



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
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**PHYSICAL EDUCATION**

**0413/01**

Paper 1

**May/June 2008**

**2 hours**

Candidates answer on the Question Paper.

No Additional Materials are required.

**READ THESE INSTRUCTIONS FIRST**

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen.

You may use a soft pencil for any diagrams, graphs or rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

**DO NOT WRITE IN ANY BARCODES.**

Answer **all** questions.

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [ ] at the end of each question or part question.

| For Examiner's Use |  |
|--------------------|--|
| <b>Section A</b>   |  |
| <b>B1</b>          |  |
| <b>B2</b>          |  |
| <b>B3</b>          |  |
| <b>Total</b>       |  |

This document consists of **13** printed pages and **3** blank pages.



**Section A**

Answer **all** questions in this section.

For  
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1 Name **one** factor that will affect how well a skill is performed.  
.....[1]

2 Give **one** definition of the term *health and fitness*.  
.....[1]

3 What is meant by leisure time?  
.....  
.....[1]

4 Name **one** factor that still makes it difficult for some women to participate in sports.  
.....  
.....[1]

5 Describe **one** key feature of resistance training.  
.....  
.....[1]

6 Choose **one** of the seven principles used for goal setting and explain why it is important.  
.....  
.....  
.....[2]

7 Identify **two** differences between a ligament and a tendon.  
.....  
.....  
.....  
.....[2]

8 It may be possible to prevent some injuries by warming up properly. Describe **two** other ways that a warm up can help a performer.

.....  
.....  
.....  
.....[2]

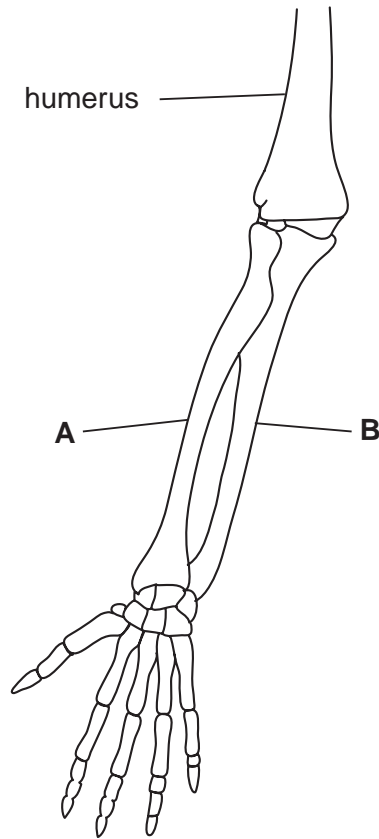
9 Providers of sports and recreation facilities can be split into three groups. Name **one** of these groups and explain why their role is important.

.....  
.....  
.....  
.....[2]

10 Name **two** nutrients along with their food source.

Nutrient 1 .....  
Food source .....  
Nutrient 2 .....  
Food source .....[2]

11 From the diagram below name the two bones marked **A** and **B**.



A .....

B .....

[2]

12 Describe **three** disadvantages that extensive media coverage might have on match officials.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

[3]

[Total: 20]

Section B

Answer **all** questions in this section.

For  
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**Factors Affecting Performance**

**B1 (a)** Name **one** recognised test that could be used to find a performer's cardio vascular fitness.

.....  
.....[1]

**(b)** Give **two** reasons why feedback is important to an inexperienced performer.

.....  
.....  
.....  
.....[2]

**(c)** Describe how the muscles in the upper arm function when a performer is doing a press up.

.....  
.....  
.....  
.....  
.....  
.....  
.....[3]

**(d)** All people have a combination of more than one body type. What **two** dominant body types would a rugby prop forward require to perform at the very highest level and what advantages would this provide?

Body type 1 .....

Body type 2 .....

Advantages .....

.....  
.....  
.....[3]

(e) Arousal is important for a sportsperson to be a good performer.

(i) Describe **two** signs of arousal.

.....  
.....  
.....  
.....[2]

(ii) Give **one** external factor that could affect the level of arousal.

.....  
.....[1]

(iii) As a coach, what sign would you expect to see if a performer became over aroused?

.....  
.....  
.....[1]

(iv) Give a way of preventing over arousal from affecting performance.

.....  
.....  
.....[1]



**Health Safety and Training**

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Use

**B2 (a)** Describe the first aid treatment that you would provide if a person had a soft tissue injury resulting from a collision.

.....  
.....[1]

**(b)** Sports are often organised into categories for safety reasons, for example gender. Name another category and give reasons for this arrangement.

.....  
.....  
.....  
.....[2]

**(c) (i)** Describe the principle of overload in training.

.....  
.....  
.....[1]

**(ii)** Choose an activity and describe how you would apply the principle of overload to bring about an improvement in performance.

Activity .....

.....  
.....  
.....  
.....[2]

**(d)** Describe the changes in the circulatory system during exercise.

.....  
.....  
.....  
.....  
.....  
.....  
.....[3]







**Reasons and Opportunities for Participation in Physical Activity**

*For  
Examiner's  
Use*

**B3 (a)** Describe **one** way that an amateur performer can finance playing at the highest level.

.....  
.....[1]

**(b)** How can the media help to promote greater awareness of disability sports?

.....  
.....  
.....  
.....[2]

**(c)** Older people tend to choose different physical activities than younger people. Describe the main reasons for their choices.

.....  
.....  
.....  
.....  
.....[2]

**(d)** Some countries have developed a high level of excellence in a particular sport or activity. Describe some of the reasons for this level of excellence.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....[3]









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