



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**

**0413/12**

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 Examiner's Use	
<b>Section A</b>	
<b>B1</b>	
<b>B2</b>	
<b>B3</b>	
<b>Total</b>	

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



**Section A**

Answer **all** questions in this section.

*For  
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Use*

1 Give an example of a complex skill.

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

2 How does a person's poor mental well-being reduce the chances of performing well in sport?

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

3 How might the type of work that someone does for a living affect the sports that they play?

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

4 Give **one** benefit of visualisation when preparing for a game or event.

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

5 Describe the impact of being overweight on a performer's ability to play well.

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

6 Describe **two** ways that a school can support a local sports club.

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

7 What is meant by the following terms?

*cardiac output* .....

.....

*stroke volume* .....

..... [2]

8 Describe **one** illness or condition that is the result of a blood disorder. How can the illness or condition affect a person's ability to play sport?

.....

.....

.....

..... [2]

9 Give **two** ways that a local sports centre tries to increase participation.

.....

.....

.....

..... [2]

10 Name the body type that would be most suitable for a high jumper. Explain why it gives the performer an advantage.

.....

.....

.....

..... [2]

11 Using free weights (e.g. dumbbells) can be a feature of a weight training programme.

Give **two** safety considerations when using free weights.

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

12 Describe how the media impacts on sport.

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

[Total: 20]

**Section B**

Answer **all** questions in this section.

*For  
Examiner's  
Use*

**Factors affecting performance**

**B1 (a)** Give an example of when a gross motor skill is used in sport.

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

**(b)** Describe how adrenalin can positively affect a person's performance.

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

**(c)** Give an example of an immovable / fibrous joint and describe how it helps when performing in sport.

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

(d) Complete the table below which provides information about illegal performance enhancing drugs.

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type of drug	type of activity in which performers would use this substance	effect	dangers
steroid	strength / power related activity such as weight lifting, sprinting		
		Increase the amount of water excreted. Flushes other drugs out of the system.	muscle weakness, dehydration, loss of sodium and potassium salts

[4]

(e) (i) Describe rotational movement at a joint.

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

(ii) For **three** different activities, name a joint and situation when rotational movement helps a performer.

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

(f) (i) Name **two** different types of muscle fibres found in voluntary muscles.

muscle fibre type 1 .....

muscle fibre type 2 .....

(ii) Choose **one** type of muscle fibre and explain four ways that it contributes to performance.

muscle fibre .....

.....

.....

.....

.....

.....

.....

.....

..... [6]

(g) In a named sporting activity use **three** of the goal setting principles and explain how you would apply them to bring about improvement in performance.

sporting activity .....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [6]

[Total: 25]

**Health, Safety and Training**

**B2 (a)** Give **one** reason why it is important for a performer to be able to control their emotions when participating in sport.

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

**(b)** Name a water based activity and describe **two** arrangements that you would make to ensure the safety of those taking part.

water based activity .....

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

**(c)** A sprain is a common sporting injury.

Explain how this occurs and **one** treatment that will speed recovery.

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

**(d)** Explain why players in team games such as football and netball use both aerobic and anaerobic respiration systems.

Give **one** situation when a player would change from one system to the other.

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



(e) Weight training can be either Isotonic or Isometric.

(i) Give **one** example of an exercise used in each type of training.

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

(ii) Give **one** advantage of each type of training.

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

(iii) Give **two** situations, in named sporting activities, when a player might use isotonic muscular contractions to perform.

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

(f) (i) Using the training principles, describe how a performer could bring about an improvement in a long distance running event.

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

(ii) Describe the possible outcomes, for the performer, if the fitness programme is not followed correctly.

*For  
Examiner's  
Use*

.....

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

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

**B3 (a)** Give **one** example of how holiday companies help in promoting sports.

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

**(b)** What benefits are there for a sponsor in supporting a minor event?

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

**(c)** Explain why outdoor activities have become more available for performers with disabilities.

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

**(d)** Give reasons why a country would not want to host a global event.

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

