

# **Retired Onscreen Test Version 4 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 training sessions a coach needs to consider the FITT principles of training.

Complete the definition of **one** of the basic principles of training. (1)

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

Time is how  an individual will train.

- often
- specifically
- long
- hard

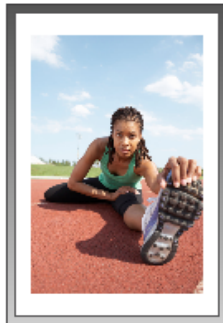
# Question 2/18

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

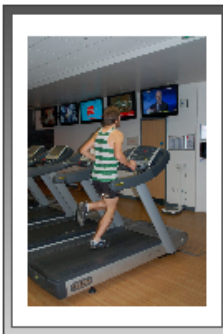
Match the method of fitness training to each picture. (2)

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

A



B



## Method of fitness training

Circuit training

Aerobic endurance

Plyometrics

Free weights

Flexibility

Digital Vision. Getty Images

# Question 3/18

Speed is an important component of fitness for many sports. Most performers will use different techniques to develop speed.

Match the types of speed training to the descriptions in boxes **A** and **B**. (2)

Click on each box and then the correct type of speed training.

**A**

Pace gradually increases from a rolling start to jogging, striding and then to maximum speed.

**B**

An athlete performs a work period followed by a rest period.

### Type of speed training

Interval training

Acceleration sprints

Fartlek training

Continuous training

Circuit training

# Question 4/18

The video shows a sports performer during a training session.

(a) Name the type of flexibility training shown in the video. (1)

Type your answer in the box.

(b) In which part of the training session would this type of training be used? (1)

Type your answer in the box.



The video shows a sports performer standing on one leg and swinging the other leg forwards and then backwards.



# Question 5/18

Each picture (**A** and **B**) shows fitness tests for different components of fitness.

Match the component of fitness to each fitness test. (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

Different types of speed are required when playing rugby.  
The diagram shows two examples where different types of speed are required.

Using the description and the diagram, identify the type of speed required for examples **A** and **B**. (2)

### Example A

A player receives the ball on the 22 metre line and sprints straight to the Try line.

Type your answer in the box.

### Example B

A player intercepts a pass on the Halfway line and sprints straight to the Try line.

Type your answer in the box.

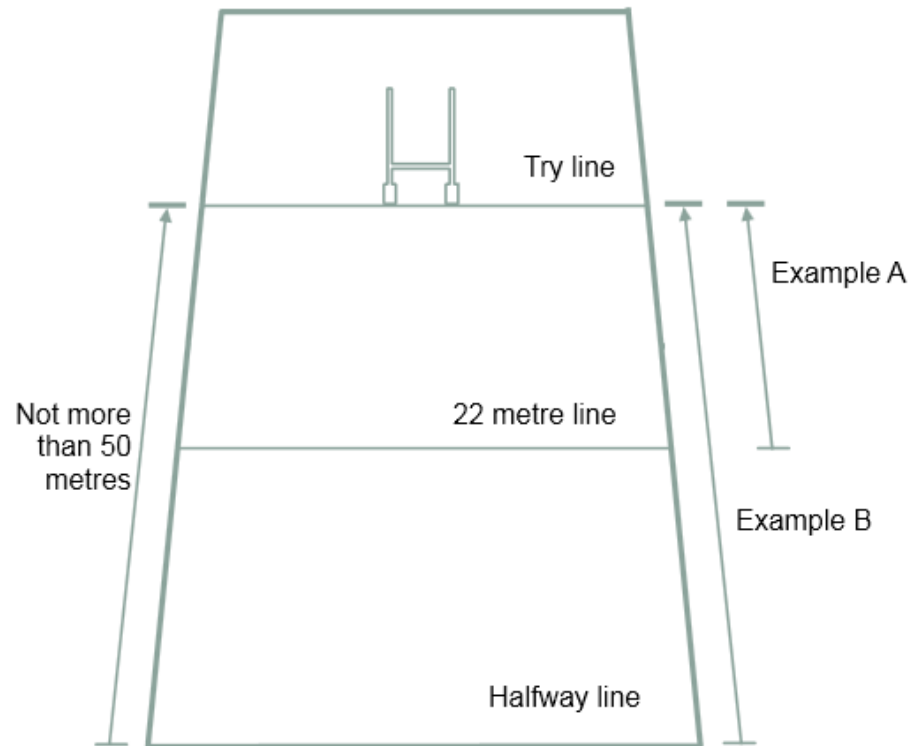


Diagram not to scale

# Question 7/18

The picture shows a test to measure flexibility.

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

Type your answer in the box.



(b) Identify the **two** parts of the body measured by the flexibility test shown in the picture. (2)

Click on **two** of the boxes.

Chest

Hamstrings

Quadriceps

Biceps

Lower back

When completing the test shown in the picture, it is important to follow the correct pre-test procedures.

(c) Identify **one** pre-test procedure that should be carried out. (1)

Type your answer in the box.

## Question 8/18



A 25-year-old rower has been advised that his recommended training zone should be 60-85% of his maximal heart rate (HR max).

(a) Identify how maximal heart rate (HR max) is calculated. (1)

Type your answer in the box.

(b) Name **one** other method of monitoring exercise intensity. (1)

Type your answer in the box.

## Question 9/18

Fitness tests are used to give athletes information about different components of their fitness.

Identify **two** tests that can be used to measure body composition. (2)

Click on **two** of the boxes.

Grip dynamometer

One-minute sit-up test

Vertical jump test

Bioelectrical Impedance Analysis (BIA)

Body Mass Index (BMI)

## Question 10/18

Alfie is a high jumper for his local athletics club.  
He talks to his coach about his recent poor performances.

Alfie: I find it hard to bend my back into the correct position over the bar.

Coach: We need to adjust your training to make sure that you can improve your technique.

(a) Which component of fitness should the coach address to improve Alfie's technique? (1)

Click on **one** of the boxes.

- Body composition       Strength       Balance       Flexibility

(b) Which other component of fitness would Alfie need to work on the **most** to improve his performance? (1)

Click on **one** of the boxes.

- Aerobic endurance       Power       Muscular endurance       Reaction time

## Question 11/18



To perform well hurdlers have to work on their flexibility.

Explain why hurdlers would use ballistic and proprioceptive neuromuscular facilitation (PNF) stretching to improve their performance. (4)

Type your answer in the box.

## Question 12/18

Jodie is a coach who trains a cycling team. Jodie is discussing the principles of training with the cyclists.

Jodie: If you want to improve your performance you need to keep training harder and harder.

Which **one** of the additional principles of training is Jodie referring to in her discussion with the cyclists? (1)

Click on **one** of the boxes.

Progressive overload

Specificity

Variation

Reversibility



## Question 13/18



Performance in volleyball is dependent on the performers using components of skill-related fitness.

Explain why power and reaction time are important components of fitness for a volleyball player. (4)

Type your answer in the box.

## Question 14/18

Kelly is a 1500m runner who would like to improve her running performance.

(a) Explain how undertaking continuous training would improve Kelly's 1500m running performance. (2)

Type your answer in the box.

(b) Explain how undertaking acceleration sprints would improve Kelly's 1500m running performance. (2)

Type your answer in the box.

## Question 15/18



Skinfold testing is used by coaches to gain information about their athletes' physical condition.

Explain **two** advantages of using skinfold testing. (4)

Type your answer in the box.

# Question 16/18

Nelson (male) and Alesha (female) play mixed doubles badminton. They complete the vertical jump test three times. Their results are shown in Table A.

Athlete	Attempt 1	Attempt 2	Attempt 3
Nelson	53 cm	45 cm	47 cm
Alesha	47 cm	53 cm	52 cm

Identify which categories Nelson and Alesha fit into. (2)

Click on **one** box from Nelson's column and **one** box from Alesha's column in Table B.

Category	Nelson	Alesha
Very good	61-70 cm <input type="checkbox"/>	51-60 cm <input type="checkbox"/>
Above average	51-60 cm <input type="checkbox"/>	41-50 cm <input type="checkbox"/>
Average	41-50 cm <input type="checkbox"/>	31-40 cm <input type="checkbox"/>
Below average	31-40 cm <input type="checkbox"/>	21-30 cm <input type="checkbox"/>
Poor	21-30 cm <input type="checkbox"/>	11-20 cm <input type="checkbox"/>

## Question 17/18



Mary needs to increase her muscular endurance to improve her performance in netball. Netball players repeatedly run, pass and throw the netball during the game.

Explain why using free weights would be a suitable training method that Mary could use to increase her muscular endurance. (2)

Type your answer in the box.

## Question 18/18



Nicola is a hockey player whose performance relies on aerobic endurance. She has her aerobic endurance tested using the multi-stage fitness test. Her  $\text{VO}_2$  max is calculated as 47 ml/kg/min. Nicola repeats the test after four weeks of training. Her new  $\text{VO}_2$  max is calculated as 44 ml/kg/min. Nicola is very disappointed as she thought her aerobic endurance had improved.

Discuss factors that could affect the reliability of Nicola's multi-stage fitness test results. (8)

Type your answer in the box.