

Subject – BTEC Sport



Qualification	Examination Board	Specification Code
BTEC Level 1/Level 2 First Award in Sport	Pearson	600/4779/3
Examination element	Unit 1	Target Grade:

Examination Overview

There will be one online exam that lasts 1 hour 15 minutes.

The maximum mark for this paper is 60.

Learners will complete an onscreen test that has different types of questions including objective and short-answer questions. Where appropriate, questions contain graphics, photos, animations or videos.

In this unit you will:

- Know about the components of fitness and the principles of training
- Explore different fitness training methods
- Investigate fitness testing to determine fitness levels.

Notes

Exam Strategy

- It is important to read the questions thoroughly
- It is also important to show your working out when completing calculations

e.g. **Explain, Describe, Identify**

- Always give **relevant sporting examples** where possible
- Make notes** along the side of the paper to plan your answer.
- Manage your time wisely.** There are 50 marks available
- Answer all questions fully and **check over your answers** once finished.

Revision Resources

- You will be given a comprehensive revision guide; this includes all topics of the BTEC SPORT course and a framework for structuring answers.

REVISION GUIDES

- BTEC First in Sport Revision Guide (BTEC First Sport)**
- BTEC First in Sport Revision Workbook (BTEC First Sport)**
- BTEC First in Sport Student Book (BTEC First Sport)**

Revision Websites

- GCSEPod – BTEC Sport
- www.btecpe.com
- www.brianmac.co.uk
- www.mrgillpe.com/unit-1.html

Past Papers

Practice Unit 1 exams are available online
– Ms Cross-Fellows will guide you to where they can be found.