



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

CANDIDATE  
NUMBER

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|



**PHYSICAL EDUCATION**

**0413/13**

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 |  |
|--------------------|--|
| Section A          |  |
| B1                 |  |
| B2                 |  |
| B3                 |  |
| Total              |  |

This document consists of **10** printed pages and **2** blank pages.



**Section A**

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

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.

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

8 A player sprains an ankle during a game of netball. Describe **two** aspects of the appropriate first aid 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.

**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 is suited to a particular sporting activity.

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

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

.....  
.....  
.....  
.....  
.....  
..... [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

.....  
.....  
.....  
..... [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.

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

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

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



**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?

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [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?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 15]



