

CANDIDATE  
NAME

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CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**October/November 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 State **one** example of how the skeleton provides protection.  
.....  
.....[1]
  
- 2 Give **one** feature of a healthy lifestyle.  
.....  
.....[1]
  
- 3 Suggest **one** reason for the growth in leisure activities.  
.....  
.....[1]
  
- 4 Provide **one** reason why knowledge of results is an important type of feedback.  
.....  
.....[1]
  
- 5 Name **one** source of protein.  
.....[1]
  
- 6 Explain how television can improve the understanding of how a sport is played.  
.....  
.....[1]
  
- 7 State **two** components of health related fitness.  
.....  
.....[2]
  
- 8 Suggest **one** cause of a performer becoming winded and **one** treatment that could be applied to aid recovery.  
.....  
.....  
.....  
.....[2]

9 Some countries have developed excellence in a particular sport. Explain, using examples, possible reasons for this.

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

10 Describe **three** ways that the body controls temperature.

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

11 Describe **two** effects on a performer of each of the following drugs.

tobacco

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

alcohol

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

[Total: 20]

**Section B**

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

**Unit 1 Factors affecting performance**

**12 (a)** State the location of the deltoid muscle and describe a movement that it creates.

location .....

movement .....

.....[2]

**(b)** Name **one** body type and describe **three** different benefits it provides in a named sport.

body type .....

sport .....

benefits .....

.....

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.....[3]

**(c)** Describe the features of effective feedback.

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.....[3]

(d) Complete the table below, which shows the physical benefits an athlete would hope to gain by taking a banned illegal substance.

Type of drug	Intended benefit
Anabolic steroids	Builds and repairs muscle and helps recovery from training.
Beta blockers	
	Loses weight and flushes out traces of other banned substances.
Narcotic analgesics	

[3]

(e) Name **four** components of skill related fitness and, using a named activity, describe the benefits of each to a performer in that sport.

activity .....

component 1 .....

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 .....

component 2 .....

.....  
 .....

component 3 .....

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 .....

component 4 .....

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 .....

[4]

- (f) The table below shows the distribution of muscle fibres in an athlete's muscles and the type of activity they are involved in.

Activity	Slow twitch %	Fast twitch %
Sprinter	24	76
Distance runner	79	21
Shot putter	38	62
Canoeist	71	29

Using examples from each activity, explain how the distribution of muscle fibre in each activity benefits the performer.

sprinter

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distance runner

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shot putter

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canoeist

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.....[4]



**Unit 2 Health, safety and training**

**13 (a)** Describe the types of exercises that might form part of a plyometric training session.

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.....[2]

**(b)** Describe the benefit of fibre in a balanced diet **and** name a food source that provides fibre.

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

**(c)** Give **three** examples of how a teacher provides a safe environment for students to participate in physical education lessons.

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.....[3]



(d) Complete the table below, which shows injuries that can occur when playing sport.

Injury	How it happens	Signs / symptoms	Treatment
Cramp	Muscle fibres fail to relax. Blood supply to the muscle is cut off.	Pain in the muscle.	Stretch the muscle. Massage.
Concussion		May become unconscious. Confused, stares and suffers memory loss. Feels sick and dizzy.	
Hypothermia	Body becomes too cold to function.		
Torn muscle			Rest athlete. Apply ice to the area. Apply compression to the area. Elevate and support limb.
Heat exhaustion		Pale, grey, clammy skin. Weak, rapid pulse. Weak and dizzy feeling.	

[4]

(e) Describe the effects of over-training on an athlete.

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.....[4]

(f) Explain why exercise is an important part of a healthy lifestyle.

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.....[5]

[Total: 20]

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

**14 (a)** Describe **two** roles the secretary of a local sports club would undertake.

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.....[2]

**(b)** Describe some of the possible negative effects to a country hosting a global sporting event.

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.....[3]

**(c)** Describe the negative effects for a performer of being sponsored.

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.....[4]

