



BTEC Sport Test – health and skill components

1. What is this the definition of? cardiovascular endurance, aerobic endurance. (1)
2. **Explain** a sport that requires this (2)

What is the definition of Muscular Endurance? (1)

3. Explain why muscular endurance is important in long distance swimming? (2)
4. Describe what other sport requires muscular endurance (2)
5. Muscular strength is force against a resistance. What two types of muscular strength are there and give sport examples for both. (4)
..... Strength
..... Strength
.....

6. What is the definition of flexibility? (1)
7. Complete the sentence. A gymnast requires flexibility to..... (2)
8. Fill in the blanks: (1)

9. What is the correct definition of speed? (1)
 - a) The rate at which a distance is covered

- b) To run fast
- c) The rate at which you run



10. Match the three types of speed to the correct definition (3)

Speed endurance	Your fastest pace
Acceleration -	Gradually building up speed
Pure -	Being able to maintain a certain speed for some time

11. List the two types of speed a 100 m runner uses and describe when? (4)

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12. Explain what type of speed a footballer uses in the game? (2)

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13. Power and reaction time are two components of skill. List two other components of skill. (2)

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14. Explain two components of skill a basketball player uses (4)

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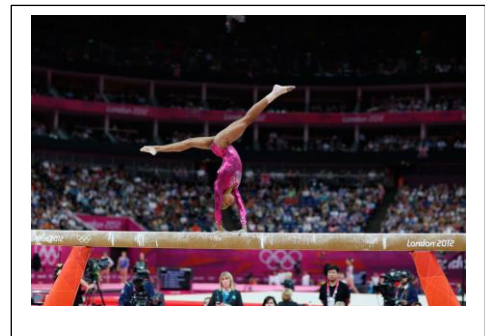
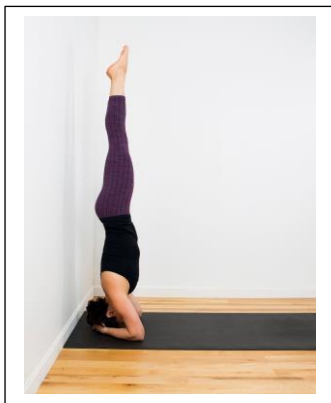
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15. What is the equation for power? (1)

16. The ability of the body to use two or more body parts is what? (1)

17. The ability to respond to a stimulus is reaction time. When would a badminton player use Reaction Time? (1)

18. There are two types of balance. Under the picture state what type of balance it is. (2)



19. Define agility and describe when it is used in Rugby (3)

20. Katie is a swimmer. She decides to test her fitness. See the results below.

Test	Score
Sit and Reach Test - flexibility	Poor
Multi stage fitness test – aerobic endurance	Good
30m sprint Test - Speed	Average
One minute sit up Test – muscular endurance	Poor
One minute press up Test – muscular endurance	Poor

Analyse Katie's results. (10) (To analyse you need to give strengths and weaknesses and say how improving each component will help her in her sport)

I will help you with this question when we return to school.

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