



# Year 11

## BTEC Level 2

### First Award in Sport

Name: \_\_\_\_\_ Tutor Group: \_\_\_\_\_

BTEC Teacher: \_\_\_\_\_ 11A1 11A2 11A3 11S1 11S2 11S3

**Length of Exam: 1 hour 15 minutes.**

Revision will not be allowed prior to the assessment paper.

You will have 1 hour and 15 minutes to complete the assessment paper.

The rest of the allocated session will be used for coursework completion or completing a week of your personal training programme practically.

**Equipment required:**

Pen and calculator

**Instructions/revision material to refer to:**

Please use the revision materials on the school website. The assessment paper will include content from all areas e.g. fitness components, methods of training, principles of training and fitness testing.

**Mark/Score:** \_\_\_\_\_ **Grade/level:** \_\_\_\_\_ **BRAG:** \_\_\_\_\_

What did I do well in this assessment?

What do I need to do to improve in this assessment?