

## Yr10 BTEC Sport – Component 1 – Knowledge Questions

### **Learning Aim A – Explore types and provision of sport and physical activity for different types of participant**

#### A1 – Types and providers of sport and physical activities

1. What are the 3 types of sport and physical activity?
2. Identify 4 benefits of taking part in sport?
3. Identify 4 benefits of taking part in outdoor activities?
4. Identify 4 benefits of taking part in physical activities?
5. What are the 3 provisions of sport and physical activity?
6. How is the \_\_\_\_\_ sector funded?
7. What are the aims of the \_\_\_\_\_ sector?
8. What accessibility does the \_\_\_\_\_ sector provide?
9. What are the advantages to the provision of sport in the \_\_\_\_\_ sector?
10. What are the disadvantages to the provision of sport in the \_\_\_\_\_ sector?

#### A2 – Types and needs of sport and physical activity participants

1. What are the different types of participants?
2. What are the 4 different participants ages?
3. What are the physical activity health needs?
4. What are the physical activity social needs?
5. What are the physical activity mental needs?

#### A3 – Barriers to participation in sport and physical activity for different types of participant

1. What is a barrier?
2. How might cost be a barrier?
3. How might access be a barrier?
4. How might time be a barrier?
5. Who might experience personal barriers to sport and physical activity and why?
6. Who might cultural barriers apply to and why?

#### A4 – Methods to address barriers to participation in sport and physical activity for different types of participant

1. What initiatives could you use to support with the barrier of cost?
2. What initiatives could you use to support with the barrier of access?
3. What initiatives could you use to support with the barrier of time?
4. What initiatives could you use to support with personal barriers?
5. What initiatives could you use to support with cultural barriers?

## **Learning Aim B – Examine equipment and technology required for participants to use when taking part in sport and physical activity**

B1 – Different types of sports clothing and equipment required for participation in sport and physical activity

1. Identify at least 3 types of sports clothing.
2. Identify at least 2 types of sports footwear.
3. Identify at least 5 types of sport-specific equipment
4. Identify at least 4 types of sports protection and safety equipment.
5. Identify at least 2 types of sports equipment or assistive technology for people with disabilities.
6. Identify at least 3 types of sports facilities.
7. Identify at least 2 types of officiating equipment.
8. Identify at least 2 types of performance analysis equipment.

B2 – Different types of technology and their benefits to improve sport and physical activity participation and performance

1. What clothing technology is there? How does this improve performance?
2. What footwear technology is there? How does this improve performance?
3. What sport specific technology is there? How does this improve performance?
4. What technology helps with protection and safety equipment? How does this aid performance?
5. What technology is there for people with disabilities? How does this improve performance?
6. What facilities use technology? How does this benefit athletes?
7. What officiating technology is there? How does this improve performance?
8. What performance analysis technology is there? How does this improve performance?

B3 – The limitations of using technology in sport and physical activity

1. What are the time limitations when using technology?
2. What are the access limitations when using technology?
3. What are the cost limitations when using technology?
4. What are the usability limitations when using technology?
5. How might accuracy of data provided by equipment be a limitation?

## **Learning Aim C – Be able to prepare participants to take part in physical activity**

### **C1 – Planning a warm up**

1. What does a warm up consist of?
2. When does a warm up happen?
3. What is the purpose of a pulse raiser?
4. Give 3 examples of activities that could take place in a pulse raiser.
5. How does the cardiorespiratory system respond to the pulse raiser?
6. How does the musculoskeletal system respond to the pulse raiser?
7. What is the purpose of the mobiliser?
8. Give 3 examples of activities that could take place in the mobiliser.
9. How does the cardiorespiratory system respond to the mobiliser?
10. How does the musculoskeletal system respond to the mobiliser?
11. What is the purpose of stretching in a warm up?
12. What are the main muscles in the arms?
13. What are the main muscles in the legs?
14. What are the main muscles in the torso?
15. What are static stretches?
16. What are dynamic stretches?
17. What are simple stretches?
18. What are compound stretches?
19. How does the cardiorespiratory system respond to the stretches?
20. How does the musculoskeletal system respond to the stretches?

### **C2 – Adapting a warm up for different categories of participants and different types of physical activities**

1. How might you adapt the warm up for different participants?
2. How might you adapt the warm up to make it specific to a physical activity?

### **C3 – Delivering a warm up to prepare participants for physical activities**

1. How can you demonstrate organisation as a leader?
2. How can you demonstrate good use of timing as a leader?
3. How can you demonstrate good positioning as a leader?
4. How can you demonstrate good use of space as a leader?
5. How might a leader provide feedback to participants?
6. How can you support participants when taking part in a warm up?