



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**

**0413/13**

Paper 1

**May/June 2011**

**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	
<b>Section A</b>	
<b>B1</b>	
<b>B2</b>	
<b>B3</b>	
<b>Total</b>	

This document consists of **11** printed pages and **1** blank page.



**Section A**

Answer **all** questions in this section.

For  
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1 Give an example of a basic motor skill.

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

2 How does a person's physical well-being help them to play sports?

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

3 How does where a person lives affect the type of activities that they might take part in?

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

4 Give **one** reason why over-arousal could cause a reduction in performance.

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

5 Apart from resting, give **one** treatment that you would provide to someone with muscle cramp.

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

6 Small sports clubs rely on volunteers.

Give **one** reason why volunteers are important and name a role they may have in a club.

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

7 Name **one** component of blood and explain how it helps to maintain good health.

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

8 Give **two** signs that would be shown by a performer who has over-trained.

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

9 Technology has become a major part in everyday life.  
Describe **two** ways this has improved participation in sport.

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

10 Name **one** extreme body type and **one** sporting activity that it would be most suited for.

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

11 Some outdoor sports are played in cold, wet conditions.  
Explain how the body controls its temperature.

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

12 Describe **three** negative effects that media pressure can have on a performer.

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.....

.....

.....

.....

.....

..... [3]

[Total: 20]

## Section B

Answer **all** questions in this section.

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### Factors affecting performance

**B1 (a)** Name a bone which produces blood cells.

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

**(b)** Blood doping is a banned method of improving performance.

Explain **two** dangers of blood doping.

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

**(c)** Explain **three** ways that goal setting can help improve performance.

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

**(d)** Complete the table below that describes different types of movement.

action	description	location
flexion	Decrease the angle at a joint.	e.g. bend the knee.
extension		
adduction		

[4]

(e) Choose a sporting activity and describe **two** components of skill related fitness. How would you recognise these components in a skilled performer?

Sporting activity .....

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

(f) Describe **two** features of a voluntary muscle and give an example of how they produce muscle movement.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [5]

(g) (i) Describe how you would carry out a test to measure cardio-vascular fitness.

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

(ii) How would a coach use the results of this test to improve cardio-vascular fitness?

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.....

.....

.....

.....

.....

.....

..... [2]

[Total: 25]

**Health, Safety and Training**

**B2 (a)** What is meant by the term *oxygen debt*?

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

**(b)** Name **one** nutrient and describe how it benefits a performer.

nutrient .....

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

**(c)** Name a game that is played outdoors and describe **three** safety checks that you would make to ensure the safe playing of the game.

game .....

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

**(d)** Describe **three** changes to the respiratory system after a prolonged period of exercise.

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



(e) Name the type of training programme you would use for someone who is unfit and overweight. Describe advantages and disadvantages of using this method.

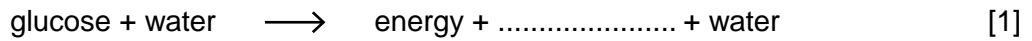
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type of training .....

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

(f) Aerobic respiration produces energy for muscle contraction.

(i) Complete the missing component from the aerobic respiration equation.



(ii) Describe how glucose and oxygen reach the muscle.

glucose

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

oxygen

.....  
.....  
.....  
.....  
.....  
..... [6]

[Total: 20]

**Reasons and opportunities for participation in physical activity**

For  
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**B3 (a)** Give **one** difference between a leisure activity and a sport.

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

**(b)** How can school Physical Education examination courses help to improve the standard of performance in sport?

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

**(c)** Give **two** factors that will determine the type of physical activities that someone who has retired from work might take part in.

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

**(d)** There has been an increase in the amount of media coverage of disability sports.

**(i)** Describe how this has helped to improve the standards of performance.

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

**(ii)** How can a sports governing body help increase the level of participation for disabled performers in their sport?

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

(e) After hosting a global event, what are the long term benefits that a country might experience?

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Examiner's  
Use*

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..... [6]

[Total: 15]

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