UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE
NAME

CENTRE
NUMBER

CAN
NUMBER

6268046504

PHYSICAL EDUCATION **0413/01**

Paper 1 **October/November 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 **13** printed pages and **3** blank pages.

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International Examinations

[Turn over

Section A

Answer **all** the questions in this section.

1 What is meant by the term *physique*?

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.....[1]

2 If a performer sprains an ankle, part of the recommended treatment is to elevate the leg. How does this action help recovery?

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.....[1]

3 Give **one** typical feature of sports facilities that are found in rural areas.

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.....[1]

4 What is meant by the term *open skill*?

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.....[1]

5 Describe the role of the chairperson in a local sports club.

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.....[1]

6 Give **one** component of a balanced diet and explain its importanc

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7 Complete the table below that describes different types of movement.

Type of movement	Description of movement
rotation	The swivelling of a joint.
adduction	
	Moving of a limb away from the central axis of the body.

[2]

8 Give **two** reasons why Fartlek Training is an effective method to use with a performer starting to regain fitness.

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.....[2]

9 Use of centres of excellence is important for elite performers. Describe **two** advantages of being able to use these centres for the performer.

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.....[2]

10 Describe how **two** environmental factors might result in a reductio

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11 Describe **two** ways that the body controls its temperature.

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.....[2]

12 You are organising a multi sports event for your school. Name **three** activities that you would include in the event and describe a different safety consideration for each activity.

Activity 1 .....

Safety consideration .....

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Activity 2 .....

Safety consideration .....

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Activity 3 .....

Safety consideration .....

.....

.....[3]

Factors affecting performance

B1 **(a)** Why are red blood cells important to a sports performer?

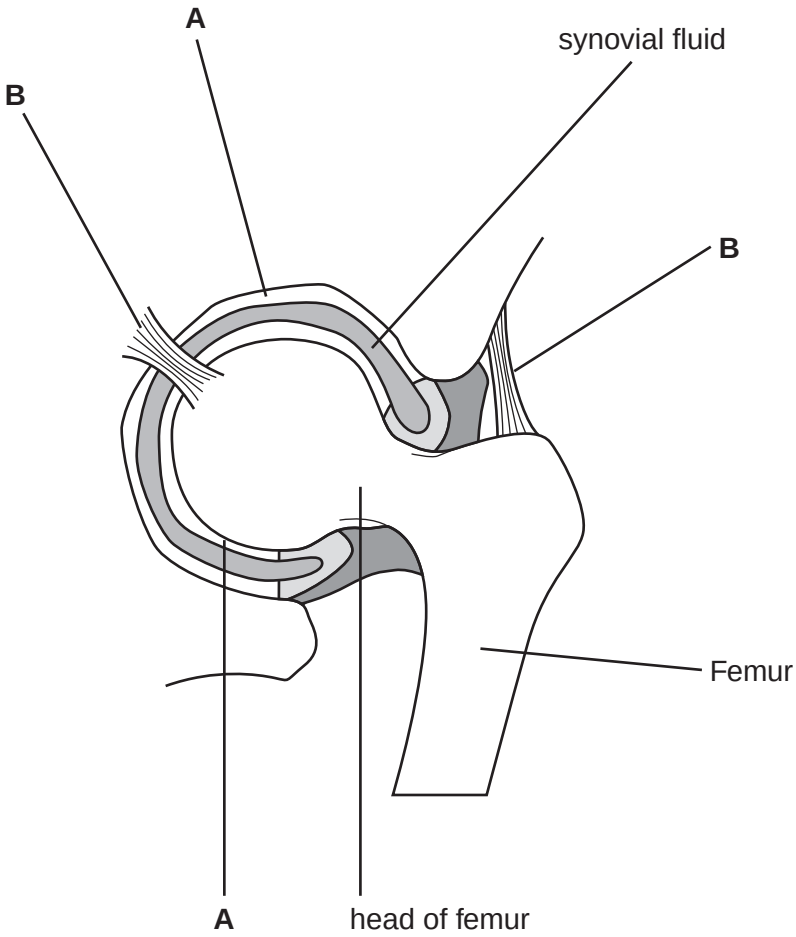
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(b) The diagram below shows a synovial hip joint.

(i) Name the components labelled **A** and **B**



A.....

B.....[2]

(ii) Describe how the components labelled **A** and **B** help to

A .....

.....

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B .....

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.....[2]

(c) Describe the differences in the respiratory systems of a top athlete compared to an unfit person.

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.....[3]

(d) Choose **one** activity and describe **three** different ways a coach could help a performer during feedback.

Activity .....

1 .....

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2 .....

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3 .....

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.....[3]

(e) Top performers need to spend a great deal of time participati
their chosen activity. Give **three** reasons why they may do thi

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.....[3]

(f) In a game, a player has to sprint to reach a ball. How does the body respond to this sudden burst of energy?

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.....[5]

(g) Using **three** of the Principles of Goal Setting explain why an goals.

Principle .....

Explanation .....

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Principle .....

Explanation .....

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Principle .....

Explanation .....

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.....[6]

[Total: 25]

Health, Safety and Training

B2 **(a)** Give **one** factor, apart from a balanced diet, that contributes t lifestyle.

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(b) Describe **two** difficulties a performer could experience from over training.

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..... [2]

(c) Weight training can be either Isotonic (dynamic) or Isometric (static).

In the chart below complete the blank spaces. [4]

	Isotonic	**Isometric**
Advantages of using this type of training.	Strengthens a muscle through the range of movement.	
Disadvantages of using this type of training.		During exercise the blood flow to the muscle stops so blood pressure rises which could be dangerous.
An example of the type of activity for each training method.		

(d) Training is a programme to improve performance.

(i) What information does the coach need to set up a traini

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.....[2]

(ii) Using **two** Training Principles describe how a coach could ensure that a performer improves.

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.....[4]

(e) **(i)** Describe the effects endurance training has on muscles.

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.....[4]

(ii) Muscles are made up of different types of fibres. Name a
the fibre that would enable an endurance athlete to perf

Name of fibre .....

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.....[3]

[Total: 20]

Reasons and opportunities for participation in physical activity.

B3 **(a)** Describe **one** way that a school can support physical a community.

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(b) Describe **two** ways that a local sports centre could encourage more women to participate in recreational activities.

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.....[2]

(c) Describe the ways in which **two** sports have been changed to ensure that performers with disabilities can participate.

Sport .....

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Sport .....

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.....[2]

(d) Describe **three** benefits to the viewer of showing sports events on the television.

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[3]

(e) Many major sporting events require a sponsor to ensure their

(i) Give **three** reasons why a sponsor would invest money i

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.....[3]

(ii) What potential disadvantages could there be for the sponsor when supporting an event?

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.....[2]

(iii) Describe some of the disadvantages that the event may experience by having a sponsor.

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.....[2]

[Total: 15]

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