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**PiXL Independence**

**BTEC Sport L3**

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

Student Booklet

KS5

**Contents:**

1. Multiple Choice Questions - 20 credits per quiz
2. Short Exam Questions - 5 credits with additional 10 credits available
3. Wider Reading - 20 credits per summary
4. Academic Reading - 50 credits per summary
5. 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

1. What is not a benefit of eating a heathy diet? (1)

 Decreases immune function

 Maintains body weight

 Reduces risk of chronic disease

 Reduces risk of having high cholesterol

1. 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

1. What is not a risk of smoking? (2)

 Cancer

 Lung disease

 Bronchitis

 Depression

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

 Stroke

 Cirrhosis

 Maintaining body weight

 Hypertension

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

 Infertility

 Hypertension

 Angina

 Stroke

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

 Time

 Gender

 Cost

 Location

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

 Acupuncture

 Breathing exercises

 NHS smoking helpline

 Nicotine replacement therapy

1. 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

1. 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-Heineman. (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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