

BTEC-NG - Sport - Unit 1 - V19 - draft 5

Test Player Preview

Identify which **one** of these fitness training methods is used to improve speed. (1)





Click on **one** of the boxes.

Static stretching

Flexibility training

Continuous training

Hollow sprint training

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Test Player Preview

(a) Identify which piece of equipment is required to administer a one-minute sit-up test. (1)

Click on **one** of the boxes.

Bench Grip dynamometer

Vertical jump board Stopwatch

(b) Identify the units used to measure performance in a one-minute sit-up test. (1)

Click on **one** of the boxes.

inches reps/minute

kg/m² KgW

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Test Player Preview

(a) Identify which piece of equipment is required to administer a one-minute sit-up test. (1)

Click on **one** of the boxes.

<input type="checkbox"/>	Bench	<input type="checkbox"/>	Grip dynamometer
<input type="checkbox"/>	Vertical jump board	<input type="checkbox"/>	Stopwatch

(b) Identify the units used to measure performance in a one-minute sit-up test. (1)

Click on **one** of the boxes.

<input type="checkbox"/>	inches	<input type="checkbox"/>	reps/minute
<input type="checkbox"/>	kg/m ²	<input type="checkbox"/>	KgW

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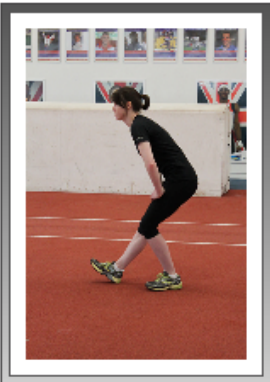
Test Player Preview

Each picture (A and B) shows an athlete taking part in fitness training methods.

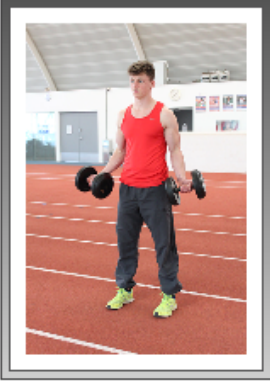
Match each picture to the correct fitness training method. (2)

Click on each picture and then the correct fitness training method.

A



B



Fitness training method

- Ballistic stretching
- Free weights training
- Active stretching
- Circuit training
- Plyometric training

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Test Player Preview




When carrying out skinfold testing using the Jackson-Pollock nomogram method, skinfolds are taken at three sites for males.

State **two** sites where skinfold measurements are taken on males. (2)

Type your answers in the boxes.

Site 1

Site 2

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Test Player Preview

The statements relate to the component of fitness that each test is used to measure.

Match the correct fitness test to each statement. (2)





Drag and drop the correct words to complete the sentences.

The is used to test for anaerobic power.

The is used to test for flexibility.

one-minute press-up test bleep test vertical jump test

sit and reach test forestry step test

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Test Player Preview

Callum is a rower. He takes part in weight training to improve his strength endurance.

To calculate the weight required to train for strength endurance the equation is:

$$\frac{60}{100} \times 1RM$$

Callum has a 1RM of 70kg.

Calculate the weight Callum should use to train for strength endurance. (2)

Type your answer in the box.

You **must** show your working.

Working box

Show ▶

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Test Player Preview

(a) Identify which component of fitness is measured by the Illinois agility run test. (1)

Click on **one** of the boxes.

Muscular strength Agility Power Flexibility

(b) Identify which other component of fitness is measured by the Illinois agility run test. (1)

Click on **one** of the boxes.

Muscular endurance Body composition Aerobic endurance Speed

(c) Identify the unit of measurement used when recording the results of the Illinois agility run test. (1)

Click on **one** of the boxes.

cm s ml/kg/min kgm/s

(d) State the position a person should be in when they start the Illinois agility run test. (1)

Type your answers in the box.

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Test Player Preview

State which **one** of the principles of training has been described in each statement. (2)

Type your answers in the boxes in the table.

Statement	Principle of training
How hard a person should train during each exercise session.	
The method of training used to improve a specific component of fitness.	

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Test Player Preview

Different activities are needed to perform specific methods of stretching.

Match each method of stretching to the correct activity. (2)

Click on the method of stretching and then the correct activity.

Method of stretching	Activity
Passive stretching	An eccentric muscle contraction is performed
Ballistic stretching	Fast jerky movements are performed
	An isometric contraction is performed
	Another person applies external force
	Internal force is applied

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Test Player Preview

Continuous training is a fitness training method.

(a) Identify the minimum period of time that a person should train for when taking part in continuous training. (1)

Click on **one** of the boxes.

15 minutes 20 minutes





25 minutes 30 minutes

(b) Identify the intensity a person should train at when taking part in continuous training. (1)

Click on **one** of the boxes.

Low Moderate

High Maximum

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Test Player Preview





Katie is a cross country runner.
She takes part in fartlek training as part of her fitness training programme.

Explain **two** advantages of using fartlek training in Katie's fitness training programme. (4)

Type your answers in the boxes.

Advantage 1

Advantage 2


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Test Player Preview

Identify the equipment shown in the picture. (1)

Click on **one** of the boxes.

- Bioelectric Impedance Analysis equipment
- Grip dynamometer
- Skinfold calipers
- Metronome



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Test Player Preview

Perez is a long distance swimmer.
He completes a number of fitness tests.
The ratings for his results are shown in the table.

Using these results, explain the **two** main components of fitness Perez should improve to increase his long distance swimming performance. (4)

Type your answers in the boxes.

Component of fitness 1

Component of fitness 2

Test	Rating
Multi-stage fitness test	Average
Illinois agility run test	Average
One-minute press-up test	Below average

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Test Player Preview

To carry out the multi-stage fitness test (MSFT), specific equipment needs to be used.

Describe how **two** pieces of equipment are used to perform the MSFT. (4)

Type your answer in the box.

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Test Player Preview


Kavanagh is a javelin thrower.
As part of his training he takes part in hollow sprint training and free weights training using low reps and high loads.

Explain how Kavanagh's training could improve **two** specific components of fitness to help him throw the javelin further. (4)

Type your answers in the boxes.

Hollow sprint training

Free weights training



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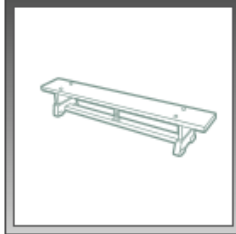
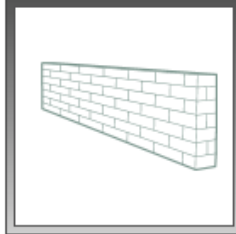
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Test Player Preview

Identify **two** pieces of equipment that are needed to complete the vertical jump test. (2)

Click on the **two** correct pieces of equipment.

				
Metronome	Cones	Chalk	Bench	Wall





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Test Player Preview

A personal trainer uses Body Mass Index (BMI) to assess their client's body composition.

Explain **one** reason why BMI may not be a valid test of a person's body composition. (2)

Type your answer in the box.

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Test Player Preview

Nadia is a club level tennis player.
To perform this sport she needs to have fast reaction times and high levels of balance.

Explain how **three** other components of skill-related fitness will help Nadia's tennis playing performance. (8)

Type your answer in the box.

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