



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

0413/13

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 **11** printed pages and **1** blank page.



Section A

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

For
Examiner's
Use

- 1 What does the letter “E” represent in the RICE treatment of a sporting injury?
..... [1]

- 2 Give **one** benefit of regular exercise.
.....
..... [1]

- 3 Why is it important to warm up before performing an activity?
.....
..... [1]

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

- 5 In addition to providing energy give another reason for the need for food.
.....
..... [1]

- 6 There are certain processes in developing skills.
Describe, with examples the importance of *decision making*.
.....
.....
.....
..... [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 *mental well-being*?

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

8 Describe *flexion* movement and give an example of when this may occur in sport.

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

9 Describe how a school can promote sport participation within the local community.

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

10 Name **two** competitive sporting activities that take place in coastal areas.

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

11 Describe **two** examples where the skeleton provides protection to the vital organs.

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

12 Describe why the principle of *progression* is important in a training programme.

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Use

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..... [3]

[Total: 20]

Section B

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

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Use

Factors affecting performance

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

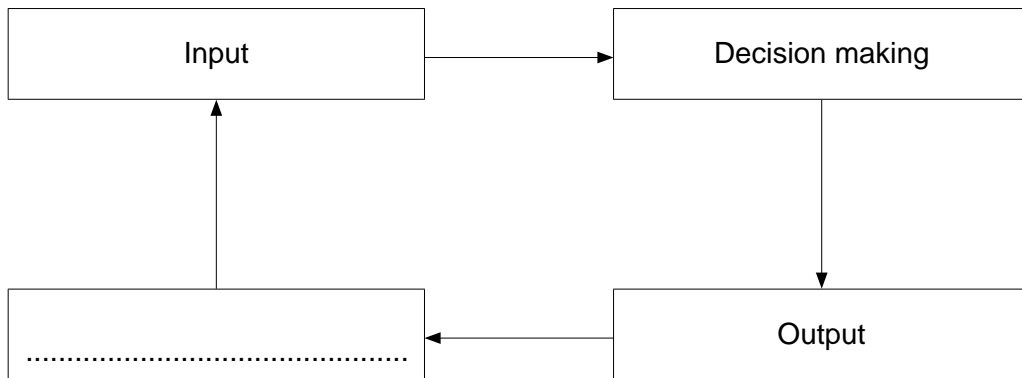
.....

.....

.....

..... [2]

(b) (i) Complete the missing link in the table below showing the 'simple information processing model' for learning a new skill. [1]



(ii) How does this link influence the learning of a skill?

.....

..... [1]

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

.....

.....

.....

..... [2]

(d) (i) State **two** characteristics of a *mesomorph* body composition.

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

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

.....[1]

(e) Explain how regular exercise can develop the efficiency of the circulatory and respiratory system.

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

(f) The Cooper Test (12 minute run) is designed to measure a person's stamina.

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

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

(ii) Describe the process involved in conducting The Cooper Test.

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

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

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Name	Score / Level
Candidate A	2200m
Candidate B	1800m
Candidate C	2650m
Candidate D	2050m

Explain how this information would be useful for a coach.

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

- (g) (i) Describe how a performer can control their level of anxiety before taking part in a competition.

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

- (ii) Describe ways that *over arousal* can influence performance.

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..... [3]

[Total: 25]

Health, safety and training

B2 (a) Compare the *isotonic* and *isometric* methods of weight training.

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..... [2]

(b) Describe how a blister is caused and the treatment you would apply.

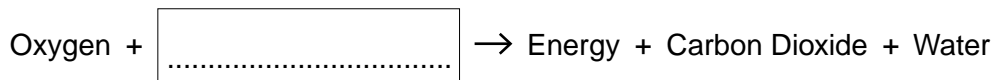
.....
.....
.....
..... [2]

(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 on a school playing field.

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

(d) (i) Complete the equation to show how aerobic respiration uses oxygen to produce energy.



[1]

(ii) Describe the effects of increased aerobic respiration on the body during exercise.

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

(e) What are the overall long-term effects of exercise, as part of a healthy lifestyle, on the cardiovascular and respiratory systems?

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..... [4]

(f) (i) Protein and fibre are key parts of a balanced diet.
What is the function of each of these nutrients within a balanced diet?

protein:

.....
.....
fibre:
.....
..... [2]

(ii) Explain how a **lack** of proteins and fibre could affect performance.

protein:

.....
.....
.....
.....
fibre:

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

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) Describe how improvements in health care have resulted in more participation in leisure activities.

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

(b) What are the benefits to a sport in a country that plays host to a global event?

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

(c) Describe how television can promote sport.

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

(d) Explain how campaigns and legislation help to create equal opportunities for athletes with a disability.

For
Examiner's
Use

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..... [4]

(e) Describe the reasons for the growth in leisure time.

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..... [5]

[Total: 15]

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