



PiXL Independence

BTEC Sport L3

Unit 2: Fitness, Training and Programming for Health, Sport and Well being

Student Booklet

KS5

Contents:

- I. Multiple Choice Questions - 20 credits per quiz
- II. Short Exam Questions - 5 credits with additional 10 credits available
- III. Wider Reading - 20 credits per summary
- IV. Academic Reading - 50 credits per summary
- V. Extended Exam Style Questions - 80 credits per essay

I Multiple choice questions:

1) Which effect of exercise is not a positive lifestyle factor (1)?

- Strengthens bones
- Reduces risk of diseases
- Relieves stress
- Increases absence from work

2) What is not a benefit of eating a healthy diet? (1)

- Decreases immune function
- Maintains body weight
- Reduces risk of chronic disease
- Reduces risk of having high cholesterol

3) What is not a strategy for improving dietary intake? (1)

- Deciding on timings of meals
- Eating more fruit and vegetables
- Increasing salt content
- Eating healthier alternatives

4) What is not a risk of smoking? (2)

- Cancer
- Lung disease
- Bronchitis
- Depression

5) What is not a risk of drinking too much alcohol? (1)

- Stroke
- Cirrhosis
- Maintaining body weight
- Hypertension

6) What is not a health risk linked to excessive stress? (1)

- Infertility
- Hypertension
- Angina
- Stroke

7) What is not a common barrier to lifestyle modifications? (1)

- Time
- Gender
- Cost
- Location

8) What is not a strategy to stop smoking? (1)

- Acupuncture
- Breathing exercises
- NHS smoking helpline
- Nicotine replacement therapy

9) Assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques are all strategies to help with the management of what? (1)

- Smoking
- Stress
- Drinking too much alcohol
- Taking drugs

10) What 2 are not a concern with a lack of sleep? (2)

- Depression
- Over eating
- Cirrhosis
- Bronchitis

II Short Answer questions

- 1) What are the 2 types of screening questionnaires? (2)
- 2) What are the 3 legal considerations that have to be taken when screening? (3)
- 3) Name 3 things that you can interpret through health monitoring in screening? (3)
- 4) In nutritional terminology what does RDA mean? (1)
- 5) Name 2 energy measures? (2)
- 6) Name 3 macronutrients (3)
- 7) Name 3 micronutrients (3)
- 8) Describe what is meant by carbo loading (2)
- 9) Name 2 ergogenic aids that can be used in training (2)
- 10) Name 3 types of sport drinks (3)

III Wider reading

Adams Metal, (2010) BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503)

Preparation for assessment (BTEC National Sport: Student Book 1 ISBN: 9781292134000)

Rea, S, Stanford-Brown, J and Manley, C (2010). BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.

Howley, E.T and Franks, B.D (2003) Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109)

Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)

IV Academic Reading

Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).

Weinberg, R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.

Journals

American College of Sport Medicine's Health and Fitness
British Journal of Sports Medicine Exercise and Sport Sciences Reviews
International Journal of Sports Science and Coaching
Medicine and Science in Sports and Exercise
Research Quarterly for Exercise and Sport

Websites

British Association of Sport and Exercise Sciences www.bases.org.uk
Sports Coach UK www.sportscoachuk.org
Top End Sports www.topendsports.com
Sports and Exercise Testing www.brianmac.co.uk
Quizlet.com
Teachpe.com

V Longer answer questions linked to case study

- 1) Explain what the 6 components of fitness are and how these can be applied to a training programme that you are designing. (12)
- 2) Your training programme needs to include some skill related fitness. What 5 things could you include? Explain the benefits of each, (10)
- 3) There are 4 types of aerobic training. Explain how each one would be used in a fitness programme for an individual. (8)
- 4) Describe how you would train an individual for strength. (6)
- 5) If an individual asked you for a programme in core strength and flexibility what would you include in a programme and why? (6)
- 6) What 4 ways can you improve speed? (4)
- 7) Design a fitness programme for 6 weeks on an individual who is 30-year-old female, is overweight and does not do any exercise. She does not drink alcohol but does smoke. You must include FITT and periodisation, suggesting relevant training methods for her. (20)



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