.

Question 18/18

Ewan is 18-years-old and has a 400m race in 12 weeks' time.
He currently trains for 30 minutes twice a week with his coach at the athletics track.

Discuss how the FITT principles could be applied to a training programme for Ewan. (8)

Type your answer in the box.

