



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

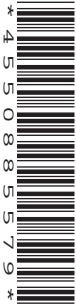
CANDIDATE  
NAME

CENTRE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/12**

Paper 1

**October/November 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 **10** printed pages and **2** blank pages.



**Section A**

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

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- 1 Name **one** function of the skeleton.  
..... [1]
  
- 2 Describe a negative effect of smoking.  
..... [1]
  
- 3 How would you define someone's mental well being?  
..... [1]
  
- 4 What does the 12 minute run (Cooper Test) measure?  
..... [1]
  
- 5 What would happen if a person's energy food intake did not match their energy needs?  
.....  
.....  
.....  
..... [2]
  
- 6 Give **two** factors that will determine what people do in their leisure time.  
.....  
.....  
.....  
..... [2]
  
- 7 Describe intrinsic motivation.  
.....  
.....  
.....  
..... [2]

8 A player sprains an ankle during a game of netball. Describe **two** aspects of the accepted procedure to treat the injury.

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

9 Give **two** reasons why a warm up is necessary before taking part in an activity.

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

10 Describe the role of synovial fluid, cartilage and ligaments at a joint.

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

11 Suggest **three** ways in which Physical Education could be made more enjoyable to students who do not enjoy taking part in Physical Education.

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

[Total: 20]

**Section B**

Answer **all** questions in this section.

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**Factors affecting performance**

**B1 (a)** Name the gas used by the body to produce energy.

..... [1]

**(b)** Describe **two** types of exercise you could use to improve flexibility before taking part in an activity.

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

**(c)** What are the benefits of goal setting to a performer?

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

**(d)** Choose **one** type of drug banned by the International Olympic Committee (IOC) and state the negative effect of this substance.

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

(e) Describe the characteristics of **two** different somatotypes and explain why each may be suited to a particular sporting activity.

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

(f) Describe the considerations a coach should be aware of when a performer learns a skill for the first time.

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

(g) The table below shows the results of a Multistage Fitness Test undertaken by a small group of 15 year old pupils.

| pupil      | level achieved |
|------------|----------------|
| 1 (male)   | 9.5            |
| 2 (male)   | 10.4           |
| 3 (female) | 7.5            |
| 4 (female) | 6.0            |

(i) What does the test specifically measure?  
.....  
..... [1]

(ii) Give **two** reasons why the males may have reached a higher level than females.

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

(iii) How can a performer improve their ability to keep going for long periods of time?

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

[Total: 25]

**Health, safety and training**

**B2 (a)** What is meant by the term *social well being*?

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

**(b)** Why do we need a regular supply of food?

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

**(c)** Select **one** physical activity you have taken part in.  
Identify one potential hazard and state what could be done to minimise the risk.

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

**(d)** Name **two** types of weight training.  
Briefly describe the effect on muscles of one of these types of weight training.

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

(e) Explain the effects of regular aerobic training on the circulatory system.

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

(f) The letters in the word, SPORT, represents the five principles of training. Choose **two** of these principles and describe their meaning.

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

(g) Describe, using different situations, how participants may suffer an injury while taking part in sport.

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.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [5]

[Total: 20]



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

**B3 (a)** Give an example of a recognised global event.

..... [1]

**(b)** Suggest a difference between sport and physical recreation.

..... [1]

**(c)** How can activities, normally found in the countryside, be adapted to urban areas?

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

**(d)** Despite moves towards equality, why do some women's sport still have a lower profile than men?

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

**(e)** Explain **one** factor which can determine whether a person takes part in physical activity.

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

(f) What are the positive influences of media coverage on sport?

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..... [4]

[Total: 15]



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