

BTEC SPORT REVISION LIST

Exam Paper - 50 minutes - 40 Marks

Learning Aim A:

Know about the components of fitness & the principles of training

- 1 - Components of physical fitness
- 2 - Components of skill-related fitness
- 3 - Why fitness components are important
- 4 - Exercise intensities
- 5 - Basic principles of training
- 6 - Additional principles of training

Learning Aim C:

Requirements for administration of each fitness test

- 7 - Importance of fitness testing and requirements for administration
- 8 - Fitness testing
- 9 - Interpretation of fitness test results