

Please check the examination details below before entering your candidate information

Candidate surname					Other names				
Centre Number					Candidate Number				

Pearson BTEC Level 1/Level 2 Tech Award

Wednesday 8 January 2025

Morning (Time: 1 hour 30 minutes)	Paper reference	BSP03
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Sport
COMPONENT 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

You do not need any other materials.	Total Marks
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Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
 – *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets
 – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer all questions. Write your answers in the space provided.

Some questions must be answered with a cross in a box ☐. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☐.

Michelle plays hockey. Hockey players need good levels of fitness.

1 (a) Which fitness test is shown in **Figure 1**?

(1)

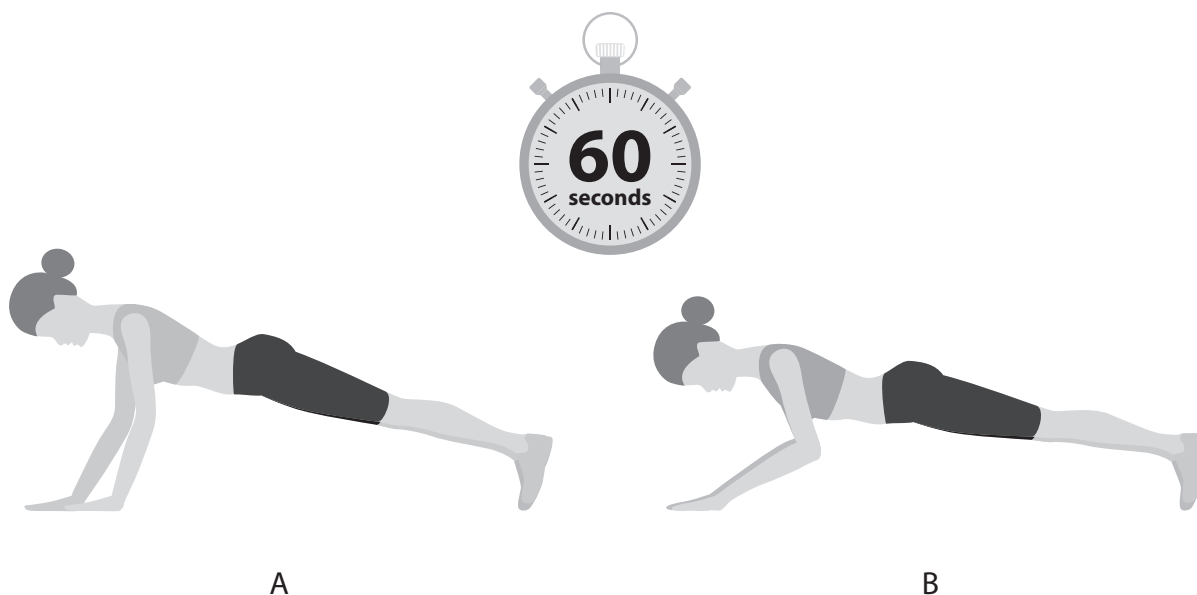


Figure 1

- ☒ **A** One-minute press-up test
- ☒ **B** 30 metre flying sprint
- ☐ **C** 1 Rep Max
- ☐ **D** One-minute sit-up test

Michelle attends three hockey training sessions per week.

(b) Which basic principle of training is Michelle applying?

(1)



Michelle takes part in fitness training methods during some of her hockey training sessions.

(c) Which training method is shown in **Figure 2**?

(1)

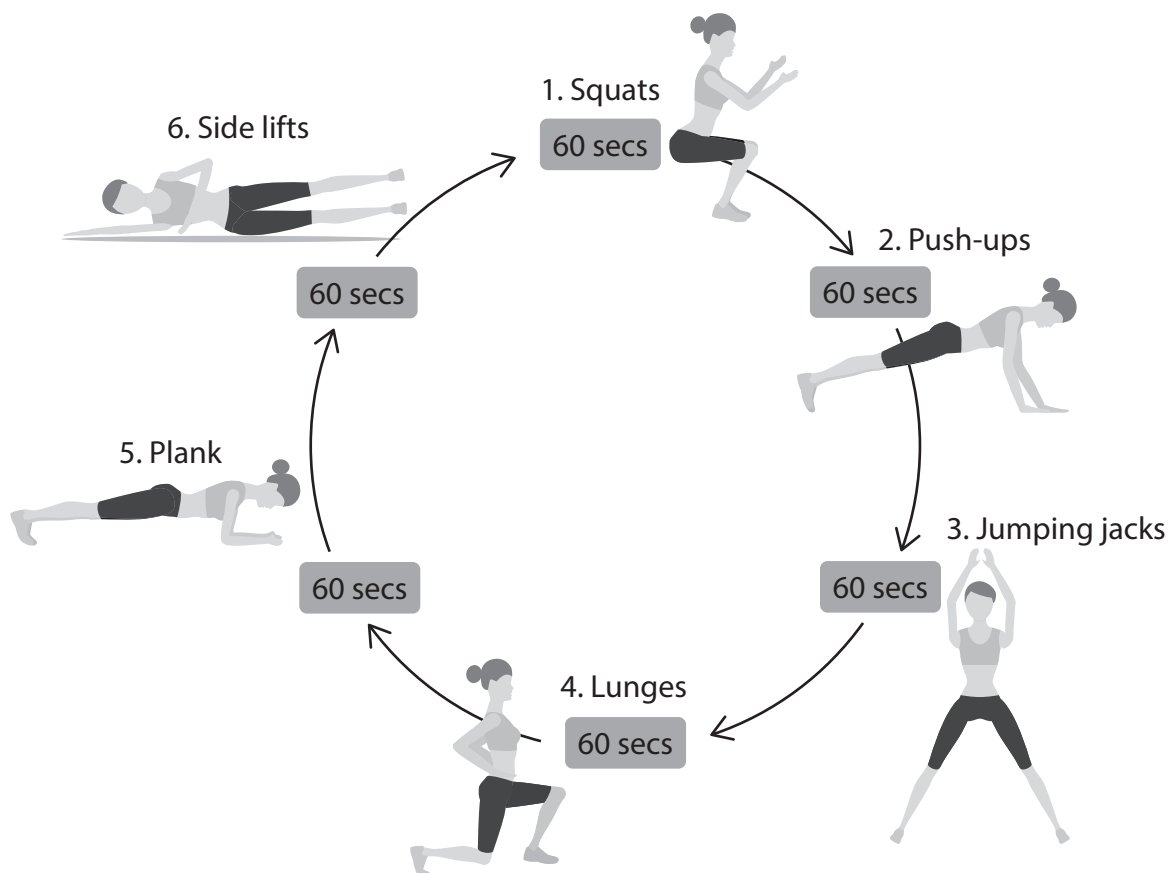


Figure 2

- ☐ **A** Fartlek training
- ☐ **B** Interval training
- ☐ **C** Circuit training
- ☐ **D** Plyometrics



Michelle takes part in two fitness tests for aerobic endurance.

(d) Complete **Table 1** by:

- (i) Stating **two** fitness tests that would test aerobic endurance.
- (ii) Describing **each** fitness test you have stated.

(i) Fitness test	(ii) Description of fitness test
(1)	(1)
(1)	(1)

Table 1

Michelle's coach wants to know how hard she has been working when taking part in the fitness tests.

- (e) State **one** item of technology that Michelle could use to measure her exercise intensity.

(1)

Michelle's coach considers the validity of the fitness tests when choosing them for Michelle.

- (f) Explain what is meant by the term **validity**.

(2)

(Total for Question 1 = 10 marks)



David is a table tennis player. He uses the principles of training when planning his training.

- 2 (a) Identify the principles of training being described by definitions **A** and **B**.

Draw a straight line from the definition to the correct principle of training.

(2)

Definition

A

Training should meet the needs of an individual

B

Changes to the body due to increased training loads

Principle of training

• Individual differences

• Progressive overload

• Specificity

• Adaptation

Table tennis players need to have good levels of reaction time.

- (b) Explain why David needs good levels of reaction time to be successful in table tennis.

(2)

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David wants to test his grip strength.

(c) Describe how the grip dynamometer test is carried out.

(3)

David is 45 years old.

(d) Identify David's maximum heart rate (HR max) in beats per minute (bpm).

(1)

- ☐ **A** 200 bpm
- ☐ **B** 160 bpm
- ☐ **C** 220 bpm
- ☐ **D** 175 bpm



To improve David’s strength, his coach has suggested two new training methods.

- (e) Complete **Table 2** by:
- (i) Identifying **two** types of training method to increase strength.
 - (ii) Describing **each** of the training methods stated.

(i) Training method	(ii) Description of training method
(1)	(1)
(1)	(1)

Table 2

(Total for Question 2 = 12 marks)



Kian plays rounders. He needs to be able to watch the ball and swing his arm at the same time to hit the ball successfully.

3 (a) Which **one** of the following components of fitness is this relating to?

(1)

- ☐ **A** Speed
- ☐ **B** Power
- ☐ **C** Agility
- ☐ **D** Coordination

Kian has been training to increase his flexibility.

(b) Name **one** training method to increase flexibility.

(1)

Kian has been asked by his coach to lead the warm-up at the start of the training session.

(c) State **two** components of a warm-up.

(2)

1

2

A long-term goal is one type of goal that Kian's coach has set for Kian.

(d) Describe **one other** type of goal that Kian's coach could set for him.

(2)

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Disadvantage



Turn over ►

Kian joins a new rounders club. Before he starts attending the training sessions his new coach says that he needs to meet with Kian to complete some **pre-training procedures**.

- (f) Discuss **two** pre-training procedures that Kian's coach would carry out with Kian.

(6)



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(Total for Question 3 = 16 marks)



Jamal plays football and is attending a new session. The session is being run at his local park, is free for anyone to attend and is funded by the local council.

4 (a) Which type of provision is Jamal attending?

(1)

Jamal's coach tests all of the players' body composition. He uses the waist-to-hip ratio test.

(b) (i) State **two** pieces of equipment that would be used to carry out this test.

(2)

1

2

(ii) Explain **one** factor that may affect the reliability of the waist-to-hip ratio test.

(2)

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Jamal's coach sets a goal that is realistic and measurable.

(c) Explain the **two** SMART principles that Jamal's coach is using.

(4)

Realistic

Measurable

During a training session, Jamal tells his coach that his rate of perceived exertion (RPE) is 12.

(d) State what Jamal's approximate heart rate would be.

(1)



Footballers need to have good levels of muscular endurance and power.

- (e) Explain how good levels of muscular endurance and power can improve performance in football.

(4)

Jamal needs to improve his agility.

- (f) Explain **one** training method for agility that would be most suitable for improving performance in football.

(2)

(Total for Question 4 = 16 marks)



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(Total for Question 5 = 6 marks)

TOTAL FOR PAPER = 60 MARKS

