

## Revision Lesson

### Past Paper Questions – Model Answers



#### Learning Objectives:

Understand the type of questions that may be asked during the exam

Be able to plan how to answer a variety of questions

#### Success Criteria

Be able to explain how to approach answering different types of question in the exam

## Multiple Choice Questions

You will get a number of questions that are worth 1 mark where you need to identify the correct answer

- Muscular endurance
- Flexibility
- Muscular strength
- Coordination

Top Tip –If you are not sure exactly what the question is asking you look at the answers & see if they have anything in common

Look at the following answers & see if you can spot the Odd One Out

## Multiple Choice Questions

There are five different components of skill-related fitness.

Which **one** of these is a component of skill-related fitness? (1)

Click on **one** of the boxes.

Muscular endurance

Flexibility

Muscular strength



Coordination

Here is the question in full – have a read through & see if you can answer it?

Ok so the answer is Coordination

But why? What do all the other answer have in common?

## Multiple Choice Questions

When training a sports performer there are six different components of physical fitness to consider.

Which **one** of these is a component of physical fitness? (1)

Click on **one** of the boxes.



Aerobic endurance

Agility

Balance

Reaction time

Have a go at this question

If you are unsure of the answer  
try to work it out

Ok – so why Aerobic  
Endurance?

What do the other components  
have in common

## Drag & Drop or Draw Line Questions


Some questions will require you to either drag & drop the correct answer in to the space or select pictures & boxes one after the other to 'link' them together

Each picture (A and B) shows a different type of fitness training.

Match the type of fitness training to the component of fitness that is being trained. (2)

Click on each picture and then the correct component of fitness.

**A**



**Component of Fitness**

Strength

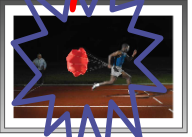
Flexibility

Muscular endurance

Aerobic endurance

Speed

**B**



Have a look at this question & see if you can answer it?

## Drag & Drop or Draw Line Questions

Some questions will require you to either drag & drop the correct answer in to the space or select pictures & boxes one after the other to 'link' them together

Have a look at this question & see if you can answer it?

Identify the correct component of fitness for each of these definitions. (2)

Drag and drop the correct components of fitness into the spaces.

The maximum force that can be generated by a muscle or muscle group.

The ability of the cardiovascular system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

Muscular strength      Flexibility      Muscular endurance

Speed      Aerobic endurance

# 1 Mark Answer Questions

You will get a number of questions that are worth 1 mark where you must know the answer & there might be a follow up question about the same topic – this comes down to if you know the answer or not

Charlotte is an 18 year old sports performer and trains with free weights to improve her fitness. Her training routine includes lifting 15 reps of light weights

(a) Identify the component of fitness that is being trained. (1)

Type your answer in the box.

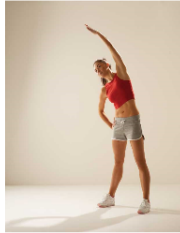
**Muscular Endurance**

Charlotte also takes part in flexibility training which is shown in the picture.

(b) Identify the type of flexibility training which is shown in the picture. (1)

Type your answer in the box.

**Active Stretching**



Here is the question in full – have a read through & see if you can answer it?

## The Maths Question

You will most likely get a question that requires you to solve a maths question or has an equation in it – the trick is not to panic

The way to work it out might be in the question or you might need to remember the specific equation as that is the answer

Maximal heart rate (HR max) is often used to help work out an athlete's training intensity and make sure they are exercising in the right training zone.

(a) Which is the correct equation for working out an athlete's HR max? (1)

Click on **one** of the boxes.

160 - Age (years)

180 - Age (years)

220 - Age (years)

280 - Age (years)

(b) State the recommended training zone, in percentage of HR max, for cardiovascular health and fitness. (1)

Type your answer in the box.

60-85%



## The 4 Mark Questions

You will get a couple of 4 mark questions that may guide you as to how to structure your answer

Develop the points you want to make with appropriate examples

Have a look at this question & see if you can answer it?

Sports performers need a variety of components of fitness to perform their sports.

Explain why tennis players need muscular endurance and coordination to perform in their sport. (4)

Type your answer in the box.

Muscular endurance – is required to play tennis for a long period of time (1) so that they can continue to hit the ball/ run around the court(1).

Coordination – the tennis player needs to be able to successfully perform tennis-related technique (1) so the tennis player will be able to increase their accuracy/ efficiency/ positioning when playing shots so they have a better chance of beating their opponent (1).

Accept any other relevant wording/phrasing.

## The 8 Mark Question

You will get an 8 mark question

Lets start with the markscheme – this is the same for every question

Level	Descriptor
0	
0 marks	No rewardable material
1	
1-3 marks	A few key points identified, <b>or</b> one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.
2	
4-6 marks	Some points identified, <b>or</b> a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3	
7-8 marks	Range of points described, <b>or</b> a few key points explained in depth. All sides of the case are considered and the answer is well-balanced, giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.

## The 8 Mark Question

Bioelectrical Impedance Analysis (BIA) and the skinfold test are used to predict percent body fat.

Discuss the use of BIA and the skinfold test to predict percent body fat. (8)

Type your answer in the box.

### Advantages of the BIA

It is easy and quick to use so can be easily administered.

It is non invasive so that the person being tested does not have to remove any clothing other than shoes and socks so it is less embarrassing than the skinfold test.

Unlike other forms of body composition assessment such as the skin fold test which can be embarrassing for the client.

It is related to a person's age and gender unlike BMI.

## The 8 Mark Question

### Disadvantages of the BIA

The equipment is quite expensive so people may not be able to afford it in order to administer the test.

Reliability and validity depends upon the correct protocol being followed, which can be difficult to oversee:

- o Client inputs own data incorrectly
- o Client doesn't follow pre test procedures with regard to alcohol consumption and physical activity
- o Calibration of equipment.

The individual also has to ensure that they are hydrated and have not drunk alcohol 48 hours prior to the test or taken part in high intensity exercise 12 hours prior to the test.

A person with a pacemaker or a pregnant woman should not be tested using this equipment.

It is not as accurate as the skin fold measurements. The scores are influenced by how well hydrated a person is.

If a person is dehydrated, their body fat is overestimated.

## The 8 Mark Question

### Administration processes of the skinfold test

#### Advantages of the skinfold test

It is a valid test as it provides a good estimation of the body fat of a person and is one of the most valid tests for estimating body fat percentage.

The equipment is not very expensive and is therefore readily available.

The test does not require the person being tested to carry out any pre-test procedures unlike the BIA method.

The test can be performed on most people as there is no contra indications to the administration of this test

#### Disadvantages of the skinfold test

The person being tested has to remove or adjust their clothing and have parts of their body 'pinched' by the tester which can be embarrassing.

The skinfold test must be consistently taken at the same places in order to get reliable results, this relies on the skill of the tester to accurately and consistently identify the sites.

The test cannot be used on people that are very obese and a different type of test would need to be used for this type of person.

## The 8 Mark Question

Now you have seen the mark scheme try to write a model answer for the 8 mark question