



Mark Scheme Results

January 2026

Pearson BTEC Tech Award

In Sport (BSP03)

Component 3: Developing Fitness to Improve Other
Participants Performance in Sport and Physical
Activity

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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 judgement 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.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Mark
1(a)	The only correct answer is B (The ability to maintain exercise lasting more than 30 minutes) A is not correct because it is reaction time C is not correct because it is balance D is not correct because it is coordination	(1)

Question Number	Answer	Mark
1(b)	Award 1 mark for: Time (1)	(1)

Question Number	Answer	Mark
1(c)	The only correct answer is D (30m sprint test) A is not correct because it is for muscular endurance B is not correct because it is for aerobic endurance C is not correct because it is flexibility	(1)

Question Number	Answer	Mark
1 (di) & 1(dii)	Award 1 mark for naming each method of training and 1 mark for describing each method, up to a maximum of 2 marks per method of training. - Acceleration sprints (1) pace is gradually increased/from a standing or rolling start to a sprint (1) - Interval training (1) work period followed by a rest or recovery period/high intensity work periods with increased rest periods (1) - Resistance (drills) (1) hill runs/parachutes/sleds/bungee ropes/resistance bands/someone pulling you back/running against a force (1) For resistance the learner must ID in the correct box. For resistance ONLY you can accept the expansion without the ID. If the learner provides the expansion for resistance training e.g. hill sprints but it is linked to an incorrect training methods then do not award the expansion. Accept any other appropriate answer. Must have the ID to be awarded the expansion (except resistance)	(4)

Question Number	Answer	Mark
1 (e)	Award 1 mark: Heart rate monitor/HR monitor (1) DNA fitness tracker/fitness band DNA Heart Rate on own DNA Sports vest	(1)

	Accept any other appropriate answer.	
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Question Number	Answer	Mark
1 (f)	Award 1 mark for identifying a correct component and 1 mark for a reason. • Activity to lower pulse/accept an example e.g. jogging (1) to reduce the heart rate/breathing rate/body temperature/remove lactic acid (1) • Stretching (1) return muscles to pre-exercise length/reduce the risk of injury/prevents soreness or stiffness (1) DNA rest and recovery DNA remove lactic acid for stretching Accept any other appropriate answer. Must have the ID to be awarded the expansion	(2)

Question Number	Answer	Mark
2 (a)	Award 1 mark for each correctly matched line, up to a maximum of 2 marks. A – Free weights (1) B – Plyometrics (1)	(2)

Question Number	Answer	Mark
2 (b)	Award 1 mark for: • Level of fitness/baseline data (1) • Allows for monitoring /improving performance (1) • Compare against normative data (1) • Identify strengths and/or weaknesses (1) • Used to design training programmes (1) • Identifies if the training is working/check progress (1) • Identifies if the training methods are working (1) • Helps set training goals/aims (1) Accept any other appropriate answer.	(1)

Question Number	Answer	Mark
2 (c)	Award 1 mark for each of the following points, up to a maximum of 3 marks. • Tape measure is laid on the floor (1) • Participant stands on/behind a line (1) • Feet slightly/shoulder width apart (1) • Participant jumps from standstill (1) • Participant must take off with two feet (1) • Participant bends their knees (1) • Participant swings their arms (1) • Participant jumps forward (1) • Participant jumps as far as possible (1) • Participant lands on two feet (1) • Participant should not fall backwards (1) • Measurement is taken from the take-off line to the back of the heels (1) • The participant should have three attempts (1) • The best of the three attempts is recorded (1)	(3)

Question Number	Answer	Mark
2 (d)	Award 1 mark for each advantage, up to a maximum of 2 marks. • Cheap/affordable/participation is heavily subsidised/not for profit (1) • Offer government initiatives/funded by Government/council (1) • Available to everyone/Accessible (1) • Local facilities (1) • Provide facilities for all skill levels/schools/communities (1) • Provide a wide range of sport and physical activities (1) • Increase in the diversity of opportunities/opportunities for all backgrounds (1) Accept any other appropriate answer.	(2)

Question Number	Answer	Mark
2 (ei) & 2(eii)	Award 1 mark for naming each additional principles of training up to a maximum of 2 marks per type. Award 1 mark for describing each additional principle of training, up to a maximum of 2 marks per additional principle of training. • Progressive overload (1) training needs to be harder/demanding/increase in frequency and intensity/accept an example e.g. increase the weight/causing the body to adapt (1) • Specificity (1) training should be specific to your sport/meet the needs of the sport/ physical or skill-related fitness goals to be developed (1) Accept any other appropriate answer. Must have the ID to be awarded the expansion	(4)

Question Number	Answer	Mark
3(a)	The only correct answer is C (The test results are consistent) <i>A is not correct because it is practicality</i> <i>B is not correct because it is practicality</i> <i>D is not correct because it is validity</i>	(1)

Question Number	Answer	Mark
3(b)	Award 1 mark for: Below average (1)	(1)

Question Number	Answer	Mark
3(c)	Award 1 mark for identifying a correct reason and 1 mark for linked expansion. Body composition (1) electric current flows through the body/ measures muscle mass/measures body fat (1) Accept any other appropriate answer. Expansion can be credited without the ID	(2)

Question Number	Answer	Mark
3(d)	Award 1 mark for identifying a type of goal and 1 mark for a linked expansion. Long-term goals (1) are set over a long period of time/timescale (1) Accept an example if it has an appropriate timescale e.g. a season DNA an example of a goal without a timescale. Accept any other appropriate answer. Must have the ID to be awarded the expansion	(2)

Question Number	Answer	Mark
3(e)	Award 2 marks for each training zone, up to a maximum of 2 marks. Award 2 marks for each linked explanation, up to a maximum of 2 marks. • Aerobic training zone (1) 50 – 85% e.g. the learner can give a % or a range anywhere between 50% – 85% (1) • Anaerobic training zone (1) 80 – 100% e.g. the learner can give a % or a range anywhere between 80% – 100% (1) Accept any other appropriate answer. Must have the ID to be awarded the expansion	(4)

Question Number	Answer	Mark
3 (f)	Responses will be credited according to the learner's demonstration of knowledge and understanding of the material, using the indicative content and level descriptors below. The indicative content that follows is not prescriptive. Responses may cover some or all indicative content, but learners should be rewarded for other relevant responses. Assessment may consider: Flexibility • Range of movement/motion at a joint • Sit and reach/calf muscle flexibility test/shoulder flexibility test • Static active stretching/static passive stretching/proprioceptive neuromuscular facilitation (PNF) • To be able to stretch to reach the shuttlecock to return it or maintain the rally/to be able to lunge to reach the shuttlecock to return it or maintain the rally • Reduce the risk of injuries. Sub max 3 marks Muscular endurance • To use the muscles repeatedly for a prolonged period of time/30 minutes • One-minute press-up test/one-minute sit-up test/timed plank test • Free weights/fixed resistance machines/circuit training • Low weight, high reps • To be able to last for the duration of the badminton match/to continue in rallies/to maintain the intensity/to prevent fatigue/to prevent injury. Sub max 3 marks DNA if impact is linked to an incorrect method of training Accept any other appropriate answer.	(6)

Level	Mark	Descriptor
	0	No rewardable content.
1	1–2	• Demonstrates isolated knowledge and understanding, there will be major gaps or omissions. • Few of the points made will be relevant to the context in the question. • Limited assessment which contains generic assertions rather than considering the factors or events and their relative importance, leading to judgements which are superficial or unsupported.
2	3–4	• Demonstrates some accurate knowledge and understanding, with only minor gaps or omissions. • Some of the points made will be relevant to the context in the question, but the link will not always be clear. • Displays a partially developed assessment which considers some of the factors or events and their relative importance leading to partially supported judgements.
3	5–6	• Demonstrates mostly accurate and thorough/detailed knowledge and understanding. • Most of the points made will be relevant to the context in the question, and there will be clear links. • Displays a well-developed and logical assessment which clearly considers the factors or events and their relative importance, leading to supported judgements.

Question Number	Answer	Mark
4 (a)	The only correct answer is A (Increased range of movement at a joint) B is not correct because it is aerobic endurance C is not correct because it is strength D is not correct because it is muscular endurance	(1)

Question Number	Answer	Mark
4 (b)	Award 2 marks for each fitness test, up to a maximum of 2 marks. Award 2 marks for each linked explanation, up to a maximum of 2 marks. Balance • Stork stand test (1) non-supporting foot placed against side of leg. Participant raises supporting heel off the ground (1) • Y balance test (1) stand on a single leg, reach out as far as possible with the other leg in three different directions (1) Reaction time • Ruler drop test (1) the ruler is held by an assistant, the ruler is released and caught by the participant (1) • Online reaction time test (1) the time taken to press a button/reaction to a stimulus (1) DNA quickly react to something Must have the ID to be awarded the expansion	(4)

Question Number	Answer	Mark
4 (c)	Award 1 mark: • Cost/cheap (1) • Time taken to complete (1) • Time taken to set up (1) • Time taken to analyse the data (1) • Number of participants (1) • Equipment (1) • Space (1) DNA age, motivation, health or injury Accept any other appropriate answer.	(1)

Question Number	Answer	Mark
4 (d)	Award 1 mark for each letter up to a maximum of 2 marks: Specific (1) Measurable (1) DNA Specificity	(2)

Question Number	Answer	Mark
4 (e)	Award 1 mark for each factor, up to a maximum of 2 marks. Award 1 mark for each linked explanation, up to a maximum of 2 marks. • Health issues/illnesses/accept an example (1) to ensure that the programme is safe/not put the participants health at risk (1) • Injuries/accept an example (1) to prevent the injury from worsening/injured again (1) • Exercise history (1) so that it is set at the right fitness level (1) • Lifestyle (1) capacity/time to train (1) • Level of fitness/strengths and or weaknesses (1) to ensure the training programme allows progress/specific to the needs (1) Only award once • Specific/measurable/achievable/realistic/time-related/exciting/recorded (1) accept an appropriate expansion (1) can be awarded twice for the full 4 marks • Named FITT principles/named additional principles of training (1) accept an appropriate expansion (1) can be awarded twice for the full 4 marks • Selection of appropriate training methods (1) to improve/maintain the selected components of fitness (1)	(4)

	• Aims/Objective/personal goals (1) make the training specific/plan works towards goal/help motivation (1) can be awarded twice for the full 4 marks • Motivation/attitude (1) may require additional motivational support (1) DNA to make sure the training is suitable DNA Skill level/ability DNA diet DNA reliability, validity DNA specificity as an alternative to specific for the 6th bullet point (SMARTER) Must have the ID to be awarded the expansion. Accept any other appropriate answer.	
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Question Number	Answer	Mark
4 (f)	Award 1 mark for each effect, up to a maximum of 2 marks. Award 1 mark for each linked explanation, up to a maximum of 2 marks. • Increased lactate threshold/improved tolerance to lactic acid (1) resistance to fatigue/tired (1) • Capillarisation around the muscle (1) increases blood/oxygen flow to the muscles (1) • Increased muscle tone (1) tension/resistance to movement in muscles/enable movement/ (1) • Development of slow twitch fibres (1) results in slower to fatigue (1) • Muscle hypertrophy (1) increase the size of muscle (1)	

	DNA muscle growth DNA any reference to strength 2 marks maximum for expansions Can award the expansion without the ID.	(4)
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Question Number	Answer	Mark
5	Responses will be credited according to the learner's demonstration of knowledge and understanding of the material, using the indicative content and level descriptors below. The indicative content that follows is not prescriptive. Responses may cover some or all indicative content, but learners should be rewarded for other relevant responses. Evaluation may consider: Type • The <u>method(s)</u> of training used • Training methods are appropriate for the <u>sport/activity/to achieve the aim</u> • Using plyometric training • Explosive movements, lunging, bounding, incline press-ups, barrier hopping, box jumps and jumping • To increase jump height when getting the ball/throwing the ball. DNA power for netball as it is in the question Sub max 3 marks Rest and recovery • Power/plyometrics is high intensity training • Therefore must allow the body to recover <u>after training</u>/accept example • <u>Rest days/rest between sessions</u> should be included as part of the training programme • To prevent overtraining/reduce risk of injury/prevent reversibility • To allow adaptation to occur/muscle or body repair • Muscle hypertrophy/increased tendon and ligament strength/increased bone density. Sub max 3 marks	(6)

	Accept any other appropriate answer.	
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1	1–2	• Demonstrates isolated knowledge and understanding, there will be major gaps or omissions. • Few of the points made will be relevant to the context in the question. • Limited assessment which contains generic assertions rather than considering the factors or events and their relative importance, leading to judgements which are superficial or unsupported.
2	3–4	• Demonstrates some accurate knowledge and understanding, with only minor gaps or omissions. • Some of the points made will be relevant to the context in the question, but the link will not always be clear. • Displays a partially developed assessment which considers some of the factors or events and their relative importance leading to partially supported judgements.
3	5–6	• Demonstrates mostly accurate and thorough/detailed knowledge and understanding.

		• Most of the points made will be relevant to the context in the question, and there will be clear links. • Displays a well-developed and logical assessment which clearly considers the factors or events and their relative importance, leading to supported judgements.
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