



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

**October/November 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 **11** printed pages and **1** blank page.



**Section A**

Answer **all** the questions in this section.

For  
Examiner's  
Use

- 1 What does the letter “E” represent in the RICE treatment of a sporting injury?  
..... [1]
  
- 2 Give **one** benefit of regular exercise.  
.....  
..... [1]
  
- 3 Why is it important to warm up before performing an activity?  
.....  
..... [1]
  
- 4 In addition to radio give another form of media which informs people about sport.  
.....  
..... [1]
  
- 5 In addition to providing energy give another reason for the need for food.  
.....  
..... [1]
  
- 6 There are certain processes in developing skills.  
Describe, with examples the importance of *decision making*.  
.....  
.....  
.....  
..... [2]

7 The World Health Organisation gives a definition of health as a state of complete physical, mental and social well-being.

What do you understand by the term *mental well-being*?

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

8 Describe *flexion* movement and give an example of when this may occur in sport.

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

9 Describe how a school can promote sport participation within the local community.

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

10 Name **two** competitive sporting activities that take place in coastal areas.

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

11 Describe **two** examples where the skeleton provides protection to the vital organs.

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

12 Describe why the principle of *progression* is important in a training programme.

For  
Examiner's  
Use

.....

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** the questions in this section.

For  
Examiner's  
Use

**Factors affecting performance**

**B1 (a)** Describe **two** disadvantages for a performer who takes diuretics.

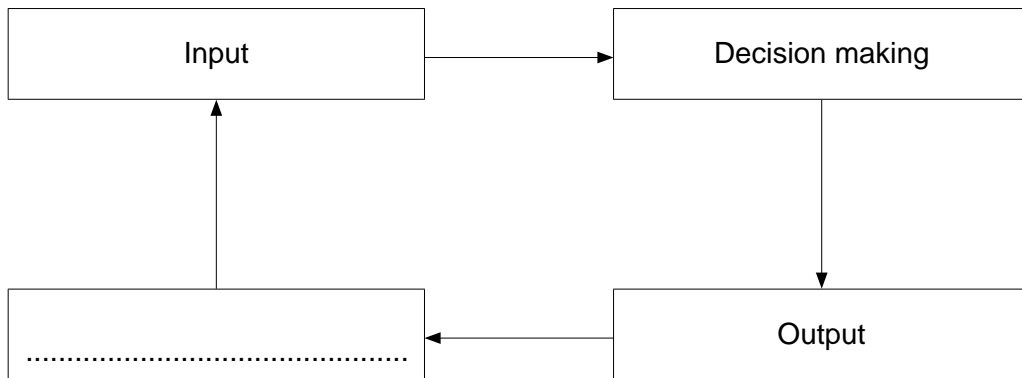
.....

.....

.....

..... [2]

**(b) (i)** Complete the missing link in the table below showing the 'simple information processing model' for learning a new skill. [1]



**(ii)** How does this link influence the learning of a skill?

.....

..... [1]

**(c)** Describe the movement performed by the *triceps* muscles and give an example of their use in a sporting activity.

.....

.....

.....

..... [2]

(d) (i) State **two** characteristics of a *mesomorph* body composition.

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

(ii) Name a sporting activity for which this body type is an advantage.

..... [1]

(e) Explain how regular exercise can develop the efficiency of the circulatory and respiratory system.

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

(f) The Cooper Test (12 minute run) is designed to measure a person's stamina.

(i) Define what is meant by *stamina*.

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

(ii) Describe the process involved in conducting The Cooper Test.

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

- (iii) The table below gives the results of a group of 16 year old pupils who took part in The Cooper Test.

For  
Examiner's  
Use

Name	Score / Level
Candidate A	2200m
Candidate B	1800m
Candidate C	2650m
Candidate D	2050m

Explain how this information would be useful for a coach.

.....

.....

.....

..... [2]

- (g) (i) Describe how a performer can control their level of anxiety before taking part in a competition.

.....

.....

.....

.....

.....

..... [3]

- (ii) Describe ways that *over arousal* can influence performance.

.....

.....

.....

.....

.....

..... [3]

[Total: 25]

**Health, safety and training**

**B2 (a)** Compare the *isotonic* and *isometric* methods of weight training.

.....

.....

.....

..... [2]

**(b)** Describe how a blister is caused and the treatment you would apply.

.....

.....

.....

..... [2]

**(c)** Activity organisers have a responsibility to ensure that activities are undertaken in a safe and secure environment.

Describe **three** circumstances that may give cause for concern on a school playing field.

.....

.....

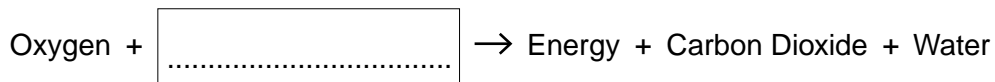
.....

.....

.....

..... [3]

**(d) (i)** Complete the equation to show how aerobic respiration uses oxygen to produce energy.



[1]

**(ii)** Describe the effects of increased aerobic respiration on the body during exercise.

.....

.....

.....

..... [2]



(e) What are the overall long-term effects of exercise, as part of a healthy lifestyle, on the cardiovascular and respiratory systems?

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

(f) (i) Protein and fibre are key parts of a balanced diet.  
What is the function of each of these nutrients within a balanced diet?

protein:

.....  
.....  
fibre:  
.....  
..... [2]

(ii) Explain how a **lack** of proteins and fibre could affect performance.

protein:

.....  
.....  
.....  
.....  
fibre:

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

[Total: 20]

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

**B3 (a)** Describe how improvements in health care have resulted in more participation in leisure activities.

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

**(b)** What are the benefits to a sport in a country that plays host to a global event?

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

**(c)** Describe how television can promote sport.

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

(d) Explain how campaigns and legislation help to create equal opportunities for athletes with a disability.

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

(e) Describe the reasons for the growth in leisure time.

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

[Total: 15]

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