



Cambridge International Examinations
Cambridge International General Certificate of Secondary Education

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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8404574223



PHYSICAL EDUCATION

0413/12

Paper 1

May/June 2018

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.

Section A

Answer **all** questions in this section.

Write your answers in the spaces provided on the Question Paper.

Section B

Answer **all** questions in this section.

Write your answers in the spaces provided on the Question Paper.

Electronic calculators may be used.

You may lose marks if you do not show your working or if you do not use appropriate units.

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 the spaces provided.

- 1 Describe **one** example of a fine motor skill used in a sport.
.....
..... [1]

- 2 State a role of protein in the body.
.....
..... [1]

- 3 Define the term *physical recreation*.
.....
..... [1]

- 4 State **one** example of an extrinsic reward in sport.
..... [1]

- 5 State **one** benefit of a warm up to a performer.
.....
..... [1]

- 6 Suggest **one** disadvantage of being a sponsor.
.....
..... [1]

- 7 One function of the skeleton is blood production.
Describe, using examples, how the skeleton achieves **two** other functions.
.....
.....
..... [2]

8 Describe **two** effects of increased levels of lactic acid on a performer.

.....

.....

.....

..... [2]

9 Describe **three** ways that a teacher could try to ensure a safe and secure environment for the players in an outdoor team sport.

.....

.....

.....

.....

.....

..... [3]

10 Complete the table to show a different effect on a performer for each type of banned performance-enhancing drug.

type of banned performance-enhancing drug	effect on a performer
anxiety-reducing drugs	addictive
diuretics	
stimulants	
anabolic agents (e.g. steroids)	

[3]

11 Suggest positive and negative effects that the media can have on minority sports.

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.....

.....

[4]

[Total: 20]

Section B

Answer **all** the questions in the spaces provided.

Unit 1 Factors affecting performance

12 (a) Explain the benefits a performer hopes to achieve by illegally blood doping.

.....
.....
.....
.....

[2]

(b) State **three** benefits of feedback for a performer.

.....
.....
.....
.....
.....
.....

[3]

(c) Explain the advantages an extreme ectomorph may have in a named physical activity.
activity.....
advantages.....

.....
.....
.....
.....
.....

[3]

(d) Describe, using a named team game, examples of the use of **four** different components of skill-related fitness.

team game.....

component 1.....

.....

.....

component 2.....

.....

.....

component 3.....

.....

.....

component 4.....

.....

.....

[4]

(e) Explain, using examples from **two** physical activities, different situations when fast-twitch and slow-twitch muscle fibres provide a benefit to a performer.

physical activity 1.....

fast-twitch muscle fibres.....

.....

slow-twitch muscle fibres.....

.....

physical activity 2.....

fast-twitch muscle fibres.....

.....

slow-twitch muscle fibres.....

.....

[4]

(f) Describe **two** effects of long-term aerobic exercise on the circulatory system and explain a benefit of each effect for a performer.

effect 1.....

.....

benefit.....

.....

effect 2.....

.....

benefit.....

.....

[4]

(g) (i) Name and describe a recognised test for co-ordination.

.....

.....

.....

.....

.....

.....

[3]

(ii) Suggest how testing a performer can be used as a source of motivation.

.....

.....

.....

.....

[2]

[Total: 25]

Unit 2 Health, safety and training

13 (a) Describe **two** effects of regular exercise on a performer's mental well-being.

.....
.....
.....
.....

[2]

(b) Describe, using examples from a named sport, **two** benefits to a performer of following appropriate codes of behaviour.

sport.....
benefit 1.....
.....
benefit 2.....
.....

[2]

(c) Suggest how bruising could be caused when playing sport and suggest **two** treatments that could be used for this injury.

cause.....
.....
treatment 1.....
.....
treatment 2.....
.....

[3]

(d) Fat is an important part of a balanced diet.

(i) Explain the importance of fat for the body.

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

(ii) Explain, using an example, how too much body fat can affect performance.

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

(e) Reversibility is a training principle.

(i) Explain the term *reversibility*.

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

(ii) Describe how a coach could prevent reversibility in a performer.

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

(f) Weight training can be used to increase strength or muscular endurance.

(i) Describe **two** other physical benefits of weight training.

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

(ii) Explain, using examples, the difference between a weight-training programme to increase strength and a weight-training programme to increase muscular endurance.

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

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

14 (a) Describe the benefits to a local community of voluntary organisations providing physical activities.

.....
.....
.....
.....

[2]

(b) Explain, using examples, how living in an urban environment can affect participation in physical activities.

.....
.....
.....
.....
.....
.....

[3]

(c) Explain how a country of your choice has developed excellence in a named sport.

country.....
sport.....
explanation.....
.....
.....
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[4]

(d) Suggest how both legislation and campaigns can affect participation in physical activities.

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[6]

[Total: 15]

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