

Yr11 BTEC Sport – Component 3 – Knowledge Questions

Component 3 - Developing fitness to improve other participants performance in sport and physical activity

Learning Outcome A – Explore the importance of fitness for sports performance

A1 – The importance of fitness for successful participation in sport

1. Identify the 6 physical components of fitness
2. Identify the 5 skill components of fitness
3. Define aerobic endurance
4. Define muscular endurance
5. Define speed
6. Define muscular strength
7. Define flexibility
8. Define body composition
9. Define power
10. Define agility
11. Define reaction time
12. Define balance
13. Define coordination

A2 – Fitness training principles

1. What does FITT stand for?
2. Define what frequency means in relation to fitness training
3. Define what intensity means in relation to fitness training
4. Define what time means in relation to fitness training
5. Define what type means in relation to fitness training
6. Define what progressive overload means in relation to fitness training
7. How can you apply progressive overload to a training programme?
8. Define what specificity means in relation to fitness training
9. Define what individual differences means in relation to fitness training
10. Define what adaptation means in relation to fitness training
11. Define what reversibility means in relation to fitness training
12. What things can lead to reversibility?
13. Define what variation means in relation to fitness training
14. Define what rest and recovery means in relation to fitness training
15. Why is important to rest and recover when training?

A3 – Exercise intensity and how it can be determined

1. How can you measure intensity?
2. How do you measure your max heart rate?
3. What is the aerobic training zone?
4. What is the anaerobic training zone?
5. What is the fat burning training zone?
6. What is the RPE scale?
7. How do you calculate your heart rate using the RPE scale?
8. What does the phrase 1 rep max mean?
9. How do you calculate strength and muscular endurance using the 1 rep max formula?
10. What technology can you use to measure exercise intensity?

Learning Outcome B – B Investigate fitness testing to determine fitness levels

B1 – Importance of fitness testing and requirements for administration of each fitness test

1. What are the main reasons for fitness testing?
2. What are the pre-test procedures?
3. What does the work calibration mean when talking about pre-test procedures?
4. What is the purpose of a PAR-Q?
5. What does reliability mean?
6. What does validity mean?
7. What factors can affect the reliability and validity of fitness test data?

B2 – Fitness test methods for components of physical fitness

1. What are the fitness tests for aerobic endurance?
2. What are the fitness tests for muscular endurance?
3. What are the fitness tests for flexibility?
4. What are the fitness tests for speed?
5. What are the fitness tests for muscular strength?
6. What are the fitness tests for body composition?
7. What equipment is needed for each fitness test?
8. How do you carry out each fitness test?

B3 – Fitness test methods for components of skill-related fitness

1. What are the fitness tests for agility?
2. What are the fitness tests for balance?
3. What are the fitness tests for coordination?
4. What are the fitness tests for power?
5. What are the fitness tests for reaction time?
6. What equipment is needed for each fitness test?
7. How do you carry out each fitness test?

Learning Outcome C – Investigate different fitness training methods

C1 – Requirements for each of the following fitness training methods

1. What does a warm up consist of?
2. When does a warm up happen?
3. What is the purpose of a warm up?
4. What does a cool down consist of?
5. When does a cool down happen?
6. What is the purpose of a cool down?

C2 – Fitness training methods for physical components of fitness

1. What are the training methods for aerobic endurance?
2. What are the training methods for muscular endurance?
3. What are the training methods for flexibility?
4. What are the training methods for speed?
5. What are the training methods for muscular strength?
6. What equipment is needed for each training method?
7. How do you carry out each training method?

C3 – Fitness training methods for skill-related components of fitness

1. What are the training methods for agility?
2. What are the training methods for power?
3. What are the training methods for balance?
4. What are the training methods for coordination?
5. What are the training methods for reaction time?
6. What equipment is needed for each training method?
7. How do you carry out each training method?

C4 – Additional requirements for each of the fitness training methods

1. What are the advantages to each training method?
2. What are the disadvantages to each training method?

C5 – Provision for taking part in fitness training methods

1. What are the 3 provisions in sport?
2. What are the advantages of the public provision?
3. What are the disadvantages of the public provision?
4. What are the advantages of the private provision?
5. What are the disadvantages of the private provision?

C5 – The effects of long-term fitness training on the body systems

1. What are cardiorespiratory adaptations to aerobic endurance training?
2. What does the word hypertrophy mean?
3. What is cardiac hypertrophy?
4. What is capillarisation?
5. What are the benefits of capillarisation?
6. What are musculoskeletal adaptations to flexibility training?
7. What do ligaments connect?
8. What do tendons connect?
9. What are muscular adaptations to muscular endurance training?
10. What are musculoskeletal adaptations to muscular strength training?
11. What are muscular adaptations to speed training?
12. What is lactic acid?

Learning Outcome D – Investigate fitness programming to improve fitness and sports performance

D1, 2, 3 – Personal information to aid fitness training programme design, Fitness programme design, Motivational techniques for fitness programming

1. What is an aim?
2. What is an objective?
3. Define motivation.
4. What is intrinsic motivation?
5. What is extrinsic motivation?
6. What is goal setting?
7. What does the acronym SMARTER stand for when setting goals?
8. How does motivation help behaviour?
9. What are the benefits of motivation on the sports performer?