

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

Thursday 8 January 2026

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 ☒.

Rachel is a cross-country runner. Rachel requires good aerobic endurance.

- 1 (a) Which **one** of the following is the correct definition of aerobic endurance?

(1)

- ☐ A The ability to respond quickly to a stimulus
- ☐ B The ability to maintain exercise lasting more than 30 minutes
- ☐ C The ability to remain upright and steady
- ☐ D The ability to use two or more body parts at the same time

For Rachel to improve, her coach has asked her to increase the duration of her training sessions.

- (b) Which of the basic FITT principles of training does Rachel's coach want her to increase?

(1)

Rachel's coach sets her a number of fitness tests to complete.

- (c) Which fitness test is being shown in **Figure 1**?

(1)

- ☐ A One-minute press-up
- ☐ B Harvard step test
- ☐ C Sit and reach test
- ☐ D 30m sprint test

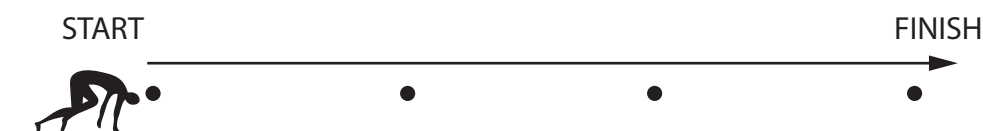


Figure 1



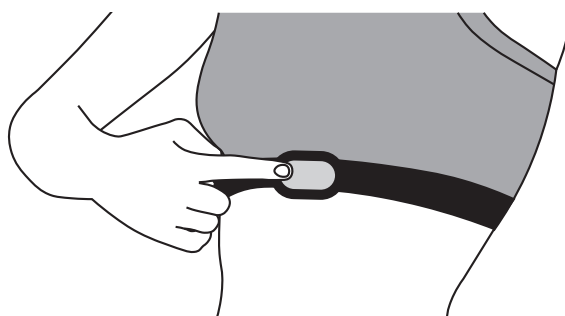
To increase Rachel's speed, her coach has suggested two new training methods.

- (d) Complete **Table 1** by:
- (i) Naming **two** training methods to improve speed.
 - (ii) Describing **each** training method you have named.

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

Table 1





(Source: © Pixel-Shot/Shutterstock)

Figure 2

Rachel's coach measures her exercise intensity during her training session.

- (e) Identify the type of technology shown in **Figure 2** that can be used to measure exercise intensity.

(1)

As a cross-country runner, it is very important that Rachel cools down after a race.

- (f) Explain the importance of **one** component of a cool down.

(2)

(Total for Question 1 = 10 marks)



Figure 3 shows Mai competing in the high jump for an athletics club.



(Source: © Real Sports Photos/Shutterstock)

Figure 3

- 2 (a) Identify the training methods shown in photographs **A** and **B** that Mai takes part in.

(2)

Draw a straight line to match **each** photograph to the correct training method.

Photograph

Training method

A



(Source: © Stokkete/Shutterstock)

• Fixed resistance machines

• Plyometrics

B



(Source: © Freeman Studio/Shutterstock)

• Free weights

• Continuous training



Mai completes a number of fitness tests.

(b) State **one** reason why fitness testing is important.

(1)

The first test Mai completes is the standing long/broad jump test.

(c) Describe how the standing long/broad jump test is carried out.

(3)

Mai's athletics club is public provision.

(d) State **two** advantages of public provision.

(2)

1

2



Mai's coach uses the additional principles of training to design a training programme for Mai.

- (e) Complete **Table 2** by:
- (i) Naming the additional principles of training represented by **each** letter.
 - (ii) Describing how this additional principle would be applied to Mai's training programme.

(i) Additional principle of training represented by a letter	(ii) Description of how the additional principle of training would be applied
P..... O..... (1)	 (1)
S..... (1)	 (1)

Table 2

(Total for Question 2 = 12 marks)



Adam is a badminton player and is completing fitness testing. His coach explains that reliability is important in fitness testing.

3 (a) Which **one** of the following is the correct definition of reliability?

(1)

- ☐ **A** The test is quick to carry out
- ☐ **B** The test is cheap to carry out
- ☐ **C** The test results are consistent
- ☐ **D** The test measures what it says it measures

Adam takes part in the sit and reach test. He scores **5.2cm**.

Score	Rating
>14cm	Excellent
14cm – 11cm	Above average
10.9cm – 7cm	Average
6.9cm – 4cm	Below average
<4cm	Poor

Table 3

(b) Using the normative data in **Table 3**, state Adam's rating for the sit and reach test.

(1)



Adam takes part in the Bioelectrical Impedance Analysis (BIA) test.

(c) Explain what the Bioelectrical Impedance Analysis test does.

(2)

Adam's coach has set him a short-term goal.

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

(2)



Adam's coach uses training zones to vary the intensity of Adam's training.

(e) Explain the **two** main heart rate training zones that Adam's coach would use.

(4)

1

.....

.....

.....

2

.....

.....

.....



Adam has completed fitness tests to test his flexibility and muscular endurance.

- (f) Assess how Adam's coach would use the results from these fitness tests to choose fitness training methods to improve Adam's performance in badminton.

(6)

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(Total for Question 3 = 16 marks)



Ali has been training with his athletics club for the last year. Ali's coach wants to assess the long-term fitness effects on his body.

4 (a) Which **one** of the following is a benefit of flexibility training?

(1)

- ☐ **A** Increased range of movement at a joint
- ☐ **B** Cardiac hypertrophy
- ☐ **C** Muscle hypertrophy
- ☐ **D** Capillarisation around alveoli

Ali needs to test his **balance** and **reaction time**.

(b) Describe **one** fitness test that Ali could use to test each of these components of fitness.

(4)

Balance

.....

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Reaction time

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Ali's coach explains that there are a number of factors that can affect the practicality of a fitness test.

(c) Give **one** factor that can affect the practicality of a fitness test.

(1)

Ali's coach uses the SMARTER principle to set Ali a goal.

(d) Name the principle of goal setting represented by each of the letters below.

(2)

S

M

Following the fitness testing, Ali's coach designs a six-week fitness training programme for Ali.

(e) Explain **two** factors that Ali's coach must consider when designing a fitness training programme.

(4)

1

2



Ali undertakes a six-month fitness training programme to change and improve his muscular endurance.

- (f) Explain **two** long-term effects of muscular endurance training on the muscular system.

(4)

1

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.....

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2

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.....

.....

(Total for Question 4 = 16 marks)



Pamela plays netball.

Pamela's coach uses the following two principles of training to plan a training programme to improve Pamela's **power** for netball:

- type
- rest and recovery.

5 Assess how Pamela's coach would use **each** of these two principles of training when planning a training programme to improve Pamela's **power** for netball.

(6)

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(Total for Question 5 = 6 marks)

TOTAL FOR PAPER = 60 MARKS



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