

# **Retired Onscreen Test Version 1**

## **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

When training a sports performer there are six different components of physical fitness to consider.

Which **one** of these is a component of physical fitness? (1)

Click on **one** of the boxes.

Aerobic endurance

Agility

Balance

Reaction time

## Question 2/18

The picture shows a sports performer in training.

(a) What type of training does the picture show? (1)

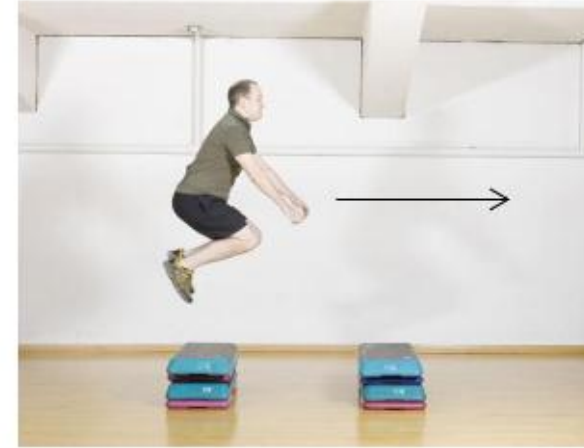
Click on **one** of the boxes.

Flexibility

Plyometrics

Speed

Endurance



(b) Which sports performer would benefit **most** from this training method? (1)

Click on **one** of the boxes.

Marathon runner

Long-distance swimmer

Basketball player

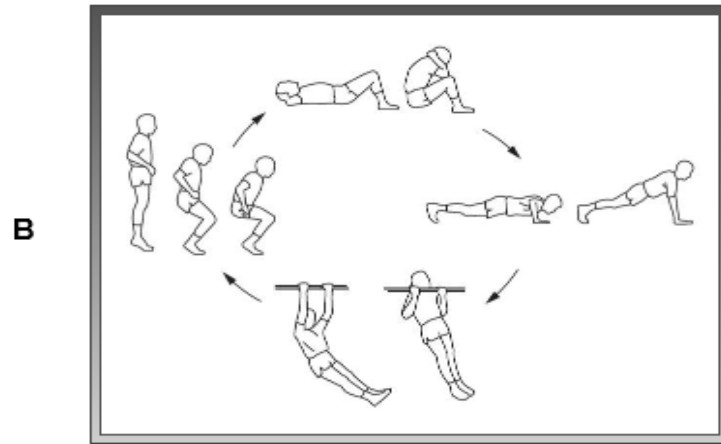
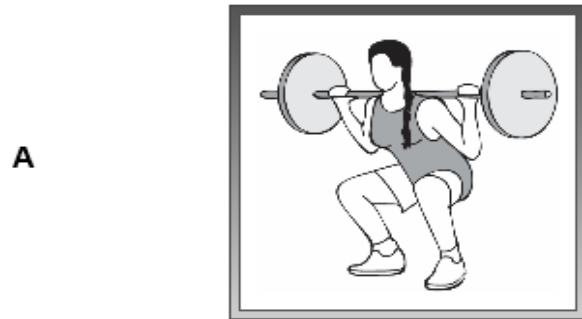
Rugby player

# Question 3/18

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

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

Click on a picture and then the correct type of fitness training that is shown.



## Types of Fitness Training

Circuit training

Continuous training

Free weights training

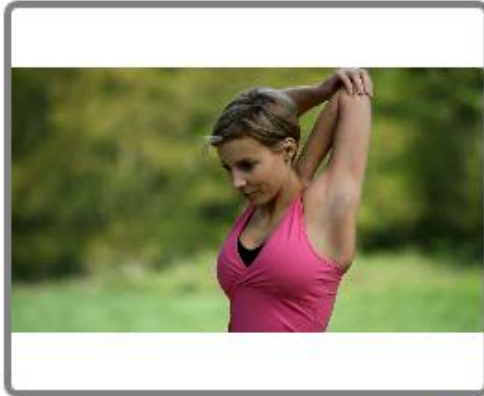
Flexibility training

Fartlek training

## Question 4/18

The videos show two types of flexibility training.

Type 1



Type 2



State the **two** types of flexibility training the sports performers are carrying out. (2)

Type your answers in the boxes.

1.

2.

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## Question 5/18

Fitness tests are used to measure different components of fitness.

Complete the following sentences about the **two** components of fitness. (2)

Drag and drop the correct components of fitness into the spaces.

is measured using height and weight.

is measured by counting the number of repetitions that can be completed in one minute.

Body composition

Muscular endurance

Power

Reaction time

Muscular strength



## Question 6/18

Diana is a rower who has designed a training programme using the FITT principles to improve her performance.

Identify which **one** of the FITT principles has been applied in each statement from Diana's training programme. (2)

Type your answers in the boxes.

Statement	FITT Principle
Diana will train five days a week with two rest days.	<input type="text"/>
For the main part of her training, Diana will use a rowing machine at an RPE of 13-15 on the Borg scale.	<input type="text"/>

## Question 7/18

The picture shows a piece of fitness testing equipment.

(a) State the name of this equipment. (1)

Type your answer in the box.

(b) State the component of fitness that this equipment measures. (1)

Type your answer in the box.

(c) Identify the part of the body that this equipment tests. (1)

Type your answer in the box.

(d) When this equipment is used for a fitness test, what are the usual units of measurement? (1)

Click on **one** of the boxes.

KgW

kg/m<sup>2</sup>

ml/kg/min

cm



## Question 8/18

Maximal heart rate (HR max) is often used to help work out an athlete's training intensity and make sure they are exercising in the right training zone.

(a) Which is the correct equation for working out an athlete's HR max? (1)

Click on **one** of the boxes.

160 - Age (years)

180 - Age (years)

220 - Age (years)

280 - Age (years)

(b) State the recommended training zone, in percentage of HR max, for cardiovascular health and fitness. (1)

Type your answer in the box.

## Question 9/18

The picture shows a person taking part in a fitness test.

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

Click on **one** of the boxes.

Vertical jump test

Illinois agility test

Sit and reach test

Bleep test

(b) Identify the component of fitness that this test measures. (1)

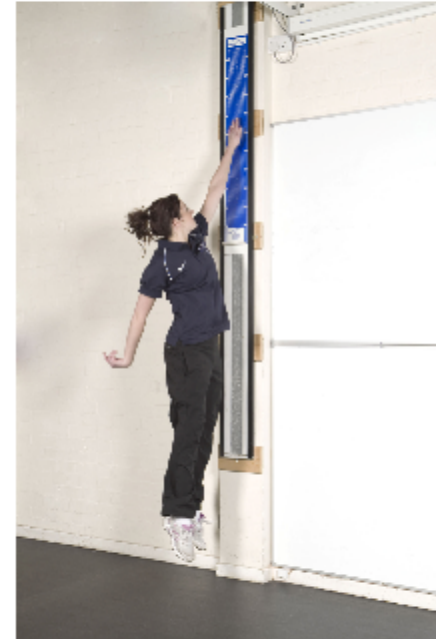
Click on **one** of the boxes.

Strength

Speed

Anaerobic power

Agility



## Question 10/18

Flexibility is important for sports performers.

(a) Identify the sport in which an elite performer requires the highest levels of flexibility. (1)

Click on **one** of the boxes.

Gymnastics

Rowing

Netball

Badminton

An elite sports performer is recovering from a muscle injury and is now undergoing a rehabilitation programme.

(b) Identify which method of flexibility training would be **most** appropriate for their rehabilitation. (1)

Click on **one** of the boxes.

Active stretching

Ballistic stretching

PNF stretching

Passive stretching

## Question 11/18

A football player would need to use different types of speed training in their fitness training programme. Acceleration sprints and hollow sprints are good methods of speed training.

Explain how hollow sprint training and acceleration sprint training could improve a footballer's sporting performance. (4)

Type your answer in the box.

## Question 12/18

A long-distance cyclist plans to increase their endurance through training.

Identify the intensity they should use for their strength endurance training programme. (1)

Click on **one** of the boxes.

- 50 – 60 % 1 RM and 20 reps
- 75 % 1 RM and 12 reps
- 30 – 40 % 1 RM and 15 reps
- 90 % 1 RM and 12 reps



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## Question 13/18

A gymnast uses balance and power to perform effectively in their sport.

Explain why balance and power are both important for a gymnast to perform a floor routine effectively.

(4)

Type your answer in the box.



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## Question 14/18

Frank has taken a forestry step test.

His pulse reading after 5 minutes of stepping is shown in Table A.

(a) Calculate Frank's beats per minute from his pulse reading. (2)

Type your answer in the box.

You **must** show your working.

(b) Explain **one** disadvantage of using the forestry step test to measure a person's aerobic endurance. (2)

Type your answer in the box.

Time after exercise (min)	Pulse reading
5.15	24

Working box

Show ▶

## Question 15/18

A coach is trying to improve the aerobic endurance of his sports performers.

Explain, using examples, how **two** fitness training methods can improve a sports performer's aerobic endurance. (4)

Type your answer in the box.

## Question 16/18

Praveen would like to take the Illinois agility run test.

Select **two** pieces of equipment that could be used to carry out the Illinois agility run test. (2)

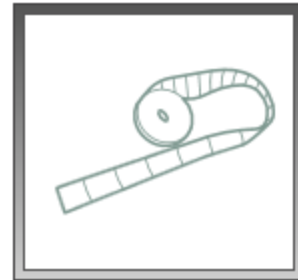
Click on **two** pictures.



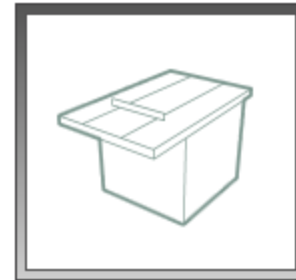
Audio player



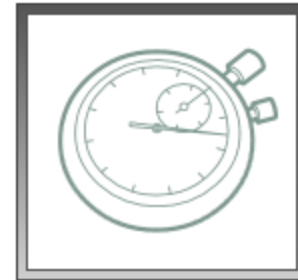
Weighing scales



Tape measure



Sit and reach box



Stopwatch

## Question 17/18

Tyrone is going to start a strength training programme.  
His coach has told him that he must choose a valid test to check his progress.  
He chooses to do the one minute sit-up test before and after the strength training programme.  
However, his coach tells him that this is not a valid test.

Explain the validity of this test as a measure of muscular strength. (2)

Type your answer in the box.

## Question 18/18

Daniel joined a gym to prepare for a 10k cross country run. He trained for 3 months.

At the club Daniel participated in a training programme which included swimming, aerobic circuit classes and stretching classes.

Daniel took part in a number of fitness tests before and after this training programme.

Both sets of results are shown in the table.

Fitness test	Pre-training results	Post-training results
Sit and reach	5 cm	15 cm
BMI	27 kg/m <sup>2</sup>	23 kg/m <sup>2</sup>
VO <sub>2</sub> Max	35 ml/kg/min	45 ml/kg/min

Using the fitness test results, evaluate how the training programme is suitable preparation for a 10k run. (8)

Type your answer in the box.