UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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for the guidance of teachers

0413 PHYSICAL EDUCATION

0413/11

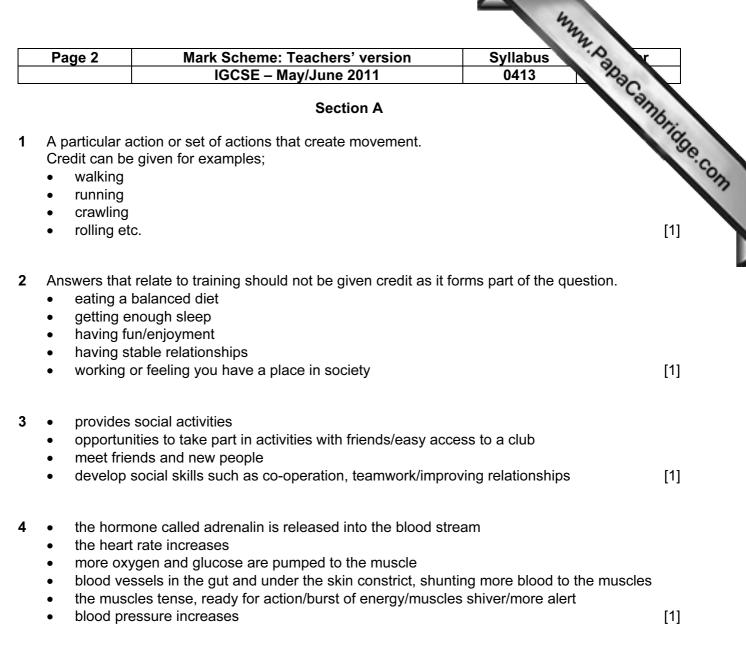
Paper 1, maximum raw mark 80

This mark scheme is published as an aid to teachers and candidates, to indicate the requirements of the examination. It shows the basis on which Examiners were instructed to award marks. It does not indicate the details of the discussions that took place at an Examiners' meeting before marking began, which would have considered the acceptability of alternative answers.

Mark schemes must be read in conjunction with the question papers and the report on the examination.

Cambridge will not enter into discussions or correspondence in connection with these mark schemes.

Cambridge is publishing the mark schemes for the May/June 2011 question papers for most IGCSE, GCE Advanced Level and Advanced Subsidiary Level syllabuses and some Ordinary Level syllabuses.



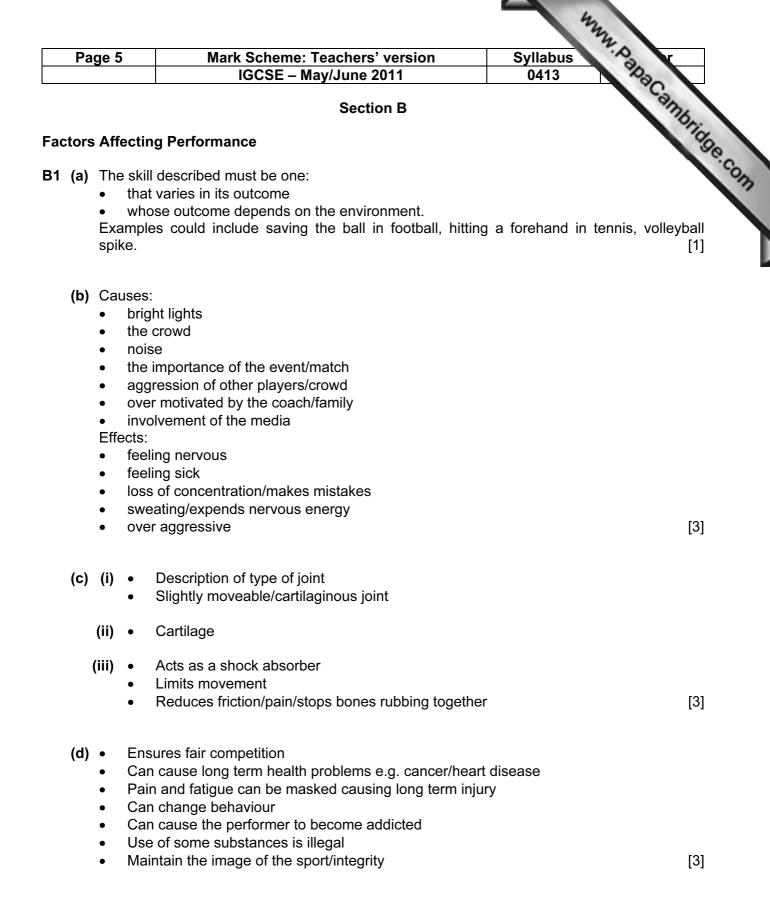
- 5 collisions with another player
 - hit in the chest by a ball
 - falling on the ground

Examples such as a tackle in rugby could be given credit as there is a likelihood of contact being made on the trunk of the body. The response of being hit would need more information to be given credit. [1]

	Page 3	Mark Scheme: Teachers' version	Syllabus 0413 0413	X
		IGCSE – May/June 2011	0413 23	C
	 raises co 	onfidence and self esteem/reduces stress		any
	• improves	s social skills		On
	• improves	s communication skills		1 3
		/enjoyment		
		ends/have a wider social group		
	 improves 	s fitness/skill levels/opportunities to perform/develop	o their interests	[2]
		s with oxygen		
		xygen to muscle cells		
	• •	carbon dioxide and expires it as cellular waste		
		s with nitric acid to help regulate blood pressure gulate blood flow		
		ts carbon dioxide from tissues back to lungs		
		s iron levels		[2]
	Ū			
	• •	port wanting to take part in/reason for wanting to tra	ain	
	• age	avel of fitness		
		evel of fitness		
	 weight medical 	background/injuries		
		rson a smoker/do they drink alcohol		
	 BMI 			
		of time able to commit to training		
		und of the person in relation to sport		[2]
	• secretary			
	chairpers			
	vice-chai	•		
0	treasure			101
	 fixtures s 	secretary		[2]
)		oulders helps ensure muscular development		
		r – needed to push the shot with power		
	•	rearms needed to hold/grip the shot	Inuch	
	-	ighs to enable the athlete to move across the circle,	/pusn	101
	has bulk	needed to provide power		[2]
1	 reversibi fitness 	lity – fitness is reversible, when there is a break in	training you will lose the	level of
		training can be a result of:		

- illness •
- •
- injury holiday ٠
- commitments of work/family •
- loss of interest •
- during out of season periods •

Page 4	Mark Scheme: Teachers' version	Syllabus r
	IGCSE – May/June 2011	0413
	no respond "the company do not want to" must o onsoring the event	101
 not an a company the demain the even the even 	onsoring the event ctivity that the company wish to be associat	ted with/events may not meet nfidence in the event organiser levision



Page 6	Mark Scheme: Teachers' version	Syllabus	
	IGCSE – May/June 2011	0413	Da
(e) (i) • • •	person A is able to use oxygen more efficiently		ambrid
(ii) •	demand for oxygen is reduced quicker so heart oxygen removes lactic acid from the body quicke		

- person **A** is able to use oxygen more efficiently
- person **A** is able to expire carbon dioxide more efficiently
- (ii) demand for oxygen is reduced quicker so heart rate is reduced
 - oxygen removes lactic acid from the body quicker
 - oxygen debt after exercise is smaller •
- (iii) age – maximum fitness usually occurs in your twenties
 - gender from about 11 boys grow at a faster rate
 - build the somatotyping makes certain builds more suitable for some sports
 - diet it is important that performers have a balanced diet
 - amount of exercise taken regular exercise is important to maintain a level of fitness
 - illness/injury/fatigue makes it difficult to engage in regular activities
 - drug taking social drugs reduce levels of fitness and can damage your health
 - levels of stress can harm health making it difficult to exercise
 - environment living in areas of pollution reduces health, living at altitude brings [2] certain physical benefits
- (f) Candidates must name both muscles to gain two marks. If a single muscle is named no mark should be awarded.

Examples could be: bicep /tricep quadriceps/hamstring

Creation of movement

- muscles can only pull cannot push •
- muscles work across the joint
- one end is attached to a fixed bone origin
- when the muscle contracts it pulls on the moveable bone insertion
- when one muscle contracts prime mover or agonist
- the other in the pair relaxes antagonist
- the roles reverse when the movement reverses
- when the agonist contracts other muscles also contract to support the contraction synergists

Candidates who give bicep contracts/tricep relaxes = 1 mark

[5]

[1]

Page 7	Mark Scheme: Teachers' version	Syllabus M. P. r
	IGCSE – May/June 2011	0413 23
(i)	Candidates may describe activities such as chang	ing direction when playing
	beat a player, changing direction when dribbling a b	ing direction when playing on the playing ball in basketball, etc.
(ii)	balancing activities	
	• short shuttle runs to develop the ability to turn a	at speed
	stretching activities to improve muscle flexibility	1

- (g) (i) Candidates may describe activities such as changing direction when playing beat a player, changing direction when dribbling a ball in basketball, etc.
 - (ii) balancing activities
 - short shuttle runs to develop the ability to turn at speed
 - stretching activities to improve muscle flexibility •
 - muscle speed training to improve reflexes
 - exercises should be done at speed
 - (iii) One mark given for the test being named and one mark for each correct description of that test

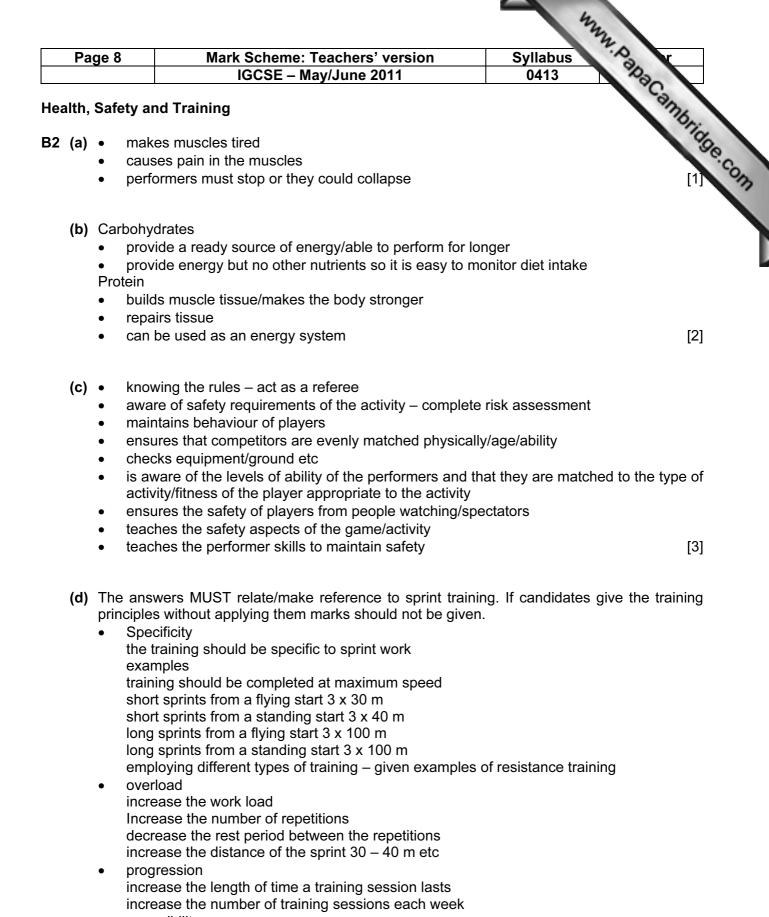
Test could include

- 5 metre shuttle run .
- zig zag test •
- T test
- **Illinois Agility Test** •

Marks should only be awarded for a recognised test and not for agility exercises. A mark can be awarded for administration of the test or naming/describing the equipment used in the test. [4]

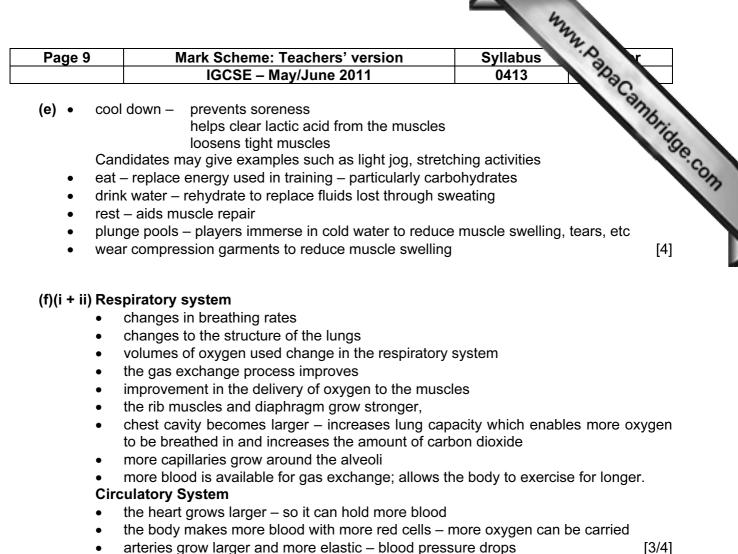
[Total: 25]

[1]



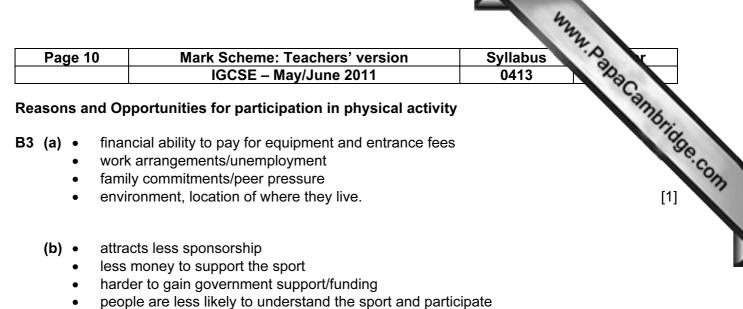
reversibility the training sessions should be stopped if the time taken for the repetitions starts to increase as the performer is getting tired

If the FITT principles are used this can gain 1 mark max as an example of overload. [3]



- - the resting heart rate falls [4/3] [7]
- allows performers to play for longer

[Total: 20]



- schools are less likely to promote the sport
- people would rather watch popular sports than try less popular ones
- if the sport is poorly presented it may be seen as boring and discourage participation

The opposite responses giving the positive responses should be given credit.

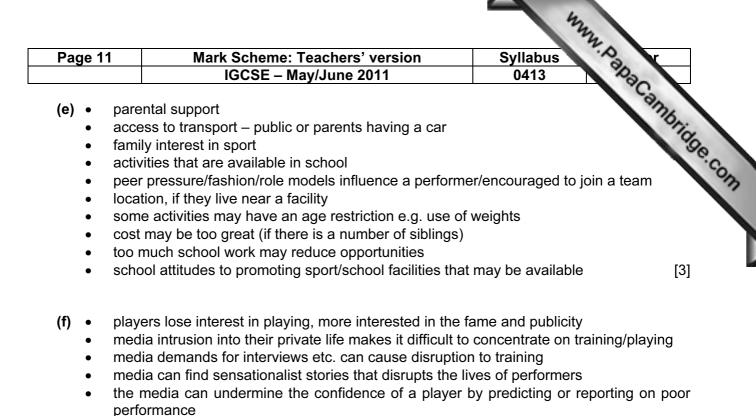
[2]

(c) Examples could be: Kenya, Ethiopia – distance running

New Zealand – rugby Fiji – rugby sevens Brazil – football Indonesia – badminton

Reasons for developing expertise:

- environment/geographical where they live; e.g. Nordic sportsmen are more likely to live where there are large falls of snow
- physical traits some nationalities are naturally more suited to certain types of activities
- financial some countries fund certain sports at a very high level in comparison to other activities – Jamaica funds its track athletes at a high level
- traditional some countries have a history of success and therefore, young children are encouraged to play many role models.
- cultural some countries have aspects of sport entwined with their culture [2]
- (d) identify the needs of the local community/targeted advertising
 - run specialist classes in local sports centres
 - appoint a community sports coordinator to work with minority groups/create greater links with schools
 - work with local community groups to encourage participation in targeted sports
 - provide dual use facilities so the community can link with schools
 - relax the rules to encourage participation i.e. women do not have to wear traditional swimming costumes if this conflicts with cultural views [3]



- the media can influence crowds that in turn affects their attitude towards individual players
- the media can influence team selection
- pressure on performers to compete more than they should i.e. athletes running when not fully fit.
- too much positive coverage can make a performer complacent

[Total: 15]

[4]