



West Park School

Physical Education

BTEC Examination Summer 2026

In readiness for your BTEC examination in **Physical Education** you must **LEARN** and **REVISE** the following content and skills:

Learning Outcome A

Topic	Area
The importance of Components of Fitness for participating in sport.	<ul style="list-style-type: none">• Aerobic endurance – events/sports lasting more than 30 minutes• Muscular endurance – events/sports lasting more than 30 minutes• Muscular strength – activities requiring force, e.g. Throwing events• Speed – activities requiring fast movement, e.g. Sprinting• Flexibility – activities requiring a wide range of movement around a joint, e.g. Gymnastics, martial arts• Body composition – low body fat, e.g. Gymnastics, high muscle mass, e.g. Sprinters• Power – activities requiring explosive movement, e.g. Gymnastics, basketball• Agility – activities requiring quick changes of direction, e.g. Dodging the opposition in a team game, freestyle skiing• Reaction time – any activity where a quick decision or response to a stimulus is needed• Balance – an activity requiring the control of the distribution of weight or to remain upright and steady• Coordination – any activity requiring the movement of two or more body parts and can include the use of sporting equipment
The Fitness Training Principles and how to apply them to improve fitness	<p>FITT Principles:</p> <ol style="list-style-type: none">1. Frequency2. Intensity3. Time4. Type <p>Additional Training Principles (SPORRVIA):</p> <ol style="list-style-type: none">1. Specificity2. Progressive Overload3. Reversibility4. Rest & Recovery5. Variation6. Individual Differences7. Adaptations

	<p><u>Intensity:</u></p> <ul style="list-style-type: none"> • Measure heart rate (HR) • How to work out Maximum Heart Rate (MHR) – $220 - \text{Age} = \text{MHR}$ <p><u>Target zones and training thresholds:</u></p> <ul style="list-style-type: none"> • Calculate training zones • Apply Maximum Heart Rate to training • Aerobic training zone – low & high threshold • Anaerobic training zone – low & high threshold • The Borg (6–20) <u>Rating of Perceived Exertion (RPE) Scale</u> • $\text{RPE} \times 10 = \text{Heart Rate (HR)}$. • The relationship between RPE and heart rate where: $\text{RPE} \times 10 = \text{HR (bpm)}$. • Calculate 1 Rep Max for strength and 15 Rep Max for muscular endurance. <p><u>Technology to measure exercise intensity:</u></p> <ul style="list-style-type: none"> • Heart rate monitors • Smart watches • Apps.
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Learning Outcome B

Topic	Area
The importance of <u>Fitness Testing</u> and requirements	<ul style="list-style-type: none"> • Reasons for fitness Testing • Pre-Test Procedures • Reliability & validity of tests – factors affecting reliability • Practicality – cost, time, number of participants
<u>Fitness Test Methods</u>	<p><u>The fitness Tests for all the Components of Fitness:</u></p> <ul style="list-style-type: none"> • Aerobic endurance – Multi-stage Fitness Test, Yoyo Test, Harvard Step Test, 12 minute Cooper Run • Muscular endurance – One Minute Press Up Test, One Minute Sit Up Test, Timed Plank Test • Muscular strength – Grip Dynamometer, 1 Rep Max • Speed – 30 Meter Sprint Test, 30 Meter Flying Sprint Test • Flexibility – Sit & Reach Test, Calf Muscle Flexibility Test, Shoulder Flexibility Test • Body composition – Body Mass Index (BMI), Bioelectrical Impedance Analysis Test, Waist to Hip Ratio • Power – Vertical Jump Test, Standing Long/Broad Jump, Margaria-Kalamen Power Test • Agility – Illinois Agility Test, T-Test • Reaction time – Ruler Drop Test, Online Reaction Time Test • Balance – Stork Stand Test, Y-Balance Test • Coordination – Alternate-Hand Wall-Toss Test, Stick Flip Co-ordination Test

<u>Interpretation of Fitness Test Results</u>	<ul style="list-style-type: none"> Comparison to normative published data. Analyse and evaluate test results. Recommendations for improvements to fitness performer based on test results.
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Learning Outcome C

<u>Topic</u>	<u>Area</u>
<u>Requirements for Fitness Training Methods</u>	<ul style="list-style-type: none"> 4 Stages of a Warm-up How to complete a Cool Down
<u>Fitness Training Methods</u>	<p><u>The Fitness Training for all the following Components of Fitness:</u></p> <ul style="list-style-type: none"> Aerobic endurance – Continuous, Interval, Fartlek & Circuit Training Muscular endurance – Free Weights & Resistance Machines, Circuit Training – low weight, high repetitions Muscular strength – Free Weights & Resistance Machines – high weight, low repetitions Speed – Acceleration Sprints, Interval Training, Resistance Drills Flexibility – Static Active, Static Passive, PNF Agility – SAQ Training Power – Plyometrics Balance – Exercises requiring support Co-ordination – Exercises requiring the movement of two or more body parts Reaction Time – Exercises responding to a stimulus
<u>Additional Requirements</u>	The advantages & disadvantages of each Method of Training
<u>Provision</u>	The definitions, examples & advantages/disadvantages of the: <ul style="list-style-type: none"> Public Sector Private Sector Voluntary Sector
<u>The long-term effects of training on the body systems</u>	<ul style="list-style-type: none"> Aerobic Endurance – Cardiac hypertrophy, decreased resting heart rate, strength of respiratory muscles, capillarisation around the alveoli Flexibility – Increased range of movement at a joint, increased flexibility of ligament & tendons, Increased muscle length Muscular Endurance – Capillarisation around muscle tissues, increased muscle tone Strength & Power – Muscular hypertrophy, increased tendon & ligament strength, increased bone density Speed – Increased tolerance to lactic acid

Learning Outcome D

Topic	Area
<u>Personal Information</u>	<ul style="list-style-type: none">• Aims of the training programme• Objectives of the training programme• Lifestyle & physical activity history• Attitudes and personal motivation for training
<u>Fitness Test Design</u>	<ul style="list-style-type: none">• Use of personal information• Selection of appropriate activities and components of fitness• Application of FIT principles to training
<u>Motivational Techniques</u>	<ul style="list-style-type: none">• Definition of <u>motivation</u>• Types of motivation – intrinsic & extrinsic• Setting goals to motivate people – <u>SMARTER</u> targets• Short-term & long-term goals• Influence of Goal Setting• Benefits of <u>motivation</u> on performance