



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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PHYSICAL EDUCATION

0413/13

Paper 1

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 social well-being.

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

2 Give **one** example of a *complex* skill.

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

3 Give **one** feature of a healthy lifestyle.

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

4 Give an example of a *freely moveable* joint.

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

5 Give **one** benefit of carbohydrates in the diet of a performer.

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

6 Describe **two** benefits to a local community when sporting facilities are managed by voluntary groups.

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

7 Give **two** long-term problems that can develop if performers use the banned drug, anabolic steroid.

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

8 Describe **two** treatments that you would apply to a performer who has a bruise.

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

9 Describe **two** advantages for a performer when they are sponsored.

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..... [2]

10 Give **two** reasons why a performer might be mentally unprepared to perform.

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..... [2]

11 Describe **two** long-term physical benefits of regular exercise on an individual.

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..... [2]

12 Describe **three** benefits of taking part in extra-curricular sporting activities in school.

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

[Total: 20]

Section B

Answer **all** questions in this section.

For
Examiner's
Use

Factors affecting performance

B1 (a) Name **one** feature of a synovial joint and explain how it helps with movement.

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..... [2]

(b) Performers sometimes do not play at their best in big competitions despite performing well in training. Give reasons why this might happen.

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..... [3]

(c) Describe the effects on the heart when a trained athlete stops training and takes part in less exercise.

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..... [4]

(d) (i) Describe **three** effects on a performer of training at altitude.

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..... [3]

(ii) Name the type of activity that would benefit from this type of training.

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..... [1]

(e) (i) Describe the training principle of *overload*.

.....

..... [1]

(ii) Using **two** FITT principles, describe how these can be applied in different sports to bring about improvement through the overload principle.

Sport

FITT Principle

Application

.....

.....

Sport

FITT Principle

Application

.....

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..... [4]

(f) (i) Give **two** ways that a coach would use the information gained from testing an athlete to help improve performance.

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..... [2]

(ii) Describe a test that a coach would use when testing an endurance athlete.

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..... [5]

[Total: 25]

Health, safety and fitness

*For
Examiner's
Use*

B2 (a) Describe **two** factors that could affect the quality of an individual's performance in a team game.

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..... [2]

(b) Explain the **negative** effects on an endurance athlete from a high level of protein in their diet.

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..... [3]

(c) Describe how a teacher would ensure the safety of students in a weight training lesson.

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..... [4]

(d) (i) Explain the term *Minute Volume*.

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..... [1]

(ii) Describe the benefits to a performer in an endurance sport event of an increase in *Minute Volume*.

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..... [4]

(e) Describe the changes that occur in the body during exercise and how they affect performance.

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..... [6]

[Total: 20]

Reasons and opportunities for participation in physical activity

*For
Examiner's
Use*

B3 (a) Describe **two** ways that a sports centre can encourage excellence in sport.

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..... [2]

(b) Describe **three** ways that a sports centre could encourage schools to use the centre.

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..... [3]

(c) Give reasons why there are fewer sports for women shown on television.

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..... [4]

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