



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

0413/01

Paper 1

May/June 2008

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.

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 **13** printed pages and **3** blank pages.



Section A

Answer **all** questions in this section.

For
Examiner's
Use

1 Name **one** factor that will affect how well a skill is performed.
.....[1]

2 Give **one** definition of the term *health and fitness*.
.....[1]

3 What is meant by leisure time?
.....
.....[1]

4 Name **one** factor that still makes it difficult for some women to participate in sports.
.....
.....[1]

5 Describe **one** key feature of resistance training.
.....
.....[1]

6 Choose **one** of the seven principles used for goal setting and explain why it is important.
.....
.....
.....[2]

7 Identify **two** differences between a ligament and a tendon.
.....
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.....
.....[2]

8 It may be possible to prevent some injuries by warming up properly.
Describe **two** other ways that a warm up can help a performer.

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

9 Providers of sports and recreation facilities can be split into three groups. Name **one** of these groups and explain why their role is important.

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

10 Name **two** nutrients along with their food source.

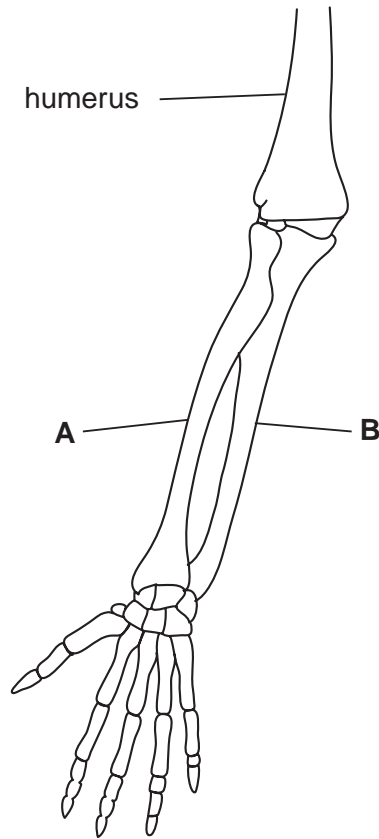
Nutrient 1

Food source

Nutrient 2

Food source[2]

11 From the diagram below name the two bones marked **A** and **B**.



A

B

[2]

12 Describe **three** disadvantages that extensive media coverage might have on match officials.

.....
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.....
.....

[3]

[Total: 20]

Section B

Answer **all** questions in this section.

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Factors Affecting Performance

B1 (a) Name **one** recognised test that could be used to find a performer's cardio vascular fitness.

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

(b) Give **two** reasons why feedback is important to an inexperienced performer.

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

(c) Describe how the muscles in the upper arm function when a performer is doing a press up.

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

(d) All people have a combination of more than one body type. What **two** dominant body types would a rugby prop forward require to perform at the very highest level and what advantages would this provide?

Body type 1

Body type 2

Advantages

.....

.....

.....[3]

(e) Arousal is important for a sportsperson to be a good performer.

(i) Describe **two** signs of arousal.

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

(ii) Give **one** external factor that could affect the level of arousal.

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

(iii) As a coach, what sign would you expect to see if a performer became over aroused?

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.....[1]

(iv) Give a way of preventing over arousal from affecting performance.

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

(f) Smoking can be described as a socially acceptable drug, but it can affect how well an athlete performs.

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(i) Describe how smoking affects the fitness of the athlete.

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.....[3]

(ii) Name a type of drug that is banned by the International Olympic Committee and describe the negative effect that its misuse might have on the performer.

Name of substance[1]
Effect
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.....
.....[2]

[Total: 20]

Health Safety and Training

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B2 (a) Describe the first aid treatment that you would provide if a person had a soft tissue injury resulting from a collision.

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

(b) Sports are often organised into categories for safety reasons, for example gender. Name another category and give reasons for this arrangement.

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

(c) (i) Describe the principle of overload in training.

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

(ii) Choose an activity and describe how you would apply the principle of overload to bring about an improvement in performance.

Activity

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.....[2]

(d) Describe the changes in the circulatory system during exercise.

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.....[3]

- (e) (i) If you were planning a water based activity, describe some of the factors you would take into consideration when making safety arrangements for a school group.

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Use

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- (ii) What situation could change during the activity that should be taken into consideration to maintain safety?

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.....[1]

(f) If you were designing a circuit training programme to improve muscular endurance:

(i) Describe **two** different activities that you would include in the circuit and give details of how they would improve muscular endurance.

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(ii) Give **two** advantages of using circuit training.

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.....[2]

[Total: 20]

Reasons and Opportunities for Participation in Physical Activity

B3 (a) Describe **one** way that an amateur performer can finance playing at the highest level.

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

(b) How can the media help to promote greater awareness of disability sports?

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.....[2]

(c) Older people tend to choose different physical activities than younger people. Describe the main reasons for their choices.

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.....[2]

(d) Some countries have developed a high level of excellence in a particular sport or activity. Describe some of the reasons for this level of excellence.

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(ii) Describe how schools help improve opportunities for participation in leisure activities.

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.....[3]

[Total: 20]

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