

BTEC Sport – Component 2 – Exam Checklist

Content	Completed
Components of Fitness	
Fitness testing	
Normative data	
Percentage increase	
Types of training to improve aerobic and muscular endurance	
Types of training to improve strength and power	
Types of training to improve flexibility and speed	
Principles of training	
FITT principles	
Understanding fitness programmes	
Calories	
Macronutrients	
Micronutrients - vitamins	
Micronutrients - minerals	
Hydration	
Features of a healthy diet	
Motivation	
Impact/ benefits of motivation	
Impact of self confidence	
Methods to increase self-confidence	
Types and effects of anxiety	
Methods of controlling anxiety	