



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**October/November 2012**

**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 a soft pencil for any diagrams, graphs or rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

**DO NOT WRITE IN ANY BARCODES.**

Answer **all** questions.

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.

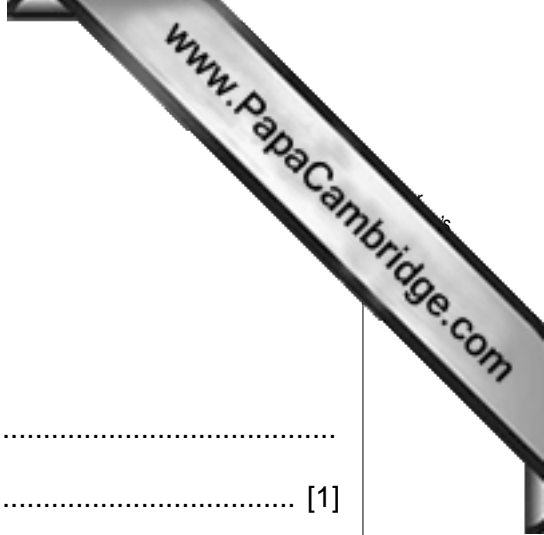
For Examiner's Use	
Section A	
B1	
B2	
B3	
Total	

This document consists of **12** printed pages.



Section A

Answer **all** the questions in this section.



1 What is the main function of ligaments?

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

2 Which nutrient is the most important for a shot putter who needs strength?

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

3 What is meant by the skill-related fitness factor, *speed*?

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

4 Give **one** of the signs of a sprained wrist.

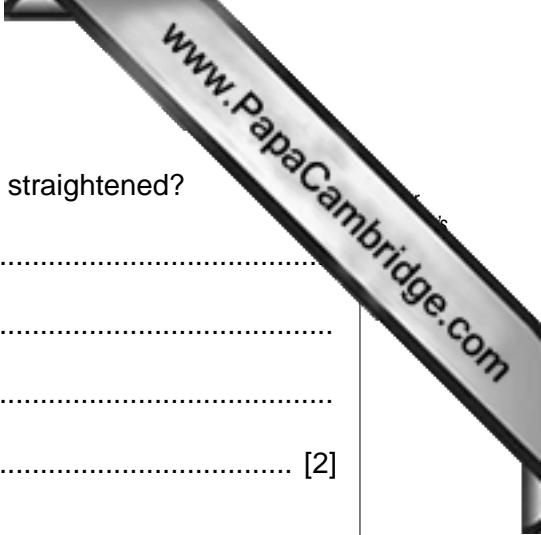
.....  
..... [1]

5 What is the benefit to a performer when the blood vessels under the skin widen (vasodilatation)?

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

6 Describe **two** physical reasons for people wanting to take part in physical activity.

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



7 What happens to the tricep and bicep muscles when the arms are straightened?

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

8 From the World Health Organisation's definition of health give **two** features of physical well-being.

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

9 Why might an athlete use a banned analgesic and give **one** harmful side effect of taking this type of drug?

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

10 Choose a sport and describe **two** rules which could help prevent injury.

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

11 Give **two** ways that body types can influence performance in a specific sport.

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

12 Describe the factors which could influence what people decide to do during their leisure.

.....

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** the questions in this section.

**Factors affecting performance**

**B1 (a)** What is meant by the term *motivation*?

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

**(b)** Blood is formed from a number of different components.  
Describe the function of each of the following components of blood.

red blood cells .....  
.....  
.....

white blood cells .....  
.....  
.....

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

**(c)** Describe **three** factors which could affect a performer's health and fitness.

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

- (d) Stimulants classified as performance enhancing drugs are prohibited by the International Olympic Committee.  
Describe **five** negative effects of taking stimulants.

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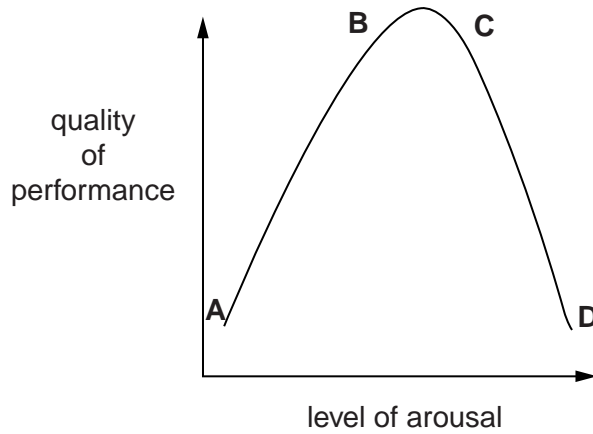
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..... [5]



(e) The diagram below displays an athlete's quality of performance measured against level of arousal.



(i) Describe the relationship between the level of arousal and quality of performance at the following points on the diagram:

point **A** .....

.....

.....

points **B–C** .....

.....

.....

points **C–D** .....

.....

..... [3]

(ii) Describe factors that could cause the level of arousal to increase leading to a high quality of performance.

.....

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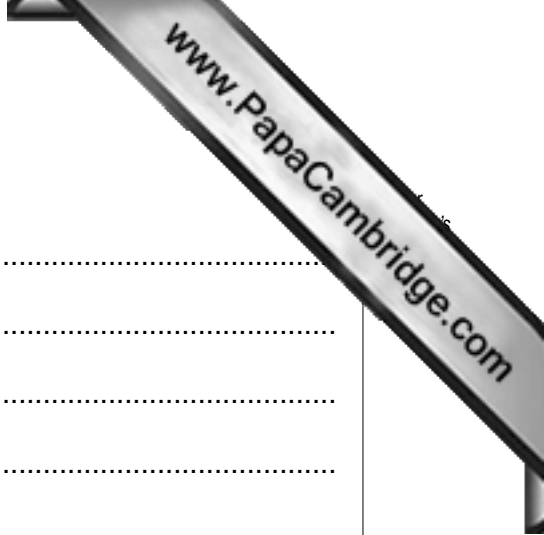
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(f) Explain what helps us to learn skills in sport.

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..... [6]

[Total: 25]



**Health, safety and training**

**B2 (a)** What are the benefits to a performer of taking part in a warm-up?

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..... [2]

**(b)** How can Physical Education lessons teach pupils the importance of good health and fitness?

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..... [2]

**(c)** Name a soft tissue injury and describe how you would treat such an injury.

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

**(d)** How would you reduce the risk of injury to yourself before taking part in an activity?

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



(e) Describe Fartlek training and explain why someone would use this training type.

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[4]

(f) Describe how an endurance athlete's energy requirements can be met before and during a race in order to perform to the best of their ability.

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[6]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) Why might someone take part in a physical activity?

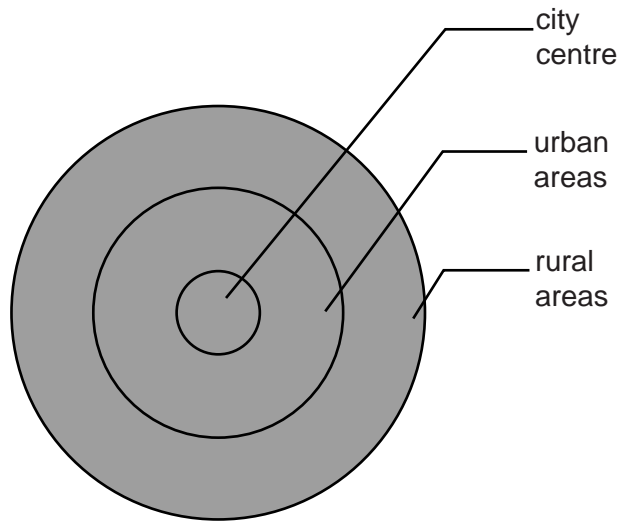
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..... [1]

(b) The figure below shows the different areas of a city. Give reasons why different sports facilities may be found in urban and rural areas.



urban.....

.....

.....

rural .....

.....

..... [2]

(c) Scholarships and trust funds are available to some athletes who wish to pursue a career in sport. How could a performer retain amateur status and devote themselves full time to their sport?

.....

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.....



(d) Describe the different ways that television can give coverage of sport.

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..... [3]

(e) Outline the main functions of a sports club.

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..... [3]

(f) Suggest what needs to be included in an action plan to increase participation of disabled people in sport.

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..... [4]

[Total: 15]

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