UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

7154057841

PHYSICAL EDUCATION **0413/13**

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 **11** printed pages and **1** blank page.

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Section A

Answer **all** questions in this section.

1 Give an example of a basic motor skill.

.....

.....

2 How does a person's physical well-being help them to play sports?

.....

..... [1]

3 How does where a person lives affect the type of activities that they might take part in?

.....

..... [1]

4 Give **one** reason why over-arousal could cause a reduction in performance.

.....

..... [1]

5 Apart from resting, give **one** treatment that you would provide to someone with muscle cramp.

.....

..... [1]

6 Small sports clubs rely on volunteers.

Give **one** reason why volunteers are important and name a role they may have in a club.

.....

.....

.....

..... [2]

7 Name **one** component of blood and explain how it helps to mainta

.....

.....

.....

8 Give **two** signs that would be shown by a performer who has over

.....

.....

.....

..... [2]

9 Technology has become a major part in everyday life.

Describe **two** ways this has improved participation in sport.

.....

.....

.....

..... [2]

10 Name **one** extreme body type and **one** sporting activity that it would be most suited for.

.....

.....

.....

..... [2]

11 Some outdoor sports are played in cold, wet conditions.

Explain how the body controls its temperature.

.....

.....

.....

..... [2]

12 Describe **three** negative effects that media pressure can have on

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 **(a)** Name a bone which produces blood cells.

.....

..... [1]

(b) Blood doping is a banned method of improving performance.

Explain **two** dangers of blood doping.

.....

.....

.....

..... [2]

(c) Explain **three** ways that goal setting can help improve performance.

.....

.....

.....

.....

.....

..... [3]

(d) Complete the table below that describes different types of movement.

action	**description**	**location**
flexion	Decrease the angle at a joint.	e.g. bend the knee.
extension		
adduction		

(e) Choose a sporting activity and describe **two** components o
would you recognise these components in a skilled performe

Sporting activity .....

.....

.....

.....

.....

.....

.....

..... [4]

(f) Describe **two** features of a voluntary muscle and give an example of how they produce muscle movement.

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..... [5]

(g) **(i)** Describe how you would carry out a test to measure cardio-vascular fitness.

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..... [4]

(ii) How would a coach use the results of this test to improv

.....

.....

.....

.....

.....

..... [2]

[Total: 25]

Health, Safety and Training

B2 **(a)** What is meant by the term *oxygen debt*?

.....

.....

(b) Name **one** nutrient and describe how it benefits a performer.

nutrient .....

.....

..... [2]

(c) Name a game that is played outdoors and describe **three** safety checks that you would make to ensure the safe playing of the game.

game .....

.....

.....

.....

.....

.....

..... [3]

(d) Describe **three** changes to the respiratory system after a prolonged period of exercise.

.....

.....

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.....

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..... [3]

(e) Name the type of training programme you would use for s overweight. Describe advantages and disadvantages of usin

type of training .....

.....

.....

.....

.....

.....

..... [4]

(f) Aerobic respiration produces energy for muscle contraction.

(i) Complete the missing component from the aerobic respiration equation.

glucose + water ⟶ energy + ... + water [1]

(ii) Describe how glucose and oxygen reach the muscle.

glucose

.....

.....

.....

.....

.....

.....

oxygen

.....

.....

.....

.....

.....

..... [6]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 **(a)** Give **one** difference between a leisure activity and a sport.

.....

.....

(b) How can school Physical Education examination courses he
of performance in sport?

.....

.....

.....

..... [2]

(c) Give **two** factors that will determine the type of physical activities that someone who has retired from work might take part in.

.....

.....

.....

..... [2]

(d) There has been an increase in the amount of media coverage of disability sports.

(i) Describe how this has helped to improve the standards of performance.

.....

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.....

..... [2]

(ii) How can a sports governing body help increase the level of participation for disabled performers in their sport?

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..... [2]

(e) After hosting a global event, what are the long term ben experience?

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..... [6]

[Total: 15]

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