

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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PHYSICAL EDUCATION

0413/11

Paper 1

October/November 2014

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.

Answer **all** questions.

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 **11** printed pages and **1** blank page.

Section A

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

1 Why would a hockey player wear a gum shield?

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

2 How can sport benefit from television coverage?

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

3 Describe the role of tendons.

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

4 Why is strength useful in an activity?

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

5 Describe the role of a Chairperson at a sports club.

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

6 Describe how a cut could be caused and the first aid treatment you would apply.

cause

.....

treatment

.....[2]

7 Give **two** examples of when speed would be an advantage in an activity.

example 1

.....

example 2

..... [2]

8 Describe how a person's age determines what they do during their leisure time.

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..... [2]

9 Explain why young people need a higher food intake than much older people.

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..... [2]

10 Mobilisation exercise to take joints through their range of movement is an important element of a warm up.

Describe **two** other key elements of a warm up routine before taking part in exercise.

1

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2

..... [2]

11 How can intrinsic feedback help a performer develop a skill?

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.....[2]

12 Describe the effects of smoking on a performer.

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

[Total: 20]

Section B

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

Factors affecting performance

B1 (a) Explain why support is an important function of the skeleton.

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

(b) Define, and provide a sporting example of, a fine motor skill.

definition

.....

example

.....[2]

(c) Age is a factor which affects variations in the level of skill.

Describe **one** other named factor which may also affect a performer's level of skill.

factor.....

description

.....[2]

(d) Beta blockers are banned as a performance-enhancing drug.

What negative effects can beta blockers have on the body?

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.....[3]

(g) Motivation is important in sports performance.

Name and describe, with examples, the **two** different types of motivation.

type 1

description

.....

example

.....

type 2

description

.....

example

.....[6]

[Total: 25]

Health, safety and training

B2 (a) What is tendonitis and explain how a performer could reduce the possibility of developing this injury?

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.....[2]

(b) Describe the mental benefits associated with physical activity.

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.....[2]

(c) (i) What is the result of daily food intake exceeding energy expenditure?

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.....[1]

(ii) Why is water important to a performer?

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.....[2]

(d) Describe the process of anaerobic respiration in a performer.

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.....[3]

(e) What safety aspects should be considered prior to a gymnastic event?

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..... [4]

(f) (i) Describe the benefits of interval training to a performer.

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..... [4]

(ii) How could a coach make interval training progressive?

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..... [2]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) What could a leisure centre do to increase opportunities for participation?

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..... [2]

(b) Give reasons why older people are less likely to take part in sport than teenagers.

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..... [2]

(c) Describe how sponsorship can assist a sporting event.

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..... [3]

(d) Describe the ways in which different types of media, other than television, offer coverage of sport.

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..... [4]

(e) Describe the advantages to a country in hosting the Olympic Games.

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..... [4]

[Total: 15]

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