

Y11 March Mock Examinations – Exam Information and Revision Advice

Subject: BTEC Tech Sport

Exam Board: Pearson / Edexcel

Exam	Date	Paper Duration
Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	Friday 14 March (PM)	1hr 30 mins

Topics to Revise

- Understand how different components of fitness are used in different physical activities
- Fitness training principles
- Exercise intensity and how it can be determined

Revision Resources and Guidance

- EverLearner website
- CGP BTEC Tech Award revision guide
- Component 3 booklet

