

January Pre-Public Exams

Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity (40% of overall grade).

AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.

AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.

AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.

AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Exam Board

Pearson

Exam Format

Written exam paper (1 hour 30 minutes)

Combination of:

- Multiple choice questions
- Short answer questions
- Longer answer questions

Revision advice

- RAG rate your understanding of different topics. Concentrate on the topics you find most challenging first – ask your subject teacher for advice.
- Review lots of past paper questions!
- Didn't get full marks on a question? Revisit the mark scheme and then try again!
- Look at relevant chapters in your revision guide.
- Make revision cards/mind maps on all major topic areas.
- Revision information from Google classroom.
- Lesson resources available on Google classroom.

Revision Resources

[Google classroom](#)

[Speak to your subject teacher](#)

[The Everlearner](#)

[BTEC Sport Revision Guide](#)

[BTEC Sport Assessment Practice](#)