

Mark Scheme

Standardisation

BTEC Level 1/Level 2 First in Sport  
(20586E04)

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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	Long	(1)

Question Number	Answer	Mark
2	Picture A: Flexibility Picture B: Aerobic endurance	(2)

Question Number	Answer	Mark
3	A: Acceleration sprints B: Interval training	(2)

Question Number	Answer	Mark
4(a)	Ballistic or Ballistic stretching  Also accept dynamic stretching  Accept any other appropriate phonetic spelling.	(1)
4(b)	Warm up  Also accept answers referring to: At the beginning Before the start Prior to the activity  Accept any other appropriate phonetic spelling.	(1)

Question Number	Answer	Mark
5	Picture A: Muscular endurance Picture B: Body composition	(2)

Question Number	Answer	Mark
6	Example A: Accelerative speed. Accept 'accelerative'. Also accept 'acceleration' and 'acceleration speed'.  Example B: Pure speed. Accept 'pure'.  Accept any other appropriate phonetic spelling.	(2)

Question Number	Answer	Mark
7(a)	Sit and reach  Accept any other appropriate phonetic spelling.	(1)
7(b)	Hamstrings Lower back	(2)
7(c)	Calibration of equipment Or Informed consent / medical consent / consent form  Also accept checking equipment / safety test  Do not accept references to risk assessment, correct equipment, stretching/warm up  Accept any other appropriate phonetic spelling.	(1)

Question Number	Answer	Mark
8(a)	220 – age (years)  Accept 220-25 and/or answer of 195 as learner has shown knowledge of calculation and has applied to context given.	(1)
8(b)	Accept any of the following, up to 1 mark:  - RPE - Borg's RPE - Borg's scale - Rating of Perceived Exertion - Borg's Rating of Perceived Exertion - Borg (6–20).  Accept any other appropriate phonetic spelling.  Do not accept just 'Borg'.	(1)

Question Number	Answer	Mark
9	Body Mass Index (BMI)  Bioelectrical Impedance Analysis (BIA)	(2)

Question Number	Answer	Mark
10(a)	Flexibility	(1)
10(b)	Power	(1)

Question Number	Answer	Mark
11	<p>Award 1 mark for an explanation of why that method of flexibility training is appropriate and 1 mark for an appropriate expansion for each stretch applied to hurdling, up to a maximum of 2 marks per stretch.</p> <p>For example:</p> <p>Hurdlers would use ballistic stretching to replicate the range of movement/ROM in several joints at the appropriate speed for the race (1) so that during a race their muscles are used to performing those specific movements/having their muscles ready and will not become strained/injured during the high intensity demands of the race (1).</p> <p>Hurdlers would use PNF stretching to improve their flexibility more quickly/effectively/efficiently (than any other type of stretching) (1) as their increased flexibility will help them to stretch into correct hurdling positions / help prevent injuries (1).</p> <p>Reference to using PNF stretching as a rehabilitation technique is also acceptable</p> <p>Do not credit reference to preventing injury more than once</p> <p>Accept any other appropriate answers.</p>	(4)

Question Number	Answer	Mark
12	Progressive overload	(1)

Question Number	Answer	Mark
13	<p>Award 1 mark for an explanation and 1 mark for an appropriate expansion, up to a maximum of 4 marks.</p> <p>Only 2 marks are available for answer referring to Power and only 2 marks are available for answer referring to Reaction time</p> <p>For example:</p> <p><u>Power</u></p> <p>Power is important for volleyball players so that they can explosively push off the floor and jump high (1), this power will produce the height needed and time in the air to be effective in blocking the volleyball at the net/playing a smash at the net (1).</p> <p>Or</p> <p>Power is important for volleyball players so that they can hit the ball hard or fast (1) as this will enable them to produce effective/winning shots (1)</p> <p><u>Reaction time</u></p> <p>Volleyball players need to react very quickly to get into position to play a good shot (1) as the volleyball will travel quickly and may be hit or deflected by an opponent/team member (1).</p> <p>Accept any other appropriate answers.</p>	(4)

Question Number	Answer	Mark
14(a)	<p>Continuous training will improve Kelly's performance by increasing her VO<sub>2</sub> max/aerobic endurance/aerobic fitness (1) which will increase efficiency of oxygen uptake and use so she can exercise for longer periods (1).</p> <p>Do not accept 'exercising at higher intensities' for an answer as continuous training will not produce this effect.</p> <p>Do not accept 'stamina' as an alternative to aerobic endurance</p> <p>Accept any other relevant wording/phrasing.</p>	(2)
14(b)	<p>Acceleration sprints will increase speed over a short distance (1) and this will enable Kelly to change her pace whilst running to overtake an opponent/produce a</p>	(2)

	sprint finish (1). Accept any other relevant wording/phrasing.	
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Question Number	Answer	Mark
15	<p>Award 1 mark for an explanation and 1 mark for an appropriate expansion, up to a maximum of 2 marks:</p> <p>The skinfold test is an accurate measure of body composition (if the tester follows the correct protocol) (1) and it uses gender specific sites which provide consistent results (1).</p> <p>Skinfold tests differentiate between body fat and lean body weight/muscle (1), this enables a tester to monitor whether increases in weight over time are the result of putting on muscle or fat/decreases in weight over time are the result of losing fat or muscle (1).</p> <p>If the protocol of skinfold testing is followed then it can be used to distinguish between body fat and lean body weight (1). This is an advantage because it actually measures body composition rather than body mass (1).</p> <p>One advantage of skinfold testing is that it is accessible to coaches (1), as it is relatively cheap to buy (1).</p> <p>Accept any other relevant wording/phrasing.</p> <p>Do not accept 'accurate' on its own. It must state that the test is an accurate measure of body composition.</p>	(4)

Question Number	Answer	Mark
16	<p>Nelson – Above average</p> <p>Alesha – Very good</p>	(2)

Question Number	Answer	Mark
17	<p data-bbox="451 247 1105 310">Award 1 mark for an explanation and 1 mark for an appropriate expansion, up to a maximum of 2 marks.</p> <p data-bbox="451 344 1138 470">Using free weights training would use high repetitions and a low load or low intensity (1) and this will enable a performer to repeatedly produce muscle contractions at low intensities (1).</p>	(2)

Question Number	Indicative content	Mark
18	<p>Reliability is if the test can be replicated identically and produce the same results. To do this all the variables that will affect the test need to be controlled or the results will be inaccurate.</p> <ul style="list-style-type: none"> <li>• Calibration or accuracy of equipment – equipment can become inaccurate if not checked and recalibrated regularly (pre-test checks).</li> <li>• The standard test method (protocol) needs to be followed by the test administrator – if the test protocol is not followed it can produce inaccurate results (20 m is correctly measured/continuous running in time to the bleeps/straight line between two markers).</li> <li>• Poor recording of results – the results for the test or retest may have been recorded inaccurately.</li> <li>• Pre-test procedures – Nicola may have followed different procedures before the test. For example, she may have been training or been tired or dehydrated before the test and retest.</li> <li>• The test may have been done at different times of the day and this may affect Nicola’s energy levels.</li> <li>• The test may have been done in different clothing and footwear.</li> <li>• If the test was done outside there may have been different weather conditions with regard to temperature or wind. The test may have been affected by different running surfaces.</li> <li>• If the test was done inside the environment may have been cooler or warmer.</li> <li>• The motivation level of the performer with regard to the test could have been different between tests – psychological factors are being tested rather than fitness levels (number of people taking the test may affect the motivation level).</li> <li>• The performer may have taken medication that may have affected the reliability of the results</li> <li>• Stress or other external factors could affect concentration and commitment of the performer</li> </ul> <p>Do not accept</p> <ul style="list-style-type: none"> <li>• The performer has done the wrong type of training</li> <li>• The performer is injured or ill</li> </ul> <p>These may affect the result but not the reliability of the result</p>	(8)



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.