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.