



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

0413/11

Paper 1

October/November 2013

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.

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



Section A

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

For
Examiner's
Use

1 What does letter “R” represent in the RICE treatment of an injury?
..... [1]

2 Give **one** performance related benefit of having sufficient sleep.
..... [1]

3 Name a sport **and** give an item of protective clothing or safety equipment used by a performer, in that sport.
Sport:
Clothing / equipment:
..... [1]

4 In addition to television, give another form of media which informs people about sport.
..... [1]

5 In addition to promoting growth, give another reason for the need for food.
..... [1]

6 Explain, with an example, **one** of the factors which may affect variations in levels of skill.
Factor:
Explanation:
..... [2]

7 The World Health Organisation gives a definition of health as a state of complete physical, mental and social well-being.
What do you understand by the term *physical well-being*?
.....
.....
.....
..... [2]

8 Describe *adduction* movement and give an example of when this occurs in sport.

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

9 Describe how a school can promote participation in extra-curricular physical activity.

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

10 Explain the reasons why particular activities take place in mountainous areas.

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

11 Describe **two** ways in which the skeleton provides *shape and support*.

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

12 Describe the following principle of training and give an example of when it may be applied.

(i) Reversibility:

.....

.....

Example: [2]

(ii) Name one other principle of training.

..... [1]

[Total: 20]

Section B

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

For
Examiner's
Use

Factors affecting performance

B1 (a) Describe **two** disadvantages for a performer who takes narcotic analgesics.

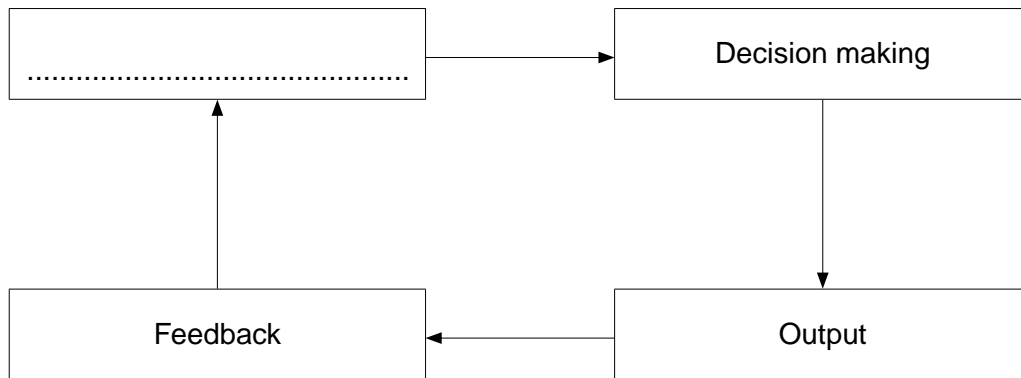
.....

.....

.....

..... [2]

(b) (i) Complete the missing link in the table below showing the 'simple information processing model' for learning a new skill.



[1]

(ii) State how this link influences the learning of a skill.

.....

..... [1]

(c) Describe the movement performed by the *deltoid* muscles and give an example of their use in a sporting activity.

.....

.....

.....

..... [2]

(d) (i) State **two** characteristics of an *endomorph* body composition.

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

(ii) Name a sporting activity for which this body type is an advantage.

.....[1]

(e) (i) Describe **two** functions of blood in the circulatory system of a performer.

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

(ii) Describe the effects of lactic acid on performance.

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

The Multi Stage Fitness Test (bleep test) is designed to measure a person's stamina.

For
Examiner's
Use

(f) (i) Define what is meant by *stamina*.

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

(ii) Describe the process involved in conducting the Multi Stage Fitness Test.

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

(iii) The table below gives the results of a group of 16 year old pupils who took part in a Multi Stage Fitness Test.

Name	Score / Level
Candidate A	4.6
Candidate B	11.1
Candidate C	7.2
Candidate D	6.6

Explain how this information would be useful for a coach.

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

- (g) (i) Give the meanings of the term *SMARTER* use of goal setting.
The first one has been done for you.

S Specific

M

A

R

T

E

R [2]

- (ii) Give an example showing how **two** of these goal setting targets can be used in a named sport.

Sport:

Example 1:

.....

.....

.....

Example 2:

.....

.....

..... [4]

[Total: 25]

Health, safety and training

B2 (a) Describe **two** ways a performer may reduce their levels of mental stress.

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

(b) Describe how you would treat a cut or graze.

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

(c) Activity organisers have a responsibility to ensure that activities are undertaken in a safe and secure environment.

Describe **three** circumstances that may give cause for concern in a sports hall.

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

(d) Explain why different groups of people have different energy requirements.

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

(e) Describe the short-term effects of exercise on the cardiovascular and respiratory systems.

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

(f) (i) Describe how carbohydrates and minerals help to maintain a healthy and active body.

carbohydrates.....
.....
minerals.....
..... [2]

(ii) Explain how a **lack** of carbohydrates and minerals can affect performance.

carbohydrates.....
.....
.....
.....
minerals.....
.....
.....
..... [4]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) Suggest how advances in the workplace have resulted in the growth in participation of leisure activities.

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

(b) State the benefits of international sporting events to participants and spectators.

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

(c) Describe the changes that have occurred in sport as a result of media coverage.

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

