



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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PHYSICAL EDUCATION

0413/01

Paper 1

May/June 2009

1 hour 45 minutes

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	
Section A	
B1	
B2	
B3	
Total	

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



Section A

Answer **all** questions in this section.

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Use

1 Give **one** definition of the term *mental well-being*.

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

2 Describe **one** effect on the blood that a person training at altitude may experience.

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

3 Describe how the pelvis helps to fulfil **one** of the main functions of the skeleton.

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

4 What condition could result from excessive eating and taking little exercise?

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

5 If a player in a tennis match suffered from a sprained ankle, what First Aid treatment would you administer?

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

6 What is the function of plasma and platelets in the blood?

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

7 What type of movement is allowed by a pivot joint? Give an example of where in the body this takes place.

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

8 Give a definition of the term *Flexibility* and describe how it can improve performance.

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

9 Apart from sporting facilities give **two** different types of leisure facilities provided by private companies.

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

10 Describe **two** ways that improved health care has influenced how people participate in sports.

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

11 Describe **two** social benefits of being a member of a sports club.

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

12 In what ways do local clubs provide opportunities for participation?

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

13 Describe **one** possible disadvantage when activities are provided by local clubs.

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

[Total: 20]

Section B

Answer **all** questions in this section.

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Factors Affecting Performance

B1 (a) Describe **one** way that adrenalin can cause a reduction in performance.

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

(b) How is Lactic Acid removed from muscles?

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

(c) The points at which a muscle joins the bone is called the Origin or Insertion. Describe how each helps with movement.

Origin

.....

Insertion

..... [2]

(d) Name **two** components of skill related fitness and give examples of how you would recognise these in a skilled performer.

Component 1

.....

.....

.....

Component 2

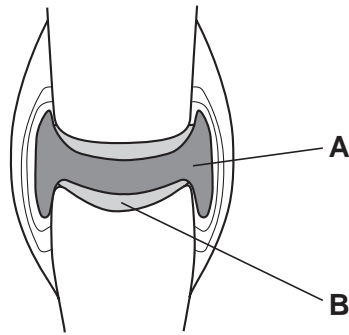
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.....

..... [4]

(e) The diagram below shows a joint in the body.

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(i) Name the type of joint.

..... [1]

(ii) Name the parts of the joint labelled **A** and **B**.

A

B [2]

(iii) How do the parts labelled **A** and **B** help in effective movement of the joint when running?

A.....

.....

B

..... [2]

(f) When learning a new skill it is often best to break it down into small parts.

(i) Name a skill and describe how it can be broken down.

Named skill
.....
.....
.....
..... [2]

(ii) There are different types of input that can be received from a coach when developing a new skill. Name **one** type and give an example of how this might be provided.

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

(iii) Explain why breaking the skill down helps the learning process.

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

(iv) Describe how the memory affects the learning of a skill.

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

[Total: 23]

Health, Safety and Training

B2 (a) Give **one** reason why teenagers need more energy than very young children.

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

(b) Name **one** type of muscle and give an example.

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

(c) (i) Why is it important to be prepared immediately before starting an event?

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

(ii) How does a cool down help a performer recover?

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

(d) (i) Regular training increases a person's *vital capacity*. Describe the term *vital capacity*.

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

(ii) Why is it important for gaseous exchange to be efficient for a performer to play well?

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

(e) There is a level of risk in all activities.

(i) Explain how you would assess the risk.

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

(ii) Choose an activity and apart from following the rules, describe **three** safety requirements that you would expect participants to follow.

Activity

1

2

3

..... [3]

(f) A performer takes part in the following training session.

Activity	Time / distance
Warm up	10 minutes
Sprints	6 × 200 m
Rest	3 min
Sprint	6 × 200 m
Rest	2 min
Sprint	6 × 200 m
Rest	1 min

(i) What type of training is the performer using?

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

(ii) Describe **two** advantages of this type of training.

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

(iii) With such a demanding training programme, rest between sessions is important. Describe **two** benefits of taking rest.

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

(iv) Apart from completing time trials, describe **one** test that could be used to monitor progress.

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.....

.....

..... [3]

[Total: 22]

Reasons and Opportunities for Participation in Physical Activity

B3 (a) Give **one** reason why some women might find it difficult to take part in physical recreation.

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

(b) How has television promoted better understanding of sporting performances?

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

(c) Describe **three** factors that should be considered when planning a new outdoor activities centre.

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

(d) Describe **three** ways that a sports centre can help promote an increase in participation for performers with disabilities.

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

(e) (i) Explain some of the disadvantages that a country might experience when hosting a global event.

.....
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.....
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.....
..... [4]

(ii) Often the country that hosts a global event performs better than normal at the event. Explain why this should be the case.

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..... [3]

[Total: 15]

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