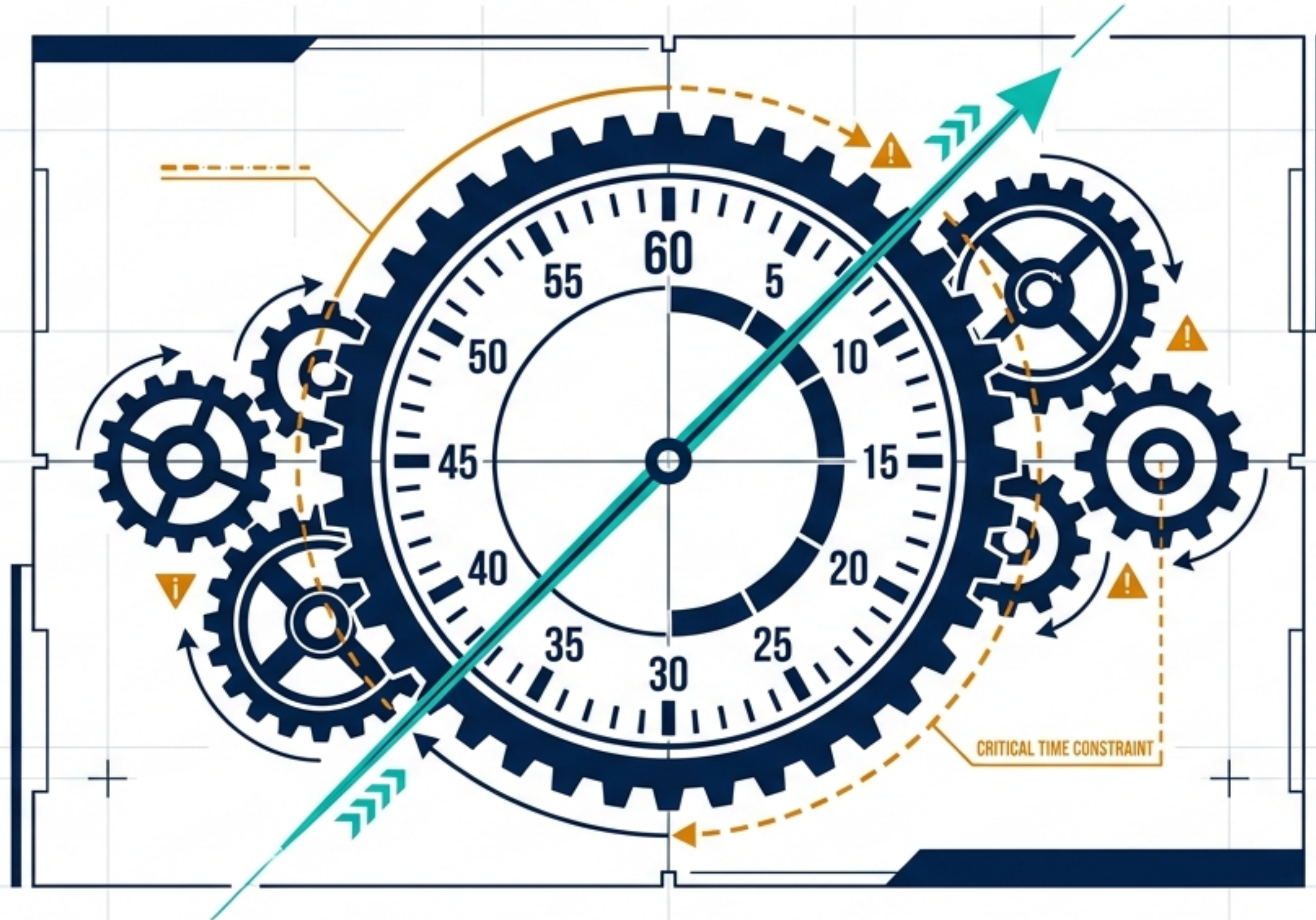


BMSH4302: THE 60-MINUTE PLAYBOOK

Executing the Level 4 Exam Strategy in Nutrition, Sports and Exercise Science, and Sports Therapy.



OWNING THE 60 MINUTES

This exam is not just a test of memory; it is a meticulously managed 60-minute operation. Knowing exactly where you should be at any given moment is your greatest advantage.

THE TIME BUDGET STRATEGY:



- 5 MINUTES: The Pre-Game Plan
(Read paper, outline both Section B answers)



- 20 MINUTES: The First Half
(Execute 20 MCQs at roughly 1 minute each)



- 30 MINUTES: The Second Half
(Dedicate 15 minutes each to your two Section B answers)



- 5 MINUTES: Post-Game Analysis
(Check flagged MCQs, ensure zero blanks)



PHASE 1: SECURING THE OUTLINE

You walk into the room already knowing the five Section B questions and which two you are answering. Your first five minutes are for securing that structure on paper.

THE MINIMALIST OUTLINE:



- Identify the condition chosen.

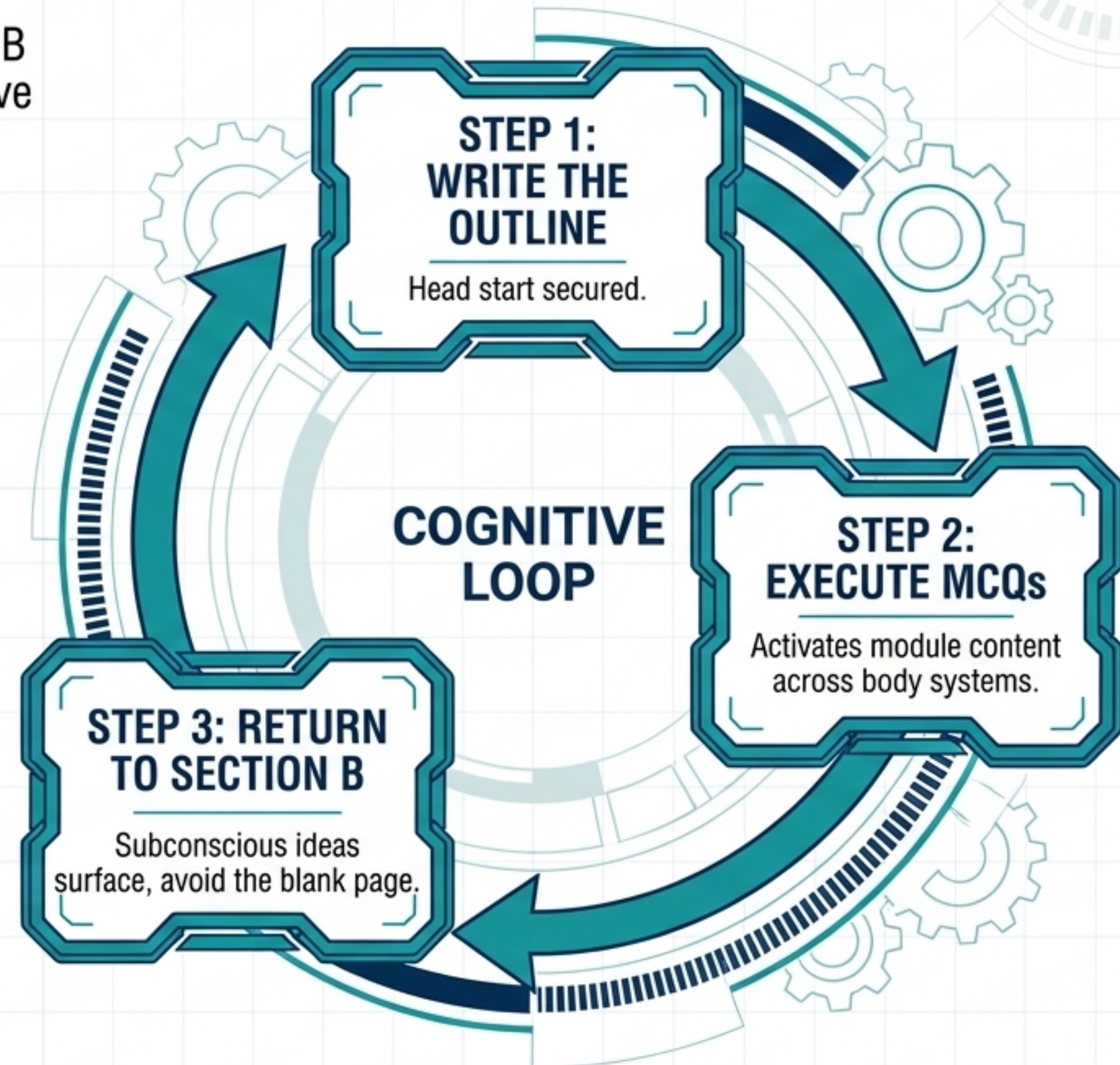


- Note 3 to 4 key terms.



- Draft a single-line plan for part (a) and part (b).

WARNING: DO NOT WRITE FULL PARAGRAPHS. The goal is to safely store your structure so it cannot disappear when the room gets noisy or a tricky MCQ distracts you.



PHASE 2: SYSTEMATISING THE MCQs

You have 20 minutes for 20 questions. Some take 15 seconds, some take 90. The average is what matters. Follow the strict execution protocol to protect yourself from plausible distractors.

THE 60-SECOND EXECUTION SEQUENCE:



THE GOLDEN RULE OF SECTION A



NO NEGATIVE MARKING

Leaving a question blank guarantees a zero.

Guessing between two remaining options after elimination gives you a 50% chance of securing the mark.

If you are running out of time, fill in a response for every single question.

PHASE 3: THE IMBALANCE OF SECTION B



Each Section B question totals 15 marks. Understanding exactly where those marks sit dictates how you spend your 15 minutes.

Most marks are locked inside the **'WHY'**, not the **'WHAT'**.



THE 15-MARK SEESAW BREAKDOWN

→ Part (a) [8 marks]

- [2 marks] Naming the condition / risk factor / target tissue (Identification)
- [6 marks] Explaining the mechanism (Mechanism)

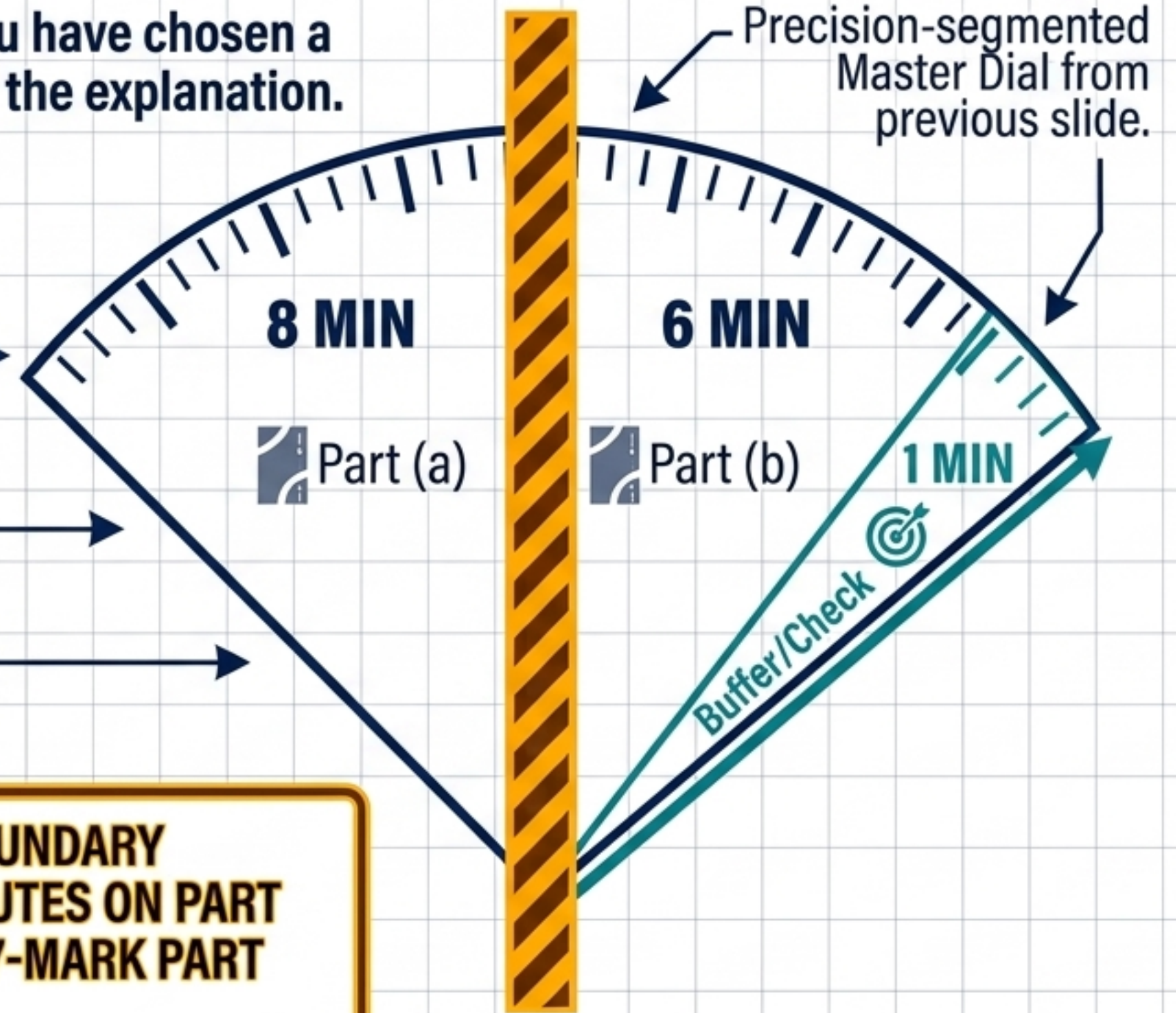
→ Part (b) [7 marks]

- [1 mark] Second identification (Identification)
- [6 marks] Explaining the mechanism (Mechanism)

THE 15-MINUTE MICRO-BUDGET

Do not waste time writing a paragraph about why you have chosen a condition. State it briefly and immediately move into the explanation.

- **MINUTE 0 TO 8:** Execute Part (a). Because it carries 8 marks, it receives slightly more time.
- **MINUTE 8 TO 14:** Execute Part (b).
- **MINUTE 14 TO 15:** Read through and check your work.

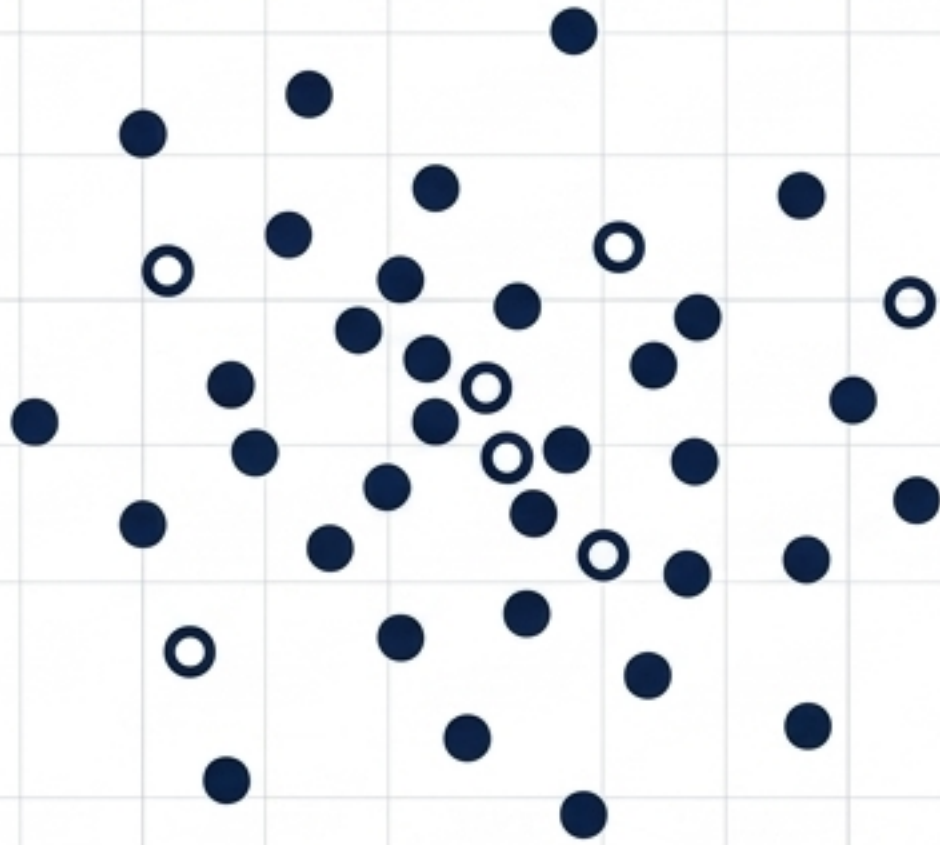


WARNING: WATCH THE CLOCK AT THE BOUNDARY BETWEEN (a) AND (b). SPENDING 12 MINUTES ON PART (a) LEAVES YOU ONLY 3 MINUTES FOR A 7-MARK PART (b), RISKING 4 TO 5 LOST MARKS.

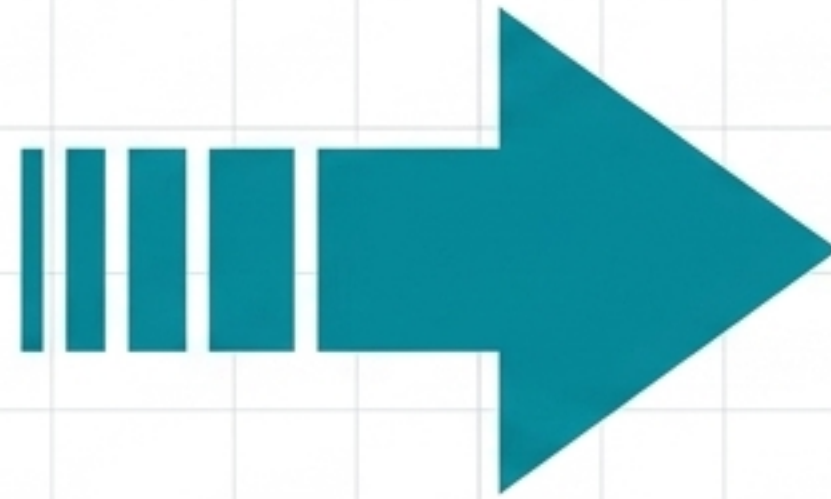
THE CORE PARADIGM SHIFT: EXPLAIN, DO NOT LIST

This is the difference between scraping an adequate mark and securing an excellent one. The marker does not just want to know what happens; they need you to prove how it happens.

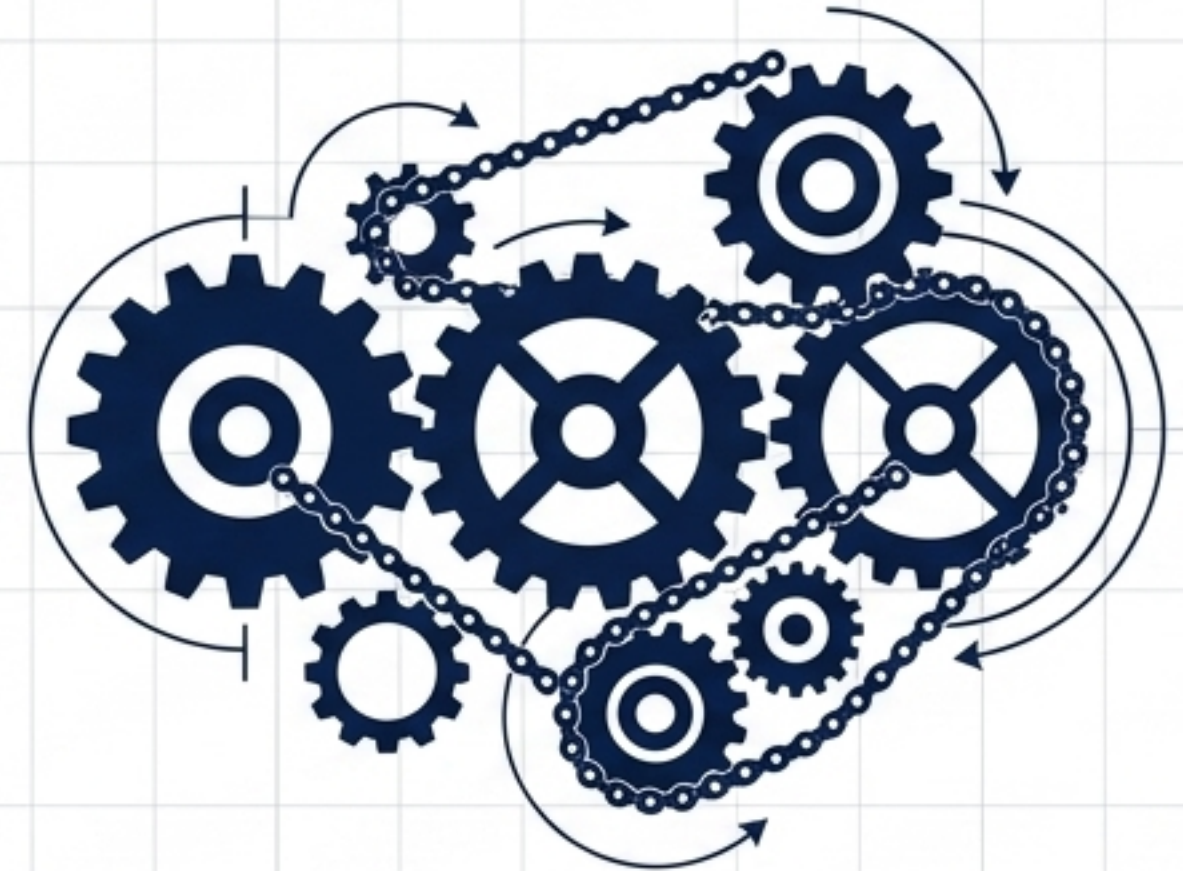
LISTING FACTS



Marks are capped in the **Adequate** band (7 to 9 of 15).



EXPLAINING MECHANISMS



Marks climb into the **Good** (10 to 12) or **Excellent** (13 to 15) bands.

DIAGNOSTIC MATRIX: THE ANATOMY OF AN ANSWER

Use this framework to run a self-test while you write. Read your answer back and ask: "Have I said WHY?"

DIMENSION	THE 'ADEQUATE' ANSWER	THE 'EXCELLENT' ANSWER
The Approach	Stating Facts	Connecting Mechanisms
Core Focus	The WHAT	The WHY
Textual Clues	Comma-separated lists	Linking words
THE EXAMPLE	Smoking, obesity and inactivity cause Type 2 diabetes.	Excess adipose tissue releases inflammatory mediators that interfere with insulin signalling, producing insulin resistance.
Mark Band	7 to 9 out of 15	13 to 15 out of 15

THE VOCABULARY OF THE 'WHY'

You can manually trigger a mechanistic explanation simply by forcing specific linking words into your sentences. If your answer contains these triggers, you are building a mechanism. If it does not, you are likely just listing.



STRATEGIC SELECTION: CLARITY OVER COMPLEXITY

The strongest answers come from students who choose a condition they fully understand mechanistically, not the one that sounds the most impressive. The marker is not grading you on topic difficulty. They are grading you on mechanistic depth.

**IMPRESSIVE
BUT VAGUE**



**BORING BUT
UNDERSTOOD**



Type 2 diabetes explained flawlessly will always beat multiple sclerosis explained vaguely.
Choose the condition where you can confidently write the 'WHY' at every single step.

PHASE 4: THE POST-MATCH REVIEW



If you reach minute 55 and have not started checking your work, you have run over your budget. Wrap up your current sentence and stop.



THE FINAL 5 MINUTES:



1 Return to the Flags:



Revisit the MCQs you flagged in Section A. A fresh look often reveals the correct answer the second time around.

2 Eradicate Blanks:



Audit the MCQ sheet. Guess if you must, but leave nothing empty.

3 Read for the 'WHY':



Skim your Section B answers. Did you leave a statement hanging without an explanation? Add a quick “**...because...**” sentence to secure the mechanism mark.

Friction vs. Flow

Habits that cost you marks versus habits that guarantee them.

 **Strategic Friction (AVOID)**

	Jumping straight to MCQs without reading Section B.	
	Listing facts without explaining the connection.	
	Choosing the most impressive-sounding condition.	
	Spending 20+ minutes on one Section B answer.	
	Leaving any Section A questions blank.	

Strategic Flow (DO) 

	Outline Section B before starting MCQs.	
	Explain the mechanism at every step.	
	Deploy linking words ('this leads to').	
	Watch the clock at the (a)/(b) split.	
	Manage the 60-minute budget.	

THE ULTIMATE EQUATION



MANAGED TIME



MECHANISTIC DEPTH



PEAK PERFORMANCE

TIME BUYS DEPTH

Spending 5 minutes not writing at the beginning buys you the psychological safety and cognitive bandwidth required to write heavily weighted, 12-mark mechanistic explanations in the second half.

The exam is simply testing what you have learned across ten weeks of teaching.
Trust the preparation. Take the time. Execute the playbook.