UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

8806392042

PHYSICAL EDUCATION **0413/13**

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	

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Section A

Answer **all** questions in this section.

1 Describe **one** function of the skeleton.

.....

.....

2 How does a person's good mental well-being help when performing in sports?

.....

..... [1]

3 What is meant by the term *leisure time*?

.....

..... [1]

4 Name a position in a sport/activity in which an extreme endomorph would most likely be able to perform well.

..... [1]

5 What is the key nutrient that a performer requires as part of their diet if they are involved in an intense weight training programme?

..... [1]

6 Describe **one** way that dual-use facilities can benefit the local community.

.....

..... [1]

7 Name an activity and describe **two** ways that you would be able performer.

Activity .....

.....

.....

.....

..... [2]

8 Give **two** ways that a performer can reduce the possibility of injury.

.....

.....

.....

..... [2]

9 Certain countries excel in a specific sport.

Give an example of both a country and a sport and **one** reason why this has happened.

country .....

sport .....

reason .....

.....[2]

10 Name **one** component of blood and describe how this affects a person's ability to take part in sports.

component of blood.....

.....

..... [2]

11 When taking part in an endurance activity in hot conditions a perf
exhaustion.

(i) Describe **one** sign or symptom of this condition.

.....

.....

(ii) Describe **two** treatments that would help the performer recov

.....

.....

.....

.....

..... [3]

12 Professional sports people play in the Olympic Games when there is little financial reward.

Give **three** reasons why they would choose to do so.

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting Performance

B1 **(a)** Why is it important for a coach to break skills down into small

.....

..... [1]

(b) Give an example of how Knowledge of Results is used to provide feedback in a named activity.

activity .....

.....

..... [1]

(c) An athlete is preparing for a long distance running event.

Name **one** training principle that he would apply and describe how this would be used to bring about improvement.

training principle .....

.....

..... [2]

(d) Most skeletal joints are synovial. Name another type of joint and identify where on the body it would be found.

type of joint .....

.....

..... [2]

(e) Describe **two** ways that visualisation helps a performer.

.....

.....

.....

.....

.....

.....

..... [2]

(f) What immediate effect does exercise have on the respiratory system?

.....

.....

.....

.....

..... [3]

(g) **(i)** Choose **two** components of skill related fitness and describe why they would be essential for a performer in gymnastics.

component one .....

.....

.....

.....

component two .....

.....

.....

..... [4]

(ii) Describe a test that could be used to measure a perfo
these components.

.....

.....

.....

.....

.....

..... [3]

(h) (i) Describe **two** features of a voluntary muscle.

.....

.....

.....

..... [2]

(ii) Using named voluntary muscles describe an antagonistic muscle action.

.....

.....

.....

.....

.....

..... [4]

(iii) What is the role of the synergists in this movement?

.....

..... [1]

[Total: 25]

Health, Safety and Training

B2 **(a)** Give **one** physical sign you might see in a performer who ove

.....

.....

(b) **(i)** Name an occasion in a sport when the use of polyme improve performance.

.....

.....

(ii) Give an example of the type of activity that you would use in this type of training.

.....

.....

(iii) What are the benefits of this type of training?

.....

..... [3]

(c) **(i)** Complete the table below which shows the components of a diet and their benefits.

Nutrient	Benefit
protein	helps repair of cells
carbohydrates	
	it clears out the gut

[2]

(ii) Why would a performer adapt their diet to aid performance?

.....

.....

.....

.....

..... [2]

(d) (i) Name an activity that is mainly aerobic.

.....

(ii) What changes would there be to the circulatory system regular aerobic activities over a period of time?

.....

.....

.....

.....

.....

.....

.....

..... [4]

(e) (i) Explain the physical benefits of using weight training when preparing for an activity.

.....

.....

.....

.....

.....

.....

..... [3]

(ii) Describe the advantages and disadvantages of using thi

advantages.....

.....

.....

.....

.....

disadvantages .....

.....

.....

.....

..... [4]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 **(a)** Give **one** reason why someone who lives in a rural (countrysi to perform at the highest level in certain sports.

.....

.....

(b) Describe **two** benefits for a young person if a school provide

.....

.....

.....

..... [2]

(c) Describe how the presentation of sport on television can influence the level of interest for young people.

.....

.....

.....

.....

.....

..... [2]

(d) A local authority is planning to build a multi-purpose sports centre in an urban (town/ city) area.

Describe **three** factors that need to be taken into account when deciding where the centre should be located.

.....

.....

.....

.....

.....

..... [3]

(e) There are many ways that minority groups have been en sports / leisure activities.

(i) Name **one** way that governments attempt to do this.

.....

.....

.....

..... [1]

(ii) Name **three** specific groups that a sports centre may target to increase their participation and describe how they could attempt to do this.

target group.....

.....

.....

target group.....

.....

.....

target group.....

.....

..... [6]

[Total: 15]

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