UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

9381338628

PHYSICAL EDUCATION **0413/11**

Paper 1 **May/June 2010**

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 **14** printed pages and **2** blank pages.

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[Turn over

Section A

Answer **all** questions in this section.

1 What is the role of a club secretary in a local sports club?

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.....

.....[1]

2 Why should a coach only give small amounts of information to someone learning a new skill?

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.....[1]

3 Describe **one** characteristic of a skilful performer.

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.....[1]

4 Describe the movement of adduction.

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.....[1]

5 The taking of a diuretic is banned in sport. Why would a performer take a diuretic?

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.....[1]

6 Give **one** way that overload can be achieved.

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7 Describe the importance of voluntary groups when providin recreation.

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.....[1]

8 Explain why an increase in a person's stroke volume could be linked to an improvement in performance.

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.....[1]

9 Give **two** factors that could influence a young person when deciding which sports to take part in.

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.....[2]

10 Why is water an important part of a performer's diet?

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.....[2]

11 Outdoor adventurous activities can be described as exciting challenge. Name **one** such activity and describe a challenge that i

Activity .....

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12 Describe **two** ways that the changes to working lives have affected how people take part in physical recreation.

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.....[2]

13 Describe **two** ways that local communities can use sport to help promote social integration.

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.....[2]

14 Describe **two** ways that schools help sport to be played at the very highest level.

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.....[2]

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting Performance

B1 **(a)** What is the role of platelets in the blood?

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.....[1]

(b) Many performers choose to train at altitude.

(i) Name a type of activity in which performance improves by training at altitude.

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.....[1]

(ii) Describe **one** way that training at altitude benefits the performer.

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.....[1]

(c) **(i)** Name the bone in the upper leg.

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.....[1]

(ii) Name **one** muscle that will affect movement which involves the upper leg.

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.....[1]

(iii) Describe the **two** types of movements that occur at the takes place.

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.....[4]

(d) Describe the changes that take place in breathing when moving from a walking to a running pace.

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.....[3]

(e) **(i)** Describe how the level of arousal affects the quality of performance.

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.....[3]

(ii) Describe how a performance may suffer when the lev appropriate level.

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(iii) How does adrenalin affect the level of arousal?

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.....[2]

(f) Fitness can be classified as Health Related or Skill Related.

(i) Describe **one** difference between these two types of fitness.

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.....[1]

(ii) Choose **one** component of each type of fitness and recognise these in an able performer.

Health Related Component .....

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.....[2]

Skill Related Component .....

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.....[2]

(iii) Describe how you would carry out a test for **one** component of Skill Related Fitness.

Test .....

Description .....

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.....[2]

[Total: 25]

Health, Safety and Training

B2 **(a)** Protein is an important nutrient in a performer's diet. Explain

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(b) Describe **two** ways that misuse of the overload principle ca
weight training programme.

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..... [2]

(c) Injuries are an accepted part of sport.

(i) Describe a sign and an area of the body where a strain injury may occur.

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(ii) Describe **one** treatment that you could apply to this injury.

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..... [3]

(d) **(i)** Why would an athlete choose Fartlek Training rather than for a long distance running event?

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.....[3]

(ii) Describe **one** disadvantage of using Fartlek Training when preparing for a long distance race.

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.....[1]

(e) A school group is planning to take part in an expedition which will require them to walk in the hills.

Describe **four** safety considerations that need to be taken into account before setting off on the walk.

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.....[4]

(f) Explain why different energy systems are used in the followin

100 metres

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400 metres

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Marathon

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.....[6]

[Total: 20]

Reasons and opportunities for participation in physical educatio

B3 (a) Global events create huge interest.

(i) Give **one** example of a global sporting event.

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(ii) Describe **two** benefits to sport in a country when they h

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.....[2]

(iii) Describe **three** social benefits that might occur for the host nation when hosting a global event.

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.....[3]

(b) (i) Give **two** reasons why a person organising a tournamen

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(ii) Companies are often approached to sponsor an event. Describe **two** reasons why they might refuse.

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.....[2]

(iii) Give **one** benefit for the sponsor when providing sponsorship.

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.....[1]

(c) The chart below shows the amount of sport shown on the country in a typical week during 1981, 1990 and 2008. channels dedicated to sport is also shown.

	Number of hours in a typical week on all channels	**Number dedicated s channel**
1981	35.2	0
1990	52.5	1
2008	74.6	31

(i) Give reasons why there has been an increase in the amount of television coverage of sports.

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(ii) How has this increase in television interest changed how some sports are played?

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.....[2]

[Total: 15]

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