

BTEC Level 3

Nationals in Sport:

Unit 1

Your free sample of the
student book: preparation
for assessment

Nationals in Sport: Student Book 1 with Teacher Book
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Getting ready for assessment

This section has been written to help you to 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 will ask a range of short answer questions as well as some longer answer questions.

Remember that all the questions are compulsory and you should attempt to answer each one. Consider the question fully and remember to use the key words to describe, explain and analyse. For longer questions you will be required to include a number of explanations to your response; plan your answer and write in detail.

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 on the test you will need to make sure you have revised all the key **assessment outcomes** that are likely to appear. The assessment outcomes were introduced to you at the start of this unit.

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

Useful tips

- **Plan a revision timetable** – identify all the topics you need to revise and try to spend several short revision sessions on each of them. Coming back to each topic several times will help you to reinforce the key facts in your memory.
- **Take regular breaks** – short bursts of 30–40 minutes are more effective than long hours of revision. Remember, most people’s concentration lapses after an hour and they need a break.
- **Allow yourself rest** – do not fill all your time with revision. You could schedule one evening off a week, or book in a ‘revision holiday’ of a few days.
- **Take care of yourself** – stay healthy and rested, and eat properly – this will help you to perform at your best. The less stressed you are, the easier you will find it to learn.
- Most questions contain command words (see Table 1.1). Understanding what these words mean will help you understand what the question is asking you to do.
- The number of marks can relate to the number of answers you are expected to give – if a question asks for two examples, do not only give one! Similarly, do not offer more information than the question needs: if there are two marks for two examples, do not give four examples.
- Plan your time carefully. Work out what you need to answer and then organise your time. You should spend more time on longer questions. Set yourself a timetable for working through the test and then stick to it – do not spend ages on a short 1–2 mark question and then find you only have a few minutes for a longer 7–8 mark question.
- It is useful when reading through a question to write down notes on a blank page. This way you can write down all the key words and information required and use this to structure your answer.
- 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.
- If you finish early, use the time to re-read your answers and make any corrections – this could really help to make your answers even better and could make a big difference to your final mark.

Revise all the key areas likely to be covered – draw up a checklist to make sure you do not forget anything!

Read each question carefully before you answer it to make sure you understand what you have to do.

Sitting the test

- Listen to, and read carefully, any instructions you are given. Lots of marks are lost because people do not read questions properly and then fail to complete their answers correctly.

Sample answers

For some questions you will be given some background information on which the questions are based. Look at the sample questions which follow and our tips on how to answer them well.

Answering short answer questions

- Read the question carefully and highlight or underline key words.
- Note the number of marks available.
- Make additional notes that you can include in your answer.
- Make the same number of statements as there are marks available.
For example, a two-mark question needs two statements.

Worked example

Explain the effects of taking part in exercise on tidal volume. [3]

Answer: Tidal volume increases during exercise because during exercise a person has to take in (inhale) more air. More air is required as it contains oxygen which is needed to provide energy for the working muscles.

This answer gives a brief description of what happens to tidal volume during exercise (1 mark) plus an explanation of how (1 mark) and why this increases (1 mark).

Answering extended answer questions

Example:

Craig is a 17-year-old swimmer who has asthma. Discuss the effects of participating in swimming on the respiratory system for an individual suffering with asthma. [6]

Answer: Craig may experience both positive and negative effects of swimming. The positive aspects of swimming for an asthma sufferer are that the air breathed in will be moist and warm, which reduces the chances of an exercise-induced asthma attack. Exercise will also increase Craig's vital capacity and strengthen the respiratory muscles. This will allow more air to be breathed, which will help reduce the effects of asthma.

The negative or disadvantage of exercise for Craig is that he may suffer from an exercise-induced asthma attack. This may result in wheezing while breathing or coughing. Craig may experience tightness in his chest. If asthma occurs then the bronchi may become inflamed or the airways might narrow, which will reduce the amount of air getting into the lungs.

For a question using the word 'discuss', you must do more than just explain. You might need to talk about the issues or the advantages (positive) and disadvantages (negative) of an approach or theme.

This answer describes the causes and symptoms of asthma in general as well as in relation to exercise. Further discussion includes the advantages and disadvantages of exercise with specific reference made to swimming.

When answering an extended answer question, you may write several paragraphs. Remember to make notes before you start to answer the question and ensure that you plan all aspects of your longer answer to gain all the available marks.