



**Cambridge International Examinations**  
Cambridge 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 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 **12** printed pages.



**Section A**

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

1 Give **one** feature of a skill.

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

2 Give **one** example of a voluntary organisation that might provide recreational opportunities.

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

3 Name **one** food source that will provide a high level of calcium, which is needed for strong bones.

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

4 Give **one** way that extrinsic feedback can be given.

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

5 Define what is meant by the term *physical recreation*.

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

6 Explain, giving an example, why wearing correct footwear can help a player play sport safely.

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

7 Give **two** functions of the skeleton.

1 .....

2 .....

.....[2]

8 Give **two** reasons why a sprained ankle might be elevated as part of the treatment to speed recovery.

1 .....

.....

2 .....

..... [2]

9 Explain how improvements in health care have affected participation in sports.

.....

.....

.....

.....

.....

.....

..... [3]

10 In many sports, performers need to use both aerobic and anaerobic respiration during the course of their activity. Complete the table below which shows different occasions when anaerobic respiration is used in an activity.

Activity	Occasion when anaerobic respiration is used
Football	Sprinting to get the ball
Tennis	..... .....
Cricket	..... .....
Basketball	..... .....

[3]



**Section B**

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

**Unit 1 Factors affecting performance**

**B1 (a)** Give **two** reasons why a performer would be motivated by being involved in the Olympic Games.

1 .....

.....

2 .....

.....[2]

**(b)** Name **three** different components of a synovial joint and describe how each helps movement.

Component 1 .....

.....

.....

Component 2 .....

.....

.....

Component 3 .....

.....

.....[3]

(c) Complete the table below that shows the benefits an athlete might hope to gain from taking a banned substance.

Substance	Reason for taking banned substance
Narcotic analgesic	Helps pain relief allowing a performer to return to play more quickly after injury, hides pain
Stimulants	..... ..... .....
Diuretic	..... ..... .....
Peptide hormones	..... ..... .....

[3]

(d) Using an appropriate example, describe the role of the prime mover in the flexion of a joint.

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

[3]

- (e) Team sports often have players with a variety of body types. Give **two** different body types and describe how these can be a benefit to a performer in a named sport.

Name of sport.....

Body type.....

Benefit.....

.....

.....

Body type.....

Benefit.....

.....

.....[4]

- (f) (i) Give a definition of the term *fitness*.

.....

.....[1]

- (ii) Name **three** components of skill-related fitness and describe the benefits of each in an activity.

Component.....

Benefit .....

.....

.....

Component.....

Benefit .....

.....

.....

Component.....

Benefit .....

.....

.....[3]

(g) Name **three** components of blood, describe their functions and explain how they benefit a performer.

Component 1 .....

Function .....

.....

Benefit .....

.....

Component 2 .....

Function .....

.....

Benefit .....

.....

Component 3 .....

Function .....

.....

Benefit .....

..... [6]

[Total: 25]



Unit 2 Health, safety and training

B2 (a) Give **two** features of social well-being.

1 .....

.....

2 .....

..... [2]

(b) Describe **two** factors that influence the amount of energy a person requires.

1 .....

.....

2 .....

..... [2]

(c) Give **three** reasons why a warm up can help reduce the possibility of injury.

1 .....

.....

2 .....

.....

3 .....

..... [3]

(d) Describe **four** considerations that the leader of a group would take into account before setting off on an adventurous outdoor activity.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

..... [4]





