



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
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**PHYSICAL EDUCATION**

**0413/01**

Paper 1

**October/November 2009**

**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	
Section A	
B1	
B2	
B3	
Total	

This document consists of **13** printed pages and **3** blank pages.



**Section A**

Answer **all** questions in this section.

1 Give **one** definition of the term *Social Well-being*.

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

2 Apart from providing energy name another reason why the body needs nutrients.

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

3 Most drugs can harm a performer in some way. Name **one** socially accepted drug.

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

4 Describe **one** way that unemployment can reduce the level of participation in physical activity.

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

5 Describe **one** main bone that helps in the production of blood.

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

6 Give **two** forms of extrinsic motivation.

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

7 Describe **two** factors that could encourage older people to participate in physical activity.

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

8 There are far fewer female professional teams compared to those for males. Give **two** reasons why this is the case.

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

9 Describe **two** benefits, other than helping to prevent injury that can be gained from a warm up.

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

10 Bruising is an injury commonly associated with contact sports. What is meant by the term bruising?

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

11 Give **one** sign or symptom of bruising.

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

12 Describe **two** ways in which a sports centre can encourage participation.

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

13 Describe **three** ways that schools help to promote participation amongst its students.

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

[Total: 20]

Section B

Answer **all** questions in this section.

**Factors Affecting Performance**

**B1 (a)** What is meant by the term a *drug*?

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

**(b)** Describe **two** reasons why rest is an important part of a training programme.

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

**(c)** When taking part in exercise regularly the heart will become stronger. How does this improve performance?

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

**(d) (i)** The table below describes the actions of named voluntary muscles. Complete the table with the missing information.

Voluntary Muscles	Main action
Deltoid	Raise arm forward, backward and sideways at the shoulder
Tricep	
Gastrocnemius	

(ii) Give **one** example of an involuntary muscle and describe its importance.

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

(e) The body has **three** different types of joints *Synovial*, *Cartilaginous* and *Fibrous*. Describe **one** way that each type of joint benefits a performer.

1 Synovial .....

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

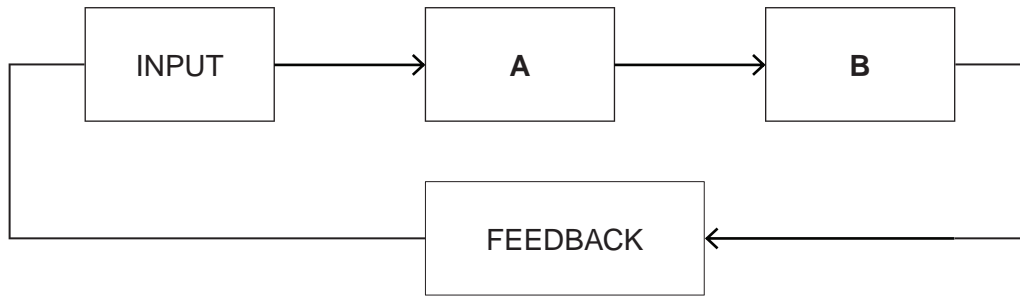
2 Cartilaginous .....

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

3 Fibrous .....

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

(f) The diagram below is the Information Processing Model.



(i) What do the letters **A** and **B** represent in the diagram?

**A** .....

.....

**B** .....

..... [2]

(ii) Describe why feedback is important.

.....

.....

.....

.....

.....

.....

..... [3]

(iii) Give **two** principles that need to be applied when a coach is giving feedback to a performer.

.....

.....

.....

.....

..... [2]

[Total: 20]

**Health, Safety and Training**

**B2 (a)** Explain how inappropriate clothing can contribute to causing injuries.

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

**(b)** Obesity can affect a person's ability to perform in sports. Give **two** factors that can cause obesity.

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

**(c)** Complete the table below by giving the description of the term identified.

Term	Description
Cardiac Output	Cardiac output is the volume of blood pumped from the left ventricle each minute
Stroke Volume	
Heart Rate	

[2]

**(d)** Reversibility is a principle of training.

**(i)** Explain what is meant by reversibility.

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

**(ii)** When could reversibility occur?

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



(iii) Choose **one** of the other principles of training and explain how this is used in a weight training programme.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [2]

(e) (i) Explain the benefits of being involved in a Fartlek Training programme.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [3]

(ii) Explain how you would use the overload principle in Fartlek Training to improve performance.

.....

.....

..... [1]

(f) When organising a multi sports activity there is a need to carry out a risk assessment.

(i) Describe **one** task that needs to be carried out when making a risk assessment.

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

(ii) Describe **one** potential hazard that may occur in each of the following settings and explain what action you would take to reduce the risk.

1 swimming pool

hazard .....

.....

action taken to reduce risk .....

.....

.....

2 gymnasium/sports hall

hazard .....

.....

action taken to reduce risk .....

.....

.....

3 playing field

hazard .....

.....

action taken to reduce risk .....

.....

..... [6]

[Total: 20]

**Reasons and Opportunities for Participation in Physical Activity**

**B3 (a)** Name an activity and describe how it has been adapted to enable a sports person with a disability to take part.

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

**(b)** Name **two** disadvantages that the increase in media coverage can have on the manager of a professional sports team.

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

**(c)** What would be the benefits of attending an after school activity for a young person?

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

(d) Local clubs are often run by volunteers.

(i) Why do local clubs use volunteers?

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

(ii) Describe **two** roles that are needed to run a club.

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

(iii) In many cases clubs often need to raise money. Describe **two** ways that funds can be raised.

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

(e) Some countries excel in certain sports, for example football in Brazil. Why would it be difficult to develop different sports in these countries?

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

(f) (i) What are the positive effects of the media on sport?

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

(ii) Using **two** named sports, describe some of the changes that have been brought about by television coverage.

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

[Total: 20]





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