



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

CANDIDATE  
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**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**May/June 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 **14** printed pages and **2** blank pages.



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**Section A**

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

**1** Give **one** principle that should be followed when providing good quality feedback to a performer.

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

**2** Give **one** feature of physical well-being.

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

**3** Give an example of a global sporting event other than the Olympic Games.

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

**4** Name the movement that occurs when a performer moves their arms away from the mid-line of their body.

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

**5** Give **one** factor that will determine a person's energy needs.

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

**6** Give **one** factor that affects when people take part in leisure activities.

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

7 Name **two** socially accepted drugs and describe their long-term negative impacts on a performer.

Drug 1.....

Effect.....

.....

Drug 2.....

Effect.....

..... [2]

8 The RICE treatment is often used to treat soft tissue injuries.

Explain **two** reasons why ice is used as part of this treatment.

.....

.....

.....

..... [2]

9 Explain why there are often differences in the sporting facilities available in rural and urban areas.

.....

.....

.....

.....

.....

.....

..... [3]

10 Describe **three** physical benefits from regular participation in sport and physical recreation.

.....

.....

.....

.....

.....

.....

..... [3]

11 Name **four** components of skill related fitness and describe, using examples from different sports for each component, how you would recognise them in a skilled performer.

Component 1.....

.....

.....

Component 2.....

.....

.....

Component 3.....

.....

.....

Component 4.....

.....

.....

[4]

[Total: 20]

**Section B**

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

**Unit 1 Factors affecting performance**

**12 (a)** Define *flexibility* and for a named sport explain why good flexibility is an advantage.

Definition of flexibility.....

.....

.....

Name of sport.....

Advantage.....

.....

[2]

**(b) (i)** What is meant by the term *arousal*?

.....

.....

[1]

**(ii)** Describe **two** physiological effects of over-arousal on a performer.

.....

.....

.....

.....

[2]

(c) Using named activities give **three** different body types and the benefits they provide a performer.

Activity 1.....

Body type 1.....

Benefit.....

Activity 2.....

Body type 2.....

Benefit.....

Activity 3.....

Body type 3.....

Benefit.....

..... [3]

(d) Explain the long-term physical dangers to a performer when they use a stimulant, which is a banned performance-enhancing substance.

.....

.....

.....

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.....

..... [3]

(e) Describe the role of memory when learning a new skill.

.....

.....

.....

.....

.....

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.....

..... [4]

(f) Complete the table below, which names muscles and the main actions that they initiate.

Muscle	Main action
Biceps	Flex the arm at the elbow
Deltoids	
	Extend the leg at the knee / keep the leg straight
Trapezius	
	Extend the ankle joint so you can stand on tip toes

[4]

(g) The table below shows the typical  $VO_2$  max for men and women of the same age who are not involved in sport and for participants in three different types of sports.

	$VO_2$ max for males	$VO_2$ max for females
Non-athlete	43-52	33-42
Nordic skiing	65-94	60-75
Football	54-64	50-60
Rowing	60-72	58-65

(i) Explain the term  $VO_2$  max.

.....  
 .....

[1]

(ii) Explain **two** reasons for the differences in the  $VO_2$  measurements between the different types of sports.

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

(iii) Describe a recognised test that could be used to estimate a person's  $VO_2$  max.

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

[Total: 25]



**Unit 2 Health, safety and training**

**13 (a)** Vitamin D is an important part of an athlete's diet.

State **one** food source that contains Vitamin D and a benefit the vitamin provides.

Food source.....

.....

Benefit.....

.....

[2]

**(b)** Give **two** reasons why the area a person lives in can make a positive contribution to their health.

.....

.....

.....

.....

.....

[2]

**(c)** Explain the steps a performer can take to reduce the possibility of injury to themselves when taking part in sport.

.....

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.....

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.....

.....

[3]

(d) Describe the regular safety checks that need to take place in a gymnasium to ensure the safety of those who use it.

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

[4]

(e) Exercise has an effect on all body systems.

Describe the long-term effect of exercise on **four** different body systems.

Body system 1.....

Effect.....

.....

Body system 2.....

Effect.....

.....

Body system 3.....

Effect.....

.....

Body system 4.....

Effect.....

.....

[4]

(f) (i) Describe **three** advantages of using circuit training.

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

[3]

(ii) Give practical examples of how progressive overload can be applied when a performer takes part in circuit training.

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

[2]

[Total: 20]

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

**14 (a)** Give **two** reasons why most local sports clubs find volunteers essential to enable them to provide sporting opportunities.

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

**(b)** The media can influence changes to some sports.

For a named sport, give **one** example of such a change and describe **two** reasons why the change was made.

Name of sport.....

Change to the sport.....

.....

Reasons.....

.....

.....

..... [3]

- (c) The host nation at an Olympic Games usually achieves a higher level of success than in previous Games. However, when they participate at the next Olympic Games they often do not achieve the same standards.

Give reasons why these changes in level of success occur.

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[4]



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