

# **Retired Onscreen Test Version 3 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>**

# Retired Test Development



We are currently working towards a simulation test where mock onscreen tests can be taken in a real environment. However as this is being developed, we have temporarily created these PowerPoint based tests to support you.

## **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



When designing fitness training programmes the FITT principles need to be considered.

Complete the definition of **one** of the FITT principles. (1)

Select **one** option from the drop down list.

Please select...  is how hard an individual will train in each session.

- Frequency
- Intensity
- Time
- Type

## Question 2/18

There are many different methods of strength training.

Identify **two** training methods that would improve strength. (2)

Click on **two** of the boxes.

Static stretching

Circuit training

Fartlek training

Interval training

Free weights

# Question 3/18

Flexibility training is important for all sports performers.

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

Match the type of stretch to each picture. (2)

Click on each picture and then the correct type of stretch.

**A**



**B**



## Types of stretch

Passive

Ballistic

Dynamic

Bouncing

Active

## Question 4/18



An athlete is completing a training session on the treadmill. She sets the treadmill at a speed of 8 mph and runs at this speed for 30 minutes.

(a) Name the type of fitness training that is being carried out. (1)

Type your answer in the box.

(b) Name the component of fitness that this type of training improves. (1)

Type your answer in the box.



# Question 5/18

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

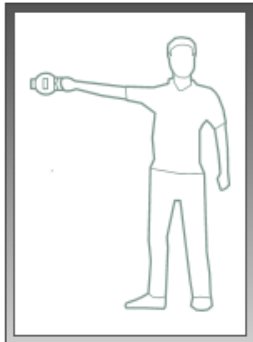
Match the component of fitness to the test each athlete is performing. (2)

Click on each picture and then the correct component of fitness.

**A**



**B**



## Component of fitness

Flexibility

Strength

Muscular endurance

Anaerobic power

Body composition

# Question 6/18

The diagram shows the set-up of a fitness test. The sports performer has to follow the route shown by the arrows as quickly as possible.

Name the **two** components of fitness that are measured by the test shown in the diagram. (2)

Type your answers in the boxes.

Component of fitness one

Component of fitness two

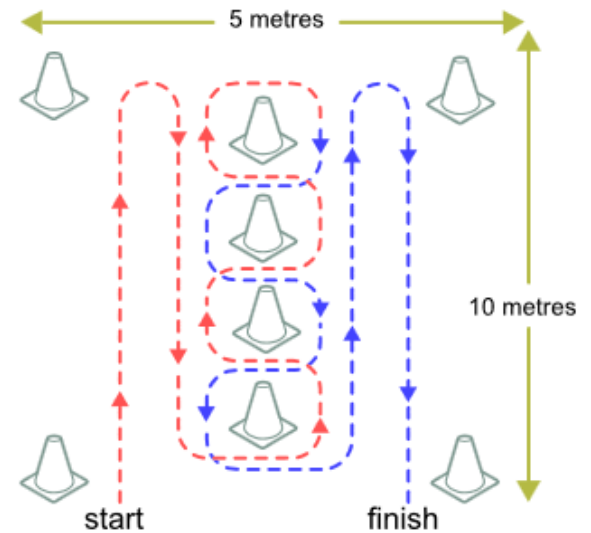


Diagram not to scale

# Question 7/18

The multi-stage fitness test (bleep test) is used to measure aerobic endurance.

(a) Which **two** pieces of equipment should be used to carry out a multi-stage fitness test? (2)

Click on **two** of the boxes.

Gym mat

Cone

Whistle

Bench

Audio equipment

(b) What are the usual units of measurement for the multi-stage fitness test? (1)

Type your answer in the box.

Fitness tests are selected for specific sports.

(c) Which sports performer would the multi-stage fitness test be **most** appropriate for? (1)

Click on **one** of the boxes.

Javelin thrower

100m runner

Shot putter

1500m runner

## Question 8/18

Rachel is a 20-year-old long distance runner who wants to improve her aerobic endurance.

(a) Identify the recommended training zone to improve Rachel's aerobic endurance. (1)

Click on **one** of the boxes.

50-75% HR Max

60-85% HR Max

55-80% HR Max

65-90% HR Max

Rachel uses the (6-20) RPE scale to measure her exercise intensity.

(b) What does RPE stand for? (1)

Type your answer in the box.

## Question 9/18

Skinfold measurements are used for prediction of percent body fat.

Identify **two** sites that are used in the Jackson-Pollock nomogram method to test **females** for prediction of percent body fat. (2)

Click on **two** of the boxes.

Calf

Abdominal

Triceps

Back

Thigh

# Question 10/18

Laura is a 100m sprinter for her local athletics club. She talks to her coach about her recent performances.

Laura: I always find that I'm behind the other runners after 20 metres and it's hard for me to catch up.

Coach: We will look at your training programme as you need to improve your start.



Which **two** components of fitness does Laura need to develop to improve her start? (2)

Click on **two** of the boxes.

Aerobic endurance

Flexibility

Reaction time

Balance

Power

## Question 11/18



Padraic is a cross-country runner. His training sessions include interval and fartlek training.

Explain why Padraic would use interval and fartlek training sessions to improve his performance. (4)

Type your answer in the box.

# Question 12/18

Henry is coaching a pair of rowers. He is discussing the principles of training with them.

Henry: If you keep doing these hard sessions over the next few weeks your heart and lungs will get stronger.

Which **one** of the additional principles of training is Henry referring to? (1)

Click on **one** of the boxes.

Variation

Specificity

Adaptation

Reversibility





## Question 13/18



Elaine is a long-distance cyclist who uses the principles of training to improve her sporting performance.

(a) Explain why using progressive overload would lead to an improvement in Elaine's sporting performance. (2)

Type your answer in the box.

(b) Explain why using specificity would lead to an improvement in Elaine's sporting performance. (2)

Type your answer in the box.

## Question 14/18

Jose has reviewed his training programme and decided to introduce free weights.

Explain **two** requirements for training with free weights. (4)

Type your answer in the box.



## Question 15/18



Caron is a fitness instructor. She runs an introductory class for beginners with low fitness levels. She decides to use the one-minute press-up test to measure their muscular endurance.

Explain **two** reasons why using the one-minute press-up test might not be suitable for the class participants. (4)

Type your answer in the box.

# Question 16/18

Gareth (male) and Morag (female) are both rugby players who play as wingers and they need speed to beat their opponent. To measure their speed they complete the 35m sprint test three times. Their results in seconds (s) are shown in Table A.

**Table A**

Athlete	Attempt 1	Attempt 2	Attempt 3
Gareth	5.21 s	5.15 s	5.65 s
Morag	5.35 s	5.28 s	5.29 s

Identify which categories Gareth and Morag fit into. (2)

Click on **one** box from Gareth's column and **one** box from Morag's column in Table B.

**Table B**

Category	Gareth	Morag
Excellent	<4.80 s	<5.30 s
Good	4.80-5.09 s	5.30-5.59 s
Average	5.10-5.29 s	5.60-5.89 s
Fair	5.30-5.60 s	5.90-6.20 s
Poor	>5.60 s	>6.20 s

## Question 17/18



Paulo is a Forward for his local hockey team. He wants to increase his speed to improve his performance during matches. He decides to use acceleration sprints.

Explain **one** reason why acceleration sprints would improve Paulo's performance in hockey. (2)

Type your answer in the box.

## Question 18/18



An athletics coach is deciding whether to use the forestry step test or the multi-stage fitness test to gain the best results for the aerobic endurance of her athletics group.

Discuss whether the athletics coach should use the forestry step test or the multi-stage fitness test to assess the aerobic endurance of her athletics group. (8)

Type your answer in the box.