

Course	BTEC Tech Award in Sport
Exam board	EDEXCEL
Exam papers and exam dates	Component 3 exam – usually the start of May (1.5 hours) For many this will be with their first real exam.
Topics per Paper	A Explore the importance of fitness for sports performance A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined B Investigate fitness testing to determine fitness levels B1 Importance of fitness testing and requirements for administration of each fitness test B2 Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness B4 Interpretation of fitness test results C Investigate different fitness training methods C1 Requirements for each of the following fitness training methods C2 Fitness training methods for physical components of fitness C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each of the fitness training methods C5 Provision for taking part in fitness training methods C6 The effects of long-term fitness training on the body systems D Investigate fitness programming to improve fitness and sports performance D1 Personal information to aid fitness training programme design D2 Fitness programme design D3 Motivational techniques for fitness programming
Recommended Revision Guide	Revise BTEC Tech Award - Sport 2022. Practice assessment+ - ISBN 978-1-292-43630-2 BTEC Tech award Sport - Revision Guide - ISBN 978-1-83774-061-1 Revise BTEC Tech Award - Sport 2022- Revision Guide - ISBN 978-1-292-43614-2
Recommended Revision Websites	Will be used and shown in lessons.
Any other information / support/ recommended revision techniques	Kahoot Mind maps Exam questions Use of revision guide tasks Students will be covering many ways in which they can revise each lesson along with the content. Once the content has been taught, they will then have revision lessons to support them ready for the exam in May.