



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--



PHYSICAL EDUCATION

0413/13

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 **10** printed pages and **2** blank pages.



Section A

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

*For
Examiner's
Use*

1 What is the main function of tendons?

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

2 How can a performer reduce the risk of dehydration?

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

3 Name **one** skill-related factor.

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

4 Give **one** symptom of a sprained ankle.

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

5 What is the benefit to a performer of blood circulating nearer to the surface of the skin during exercise?

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

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

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

7 Name the **two** types of fibre in skeletal muscles.

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

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

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

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

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

10 Choose a sport and describe how **two** items of protective clothing could help prevent injury.

Sport

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

11 Describe **two** reasons why male performers generally have greater speed than females.

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

12 How might a person's age affect what they do during their leisure time?

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

[Total: 20]

Section B

Answer **all** questions in this section.

*For
Examiner's
Use*

Factors affecting performance

B1 (a) (i) A pupil is motivated to join a school club because all his friends take part. What type of motivation is this called?

..... [1]

(ii) Give an example of a different type of motivation

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

(b) Describe how an efficient circulatory system benefits a performer.

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

(c) A recognised way to stay motivated is to set an agreed goal. How could having a goal to work towards improve performance?

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

- (d) Narcotic analgesics are prohibited by the International Olympic Committee because they are classed as a performance enhancing drug.
Describe the negative effects of narcotic analgesics on an athlete.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

- (e) When you are learning a new skill you need guidance from a teacher or coach.
Name and describe **three** types of guidance you may receive.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [6]

(f) Name and describe **three** components of health-related fitness.
Explain the influence of each of these components on performance.

For
Examiner's
Use

name:

description:

influence:

.....

name:

description:

influence:

.....

name:

description:

influence:

..... [6]

[Total: 25]

Health, safety and training

*For
Examiner's
Use*

B2 (a) Explain why raising the pulse rate as part of a warm-up is important.

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

(b) Injuries in sport are common.
What is a strain and how could such an injury occur?

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

(c) Describe how a student who has left school can lead a healthy lifestyle.

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

(d) Describe what the organiser of an event should be aware of if teams and individuals are to compete against each other safely.

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

(e) (i) What is the main benefit of Plyometric training?

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

(ii) Give an example of a sports activity in which a performer would benefit from Plyometric training?

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

(iii) Describe **two** exercises which could be used in a Plyometric training session.

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

(f) Name and explain the benefits of **three** key nutrients in a performer's diet.

nutrient 1;

explanation;

.....

nutrient 2;

explanation;

.....

nutrient 3;

explanation;

..... [6]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) Name **one** social reason for taking part in physical activity.

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

(b) How do private clubs raise money to maintain sporting facilities for their members?

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

(c) What are the benefits to a sponsor of funding an athlete or an event?

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

(d) Television has more impact on sport than any other media.
How does sport benefit from television?

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

(e) Describe the reasons why there has been a general growth in the number of health clubs and leisure centres in recent years.

For
Examiner's
Use

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

(f) Explain reasons why fewer women generally take part in sport than men.

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

[Total: 15]

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.