

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

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 Exam	iner's Use
Section A	
B1	
B2	
В3	
Total	

This document consists of 11 printed pages and 1 blank page.



Section A

2 Section A Answer all questions in this section. Give an example of a basic motor skill.	xtrap
Section A	OSCS
Answer all questions in this section.	1
Give an example of a basic motor skill.	
	[1]
low does a person's physical well-being help them to play sports?	
	[1]
How does where a person lives affect the type of activities that they might take part in	?
	[1]
Give one reason why over-arousal could cause a reduction in performance.	
	[1]
Apart from resting, give one treatment that you would provide to someone with neramp.	nuscle
Small sports clubs rely on volunteers.	
Give one reason why volunteers are important and name a role they may have in a clu	ıb.

Name one component of blood and explain how it helps to maintain good health.	Cambrida [2]
	[2]
Give two signs that would be shown by a performer who has over-trained.	
Technology has become a major part in everyday life.	[2]
Describe two ways this has improved participation in sport.	
Name one extreme body type and one sporting activity that it would be most suited for.	[2]
Some outdoor sports are played in cold, wet conditions.	[2]
Explain how the body controls its temperature.	
	[2]

12	Describe three negative effects that media pressure can have on a performer.	78.
		Tage COM
	[3] [Total: 20]	

Section B

Answer **all** questions in this section.

Factors affecting performance

extension

adduction

(a)	Name a bone which produce	es blood cells.		
				[1]
(b)	Blood doping is a banned m	nethod of improving pe	rformance.	
	Explain two dangers of bloo	od doping.		
				[2]
(c)	Explain three ways that goa	al setting can help impr	ove performance.	
				[3]
(d)	Complete the table below th	at describes different	types of movement.	
	action	description	location	
	flexion	Decrease the angle at a joint.	e.g. bend the knee.	

		www.xtra	ap
		ose a sporting activity and describe two components of skill related fitnes ld you recognise these components in a skilled performer?	-
)		ose a sporting activity and describe two components of skill related fitnes ld you recognise these components in a skilled performer?	10
	Spc	rting activity	•
			Ī
)		cribe two features of a voluntary muscle and give an example of how they producted movement.	се
			5]
)	(i)	Describe how you would carry out a test to measure cardio-vascular fitness.	

(ii)	How would a coach use the results of this test to improve cardio-vascular fit.	
		Bridge
		COM
	[2]	
	[Total: 25]	

Health, Safety and Training

		8 Safety and Training What is meant by the term oxygen debt?	apa
Hea	alth,	Safety and Training	Car
В2	(a)	What is meant by the term oxygen debt?	13
			` [1]
	(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 wou make to ensure the safe playing of the game.	uld
		game	
			[3]
	(d)	Describe three changes to the respiratory system after a prolonged period of exercise	е.
			[3]

(e)	Nar ove	ne the type of training programme you would use for someone who is un- rweight. Describe advantages and disadvantages of using this method.
	type	e of training
		[4]
(f)	Aer	obic respiration produces energy for muscle contraction.
	(i)	Complete the missing component from the aerobic respiration equation.
		glucose + water \longrightarrow 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

			www.xtr	ар
			10	1
Reas	ons	and	d opportunities for participation in physical activity	Ca
B3 (a)	Give	10 d opportunities for participation in physical activity e one difference between a leisure activity and a sport.	1
				[1]
(b)		can school Physical Education examination courses help to improve the standa erformance in sport?	ard
				[2]
(c)		e two factors that will determine the type of physical activities that someone who hed from work might take part in.	nas
(d)	 The	re has been an increase in the amount of media coverage of disability sports.	[2]
		(i)	Describe how this has helped to improve the standards of performance.	
		(ii)	How can a sports governing body help increase the level of participation for disable performers in their sport?	led
				[2]

(e)	After hosting a global event, what are the long term benefits that a country experience?	Brick
		To.C.
		OH
	[6]	
	[Total: 15]	

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