UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

3361490335

PHYSICAL EDUCATION **0413/11**

Paper 1 **October/November 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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Section A

Answer **all** the questions in this section

1 Give **one** function of the ribs.

.....

.....

2 How can the organiser of an event reduce the risk of injury to people taking part in an activity?

.....

..... [1]

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

.....

..... [1]

4 Name a test designed to test a person's cardio-vascular level of fitness.

.....

..... [1]

5 What advice could you give to someone wishing to become more physically active?

.....

.....

.....

..... [2]

6 Name the most appropriate body type for a sprinter.

Explain why this is an advantage.

body type .....

advantage .....

..... [2]

7 Why do some women find it difficult to participate in sport on a re

.....

.....

.....

.....

8 Describe the role of ligaments and tendons in assisting performance.

ligaments: .....

.....

tendons: .....

..... [2]

9 What is meant by flexibility?

Give an example of when flexibility is an advantage.

.....

.....

.....

..... [2]

10 How can schools promote sport in addition to Physical Education lessons?

.....

.....

.....

.....

.....

..... [3]

11 How can performers maintain an amateur status while being abl
level?

.....

.....

.....

.....

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 **(a)** Name **one** skill related factor that will affect how well a perso

.....

..... [1]

(b) Give **one** immediate effect of exercise on the body. Explain how this effect can assist a performance.

.....

.....

.....

..... [2]

(c) Describe **one** role of the circulatory system.

role: .....

description: .....

.....

.....

..... [3]

(d) Describe the benefit that regular training has on the bones, joints and muscles.

bones: .....

.....

joints: .....

.....

muscles: .....

..... [3]

(e) Blood doping is not allowed in any sports activity.

Explain what this process involves and why it is dangerous to

.....

.....

.....

.....

.....

.....

.....

..... [4]

(f) **(i)** Motivation is a determination to achieve.

Name and describe one type of motivation.

type of motivation: .....

description: .....

..... [2]

(ii) How can mental preparation help manage a performer's level of anxiety before an event?

.....

.....

.....

.....

.....

.....

.....

..... [4]

(g) The table below shows results from a class of 15 year old 12 minute run (Cooper Test).

TOTAL DISTANCE RUN IN METRES	
MALE **In rank order**	**FEMALE** **In rank order**
2050 1850 1840 1775 990	1900 1820 1800 1450 880
Total 8505	Total 7800

(i) Give a reason why the males achieved a greater total distance than the females.

.....

..... [1]

(ii) Explain how the results can be used to help improve performance.

.....

.....

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.....

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.....

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.....

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.....

.....

..... [5]

[Total: 25]

Health, safety and training

B2 **(a)** What is meant by *Physical well-being*?

.....

.....

(b) Describe the process of aerobic respiration.

.....

.....

.....

..... [2]

(c) How can participants in sport reduce the chances of injury?

.....

.....

.....

..... [2]

(d) How can circuit training be made more demanding?

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.....

..... [3]

(e) Describe a type of injury which could occur at a joint.

type of injury: .....

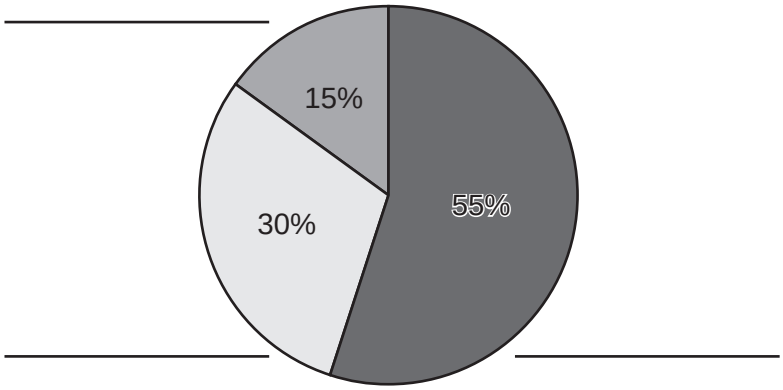
description: .....

.....

..... [2]

(f) Study the chart below which gives the recommended propo food nutrients required for a balanced diet.

Diet and Nutrition



(i) In the spaces above name the nutrients required by the body as part of a balanced diet. [1]

(ii) Give a food source of each nutrient and describe the benefit to the performer.

nutrient source: .....

benefits: .....

.....

nutrient source: .....

benefits: .....

.....

nutrient source: .....

benefits: .....

..... [3]

(g) Identify **three** components of fitness and explain how performance in each of these areas.

component 1 .....

.....

.....

.....

component 2 .....

.....

.....

.....

component 3 .....

.....

.....

..... [6]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 **(a)** What is the difference between play and sport?

.....

.....

(b) How might a private club raise money to ensure it survives?

.....

..... [1]

(c) How have advances in technology influenced the growth in leisure activities?

.....

.....

.....

..... [2]

(d) Certain countries develop excellence in performance in specific sports.

Name a country and a sport they excel in explaining **one** reason for this.

country: .....

sport: .....

reason: .....

.....

..... [2]

(e) Suggest reasons why there has been an increase in the number of disabled athletes taking part in sport.

.....

.....

.....

..... [2]

(f) Sponsorship is a way of providing a fund to a performer.

Explain the advantages of sponsorship to the performer and

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.....

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.....

.....

..... [3]

(g) What has been the impact of television on sport?

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.....

.....

..... [4]

[Total: 15]

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