



**Cambridge International Examinations**  
Cambridge International General Certificate of Secondary Education

CANDIDATE  
NAME

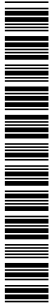
CENTRE  
NUMBER

--	--	--	--	--	--

CANDIDATE  
NUMBER

--	--	--	--	--	--

\*0245319934\*



**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**May/June 2017**

**1 hour 45 minutes**

Candidates answer on the Question Paper.

No Additional Materials are required.

**MODIFIED LANGUAGE**

**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.

 **CAMBRIDGE**  
International Examinations

**Section A**

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

1 State **one** example of a gross motor skill.

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

2 Describe **one** feature of a person's social well-being.

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

3 Suggest **one** way that a school may encourage participation in physical activities.

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

4 State what is meant by the term *physique*.

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

5 Name **one** food source rich in fibre.

..... [1]

6 Identify **two** different types of voluntary organisation that provide leisure opportunities.

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

7 Describe the role and function of tendons.

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

8 Explain what is meant by *oxygen debt*.

.....

.....

.....

..... [2]

9 Suggest reasons why **two** named countries excel in different sports.

country 1.....

sport.....

reason.....

.....

country 2.....

sport.....

reason.....

..... [2]

10 Explain the disadvantages of using rewards to motivate a performer.

.....

.....

.....

..... [3]

11 Complete the table to suggest different causes and different treatments for the following injuries.

injury	cause	treatment
severe cut		
winding		

[4]

[Total: 20]

**Section B**

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

**Unit 1 Factors affecting performance**

12 (a) Suggest **two** factors a coach should consider when giving feedback to a performer.

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

(b) Name an activity for which being an ectomorph may provide an advantage. Explain your answer.

activity.....  
explanation.....  
.....  
.....  
.....  
..... [3]

(c) Describe, using examples from physical activities, **three** different movements possible at the shoulder joint.

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

(d) Explain the changes that improve the efficiency of the circulatory and respiratory systems as a result of taking part in long-term aerobic exercise.

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

(e) Describe **four** examples that demonstrate different characteristics of a skilled performance in a named sport.

sport.....  
characteristic 1.....  
example 1.....  
.....  
characteristic 2.....  
example 2.....  
.....  
characteristic 3.....  
example 3.....  
.....  
characteristic 4.....  
example 4.....  
..... [4]

(f) The diagram shows athletes during the middle stages of a marathon.



(i) Identify the main type of muscle fibre that the athletes are likely to be using.

..... [1]

(ii) State **three** features of the type of muscle fibre identified in (f)(i).

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

- (g) (i) Identify **three** key components of skill-related fitness needed for a named physical activity. Explain the reasons for your choices.

physical activity.....

component 1.....

.....

.....

component 2.....

.....

.....

component 3.....

.....

..... [3]

- (ii) For **one** skill-related fitness component identified in (g)(i), describe a recognised test that could be used to monitor progress.

component.....

test.....

.....

.....

.....

..... [3]

[Total: 25]

**Unit 2 Health, safety and training**

**13 (a)** Describe what dietary advice should be given to a player taking part in a rugby seven-a-side tournament that requires them to play five games in a day.

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

**(b)** Explain why having access to open spaces, such as parks, can contribute to a healthy lifestyle.

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

**(c)** Describe an example of an exercise that an athlete should include during a warm up before a sprint event and state **two** benefits of this exercise.

exercise.....  
benefit 1.....  
.....  
benefit 2.....  
..... [3]



(d) Using ice is part of the RICE treatment.

Name a type of injury that might require the use of ice and explain the benefits of using ice.

type of injury.....

benefits.....

.....

.....

.....

.....

[3]

(e) The diagram shows an athlete throwing a javelin.



Name the main energy system used when throwing a javelin. Explain your answer.

main energy system.....

explanation.....

.....

.....

.....

.....

[3]

(f) Describe, using examples, how the energy needs of a games player might change during a match.

.....

.....

.....

.....

[2]

(g) A performer regularly uses fartlek training to maintain a good level of fitness.

(i) Explain **three** benefits for a performer of using fartlek training.

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

[3]

(ii) Describe how **two** activities could be included in a fartlek training session.

activity 1.....  
.....  
.....  
activity 2.....  
.....  
.....

[2]

[Total: 20]

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

**14 (a)** Suggest differences between recreational activity and sport.

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

[3]

**(b)** Suggest why a young athlete might experience difficulties when searching for a sponsor.

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

[2]

**(c)** Explain the effects media can have on sport.

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

[4]

