



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

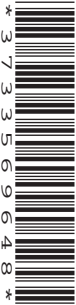
CANDIDATE
NAME

CENTRE
NUMBER

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PHYSICAL EDUCATION

0413/12

Paper 1

May/June 2012

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 **10** printed pages and **2** blank pages.



Section A

Answer **all** questions in this section.

For
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Use

1 Give an example of a basic skill.
..... [1]

2 Give **one** feature of physical well-being.
.....
..... [1]

3 Give **one** function of platelets in the blood.
.....
..... [1]

4 Why does age influence the type of sports that a person might take part in?
.....
..... [1]

5 Name **one** muscle that helps movement at the shoulder to occur.
..... [1]

6 Describe **two** benefits for a student who attends a school's extra-curricular activities.
.....
.....
.....
..... [2]

7 Explain how television helps to improve people's knowledge of sport.
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.....
..... [2]

8 Describe **two** ways that a warm up can reduce the chance of injury.

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

9 How can a sports centre improve opportunities for performers with disabilities?

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

10 Give **two** examples when good extension at a joint helps to produce a better performance.

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

11 Explain **two** advantages of using Circuit Training as part of a fitness programme.

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..... [2]

12 Describe **three** different ways that a Physical Education teacher can help promote participation in sports outside the curriculum.

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

[Total: 20]

Section B

Answer **all** questions in this section.

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Factors affecting performance

B1 (a) Describe **one** function of the ribs.

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

(b) Give **two** reasons why the poor demonstration of a skill could cause a problem for a performer.

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

(c) (i) What are the physical signs that a coach might see in a performer who is over-aroused before a competition?

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

(ii) Describe **one** way that a coach might try to reduce this level of arousal in the performer.

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

(d) Name **two** activities. Describe a **different** component of health related fitness that would be essential for each activity.

activity 1

component description

.....

.....

.....

activity 2

component description

.....

.....

..... [4]

(e) Some drugs are regarded as being socially accepted. Name **two** such drugs and the long term effect of taking these substances.

drug 1

effect

.....

.....

drug 2

effect

.....

..... [4]

(f) (i) Name and describe a test that you could use to measure a performer's Maximum Oxygen Uptake (VO₂ Max).

name of test

description

.....

.....

.....

.....

..... [4]

(ii) Name **one** activity you would use to bring about an improvement in the performer's VO₂ Max.

..... [1]

(g) Describe **three** changes to the circulatory system that take place immediately exercise starts and explain the different benefits of each change to the performer.

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..... [6]

[Total: 25]

Health, safety and training

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Use

B2 (a) State the World Health Organisation's definition of *health*.

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

(b) Name the nutrient and a food source that would help repair muscle tissue.

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..... [2]

(c) Describe some of the safety considerations before starting an indoor sports activity.

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..... [4]

(d) What can a performer do, other than warm up/cool down, to reduce the chance of being injured during a game.

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..... [4]

(e) Name **two** long term effects of exercise on the lungs and describe how they help to improve performance.

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..... [4]

(f) (i) Explain **two** ways that progression can be achieved for an athlete training for a long distance running event.

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..... [2]

(ii) It is important that a performer is able to produce his peak performance at the right time. Explain **three** ways that this can be achieved.

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..... [3]

[Total: 20]

Reasons and opportunities for participation in physical activity

*For
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Use*

B3 (a) Describe **one** feature of a leisure activity.

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

(b) Explain **two** ways that schools can support the participation of sporting activities within the community.

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..... [2]

(c) The Olympic Games in 2012 will be held in London. A great deal has been said about the legacy that will be left after The Games. Describe the non sporting legacy from hosting The Games.

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..... [3]

(d) Explain how the media can affect a high level performer.

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..... [4]

(e) Describe the reasons why an individual might be able to reach the highest level of performance in their chosen activity.

*For
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Use*

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[5]

[Total: 15]

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