

Year 11 Mock Exams Autumn Term 2025: *BTEC Sport*

Exam(s): Component 3- 60 marks, in a 1hr 30min exam. 40% of total grade.

Revision Topic List	
Content	Skills
• Components of fitness • Principles of training • Measuring exercises intensity • Testing procedures • Fitness testing • Training methods • Long term effects of training • Advantages and disadvantages of training methods	• Multiple choice Identifying (1-2 marks) State (1-2 marks) • Short Answer (3-5 marks) Describe or Explain- why have how. Apply to a scenario • Evaluate (6 marks) Different view points ie. advantages and disadvantages. Relevant factors to the scenario and come up with conclusion

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