



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**October/November 2013**

**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.

This document consists of **12** printed pages.



Section A

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

For  
Examiner's  
Use

1 What does letter “**R**” represent in the RICE treatment of an injury?  
.....[1]

2 Give **one** performance related benefit of having sufficient sleep.  
.....[1]

3 Name a sport **and** give an item of protective clothing or safety equipment used by a performer, in that sport.  
Sport: .....  
Clothing / equipment: .....  
.....[1]

4 In addition to television, give another form of media which informs people about sport.  
.....[1]

5 In addition to promoting growth, give another reason for the need for food.  
.....[1]

6 Explain, with an example, **one** of the factors which may affect variations in levels of skill.  
Factor: .....  
Explanation: .....  
.....[2]

7 The World Health Organisation gives a definition of health as a state of complete physical, mental and social well-being.  
What do you understand by the term *physical well-being*?  
.....  
.....  
.....  
.....[2]

8 Describe *adduction* movement and give an example of when this occurs in sport.

.....  
.....  
.....  
..... [2]

9 Describe how a school can promote participation in extra-curricular physical activity.

.....  
.....  
.....  
..... [2]

10 Explain the reasons why particular activities take place in mountainous areas.

.....  
.....  
.....  
..... [2]

11 Describe **two** ways in which the skeleton provides *shape and support*.

.....  
.....  
.....  
..... [2]

12 Describe the following principle of training and give an example of when it may be applied.

For  
Examiner's  
Use

(i) Reversibility: .....

.....

.....

Example: ..... [2]

(ii) Name one other principle of training.

..... [1]

[Total: 20]

Section B

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

For  
Examiner's  
Use

**Factors affecting performance**

**B1 (a)** Describe **two** disadvantages for a performer who takes narcotic analgesics.

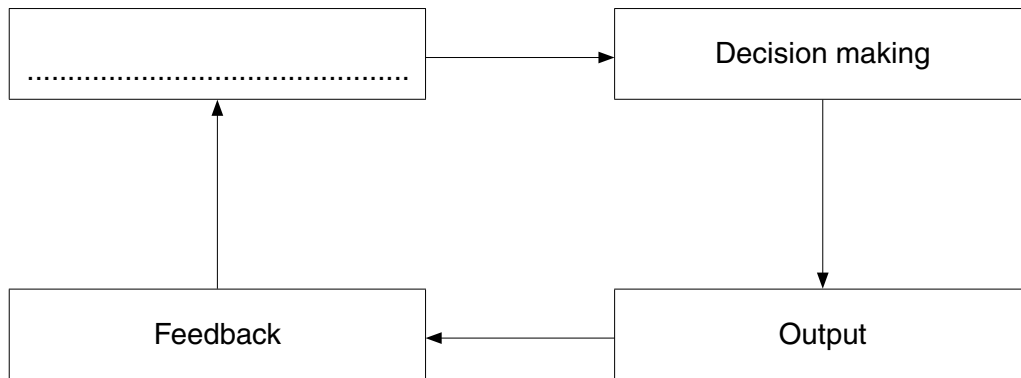
.....

.....

.....

..... [2]

**(b) (i)** Complete the missing link in the table below showing the 'simple information processing model' for learning a new skill.



[1]

**(ii)** State how this link influences the learning of a skill.

.....

..... [1]

**(c)** Describe the movement performed by the *deltoid* muscles and give an example of their use in a sporting activity.

.....

.....

.....

..... [2]

(d) (i) State **two** characteristics of an *endomorph* body composition.

.....  
.....  
.....  
.....[2]

For  
Examiner's  
Use

(ii) Name a sporting activity for which this body type is an advantage.

.....[1]

(e) (i) Describe **two** functions of blood in the circulatory system of a performer.

.....  
.....[2]

(ii) Describe the effects of lactic acid on performance.

.....  
.....[2]

The Multi Stage Fitness Test (bleep test) is designed to measure a person's stamina.

For  
Examiner's  
Use

- (f) (i) Define what is meant by *stamina*.

.....

.....

.....

..... [2]

- (ii) Describe the process involved in conducting the Multi Stage Fitness Test.

.....

.....

.....

..... [2]

- (iii) The table below gives the results of a group of 16 year old pupils who took part in a Multi Stage Fitness Test.

Name	Score / Level
Candidate A	4.6
Candidate B	11.1
Candidate C	7.2
Candidate D	6.6

Explain how this information would be useful for a coach.

.....

.....

.....

..... [2]

- (g) (i) Give the meanings of the term *SMARTER* use of goal setting.  
The first one has been done for you.

For  
Examiner's  
Use

**S** Specific

**M** .....

**A** .....

**R** .....

**T** .....

**E** .....

**R** ..... [2]

- (ii) Give an example showing how **two** of these goal setting targets can be used in a named sport.

Sport: .....

Example 1: .....

.....

.....

.....

Example 2: .....

.....

.....

..... [4]

[Total: 25]



**Health, safety and training**

*For  
Examiner's  
Use*

**B2 (a)** Describe **two** ways a performer may reduce their levels of mental stress.

.....  
.....  
.....  
..... [2]

**(b)** Describe how you would treat a cut or graze.

.....  
.....  
.....  
..... [2]

**(c)** Activity organisers have a responsibility to ensure that activities are undertaken in a safe and secure environment.

Describe **three** circumstances that may give cause for concern in a sports hall.

.....  
.....  
.....  
.....  
.....  
..... [3]

**(d)** Explain why different groups of people have different energy requirements.

.....  
.....  
.....  
.....  
.....  
..... [3]

(e) Describe the short-term effects of exercise on the cardiovascular and respiratory systems.

For  
Examiner's  
Use

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

(f) (i) Describe how carbohydrates and minerals help to maintain a healthy and active body.

carbohydrates.....  
.....  
minerals.....  
..... [2]

(ii) Explain how a **lack** of carbohydrates and minerals can affect performance.

carbohydrates.....  
.....  
.....  
.....  
minerals.....  
.....  
.....  
..... [4]

[Total: 20]

**Reasons and opportunities for participation in physical activity**

*For  
Examiner's  
Use*

**B3 (a)** Suggest how advances in the workplace have resulted in the growth in participation of leisure activities.

.....  
.....  
.....  
..... [2]

**(b)** State the benefits of international sporting events to participants and spectators.

.....  
.....  
.....  
..... [2]

**(c)** Describe the changes that have occurred in sport as a result of media coverage.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [3]

