

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

**PHYSICAL EDUCATION**

**0413/01**

Paper 1

May/June 2004

**2 hours**

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 in the spaces provided on the Question Paper.  
You may use a soft pencil for any diagrams, graphs, or rough working.  
Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **all** questions.

The number of marks is given in brackets [ ] at the end of each question or part question.

If you have been given a label, look at the details. If any details are incorrect or missing, please fill in your correct details in the space given at the top of this page.

Stick your personal label here, if provided.

FOR EXAMINER'S USE	
Section A	
Section B1	
B2	
B3	
<b>Total</b>	

This document consists of **9** printed pages and **3** blank pages.

**Section A**

Answer **all** questions in this section.

1 Define the term skill.

.....[1]

2 Often, in contact sports, a person can be winded. How could you treat such a problem to aid a speedy recovery?

.....[1]

3 Describe how high levels of extrinsic motivation can be unhelpful to a performer.

.....[1]

4 Socially accepted drugs may have a harmful long-term effect on an individual. Give **one** possible effect.

.....[1]

5 Mental well being is a factor that the World Health Organisation uses to define a state of health. Give **one** example of mental well being.

.....[1]

6 Describe **two** of the body's responses to arousal.

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

7 What are the physical problems that people may encounter if they are obese?

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

8 Choose **two** of the following and give a description of what is meant by:

- (i) leisure
- (ii) recreation
- (iii) physical recreation.

.....

.....

.....

.....[2]

9 Name **two** principles that you would have to adjust in order to meet the needs of an individual when planning a fitness programme.

- (i) .....
- (ii) ..... [2]

10 Give **two** ways that amateurs differ from professional sportsmen.

- (i) .....
- (ii) ..... [2]

11 If a person over trains over a period of time, apart from being tired, what would be the key signs that suggest there is a need for a period of rest?

.....

.....[2]

12 What would be the benefit of dual-use facilities to a local community?

.....

.....

.....

.....

.....

.....

.....[3]

[Total: 20]

**Section B**

Answer **all** questions in this section.

**Factors Affecting Performance**

**B1 (a)** When learning a new skill, why is it important that a performer is only given small amounts of information?

.....[1]

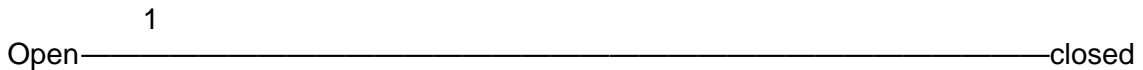
**(b)** Fitness is seen as either health or skill related. Name **one** element of skill related fitness and describe how you would recognise this feature in a performer.

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

**(c)** Apart from feedback being either intrinsic or extrinsic, what other type of feedback can be given and how can it be delivered?

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

**(d)** Skills can be categorized as either open or closed skills and placed on a continuum or scale. Below is a list of sports/skills. Place the number of the activity on the line in an appropriate position. An example has been done for you.



- 1 Goalkeeping save      2 Shot put      3 Windsurfing
  - 4 Front crawl in swimming
- [3]

**(e)** The degree of flexibility a performer has will be determined by a number of factors.

**(i)** Describe **two** of these factors.

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

Stretching is obviously a way of improving flexibility

**(ii)** What is the difference between active and passive stretching?

.....  
.....  
.....[1]

(iii) Name and describe a test that will show the level of flexibility of an individual.

.....

.....

.....

.....

.....

.....[2]

(f) Choose either the Multi-Stage Fitness Test or The Cooper 12 Minute Run.

Test/run .....

(i) What would you be testing?

.....[1]

(ii) How would you **administer** and **record** the test?

.....

.....

.....

.....

.....

.....

.....

.....[4]

(iii) What would be the value of testing an elite performer who you know will score well?

.....

.....

.....[2]

[Total: 20]

**Health, Safety and Training**

**B2 (a)** What is meant by the term "a drug"?

.....[1]

**(b)** Soft tissue injuries are common in most sports. Name **two** such injuries.

**(i)** .....

**(ii)** .....

[2]

**(c)** The amount of energy needed by an individual varies. Describe some of the factors that will determine an individual's energy requirements.

.....

.....[2]

**(d)** Many contact sports need to have strict rules relating to safety. Choose an appropriate activity and suggest **three** ways to ensure the safety of those taking part.

*Activity* .....

.....

.....

.....[3]

**(e)** Training methods vary, depending upon the type of activity that you take part in.

**(i)** Name a training method that would be suitable for someone who participates in an endurance event.

.....[1]

**(ii)** What would be the major benefits of this type of training?

.....

.....

.....[3]

**(iii)** How would you bring about progression during a training programme?

.....

.....[1]

**(f)** Many activities require aerobic exercise.

**(i)** Name a common feature of an aerobic activity.

.....[1]

**(ii)** How is energy produced during aerobic activity?

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

**(iii)** What are the effects on the muscles when a performer can no longer perform aerobically?

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

**(iv)** What would have to be increased to allow a performer to perform longer?

.....  
.....[1]

[Total: 20]

**Reason and Opportunities for Participation**

**B3 (a)** Give **one** reason why people now have more leisure time available to them than twenty years ago.

.....  
.....[1]

**(b)** Apart from just showing women's sport, how can the media help develop more interest in sport for women?

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

**(c)** A local authority is planning to build a sports centre in their town. Give **two** factors that they would need to take into account when deciding on a suitable location.

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

**(d)** Television companies greatly influence the development of sport.

**(i)** Give an example of how television can alter our views on sport.

.....  
.....[1]

**(ii)** How has television increased our understanding of how a sport is played?

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









