

Subject	BTEC TECH Award in Sport
Exam Board	Edexcel Pearson BTEC
Topic	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity
Marks available	60
Exam Length	1.5 hours

PLC	Component 3				
Topic	Key information related to topic	Resources/ nformation related to topic	How well do you understand this topic?		
			Red	Amber	Green
A1 Components of Fitness	Define the physical and skill related components of fitness				
	Explain the use of the components of fitness on sports and activities				
A2 Fitness training principles	The basic principles of training frequency, intensity, time, and type (FITT)				
	Additional principles of training				
A3 Exercise intensity and	Intensity				

how it can be determined	Target zones and training thresholds				
	The Borg (6–20) Rating of Perceived Exertion (RPE) Scale				
	Calculate 1RM for strength and 15RM for muscular endurance.				
	Technology to measure exercise intensity				
B1 Importance of fitness testing and requirements for administration of each fitness test	Reasons for fitness testing				
	Pre-test procedures				
	Knowledge of published standard test methods and equipment./ Accurate measurement and recording of test results				
	Basic processing of test results for interpretation / Ability to safely select appropriate test				
	Reliability, validity and practicality of tests				
B2 Fitness test methods for components of physical fitness	Aerobic endurance Muscular endurance Muscular Strength				
B4 Interpretation of fitness test results	Comparison to normative published data. Analyse and evaluate test results. Recommendations for improvements to fitness performers based on test results.				
C1 Requirements for each of the following fitness training methods	Warm up				
	Cooldown				
	Linking each fitness training method to the associated				

	component of fitness				
	Application of the basic (FITT) and additional principles of training to each fitness training method.				
	Application of appropriate training intensities to fitness training methods				
C2 Fitness training methods for physical components of fitness	Aerobic Endurance Muscular Endurance Muscular Strength				
C4 Additional requirements for each of the fitness training methods	Advantages and disadvantages				
C6 The effects of long-term fitness training on the body systems	Aerobic endurance training: o adaptations to the cardiovascular and respiratory systems o cardiac hypertrophy o decreased resting heart rate o increased strength of respiratory muscles o capillarisation around alveoli.				
	Muscular endurance training: o adaptations to the muscular system o capillarisation around muscle tissues increased muscle tone				
	Muscular strength and power training: o adaptations to the muscular and skeletal systems o muscle hypertrophy o increased tendon and ligament strength				

