



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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PHYSICAL EDUCATION

0413/01

Paper 1

October/November 2010

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



Section A

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

For
Examiner's
Use

1 What is meant by the term *physique*?

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

2 If a performer sprains an ankle, part of the recommended treatment is to elevate the leg. How does this action help recovery?

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

3 Give **one** typical feature of sports facilities that are found in rural areas.

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

4 What is meant by the term *open skill*?

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

5 Describe the role of the chairperson in a local sports club.

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

6 Give **one** component of a balanced diet and explain its importance to a performer.

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

7 Complete the table below that describes different types of movement.

| Type of movement | Description of movement |
|------------------|--|
| rotation | The swivelling of a joint. |
| adduction | |
| | Moving of a limb away from the central axis of the body. |

[2]

8 Give **two** reasons why Fartlek Training is an effective method to use with a performer starting to regain fitness.

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

9 Use of centres of excellence is important for elite performers. Describe **two** advantages of being able to use these centres for the performer.

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

10 Describe how **two** environmental factors might result in a reduction in performance.

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

11 Describe **two** ways that the body controls its temperature.

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

12 You are organising a multi sports event for your school. Name **three** activities that you would include in the event and describe a different safety consideration for each activity.

Activity 1

Safety consideration
.....
.....
.....

Activity 2

Safety consideration
.....
.....
.....

Activity 3

Safety consideration
.....
..... [3]

[Total: 20]

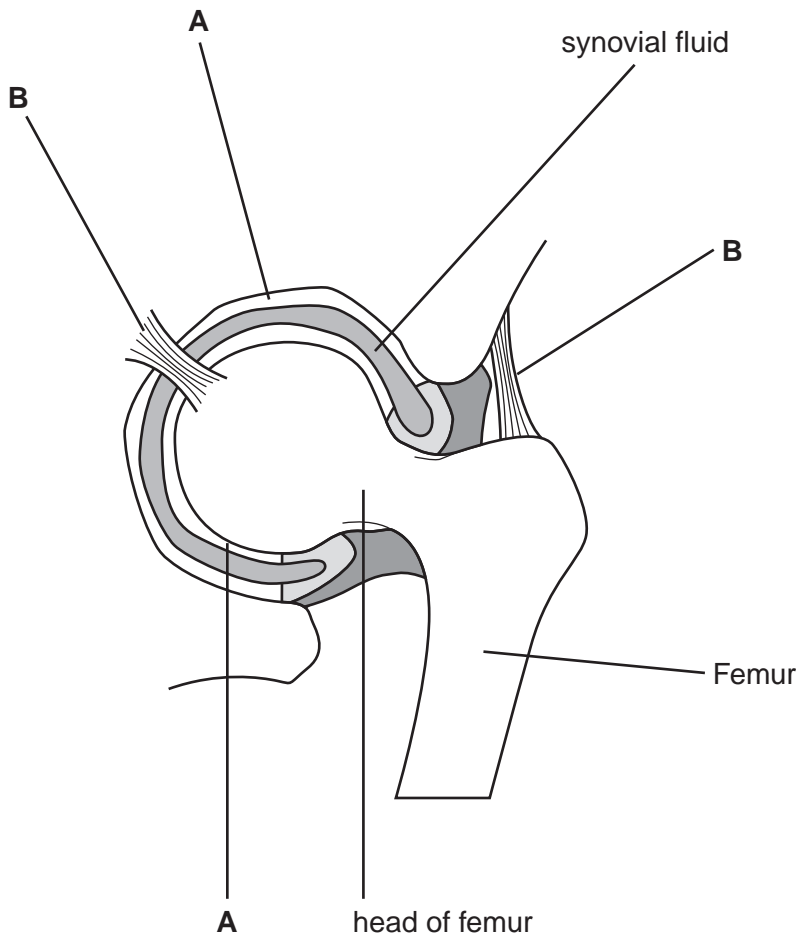
Factors affecting performance

B1 (a) Why are red blood cells important to a sports performer?

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

(b) The diagram below shows a synovial hip joint.

(i) Name the components labelled **A** and **B**



A.....
B.....[2]

(ii) Describe how the components labelled **A** and **B** help to provide movement.

A

.....

.....

B

.....

..... [2]

(c) Describe the differences in the respiratory systems of a top athlete compared to an unfit person.

.....

.....

.....

.....

.....

.....

..... [3]

(d) Choose **one** activity and describe **three** different ways a coach could help a performer during feedback.

Activity

1

.....

.....

2

.....

.....

3

.....

..... [3]

(g) Using **three** of the Principles of Goal Setting explain why an athlete may not achieve his goals.

For
Examiner's
Use

Principle

Explanation

.....

.....

.....

Principle

Explanation

.....

.....

.....

Principle

Explanation

.....

.....

..... [6]

[Total: 25]

Health, Safety and Training

B2 (a) Give **one** factor, apart from a balanced diet, that contributes to a person having a healthy lifestyle.

.....

 [1]

(b) Describe **two** difficulties a performer could experience from over training.

.....

 [2]

(c) Weight training can be either Isotonic (dynamic) or Isometric (static).

In the chart below complete the blank spaces. [4]

| | Isotonic | Isometric |
|--|---|--|
| Advantages of using this type of training. | Strengthens a muscle through the range of movement. | |
| Disadvantages of using this type of training. | | During exercise the blood flow to the muscle stops so blood pressure rises which could be dangerous. |
| An example of the type of activity for each training method. | | |

(d) Training is a programme to improve performance.

(i) What information does the coach need to set up a training programme?

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

(ii) Using **two** Training Principles describe how a coach could ensure that a performer improves.

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..... [4]

(e) (i) Describe the effects endurance training has on muscles.

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

- (ii) Muscles are made up of different types of fibres. Name and describe the features of the fibre that would enable an endurance athlete to perform well.

*For
Examiner's
Use*

Name of fibre

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

[Total: 20]

Reasons and opportunities for participation in physical activity.

B3 (a) Describe **one** way that a school can support physical activities within their local community.

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

(b) Describe **two** ways that a local sports centre could encourage more women to participate in recreational activities.

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

(c) Describe the ways in which **two** sports have been changed to ensure that performers with disabilities can participate.

Sport

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

Sport

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

(d) Describe **three** benefits to the viewer of showing sports events on the television.

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

(e) Many major sporting events require a sponsor to ensure their success.

(i) Give **three** reasons why a sponsor would invest money in supporting an event.

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

(ii) What potential disadvantages could there be for the sponsor when supporting an event?

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

(iii) Describe some of the disadvantages that the event may experience by having a sponsor.

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

[Total: 15]

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