

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 May 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 ☒.

Karla is a dancer. When she is dancing she needs to remain upright and steady.

1 (a) Identify this component of fitness.

(1)

- ☐ A Aerobic endurance
- ☐ B Balance
- ☐ C Speed
- ☐ D Body composition

Karla takes part in some fitness tests.

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

(1)

- ☐ A 1 Rep Max test
- ☐ B Timed plank test
- ☐ C Shoulder flexibility test
- ☐ D Sit and reach test

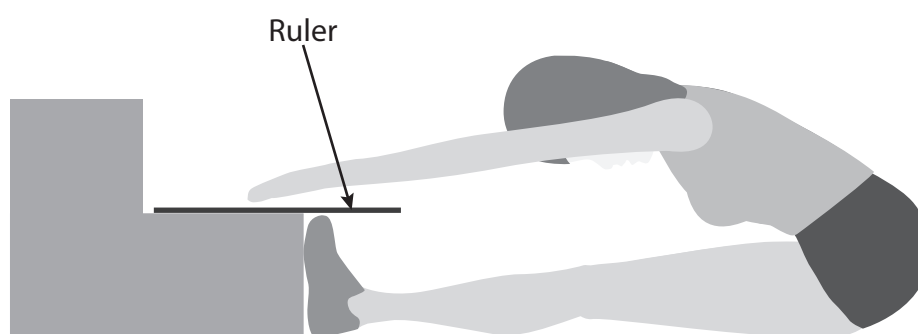


Figure 1



To improve Karla’s levels of fitness, she takes part in two methods of training for flexibility.

- (c) Complete **Table 1** by:
- (i) Stating **two** methods of training that would improve flexibility.
 - (ii) Describing **each** method of training.

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

Table 1

During Karla’s training sessions, Karla’s coach measures the intensity that she is working at using a scale of 6–20.

- (d) Which measure of exercise intensity is Karla’s coach using? (1)

Karla becomes injured. Karla will not be able to train for a long period of time, so she will lose her fitness gains from training.

- (e) Which principle of training is being described? (1)



Karla's coach needs to collect some personal information so that he can design an appropriate training programme for Karla.

(f) State **two** pieces of personal information Karla's coach would collect.

(2)

1

2

(Total for Question 1 = 10 marks)



Sameerah plays basketball. Her coach uses the principles of training to plan a six-week training programme.

- 2 (a) Identify the principle of training described by statements **A** and **B**.

Draw a straight line to match **each** statement to the correct principle of training.

(2)

Statement

Principle of training

A

Altering types of training to avoid boredom

• Time

• Progressive overload

B

How long an individual will train for

• Adaptation

• Variation

Sameerah completes a number of fitness tests before she begins her training programme.

Sameerah completes the alternate-hand wall-toss test first.

- (b) Describe how the alternate-hand wall-toss test is carried out.

(3)



Basketball players need to have good levels of aerobic endurance.

- (c) Explain why good levels of aerobic endurance are needed to be successful in basketball.

(2)

Sameerah's coach suggests that Sameerah should take part in more aerobic endurance training.

- (d) Which **one** of the following is a benefit of aerobic endurance training?

(1)

- ☐ **A** Increased range of movement
- ☐ **B** Muscle hypertrophy
- ☐ **C** Cardiac hypertrophy
- ☐ **D** Increased muscle length



After six weeks, Sameerah’s coach uses the FITT principle to redesign Sameerah’s training programme.

- (e) Complete **Table 2** by:
- (i) Naming the FITT principle represented by **each** letter.
 - (ii) Describing how this principle would be applied to Sameerah’s training programme.

(i) FITT principle represented by a letter	(ii) Description of how the FITT principle would be applied
F (1)	 (1)
I (1)	 (1)

Table 2

(Total for Question 2 = 12 marks)



Phil takes part in karate. He has had his fitness levels tested recently.

Phil's waist-to-hip ratio test result was **0.93**.

Table 3 shows the normative test data for the waist-to-hip ratio test.

Health risk	Female	Male
Low	0.80 or lower	0.95 or lower
Medium	0.81–0.85	0.96–1.0
High	0.86 or higher	1.0 or higher

Table 3

- 3 (a) Using **Table 3**, identify the health risk category that Phil is in for the waist-to-hip ratio test.

(1)

The practicality of a fitness test is important.

There are a number of factors that affect the practicality of a fitness test.

- (b) State **one** factor that would positively affect the practicality of the waist-to-hip ratio test.

(1)

Phil's coach explains the benefits of intrinsic motivation to him.

- (c) Using an example, explain what is meant by the term **intrinsic motivation**.

(2)



Phil sets himself a goal for his karate training. He uses the acronym SMARTER.

(d) State what the R and the E stand for in the acronym SMARTER.

(2)

R

E

Phil's coach sets him a new goal.

(e) Explain how goal setting can improve motivation.

(2)

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Phil starts a new training programme to improve his fitness levels.

Weeks 1 and 6 of the training programme are shown in **Table 4** below.

	Week 1	Week 6
Monday	Rest	Karate sparring 2 x rounds
Tuesday	Plyometrics 70% MHR 35 minutes	Plyometrics 70% MHR 45 minutes
Wednesday	SAQ training 30 minutes	SAQ training 30 minutes
Thursday	Rest	Rest
Friday	Balance training 30 minutes	Balance training 1 hour
Saturday	Karate competition 2 x rounds	Karate competition 3 x rounds
Sunday	Rest	Active recovery

Table 4

- (f) Using **Table 4**, assess how Phil's coach has used the principles of specificity and rest and recovery in his programme.

(6)



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(Total for Question 3 = 14 marks)



Alisha plays tennis. She is asked to play at a new tennis club. The club asks her to complete a PAR-Q.

4 (a) State what **PAR-Q** stands for.

(1)

Alisha's new coach explains that it is important that Alisha completes fitness tests before her coach sets her training programme.

(b) Give **two** reasons why it is important to carry out fitness testing.

(4)

1

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2

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Alisha's coach asks her to complete an informed consent before starting the fitness tests.

(c) Describe what is meant by an **informed consent**.

(1)

.....

.....



Alisha’s coach sets an aim and an objective for her six-week training programme.

(d) Which statement is a correct example of each aspect of Alisha’s training programme?

Draw a straight line to match the aspect of the training programme to the correct statement.

(2)

Aspect of training programme

Statement

Aim

Alisha uses training methods to improve hand-eye coordination.

Alisha smokes 15 cigarettes a day.

Objective

Alisha wants to win a tennis tournament.

Alisha has asthma.

The fitness testing results show that Alisha needs to improve her muscular endurance.

(e) (i) Explain how Alisha could use free weights to improve her muscular endurance for tennis.

(2)



Alisha takes part in circuit training to improve her muscular endurance.

(ii) Explain **one** advantage **and one** disadvantage of circuit training.

(4)

Advantage

Disadvantage

Alisha wants to attend more tennis sessions. She decides to attend a **voluntary provision**, community tennis session.

(f) Explain **one** advantage **and one** disadvantage of voluntary provision.

(4)

Advantage

Disadvantage

(Total for Question 4 = 18 marks)



Maxim plays rugby.

Maxim's coach has carried out a range of fitness tests on Maxim to assess his levels of fitness.

Maxim's results are shown in **Table 5**.

Fitness test	Rating
30 metre flying sprint	Poor
1 Rep Max	Below average – poor

Table 5

- 5** Using the test results, assess the **training methods** that Maxim could use to improve his performance in rugby.

(6)

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(Total for Question 5 = 6 marks)

TOTAL FOR PAPER = 60 MARKS

