



Cambridge International Examinations
Cambridge International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
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PHYSICAL EDUCATION

0413/13

Paper 1

May/June 2015

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

Section A

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

1 Give **one** factor that can affect the skill level of a young performer.

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

2 Describe the importance of fibre in the diet.

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

3 Give **one** way that a local sports club can raise funds.

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

4 Name **one** part of the skeleton that provides protection for internal organs and the organs it protects.

Part of the skeleton

Organs that are protected

..... [1]

5 Give **one** factor that determines what people do in their leisure time.

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

6 Explain why compressing a soft tissue injury can aid recovery.

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

7 Name an activity and a benefit for an athlete who has a high proportion of fast twitch muscle fibres.

Activity

.....

Benefit

..... [2]

8 Describe **two** signs that you could see from a performer who has poor mental well-being.

1

.....

2

..... [2]

9 What effect could media coverage of an athlete have on their performance?

.....

.....

.....

..... [3]

10 In a named gymnastic activity, give **three** ways that the teacher would ensure the safety of the class.

Gymnastic activity

1

.....

2

.....

3

..... [3]

11 Give **four** reasons why the International Olympic Committee has banned the use of certain drugs.

1

.....

2

.....

3

.....

4

..... [4]

[Total: 20]

(d) Give **three** reasons why intrinsic motivation is usually more beneficial to a performer than extrinsic motivation.

- 1
-
- 2
-
- 3
-[3]

(e) Complete the table below to describe the type of movement that occurs at each of the named joints, and give examples of how this benefits a performer in sport.

Name of joint	Type of movement	Benefit to a performer
Ball and socket	Can turn in many directions	Able to bowl a ball in cricket
Pivot
Hinge joint

[4]

(f) Cardiac muscle is one distinct type of muscle.

Describe the **two** other types of muscle and explain how they benefit a performer.

Muscle 1

Benefit

.....

Muscle 2

Benefit

.....[4]

(g) (i) Explain the difference between health related fitness and skill related fitness.

.....

.....

.....

.....[2]

(ii) Name an activity and describe the benefits to a performer in this activity of **two** components of health related fitness and of **two** components of skill related fitness.

Activity

Health related fitness

1

.....

2

.....

Skill related fitness

1

.....

2

.....[4]

[Total: 25]

Unit 2 Health, safety and training

B2 (a) Give **two** reasons why exercise is an important part of a healthy lifestyle.

1

.....

2

..... [2]

(b) State how **two** named components of a balanced diet could aid recovery after an endurance event.

Component 1

.....

.....

Component 2

.....

..... [2]

(c) Some outdoor sports are played in cold, wet conditions. Explain how the body responds to cold conditions.

.....

.....

.....

.....

.....

.....

.....

..... [3]

(d) A person walking in the mountains would carry a personal safety kit. Name **two** items they would carry and explain the reason for including each item.

Item 1

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

Item 2

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

[4]

(e) Using **four** training principles, explain how a coach can bring about an improvement in performance.

Principle 1

.....
.....

Principle 2

.....
.....

Principle 3

.....
.....

Principle 4

.....
.....

[4]

(d) Using different examples from **three** forms of media, describe how each has increased the understanding of how sports are played.

Media form 1

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

Media form 2

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

Media form 3

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

[5]

[Total: 15]

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