



Cambridge International Examinations
Cambridge International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--

PHYSICAL EDUCATION

0413/13

Paper 1

May/June 2014

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 an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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.

Electronic calculators may be used.

This document consists of **10** printed pages and **2** blank pages.



Section A

Answer **all** questions in this section.

1 Which components of the World Health Organisation’s definition of physical well-being will ensure that a performer is able to play sports well?

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

2 How might a performer relax before a competitive event?

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

3 Give **one** feature of physical recreation.

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

4 A performer cuts himself while playing in sport.

How do platelets help a performer to continue playing?

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

5 Describe the mental health benefits of participating in sports.

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

6 Explain how the advances in technology have helped people participate in sport.

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

7 (a) Name the key nutrient in the diet of a performer who is involved in strength related activities.
.....[1]

(b) Explain the benefits of this nutrient to the performer.
.....[1]

8 Give **two** disadvantages of living in a rural area when someone wants to participate in sports.

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

9 Name **one** type of joint and explain a feature of the joint that benefits a performer.

type of joint

feature

..... [2]

10 Name **one** treatment you would apply to someone who injures a muscle and a benefit of using this treatment.

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

11 Explain what is meant by the terms *prime mover* and *synergist* when applied to muscle movement.

prime mover

.....

synergist

..... [2]

12 Describe **three** benefits of having a local sports club in the community.

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

[Total: 20]

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 (a) Give **two** effects on a performer when regular feedback is not given.

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

(b) (i) Identify the location of the femur.

.....[1]

(ii) Describe **two** functions of the femur when participating in sport.

function 1
.....
.....
function 2
.....
.....[2]

(c) (i) Describe why an athlete might take the banned drug peptide hormone.

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

(ii) Give **three** examples of the negative physical effects that using this type of drug can have on an athlete.

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

- (d) Many distance athletes choose to train at altitude.
Describe the benefits of this type of training and the potential problems that could result.

benefits

.....

.....

.....

.....

.....

.....

problems

.....

.....

.....

.....

.....

.....

.....[5]

- (e) (i) Describe **two** physical effects of arousal on a performer.

.....

.....

.....

.....[2]

- (ii) Visualisation is a method of controlling the levels of arousal. Explain **three** ways that this technique is used.

.....

.....

.....

.....

.....

.....

.....[3]

(f) (i) Name and describe **two** components of health related fitness.

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

(ii) In **two** different activities, describe how different components of skill related fitness allow a performer to play well.

activity 1

skill related component 1

.....

.....

skill related component 2

.....

.....

activity 2

skill related component 3

.....

.....

skill related component 4

.....

.....[4]

[Total: 25]

Health, safety and training

B2 (a) Name **two** pieces of equipment that can be used during resistance training.

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

(b) Name a sport that uses both aerobic and anaerobic respiration. Describe an instance within the activity when each type of respiration is used.

named sport

aerobic

.....

.....

anaerobic

.....

.....[3]

(c) Describe the factors that the leaders of an activity will have to consider when planning the level of supervision needed.

.....

.....

.....

.....

.....

.....

.....

.....

.....[4]

(d) (i) Explain how you would use weight training to improve muscular endurance and explosive strength.

muscular endurance
.....
.....
explosive strength
.....
..... [2]

(ii) Describe how Plyometric Training could be used to develop explosive strength.

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

(e) Describe how skeletal muscles become more efficient after a performer is involved in a training programme.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
..... [6]

[Total: 20]

Reasons and opportunities for participation in physical activities

B3 (a) Explain **two** reasons why a country would want to host a major global event.

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

(b) Describe **three** different ways that a sports centre can make sports more accessible for groups with different cultural backgrounds.

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

(c) Explain the impact that the Internet has on sport.

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

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.