



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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PHYSICAL EDUCATION

Paper 1

0413/11

May/June 2013

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.

This document consists of **10** printed pages and **2** blank pages.



Section A

Answer **all** questions in this section.

For
Examiner's
Use

1 Give **one** feature of physical well-being.

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

2 Give **one** example of an *open* skill.

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

3 Explain how a person's social circumstances determine the sports they take part in.

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

4 Give an example of a *fibrous* joint.

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

5 Give **one** benefit of vitamins and minerals in the diet of a performer.

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

6 Describe **two** benefits to the community when sports facilities are owned by the local authority.

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

7 Describe **two** negative effects on a performer from drinking alcohol.

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

8 Describe **two** treatments that would be applied to a performer who has a blister.

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

9 Describe **two** advantages **for a company** that sponsor an athlete.

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

10 Describe the role of the *synergist* when muscle movement takes place and give **one** example of where this occurs.

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..... [2]

11 Describe **two** long-term social benefits to a person who takes part in regular exercise.

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..... [2]

12 Describe **three** ways that going to school can increase opportunities for young people in sport.

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

[Total: 20]

Section B

Answer all questions in this section.

For
Examiner's
Use

Factors affecting performance

B1 (a) Describe two ways that the skeleton helps a performer in a contact sport.

- 1
-
- 2
- [2]

(b) (i) Name one type of drug that is banned by the International Olympic Committee that an athlete who is involved in a power event might choose to take.

-
- [1]

(ii) Describe two long-term health risks of taking this drug.

- 1
-
- 2
- [2]

(c) (i) Explain the benefits of a low resting heart rate for a top level endurance athlete.

-
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-
- [2]

(ii) Describe how a measurement of a performer's heart rate could be used to monitor their fitness.

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-
- [2]

(d) (i) Explain why Lactic Acid builds up in a performer's muscles.

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.....

..... [3]

(ii) Describe **one** way in which a performer can improve their tolerance to Lactic Acid.

.....

..... [1]

(e) Describe tests that could be used to measure **three** different components of skill related fitness.

Component 1

Test

.....

.....

.....

Component 2

Test

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Component 3

Test

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..... [6]

Health, safety and fitness

B2 (a) Describe **two** ways that a person's mental well-being helps them to play sports well.

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

(b) Protein is an essential part of a weight lifter's diet. Give **one** source of protein and **two** benefits of this nutrient to a weight lifter.

Source of Protein

Benefit 1

.....
.....

Benefit 2

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

(c) Explain the role of the Physical Education teacher in ensuring the safety of children in a games lesson that takes place outdoors.

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..... [4]

(d) Explain the changes that occur in the respiration system when an athlete starts running a distance race at a steady pace and then completes the race by sprinting the last part.

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..... [5]

(e) State and explain ways to support good recovery after a demanding continuous training session.

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..... [6]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) Name a country and the sport they traditionally excel in and describe **two** reasons why they have been able to develop a high level of excellence in that particular sport.

Country

Sport

Reason 1

.....

Reason 2

..... [2]

(b) Give **three** ways that governments can promote equality in people's access to sport.

1

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2

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3

..... [3]

(c) Describe how the lack of media coverage can disadvantage minority sports.

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..... [4]

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