



**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**

**0413/12**

Paper 1

**May/June 2016**

**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 a definition of the term *skill*.

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

**2** Eating a balanced diet is essential for a sports performer. Give **one** reason for this.

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

**3** Give **one** positive effect that the media has on sport.

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

**4** Describe **one** type of extrinsic motivation.

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

**5** Give **one** cause of a blister forming.

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

**6** Give **one** reason why there has been an increase in the number of performers with disabilities taking part in sport.

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

7 Name **two** components of blood and describe how they help a performer.

Component 1.....

.....

.....

Component 2.....

.....

.....

[2]

8 Explain why warming up helps to prevent a performer becoming injured.

.....

.....

.....

.....

[2]

9 Explain why a young person's age might influence the sports that they take part in.

.....

.....

.....

.....

.....

.....

[3]

10 Describe how students can contribute to their own safety during a named indoor sporting activity.

Named activity.....

.....

.....

.....

.....

.....

[3]

11 In a named activity, give examples of when the movements identified below occur.

Named activity.....

Extension.....

.....

Adduction.....

.....

Flexion.....

.....

Rotation.....

.....

[4]

[Total: 20]

Section B

Answer all the questions in the spaces provided.

Unit 1 Factors affecting performance

12 (a) State two body types and describe the advantages they provide in different named activities.

Named sport.....

Body type.....

Advantage.....

.....

Named sport.....

Body type.....

Advantage.....

..... [2]

(b) Give a definition of the term drug and suggest two reasons why a performer would take a banned performance-enhancing drug.

Definition.....

.....

Reasons.....

.....

.....

..... [3]

(c) Describe two physiological responses of the body to over-arousal and one way that a performer can control the effects of this arousal.

Physiological responses.....

.....

.....

.....

.....

Method of control.....

..... [3]

(d) Describe **one** condition that results from an imbalance in blood cells and the effect this has on a performer.

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

(e) State **two** ways an athlete can control their anxiety.

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

(f) Give reasons why a coach may test the cardiovascular endurance of a performer.

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..... [4]

(g) Using practical examples, describe how the FITT principles can be applied when planning a health-promoting programme for someone who has not exercised for a long time.

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

(h)



phase 1  
preparation to kick



phase 2  
the kick



phase 3  
the follow through

The diagrams above show a performer kicking a ball.

Describe the muscle actions in the kicking leg in each phase of the movement.

Phase 1. preparation to kick.....

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

Phase 2. the kick.....

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

Phase 3. the follow through.....

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

[6]

[Total: 25]

### Unit 2 Health, safety and training

13 (a) Describe **two** ways that a person can achieve a good level of health and fitness.

.....

.....

..... [2]

(b) Name a food source that contains fibre and a benefit that fibre provides.

Food source.....

Benefit.....

..... [2]

(c) The table below shows four common injuries that can occur when participating in sport. Complete the table below giving **two** treatments for each injury that could aid recovery.

Injury	Treatment
Cut	1. Clean 2. Cover with a plaster
Winding	
Bruise	
Muscle Strain	

[3]





(f) Regular exercise and training can improve the way the lungs work. Describe the improvements that can occur and the different benefits these improvements bring to performance.

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[5]

[Total: 20]

**Unit 3 Reasons and opportunities for participation in physical activity**

**14 (a)** Give reasons why a person would volunteer at a local sports club.

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.....  
.....

[2]

**(b)** Describe ways that sports centres have improved opportunities for spectators with disabilities to attend events.

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[3]

**(c)** Describe the possible disadvantages of hosting a major global event to the host nation.

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[4]

