

Y10 End of Year Exam Preparation: **BTEC Sport**

Exam(s):

Set Assignment- Component 2 (3hrs)

Exam- Component 3 (60 marks- 1hr 30mins)

Revision Topic List	
Content- Set Assignment	Skills
<ul style="list-style-type: none">● Fitness components- definitions and used in sport● Roles and responsibilities of officials in sports● Rules within your chosen sport	<ul style="list-style-type: none">● Application of fitness components to a chosen sport● Application of roles of responsibilities of officials in a chosen sport● Rules and regulation within a chosen sport

Revision Topic List	
Content- Exam	Skills
<ul style="list-style-type: none">● Components of fitness (skills and physical)● Principles and additional principles of training● Exercise intensity and how to measure this● Fitness testing (skills and physical)● Fitness training methods (skills and physical)● Advantages and disadvantages to fitness testing and training methods (skills and physical)● Provision of taking part	<ul style="list-style-type: none">● Application of knowledge to set sporting situations and people● Compare and contrast data

Tips on different revision techniques, including subject specific activities can be found in the [Student Study Support Guide](#).