UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

5110819985

PHYSICAL EDUCATION **0413/13**

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	

This document consists of **10** printed pages and **2** blank pages.

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Section A

Answer **all** the questions in this section

1 Name **one** function of the skeleton.

.....

2 Describe a negative effect of smoking.

..... [1]

3 How would you define someone's mental well being?

..... [1]

4 What does the 12 minute run (Cooper Test) measure?

..... [1]

5 What would happen if a person's energy food intake did not match their energy needs?

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.....

.....

..... [2]

6 Give **two** factors that will determine what people do in their leisure time.

.....

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.....

..... [2]

7 Describe intrinsic motivation.

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[3]

8 A player sprains an ankle during a game of netball. Describe **tw** procedure to treat the injury.

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9 Give **two** reasons why a warm up is necessary before taking part in an activity.

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..... [2]

10 Describe the role of synovial fluid, cartilage and ligaments at a joint.

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..... [3]

11 Suggest **three** ways in which Physical Education could be made more enjoyable to students who do not enjoy taking part in Physical Education.

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..... [3]

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 **(a)** Name the gas used by the body to produce energy.

.....

(b) Describe **two** types of exercise you could use to improve flexibility before taking part in an activity.

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..... [2]

(c) What are the benefits of goal setting to a performer?

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..... [3]

(d) Choose **one** type of drug banned by the International Olympic Committee (IOC) and state the negative effect of this substance.

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..... [3]

(e) Describe the characteristics of **two** different somatotypes an suited to a particular sporting activity.

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..... [4]

(f) Describe the considerations a coach should be aware of when a performer learns a skill for the first time.

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..... [6]

(g) The table below shows the results of a Multistage Fitness Test undertaken by a small group of 15 year old pupils.

pupil	level achieved
1 (male)	9.5
2 (male)	10.4
3 (female)	7.5
4 (female)	6.0

(i) What does the test specifically measure?

.....

..... [1]

(ii) Give **two** reasons why the males may have reached a hi

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.....

(iii) How can a performer improve their ability to keep going

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..... [3]

[Total: 25]

Health, safety and training

B2 **(a)** What is meant by the term *social well being*?

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.....

(b) Why do we need a regular supply of food?

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.....

..... [2]

(c) Select **one** physical activity you have taken part in.
Identify one potential hazard and state what could be done to minimise the risk.

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..... [2]

(d) Name **two** types of weight training.
Briefly describe the effect on muscles of one of these types of weight training.

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..... [3]

(e) Explain the effects of regular aerobic training on the circulato

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..... [3]

(f) The letters in the word, SPORT, represents the five principles of training. Choose **two** of these principles and describe their meaning.

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..... [4]

(g) Describe, using different situations, how participants may suffer an injury while taking part in sport.

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..... [5]

[Total: 20]

Reasons and opportunities for participation in physical activity.

B3 **(a)** Give an example of a recognised global event.

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(b) Suggest a difference between sport and physical recreation.

.....

(c) How can activities, normally found in the countryside, be ada

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..... [2]

(d) Despite moves towards equality, why do some women's sport still have a lower profile than men?

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..... [4]

(e) Explain **one** factor which can determine whether a person takes part in physical activity.

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..... [3]

(f) What are the positive influences of media coverage on sport

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..... [4]

[Total: 15]

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