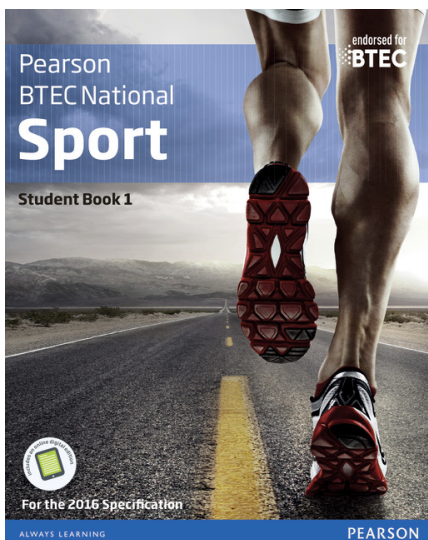


# BTEC Level 3 Nationals in Sport: Unit 2

Your free sample of the  
student book: preparation  
for assessment

(BTEC National Sport: Student Book 1 (with ActiveBook),  
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## Getting ready for assessment

This section has been written to help you do your best when you take the assessment test. Read through it carefully and ask your tutor if there is anything you are still not sure about.

### About the test

The assessment test is in two parts. Part A will contain a scenario based on an individual who needs guidance on training, lifestyle, and nutrition upon which secondary research is to be conducted. This scenario will be released to you a set period of time before Part B. Part B will include supplementary stimulus information building on the scenario information in Part A. As the guidelines for assessment can change, you should refer to the official assessment guidance on the Pearson Qualifications website for the latest definitive guidance.

### Preparing for the test

To improve your chances during the assessment you will need to revise all the key assessment outcomes that are likely to appear. The assessment outcomes were introduced to you at the start of this unit. To help plan your revision, it is useful to know what type of learner you are. Look at the following table and decide which description sounds most like you.

Type of learner	Visual learner	Auditory learner	Kinaesthetic learner
<b>What it means</b>	<ul style="list-style-type: none"> <li>Need to see something or picture it to learn it</li> </ul>	<ul style="list-style-type: none"> <li>Need to hear something to learn it</li> </ul>	<ul style="list-style-type: none"> <li>Learn better when physical activity is involved – learn by doing</li> </ul>
<b>Helpful ways to prepare for the test</b>	<ul style="list-style-type: none"> <li>Colour-code information on your notes</li> <li>Make short flash cards (so you can picture the notes)</li> <li>Use diagrams, mind-maps and flowcharts</li> <li>Use post-it notes to leave visible reminders for yourself</li> </ul>	<ul style="list-style-type: none"> <li>Read information aloud, then repeat it in your own words</li> <li>Use word games or mnemonics to help</li> <li>Use different ways of saying things – different stresses or voices for different things</li> <li>Record short revision notes to listen to on your phone or computer</li> </ul>	<ul style="list-style-type: none"> <li>Revise your notes while walking – use different locations for different subjects</li> <li>Try and connect actions with particular parts of a sequence you need to learn</li> <li>Record your notes and listen to them while doing chores, exercising etc. – associate the tasks with the learning</li> </ul>

- Once you receive the scenario for Part A, you should independently conduct research and make notes over the time period before the supervised assessment. Plan a timetable to address each topic contained in the scenario and prepare a set of notes to take into the supervised assessment. Make sure you are familiar with the content by the time you undertake Part B.
- Read carefully any instructions and all the content you are given on the day for Part B. Make sure you refer to your prepared notes and consider how the new supplementary stimulus information builds on the scenario in Part A – write down notes on a blank page.

*Do not start revision too late! Cramming information is stressful and does not work.*

- Most questions contain command words. Understanding what these words mean will help you understand what the question is asking you to do. The command words were introduced at the start of this unit.
- Planning your time is an important part of succeeding on a test. Work out what you need to answer and then organise your time. If you are writing an answer to a longer question, try to plan your answer before you start writing. Have a clear idea of the point you want to make, and then make sure this point comes across in everything you write, so it is all focused on answering the question you have been set.

## Worked example

David Smith is 30 years old and works a 40-hour week in an office administration role. He has not undertaken any exercise for at least five years. He takes the train to work each day, a journey that last approximately 15 minutes. While on holiday recently, he noticed he had gained weight (10 kg in the last two years). His best friend has suggested that he starts playing football with him and his friends again, but David is worried he will not be able to play like he once could and will suffer on account of his increased weight and obvious lack of fitness.

Look carefully at how the question is set out to see how many points you need to include in your answer.

David has decided to join a local gym and undergo a full fitness assessment, so that in the weeks ahead, he may be able to start playing five-a-side football again. He has completed a PAR-Q form and indicated that he has no medical conditions and is fit to take part in physical activity. Consequently, David has been given a 6-week training programme to follow.

## Lifestyle questionnaire

Section 1: Personal details	
<b>Name</b>	Mr D Smith
<b>Date of birth</b>	01/07/1986
<b>Address</b>	10 The Drive, Milltown
<b>Phone (home)</b>	01234 566786
<b>Phone (mobile)</b>	07785879657
<b>Occupation</b>	Office worker
<b>Hours worked</b>	9 a.m. to 6 p.m. with a 1-hour lunch break
<b>How far do you live from your workplace?</b>	Approx. 5 miles
<b>How do you travel to work?</b>	Train
Section 2: Current activity levels	
<b>How many times per week do you currently take part in physical activity?</b>	None
Section 3: Your lifestyle	
<b>How many units of alcohol do you usually consume per week?</b>	16
<b>Do you smoke?</b>	No
<b>Do you experience stress on a daily basis?</b>	Yes
<b>If yes, what causes your stress?</b>	Work deadlines
<b>On average, how many hours of sleep do you get per night?</b>	6
Section 4: Health monitoring tests	
<b>Blood pressure</b>	140/90 mm Hg
<b>Resting heart rate</b>	88 bpm
<b>BMI</b>	31
<b>Waist-to-hip ratio</b>	1.3
Section 5: Physical goals	
<b>What are your physical/sporting goals?</b>	Start playing competitive 5-a-side football again and lose at least 10 kg in weight
<b>Signed (client):</b> <i>D. Smith</i>	

With reference to the lifestyle questionnaire shown, interpret the lifestyle factors and screening information for the client.

[12]

*Answer: Client is 30 years old and his BMI suggests he is overweight and needs to lose between 8 and 10 kg. His blood pressure is too high and he should drink less alcohol. He has an office job and does not get any exercise during the day or at home. Says he wants to play football again but afraid he will make a fool of himself because he is too fat and not fit enough. Wants to change his lifestyle.*

This answer is generally relevant to the client's lifestyle factors but it does not cover some of the information provided by the client (i.e. travel method used, resting heart rate, stress factors, etc.). 5 marks awarded.

Suggest relevant training methods for the client.

[8]

*Answer: Client's aims are to lose weight and get fit for football. Suggest Week 1 training of 3 days per week concentrating on cardiovascular fitness to underpin later muscular endurance, agility, flexibility and further cardiovascular fitness. To review blood pressure after three and six week intervals. Try to make training football-specific if possible. Initial cardiovascular training to concentrate on low to moderate treadmill exercises to get client's base fitness levels up. Begin Week 1 with low intensity resistance machines with focus on the legs to aid football.*

This answer suggests the use of training methods that have specific relevance to the client's requirements. It takes into account his current level of fitness and suggests adaptations to the training programme specific to the client's requirements (football). 7 marks awarded.

Design weeks 1 and 6 of a 6-week training programme for the client.

[6]

*Answer:*

Week 1	
	Physical activity
<b>Monday</b>	Gym: <ul style="list-style-type: none"> <li>• 5 min CV warm-up on treadmill – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Chest press and leg press on resistance machines (2 × 15 reps – low resistance)</li> <li>• 20 min run on treadmill at 8 km/h</li> <li>• 2 × 10 arm curls – low resistance</li> <li>• 2 × 10 crunches</li> <li>• 5 min CV cool down on exercise cycle</li> <li>• Cool down stretching</li> </ul>
<b>Tuesday</b>	Walk to work
<b>Wednesday</b>	Gym: <ul style="list-style-type: none"> <li>• 5 min CV warm-up on exercise bike – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Seated rows and leg extensions on resistance machines (2 × 15 reps – low resistance)</li> <li>• 20 min row at low intensity</li> <li>• 2 × 10 tricep extensions – low resistance</li> <li>• 2 × 10 leg raises</li> <li>• 5 min CV cool down on treadmill</li> <li>• Cool down stretching</li> </ul>
<b>Thursday</b>	Rest

<b>Friday</b>	Gym: <ul style="list-style-type: none"> <li>• 5 min CV warm-up on treadmill – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Shoulder press and leg extensions on resistance machines (2 × 15 reps – low resistance)</li> <li>• 20 min run on treadmill at 8 km/h</li> <li>• 1 × 5 press-ups</li> <li>• 2 × 10 crunches</li> <li>• 5 min CV cool down on exercise cycle</li> <li>• Cool down stretching</li> </ul>
<b>Saturday</b>	30 min walk around local park
<b>Sunday</b>	• Rest

#### Week 6: Progression

	Physical activity
<b>Monday</b>	Gym: <ul style="list-style-type: none"> <li>• 10 min CV warm-up on treadmill – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Chest press and leg press on resistance machines (3 × 15 reps – low resistance)</li> <li>• 30 min run on treadmill at 8 km/h</li> <li>• 3 × 10 arm curls – low resistance</li> <li>• 2 × 10 crunches</li> <li>• 10 min CV cool down on exercise cycle</li> <li>• Cool down stretching</li> </ul>
<b>Tuesday</b>	Gym: <ul style="list-style-type: none"> <li>• 10 min CV warm-up on exercise bike – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Seated rows and leg extensions on resistance machines (3 × 15 reps – low resistance)</li> <li>• 25 min row at low intensity</li> <li>• 3 × 10 tricep extensions – low resistance</li> <li>• 2 × 10 leg raises</li> <li>• 10 min CV cool down on treadmill</li> <li>• Cool down stretching</li> </ul>
<b>Wednesday</b>	Walk to work
<b>Thursday</b>	Gym: <ul style="list-style-type: none"> <li>• 10 min CV warm-up on treadmill – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Shoulder press and leg extensions on resistance machines (3 × 15 reps – low resistance)</li> <li>• 30 min run on treadmill at 8 km/h</li> <li>• 2 × 10 press-ups</li> <li>• 2 × 10 crunches</li> <li>• 10 min CV cool down on exercise cycle</li> <li>• Cool down stretching</li> </ul>
<b>Friday</b>	Gym: <ul style="list-style-type: none"> <li>• 10 min CV warm-up on exercise bike – low intensity</li> <li>• Static stretch – all major muscle groups</li> <li>• Seated rows and leg extensions on resistance machines (3 × 15 reps – low resistance)</li> <li>• 25 min row at low intensity</li> <li>• 3 × 10 tricep extensions – low resistance</li> <li>• 2 × 10 leg raises</li> <li>• 10 min CV cool down on treadmill</li> <li>• Cool down stretching</li> </ul>
<b>Saturday</b>	Rest
<b>Sunday</b>	Rest

This answer demonstrates specific relevance to the individual's training requirements with a clear progression from Week 1 to Week 6. It includes appropriate rest periods and exercise periods away from the gym to keep the client interested and motivated. 6 marks awarded.