UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

5581489517

PHYSICAL EDUCATION **0413/11**

Paper 1 **May/June 2011**

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 **12** printed pages.

© UCLES 2011

Section A

Answer **all** questions in this section.

1 Give a definition of the term *motor skills*.

.....

.....

2 A good level of health and fitness is important when participating in physical activity.

Give **one** way this level can be achieved.

.....

..... [1]

3 Give **one** social reason why a person might take part in a team sport.

.....

..... [1]

4 What is the effect of an increase in adrenalin on the body?

.....

..... [1]

5 Give **one** situation in a game that could result in a player being winded.

.....

..... [1]

6 Describe **two** ways that participating in extra-curricular activities can have a positive effect on an individual.

.....

.....

.....

..... [2]

7 An efficient circulatory system is important to a performer.

Give **two** functions of haemoglobin.

.....

.....

.....

.....

8 Give **two** pieces of information that you would need when designing a fitness programme for someone who is unfit.

.....

.....

.....

..... [2]

9 Volunteers are needed to run local clubs.

Give **two** roles undertaken in a local club.

.....

.....

.....

..... [2]

10 An endo-mesomorph body type would be suitable for a shot putter.

Give **two** features of this body type.

.....

.....

.....

..... [2]

11 Describe the training principle of Reversibility and give **one** ex
happen.

.....

.....

.....

.....

12 Give reasons why a company may refuse to sponsor a competition or event.

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 **(a)** Describe a skill that is largely open.

.....

..... [1]

(b) Give **two** causes of over-arousal and describe **one** way that this can affect a performer.

cause 1 .....

.....

cause 2 .....

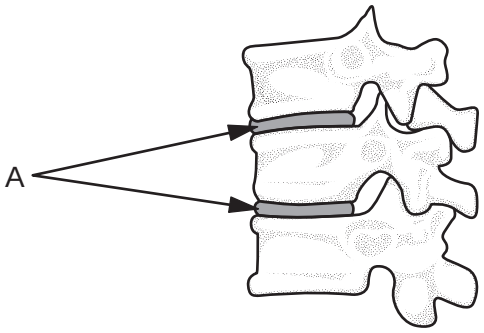
.....

affect on performer .....

.....

..... [3]

(c) Below is a diagram of a joint.



(i) Name the type of joint.

.....

.....

(ii) Name the component labelled A.

A .....

(iii) Describe how component A helps a performer play well.

.....

(d) Give **three** reasons why some drugs are banned by t Committee.

.....

.....

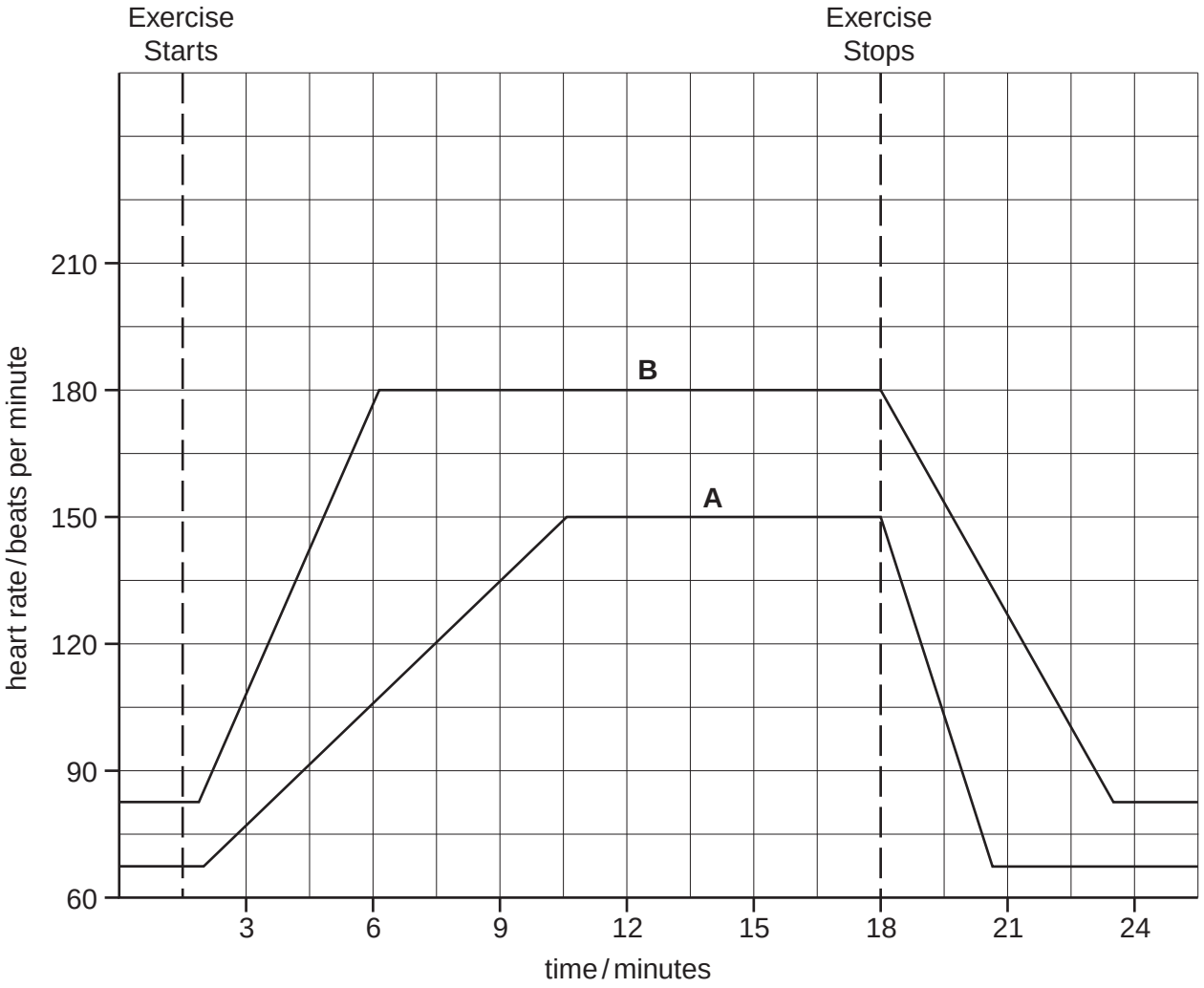
.....

.....

.....

..... [3]

(e) The graph below shows the heart rate of a fit person **A** and an unfit person **B** during a period of steady exercise of the same intensity.



(i) Give **one** reason why the heart rate increases at a slower rate in person **A**.

.....

..... [1]

(ii) The heart rate of person **A** returns to normal faster than

Give **one** reason for this

.....

.....

.....

(iii) Describe **two** factors that could affect the level of fitness

.....

.....

.....

..... [2]

(f) Name **two** muscles that form an antagonistic pair and describe how they create movement.

muscle 1 .....

muscle 2 .....

description .....

.....

.....

.....

.....

.....

.....

..... [5]

(g) **(i)** Describe an activity or situation when agility is needed.

.....

..... [1]

(ii) Which feature of training helps improve agility?

.....

..... [1]

(iii) Name and describe a test that would allow progress in a

test name .....

description .....

.....

.....

.....

.....

..... [3]

[Total: 25]

Health, safety and training

B2 **(a)** Describe how lactic acid reduces the level of performance.

.....

.....

(b) Explain how each of the following nutrients helps a performer

carbohydrates .....

.....

protein .....

..... [2]

(c) Describe the role of the teacher in ensuring the safe playing of a game.

.....

.....

.....

.....

.....

..... [3]

(d) Describe how you would use the training principles to bring about an improvement for a performer taking part in a sprint event.

.....

.....

.....

.....

.....

..... [3]

(e) Describe what a performer should do immediately after an i
ensure that they recover well.

.....

.....

.....

.....

.....

.....

.....

..... [4]

(f) **(i)** What changes occur in the respiratory and circulatory system after a performer takes part in prolonged aerobic training?

.....

.....

.....

.....

.....

.....

.....

.....

(ii) Explain how these changes help the performer.

.....

.....

.....

.....

.....

.....

.....

..... [7]

Reasons and opportunities for participation in physical activity

B3 **(a)** Give **one** social circumstance that can affect a person's invol

.....

.....

(b) Describe **two** effects that television is thought to have o sports.

.....

.....

.....

..... [2]

(c) Some countries specialise in certain sports.

Name a country and the sport that they excel in and give **one** reason why they have developed such expertise.

country ..... sport .....

.....

reason .....

.....

..... [2]

(d) Describe how a local authority can encourage an increase in participation in sports for minority groups.

.....

.....

.....

.....

.....

..... [3]

(e) Describe **three** factors that may affect someone of school ag activities.

.....

.....

.....

.....

.....

..... [3]

(f) Explain ways in which the media causes a reduction in the performance of top level performers.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 15]

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of