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# Sample Assessment Material

# SPORT

**From September 2012**

Edexcel BTEC Level 1/ Level 2 First Award in Sport

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Publications Code BF029996

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# Introduction

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The sample assessment materials (SAMs) have been prepared to support the qualification.

The aim of these materials is to provide learners and centres with a general impression and flavour of the actual question papers and mark schemes in advance of the first operational examinations.

This document contains the mark scheme for the Sample Assessment Test, which is available online at [www.btec.co.uk/2012](http://www.btec.co.uk/2012).

# **Unit 1: Fitness for Sport and Exercise -**

## **Sample mark scheme**

### **General Marking Guidance**

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Examiners must mark all candidates work consistently.
- Examiners should mark according to the mark scheme, not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.

Question Number	Answer	Mark
1	Frequency	(1)

Question Number	Answer	Mark
2	(a) Ballistic  (b) Flexibility	(1)  (1)

Question Number	Answer	Mark
3	Progressive Overload Reversibility  1 mark for <b>each</b> correct answer	(1)  (1)

Question Number	Answer	Mark
4	Bicep curl(s)  Accept: arm curl(s) or dumbbell curl(s) Do <b>not</b> accept 'curl'(s)  Squat(s)  <b>Accept any other appropriate phonetic spellings.</b>	(1)   (1)

Question Number	Answer	Mark
5	(a) $1.74^2 = (1.74 \times 1.74) = 3.0276$ $82 \div 3.0276$ $= 27.08$  1 mark for <b>each</b> correct 'stage'  (b) (Malcolm's result suggests he is) overweight  (c) Units are kg/m <sup>2</sup>	(1)  (1)  (1)   (1)  (1)

Question Number	Answer	Mark
6	(a) 6-20 Rating of Perceived Exertion Scale  (b) 14 to 18  1 mark for <b>both</b> correct answers	(1)  (1)

Question Number	Answer	Mark
7	Photo A – Passive  Photo B – Active  1 mark for <b>each</b> correct answer	(1)  (1)
8		

Question Number	Answer	Mark
8	Illinois Agility Run Test	(1)

Question Number	Answer	Mark
9	(a) 20 reps  (b) 75% 1RM (1) and 12 reps (1)  1 mark for <b>each</b> correct answer	(1)  (2)

Question Number	Answer	Mark
10	(a) Right hand (1) and Right foot (1)  1 mark for <b>each</b> correct answer  (b) 1 mark for <b>each</b> point:  - Fat Free Mass (bone, muscle, everything that is not fat) lets the current through (1)  - Fat Mass does not let current through so well (impedance) (1)  - Therefore, the higher the resistance, the higher the percent body fat of the individual (1)  Accept any other appropriate answers	(2)  (3)

Question Number	Answer	Mark
11	Proprioceptive Neuromuscular Facilitation (technique)  <b>Accept PNF</b>  <b>Accept any other appropriate phonetic spellings</b>  <b>Do not accept 'Flexibility'</b>	(1)

Question Number	Answer	Mark
12	(a) Continuous training  (b) Fartlek (training)  <b>Accept 'Fartlek'</b>	(1)  (1)

Question Number	Answer	Mark
13	(a) 195 bpm  (b) Lower HR training zone: $60\% \times 180 = 108$ bpm Upper HR training zone: $85\% \times 180 = 153$ bpm  <b>1 mark for each</b>	(1)  (1) (1)

Question Number	Answer	Mark
14	Male = 16(%)  Female = 20(%)  <b>Accept answers within the range 20 - 20.4(%)</b>	(1)  (1)

Question Number	Answer	Mark
15	Any 2 marks from:  Plyometric training means undergoing sports-specific exercises, that prepare muscles for power-related explosive movements (1), preparing the muscles for movements that would be needed in the actual sports activity (1)  To perform these exercises a performer needs to exert maximal force (1), during which the muscle lengthens (eccentric action) (1) followed by muscle shortening (concentric action) (1)  Award 1 mark for <b>each</b> of eccentric action and concentric action  Award a maximum of 1 mark for reference to muscle lengthening and muscle shortening <b>only</b>	(2)

Question Number	Answer	Mark
16	<p>Up to 2 marks for <b>each</b> explanation from:</p> <ul style="list-style-type: none"> <li>- Lines are approximately (1) 20 metres apart. Lines should be exactly 20 metres apart (for test to be valid) (1)</li> <li>- Players turn and run back as soon as they reach the other line (1). (In order for the test to be valid) they need to turn in-time with the bleeps/wait on the line for the bleep before turning (1)</li> <li>- Players can't hear the bleeps very well on the audiotape (1). This could mean they aren't running in time with the bleeps/are not keeping up with the bleeps (which means test method is not valid) (1)</li> <li>- Players drop out when they don't want to do anymore (1). The multistage fitness test is a maximal test. (In order for the test to be valid), players should only drop out when they can no longer (physically) continue/have reached maximal exertion (1)</li> <li>- Invalid test method due to issues with distance/bleeps/pacing and whether maximal exertion is reached (1). Therefore level and shuttle recorded are invalid and so invalid prediction of <math>VO_2</math> max (aerobic endurance) (1)</li> </ul> <p>Accept any other appropriate answers</p>	(4)

Question Number	Answer	Mark
17	<p>Any 3 points from:</p> <ul style="list-style-type: none"> <li>- so that a player can change direction precisely and quickly (1), without losing time, or their balance (1)</li> <li>- so that a player can quickly get up from the ground (1)</li> <li>- so that a player can (gain competitive advantage) get away from an opponent (1)</li> </ul> <p>Accept any other appropriate answers</p> <p><b>Do not accept answers relating to non-outfield players, ie goalkeepers</b></p>	(3)

Question Number	Answer
18	<p><b>Advantages:</b></p> <ul style="list-style-type: none"> <li>• Minimal cost involved to administer the test</li> <li>• Can test large numbers of participants at once</li> <li>• Test doesn't require calibration of equipment</li> <li>• Specificity of the step test favours sports performers who make endurance demands of the leg muscle groups (eg cyclists/runners)</li> <li>• easy test method to administer.</li> </ul> <p>Accept any other appropriate answers.</p> <p><b>Disadvantages:</b></p> <ul style="list-style-type: none"> <li>• Validity and reliability of the test depends on correct stepping technique, which can be difficult to maintain, and can be affected by: <ul style="list-style-type: none"> <li>- length of participants legs</li> <li>- using a standard bench height for the method for all participants (leading to inefficient hip angles for stepping)</li> <li>- not achieving correct leg extension (as participant steps up onto the bench)</li> </ul> </li> <li>• Participant might not keep up with the set stepping rate (dictated by a metronome)</li> <li>• Participant might have difficulty in taking their own pulse</li> <li>• The step test is not suitable for all populations, eg elderly</li> <li>• Specificity of the step test favours sports performers who make endurance demands of the leg muscle groups (eg cyclists/runners).</li> </ul> <p>Accept any other appropriate answers.</p>

Level	Descriptor
0 0 marks	No rewardable material
1 1-3 marks	A few key points identified, <b>or</b> one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.
2 4-6 marks	Some points identified, <b>or</b> a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3 7-8 marks	Range of points described, <b>or</b> a few key points explained in depth. All sides of the case are considered and the answer is well-balanced, giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.

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# Sample

# Assessment

# Material

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