BTEC First Award in Sport NQF
Unit 1 – Fitness for Sport and Exercise
Topic A Revision Test

1 – What are the two different types of Components of Fitness?

_____

2 – Aerobic Endurance, Muscular Endurance and Flexibility are which type of Component of Fitness?

_____

3 – How many Components of Fitness are there?

_____

4 – Which component of fitness is being defined below?

The Maximum force (in Kg or N) that can be generated by a muscle or muscle group

A - Power
B - Speed
C - Muscular Strength
D - Flexibility

5 – What is Body Composition?

A – The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body
B – Your bodyweight in relation to your height
C – The percentage of bone, muscle and fat you have on your body
D - Your bodyweight in KG's, LBs or stone

6 – What words are missing from the definition of Aerobic Endurance below?

The ability of the cardiorespiratory system to work efficiently, supplying _____ and _____ to working _____ during sustained physical activity.

A - Oxygen, Energy and Limbs
B - Nutrients, Oxygen and Muscles
C - Nutrients, Energy and Muscles
D - Energy, Oxygen and Muscles

7 – Which one is missing?

Agility, Balance, Co-ordination, Power

A – Flexibility
B – Speed
C – Reaction Time
D – Muscular Strength

8 – Which one of the following is **not** a different type of speed?

A – Accelerative Speed (up to 30m)
B – Speed Endurance (sprint with short recovery periods in-between)
C – Pure Speed (sprints up to 60m)
D – Maximum Speed (the highest speed you can get to within 50m)

9 – Which component of fitness has two different types which are called Static and Dynamic?

A – Flexibility
B – Power
C – Strength
D – Balance

10 – Which of the following is the definition for agility?

A - the ability of a sports performer to quickly and precisely move or change direction without losing balance or time
B - the smooth flow of movement needed to perform a motor task efficiently and accurately
C - the time taken for a sports performer to respond to a stimulus and the initiation of their response
D - the ability to maintain centre of mass over a base of support

11 – Which of these is **not** a reason why fitness components are important in sport?

A – To be able to successfully meet the physical demands of the sport in order to reach optimal performance
B – To be able to successfully meet the skill-related demands of the sport in order to reach optimal performance
C – To be able to perform efficiently
D – To boost a players confidence

12 – What is the most precise way of measuring exercise intensity?

A – Breathing rate
B – Heart rate
C – Sweating rate
D – Body language

13 – How do we calculate maximum heart rate?

A – 220 + age
B – 220 / age
C – 220 - age
D - 220 X age

14 – If a person is 20 years old can you work out 60% of their maximum heart rate?

_____ beats per minute (BPM)

15 – What is the recommended training zone for cardiovascular health and fitness?

A – 60-85% MHR
B – 60-80% MHR
C – 50-80% MHR
D – 50-85% MHR

16 – What does the Borg Scale range from?

A – 1-10
B – 1-15
C – 6-24
D – 6-20

17 – The RPE scale is another way we can measure exercise intensity. What does RPE stand for?

A - Rate of Perceived Exercise
B - Rate of Perceived Exertion
C - Rate of Purposeful Exercise
D - Rate of Purposeful Exertion

18 – What does the **first** T in the FITT principle stand for?

A - Type
B - Time
C - Technique
D – Talent

19 – What does **frequency** mean? Describe in your own words.

_____

_____

20 – What part of the FITT principle is being referred to?

how an individual will train by selecting a training method to improve a specific component of fitness and/or their sports performance

A – Frequency
B – Type
C – Intensity
D – Time

21 – Which additional principle of training being defined here?

In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance

A - Specificity
B - Progressive Overload
C - Reversibility
D - Variation

22- Which one of these is the definition for rest and recovery?

A - Needed to prevent injury
B - These are required so that the body can recover from the training and to allow adaptation to occur
C - These are needed to stop you from aching
D - These are needed to encourage people to keep exercising

23 – Which additional principle of training is this describing?

If you start exercising but don't keep doing it your fitness levels will get worse or go back to where they started

A – Reversibility
B – Adaptation
C – Specificity
D – Individual difference/needs

24 – Which of these is not an additional principle of training?

A - Progressive Overload
B - Variation
C - Rest and Recovery
D - Muscular Strength

25 – Which additional principle of training is being defined below?

Training should be specific to the individual's sport, activity or physical/skill-related fitness goals to be developed

A – Reversibility
B – Muscular Strength
C – Rest and Recovery
D – Specificity

Score ___ /25