

Mark Scheme (Standardisation)

June 2013

BTEC Level 1/Level 2 First in Sport
(20586E03)

Version 3

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General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgment is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.

Question Number	Answer	Mark
1	Intensity	(1)

Question Number	Answer	Mark
2	Circuit training Free weights	(2)

Question Number	Answer	Mark
3	Picture A: Active Picture B: Passive	(2)

Question Number	Answer	Mark
4(a)	Continuous or Continuous training Accept any other appropriate phonetic spelling.	(1)
4(b)	Aerobic (endurance/fitness) or Cardiovascular (fitness/endurance) or CV (fitness/endurance) Do not accept 'stamina' Accept any other appropriate phonetic spelling.	(1)

Question Number	Answer	Mark
5	Picture A: Anaerobic power Picture B: Strength	(2)

Question Number	Answer	Mark
6	Agility Speed Accept any other appropriate phonetic spelling. Accept answers in either order.	(2)

Question Number	Answer	Mark
7(a)	Audio equipment Cone	(2)
7(b)	ml/kg/min	(1)
7(c)	1500m runner	(1)

Question Number	Answer	Mark
8(a)	60-85% HR Max	(1)
8(b)	Rating of Perceived Exertion Accept any other appropriate phonetic spelling.	(1)

Question Number	Answer	Mark
9	Triceps Thigh	(2)

Question Number	Answer	Mark
10	Reaction time Power	(2)

Question Number	Answer	Mark
11	<p>Award 1 mark for an explanation and 1 mark for an appropriate extension for each training method.</p> <p>Padraic would use interval training to improve his cardiovascular fitness/aerobic endurance (1) to enable him to run at higher intensities/for longer periods of time / so that he can change his pace during the race/have a better sprint finish/break away (from the 'pack') (1).</p> <p style="text-align: right;">2x1</p> <p>Padraic will use fartlek training to increase his ability to run at different speeds (1) so that he can apply speed/pace appropriately throughout an entire cross-country race (1).</p> <p style="text-align: right;">2x1</p> <p>Padraic will use fartlek training to increase his ability to run over different terrains (1) so that he is prepared for changes in terrain throughout an entire cross-country race (1).</p> <p style="text-align: right;">2x1</p> <p>Do not accept 'stamina'</p> <p>Accept any other relevant wording/phrasing.</p>	(4)

Question Number	Answer	Mark
12	Adaptation	(1)

Question Number	Answer	Mark
13(a)	<p>Award 1 mark for an explanation and 1 mark for appropriate expansion, up to a maximum of 2 marks.</p> <p>By using progressive overload Elaine will improve her aerobic endurance/CV fitness (1). This will improve Elaine's performance as she is able to cycle further and at higher speeds/intensities during a race (1).</p>	(2)
13(b)	<p>Award 1 mark for an explanation and 1 mark for appropriate expansion, up to a maximum of 2 marks.</p> <p>By using specificity, it will enable Elaine to target specific muscles/components of fitness (1) which would improve her speed/endurance throughout the race (1).</p>	(2)

Question Number	Answer	Mark
14	<p>Award 1 mark for a description and 1 mark for an appropriate extension, up to a maximum of 4 marks.</p> <p>Safe lifting of free weights/making sure you use the right weight (1) to ensure that the activity does not cause injury (1).</p> <p style="text-align: right;">2x1</p> <p>Make sure that the correct body position/movement is carried out (1) to ensure the activity trains the correct muscles in the correct way (1).</p> <p style="text-align: right;">2x1</p> <p>Athlete must warm up and cool down to prepare mentally and physically for exercise (1) to prevent injury/gain maximum benefit from the exercise/ minimise muscle soreness the day after (1).</p> <p style="text-align: right;">2x1</p> <p>FITT principles should be applied (1) to ensure that the exercises are effective in achieving their goal (1).</p> <p style="text-align: right;">2x1</p> <p>Accept any other relevant wording/phrasing.</p>	(4)

Question Number	Answer	Mark
15	<p>Award 1 mark for an explanation of each disadvantage and 1 mark for an appropriate expansion, up to a maximum of 4 marks.</p> <p>For example:</p> <p>The one-minute press-up test is unsafe for beginners who have low levels of fitness (1) because it is a high intensity test that can push the participants to their maximum effort/intensity if they were to perform it at the required intensity (1).</p> <p>The one-minute press-up test requires good technique in order to achieve maximum performance (1). The test is not suitable as it can result in injury or fatigue if it is not performed properly (1).</p> <p>Accept any other relevant wording/phrasing.</p>	(4)

Question Number	Answer	Mark
16	<p>Gareth – Average (5.10 - 5.29 s)</p> <p>Morag – Excellent (<5.30 s)</p>	(2)

Question Number	Answer	Mark
17	<p>Explanation of why this method would give the player the speed he needs to meet the specific demands of his sport of hockey.</p> <p>Award 1 mark for an explanation and 1 mark for an appropriate expansion.</p> <p>Acceleration sprints will improve increases in speed from a moving or standing start, replicating game situations in hockey (1). This type of speed will improve Paulo's performance in hockey because he will be better at running into space/closing down an opponent/speeding up when he receives the ball (1).</p>	(2)

Question Number	Indicative content	Mark
18	<p>Factors that might be considered:</p> <ul style="list-style-type: none"> • validity • reliability • specificity • practicality/ease of delivery • cost • recording scores. <p><u>Validity</u> Key points:</p> <ul style="list-style-type: none"> • The multi-stage fitness test (MSFT) is a maximal test • the forestry step test (FST) is a submaximal test. • This means that the FST will only estimate the athletes' aerobic endurance while the MSFT will gain an actual score as the athletes have been worked to their maximum effort • This increases the validity of the test as a specific score, as gained from the MSFT, will be more valid than an estimated score, gained from the FST. <p><u>Reliability</u> Key points:</p> <ul style="list-style-type: none"> • Being a maximal test, the MSFT requires athletes to be motivated enough to push themselves to their limits and have the same level of motivation during the test and retest • the FST is submaximal the same levels of motivation to push themselves to the limit is not so important. • They both depend on the athletes following the correct pre-test procedures • They both depend on the test being administered correctly. <p><u>Specificity</u> Key points:</p> <ul style="list-style-type: none"> • The coach should consider whether the test will mimic/replicate the sport played • Running is a core component of most sports but stepping is not. • The MSFT is a running test and most athletics events will contain an element of running • The FST is a stepping test which is a movement that is not present in athletics events. 	

	<p><u>Practicality</u> Key points:</p> <ul style="list-style-type: none"> • The MSFT is relatively easy to administer • the timing of runs is provided by the instructions on the test recording • the FST is slightly more difficult to administer • the tester/coach will need to keep checking that the athletes are stepping at the correct speed or with the correct rhythm • The MSFT can be administered to large groups of athletes • The FST is usually administered individually but could be done as a group as long as enough equipment is available and there is a large enough facility <p><u>Cost</u> Key points:</p> <ul style="list-style-type: none"> • the MSFT requires minimal equipment • the FST is more expensive as it requires steps of specific heights for males and females. <p>Award relevant conclusion regarding cost considering the two viewpoints.</p> <p><u>Recording scores</u> Key points:</p> <ul style="list-style-type: none"> • the MSFT it is slightly easier to work out the scores • the tester/coach needs to record the level • the FST is more difficult to work out the scores • the tester/coach needs to take and record the pulse rate of the athletes and carry out a calculation to work out their scores 	(8)
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Level	Descriptor
0 0 marks	No rewardable material
1 1-3 marks	A few key points identified, or one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.
2 4-6 marks	Some points identified, or a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3 7-8 marks	Range of points described, or a few key points explained in depth. All sides of the case are considered and the answer is well-balanced,

	giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.
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