

Retired Onscreen Test Version 6

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>

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

Sports performers need to know about the additional principles of training to ensure that their training programmes are effective.

Which **one** of these is an additional principle of training? (1)

Click on **one** of the boxes.

Agility

Specificity

Intensity

Type

Question 2/18

The picture shows a fitness test being carried out.

(a) What fitness test is being carried out in the picture? (1)

Click on **one** of the boxes.

Body Mass Index (BMI)

Skinfold testing

One-minute sit-up test

Bioelectrical Impedance Analysis (BIA)



(b) Which **one** of the following is a site that is used to test **males** in the Jackson-Pollock nomogram method for prediction of percent body fat? (1)

Click on **one** of the boxes.

Suprailiac

Shoulder

Triceps

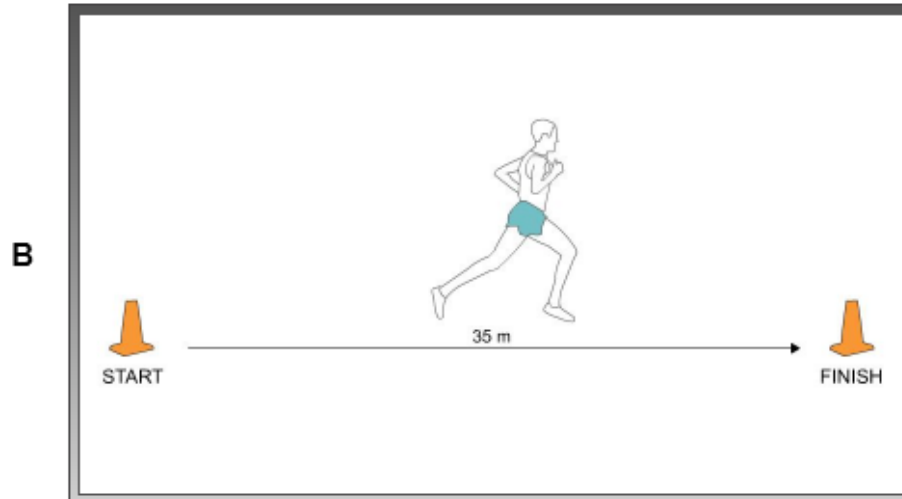
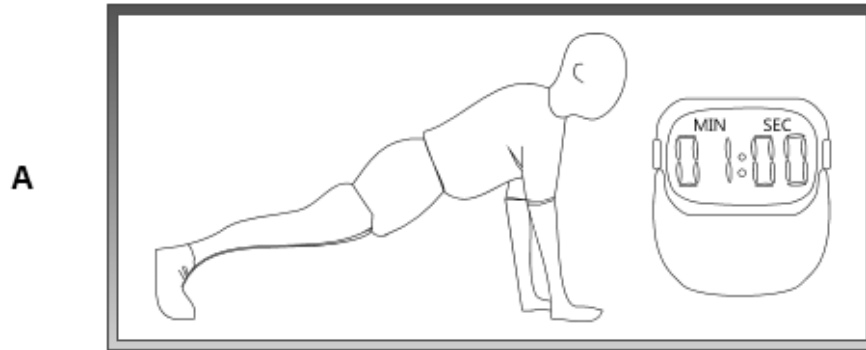
Chest

Question 3/18

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

Match the fitness test to the component of fitness that is being tested. (2)

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



Component of fitness

Anaerobic power

Speed

Strength

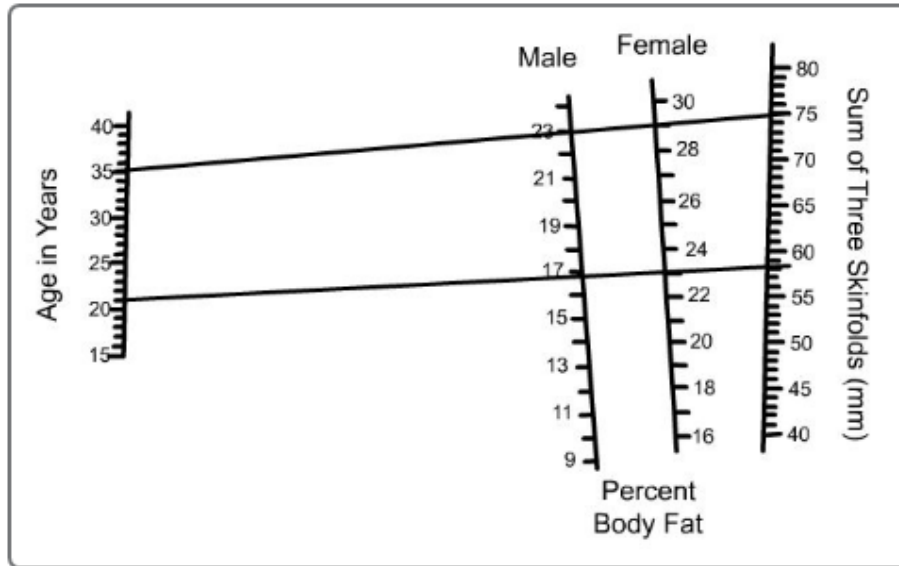
Agility

Muscular endurance

Question 4/18

Nomograms are shown for a:

- a) 21-year-old female who has a total skinfold of 58 mm
- b) 35-year-old male who has a total skinfold of 75 mm.



Using this information, identify the appropriate rating for the male and female. (2)

Click on **one** box for the male column and **one** box for the female column in the table.

Rating	Male	Female
Athletic	5-10 <input type="checkbox"/>	8-15 <input type="checkbox"/>
Good	11-14 <input type="checkbox"/>	16-23 <input type="checkbox"/>
Acceptable	15-20 <input type="checkbox"/>	24-30 <input type="checkbox"/>
Overweight	21-24 <input type="checkbox"/>	31-36 <input type="checkbox"/>

Diagram © Tenneco Health & Fitness

Question 5/18

All fitness tests are usually measured using a specific type of unit.

Match the correct fitness tests with the units of measurement they are usually measured in. (2)

Drag and drop the correct fitness tests into the spaces.

is usually measured in cm.

is usually measured in kg/m^2 .

Grip dynamometer

Sit and reach test

35m sprint test

Body Mass Index (BMI)

Multi-stage fitness test

Question 6/18

Maxine trains with free weights to improve her fitness. Her training routine includes lifting 6 reps of heavy weights.

(a) State the component of fitness that is being trained. (1)

Type your answer in the box.

Maxine also swims regularly for at least 30 minutes at a constant speed.

(b) State the component of fitness that is being trained. (1)

Type your answer in the box.

Question 7/18

Badminton players need to be able to run around the court quickly and get into the right position to play shots accurately and precisely without losing their balance.

(a) Identify the component of fitness that this is referring to. (1)

Click on **one** of the boxes.

Coordination

Power

Agility

Reaction time

(b) Identify the component of fitness that is defined as 'having an adequate range of motion in all joints of the body'. (1)

Type your answer in the box.

(c) Complete the definition. (1)

Type your answer in the box.

is defined as distance divided by time taken.

(d) Identify the component of fitness that is defined as 'the smooth flow of movement needed to perform a motor task efficiently and accurately'. (1)

Click on **one** of the boxes.

Coordination

Power

Agility

Reaction time

Question 8/18

The basic principles of training are called the FITT principles.

(a) What does the F stand for in the FITT principles? (1)

Click on **one** of the boxes.

Fitness

Familiar

Facilitate

Frequency

(b) State which **one** of the additional principles of training refers to avoiding boredom and maintaining enjoyment. (1)

Type your answer in the box.

Question 9/18

Balance is important for many different types of sport.

Identify **two** types of balance. (2)

Click on **two** of the boxes.

Static

Pure

Strength

Dynamic

Ballistic

Question 10/18

Ann is 30 years old and has just started an exercise programme.

(a) Calculate the maximal heart rate for Ann. (1)

Click on **one** of the boxes.

170 bpm

190 bpm

160 bpm

200 bpm

(b) Complete the sentence below about the recommended training zone for cardiovascular health and fitness. (1)

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

To increase cardiovascular fitness, a performer will need to cycle at an intensity of HR max.

35 %
55 %
75 %
95 %

Question 11/18

Before a sports performer takes part in the multi-stage fitness test, there are a number of pre-test procedures that should be carried out. These pre-test procedures include the completion of an informed consent form and the calibration of equipment.

Explain why these **two** pre-test procedures should be carried out before administering the multi-stage fitness test. (4)

Type your answers in the boxes.

Informed consent form

Calibration of equipment

Question 12/18

The video clip shows a sports performer taking part in some stretching.

Identify the type of stretching that is being carried out in the video. (1)

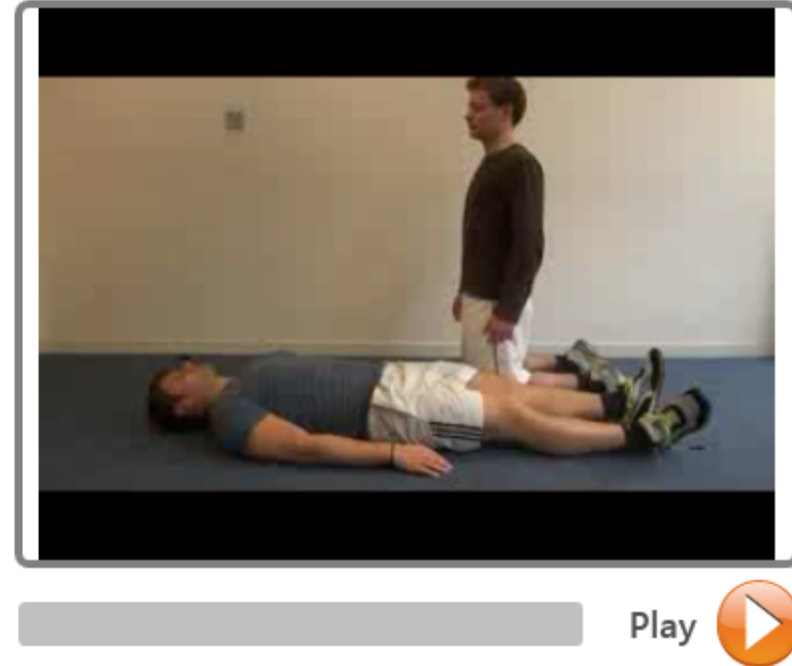
Click on **one** of the boxes.

Ballistic

Proprioceptive Neuromuscular Facilitation (PNF)

Static

Active



The person kneeling raises the leg of the person lying flat on the floor and continues to push the leg gradually forwards (towards the torso of the person lying on the ground).

Question 13/18

Donna is a high jumper and her coach wants to test Donna's anaerobic power. She selects the vertical jump test.

Explain **one** advantage and **one** disadvantage of using the vertical jump test to assess the anaerobic power of a high jumper. (4)

Type your answer in the box.

Question 14/18

A school teacher selects the forestry step test to test the aerobic endurance of a group of 15-year-old girls and boys.

Describe how **two** pieces of equipment should be used to administer the forestry step test. (4)

Type your answer in the box.

Question 15/18

Fiona is a personal trainer. She is deciding the best method to assess the body composition of her clients. She decides not to use the skinfold test or Bioelectrical Impedance Analysis (BIA) as there are disadvantages associated with both of these methods.

Explain **one** disadvantage of using the skinfold test and **one** disadvantage of using BIA to assess body composition. (4)

Type your answers in the boxes.

Disadvantage of using the skinfold test

Disadvantage of using BIA

Question 16/18

Chantel would like to test her body composition using Body Mass Index (BMI).

Select **two** pieces of equipment that Chantel should use to carry out a BMI test. (2)

Click on **two** pictures.



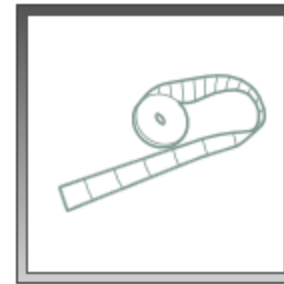
Weighing scales



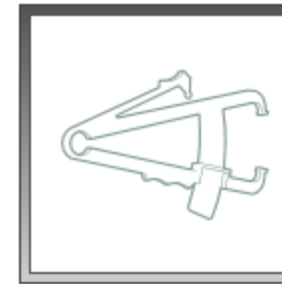
Grip dynamometer



Stopwatch



Tape measure



Skinfold calipers

Question 17/18

Ranjit is a volleyball player. He carries out plyometrics to improve his explosive power.

Explain how plyometrics will help Ranjit to improve his explosive power for volleyball. (2)

Type your answer in the box.

Question 18/18

Mark is a long jumper.
His coach is planning a training programme to improve Mark's performance.

Before planning the programme, Mark takes part in fitness tests that are relevant to his long jump performance.

Mark's test results are shown in the table.

Fitness tests	Result	Rating
35m sprint test	5.10 s	Average
Vertical jump	42 cm	Average
Sit and reach	-5	Below average

Using the test results, discuss different training methods that Mark could use to improve his long jump performance. (8)

Type your answer in the box.