BTEC SPORT COMPONENT 3 – Exam					*Revision card completed* (tick)
Topic	**Content**	R	A	G	
Health and Fitness	Definitions of 'Health' and 'Fitness' Relationship between health and fitness				
Components of fitness	Definitions (agility, balance, cardiovascular endurance (aerobic power) coordination, flexibility, muscular endurance, power/explosive strength (anaerobic power), reaction time, speed, strength (maximal, static, dynamic and explosive)				
Tests to measure components of fitness.	Sit and Reach/MSFT/Sit-up bleed test/Handgrip Dynamometer/One Rep Max/Standing Stork/Illinois/Vertical Jump/Broad Jump/Wall Toss Test/Ruler Drop/30m sprint				
Test Protocols (procedures)	See tests above – can you write out the instructions for each test? (you will need to know the facilities/equipment needed for each test and the measurements.				
Reasons **for** fitness testing	Increase confidence/motivation/bench mark/shows strengths & weaknesses etc.				
Limitations of fitness testing	Tests are often not sport specific. They do not replicate movements of activities. They do not replicate competitive conditions required in sports etc.				
Reliability and validity	Reliability = Are you testing what you want to test? Validity = Have you repeated the test 3x?				
Methods of monitoring fitness – (**How** to test)	Heart rate/Calorie counting/Health questionnaires/screening/Blood Pressure/Heart Rate/diaries.				
Principles of Training (SPORT)	(SPORT) – Specific, Progressive overload (FITT), Reversibility, Tedium. You will need to understand all of the above and explain how the principles of training can be applied to improve fitness using a sporting example.				
Types of Training	Define and explain each type of training. You will also need to understand which type of training improves each component of fitness and the advantages and disadvantages of each. Continuous/fartlek/weight/circuit/interval/plyometric/Static stretching (mobility)				
Calculating training zones	Definition of training thresholds. Calculate maximum heart rate. MHR = 220-age Calculate aerobic training zone = 60-80% of MHR Calculate anaerobic training zone = 80-90% of MHR				
Measuring training intensity	The Borg (6–20) Rating of Perceived Exertion (RPE) Scale o RPE x 10 = Heart Rate (HR).				

	• The relationship between RPE and heart rate where: RPE x 10 = HR (bpm). • Calculate 1RM for strength and 15RM for muscular endurance. • Technology to measure exercise intensity: o heart rate monitors o smart watches o apps.				
Prevention of injuries	Complete a warm up. Over training to avoid (too heavy weights). Appropriate footwear and clothing. Hydration. Correct technique etc.				
Structure of a training session	Warm up/fitness/skills/game/cool down				
Seasonal aspects	Training Cycle (Pre-season/competition (peak) season/post season)				
How do performers warm up?	Include: increasing intensity to raise heart rate, active/passive/dynamic stretching, proprioceptive neuromuscular facilitation (PNF) stretching and ensuring game specificity				
How do performers cool down?	Reducing heart rate and intensity, active recovery, ice baths, massage and stretching.				
Benefits of a warm up/cool down?	Reduce injury/mental and physical preparation/remove lactic acid/increase HR/prevent muscle soreness/increase body temperature/DOMS				
Short-term (immediate) effects of exercise	increased heart rates, tidal volume, temperature, production of waste products.				
Anaerobic and Aerobic exercise	Definition and equations of aerobic (with oxygen) and anaerobic (without oxygen). Sporting examples of aerobic and anaerobic exercise.				
The recovery process (cool down/diet/ice baths)	Cool down – reduce HR and breathing rate/stretch/removal of lactic acid. Diet – rehydrate and replace carbohydrates. Ice baths – to prevent DOMS				
Immediate effects of exercise	Increase heart rate/sweating/red face/increase in breathing – explain why.				
Short term effects of exercise	Tiredness/fatigue/light headiness/ nausea/ aching – delay onset of muscle soreness (DOMS)/cramp.				
Long-term effects of exercise	To include bone density, increased elasticity of muscles, hypertrophy, improved energy systems, increased stroke volume, decreased resting heart rate, blood pressure, decreased breathing frequency, increased vital capacity.				

Definition of types of goals	Performance goals = personal performance/no social comparison Outcome goals = winning/final result				
Goal Setting	Why do we set goals? Focusing attention, improving effort, concentration and helping develop strategies for success.				
Goal Setting	How do we set goals? (SMARTER – Specific, measurable, accepted, realistic, time bound, exciting, recorded).				
Provision for taking part in fitness training methods	Public provision – advantages and disadvantages. Private provision – advantages and disadvantages. Voluntary provision – advantages and disadvantages				
The effects of long-term fitness training on the body systems	Components of fitness have individual methods of training.				
Feedback	Intrinsic & extrinsic, why do we give performers feedback? Knowledge of results/ Knowledge of performance Positive/negative feedback.				
D Investigate fitness programming to improve fitness and sports performance	• Personal information to aid fitness training programme design • Fitness programme design • Motivational techniques for fitness programming				
Motivation	Intrinsic (from within) & Extrinsic (money/prizes/praise/achievements)				
	Definition of each type of motivation and sporting examples: Intrinsic Motivation Extrinsic Motivation				