UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

7324117818

PHYSICAL EDUCATION **0413/12**

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	

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UNIVERSITY of CAMBRIDGE International Examinations

Section A

Answer **all** questions in this section.

1 Give an example of a complex skill.

.....

.....

2 How does a person's poor mental well-being reduce the chances of performing well in sport?

.....

..... [1]

3 How might the type of work that someone does for a living affect the sports that they play?

.....

..... [1]

4 Give **one** benefit of visualisation when preparing for a game or event.

.....

..... [1]

5 Describe the impact of being overweight on a performer's ability to play well.

.....

.....

..... [1]

6 Describe **two** ways that a school can support a local sports club.

.....

.....

..... [2]

7 What is meant by the following terms?

cardiac output .....

.....

stroke volume .....

.....

8 Describe **one** illness or condition that is the result of a blood disorder. How can the illness or condition affect a person's ability to play sport?

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.....

..... [2]

9 Give **two** ways that a local sports centre tries to increase participation.

.....

.....

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..... [2]

10 Name the body type that would be most suitable for a high jumper. Explain why it gives the performer an advantage.

.....

.....

.....

..... [2]

11 Using free weights (e.g. dumbbells) can be a feature of a weight tr

Give **two** safety considerations when using free weights.

.....

.....

.....

.....

12 Describe how the media impacts on sport.

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.....

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.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 **(a)** Give an example of when a gross motor skill is used in sport.

.....

..... [1]

(b) Describe how adrenalin can positively affect a person's performance.

.....

.....

.....

..... [2]

(c) Give an example of an immovable / fibrous joint and describe how it helps when performing in sport.

.....

.....

.....

..... [2]

(d) Complete the table below which provides information a enhancing drugs.

type of drug	**type of activity in which performers would use this substance**	**effect**	
steroid	strength / power related activity such as weight lifting, sprinting		
		Increase the amount of water excreted. Flushes other drugs out of the system.	muscle weakness, dehydration, loss of sodium and potassium salts

[4]

(e) **(i)** Describe rotational movement at a joint.

.....

..... [1]

(ii) For **three** different activities, name a joint and situation when rotational movement helps a performer.

.....

.....

.....

.....

.....

.....

..... [3]

(f) **(i)** Name **two** different types of muscle fibres found in volun

muscle fibre type 1 .....

muscle fibre type 2 .....

(ii) Choose **one** type of muscle fibre and explain four w performance.

muscle fibre .....

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.....

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.....

..... [6]

(g) In a named sporting activity use **three** of the goal setting principles and explain how you would apply them to bring about improvement in performance.

sporting activity .....

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.....

..... [6]

[Total: 25]

Health, Safety and Training

B2 **(a)** Give **one** reason why it is important for a performer to be abl when participating in sport.

.....

.....

(b) Name a water based activity and describe **two** arrangemen ensure the safety of those taking part.

water based activity .....

.....

.....

.....

..... [2]

(c) A sprain is a common sporting injury.

Explain how this occurs and **one** treatment that will speed recovery.

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..... [2]

(d) Explain why players in team games such as football and netball use both aerobic and anaerobic respiration systems.

Give **one** situation when a player would change from one system to the other.

.....

.....

.....

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.....

..... [3]

(e) Weight training can be either Isotonic or Isometric.

(i) Give **one** example of an exercise used in each type of tr

.....

.....

.....

.....

(ii) Give **one** advantage of each type of training.

.....

.....

.....

..... [2]

(iii) Give **two** situations, in named sporting activities, when a player might use isotonic muscular contractions to perform.

.....

..... [2]

(f) **(i)** Using the training principles, describe how a performer could bring about an improvement in a long distance running event.

.....

.....

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.....

.....

..... [3]

(ii) Describe the possible outcomes, for the performer, if th
followed correctly.

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.....

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..... [3]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 **(a)** Give **one** example of how holiday companies help in promoti

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(b) What benefits are there for a sponsor in supporting a minor e

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..... [2]

(c) Explain why outdoor activities have become more available for performers with disabilities.

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..... [3]

(d) Give reasons why a country would not want to host a global event.

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..... [4]

(e) Many countries have campaigns to encourage mass access t

Describe some of the issues, other than limited funding for sp
and participation in sport.

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..... [5]

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[Total: 15]

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