



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
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PHYSICAL EDUCATION

0413/13

Paper 1

May/June 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 **11** printed pages and **1** blank page.



Section A

Answer **all** questions in this section.

1 Name **one** food source that contains fibre.

..... [1]

2 Name **one** muscle that helps movement at the knee.

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

3 Describe the importance of plasma in the blood.

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

4 Give **one** feature of social well-being.

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

5 Give an example of a fine motor skill in sport.

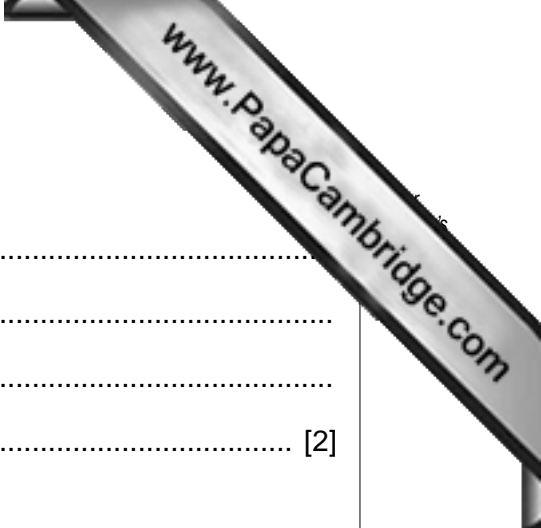
..... [1]

6 Describe **two** ways a performer ensures their own safety in an outdoor team game.

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

7 Describe the influences that a family might have on a young person's involvement in sport.

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



8 Give **two** benefits of radio coverage of sports events.

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

9 Name **one** type of voluntary organisation that provides communities with sporting opportunities and explain why they are important.

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

10 Describe **two** types of movements that can be achieved at the shoulder.

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..... [2]

11 Describe the first aid treatments that you would apply to a performer who has a blister.

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..... [2]

12 Describe ways of increasing levels of participation for people with disabilities.

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

Section B

Answer **all** questions in this section.



Factors affecting performance

B1 (a) Describe **one** benefit of intrinsic motivation.

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

(b) Give an example of a cartilaginous joint (slightly moveable joint) and describe one of its functions.

example of a joint

function

..... [2]

(c) Describe ways that an athlete can reduce their recovery time after an intensive period of exercise.

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

(d) Name **two** components of health related fitness and explain why each would benefit to an athlete in a sprint hurdles event.

health related component 1

benefit

.....

.....

health related component 2

benefit

.....

.....

..... [4]

(e) Figure 1 shows the Information Processing Model. Name the **two** components **A** and **B** and describe how each component helps in the learning of a new skill.

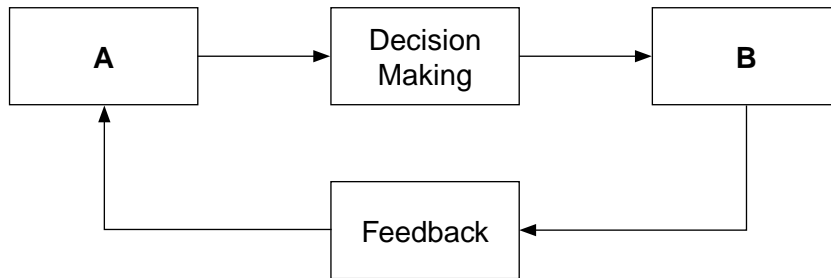


Fig. 1

component **A**

component **B**

benefit of component **A**

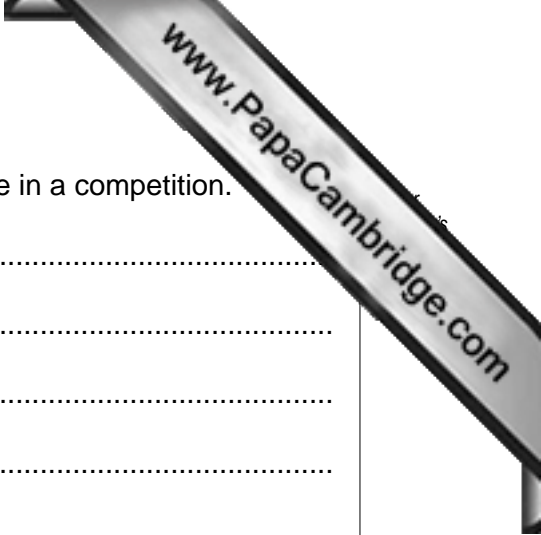
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benefit of component **B**

.....

.....



(f) Describe the factors that could affect an athlete’s performance in a competition.

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[5]

(g) (i) Give **three** reasons why you would test an athlete’s fitness level before and during a fitness training programme.

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.....

[3]

(ii) Describe a test that you would use to measure an athlete’s fitness level if they were getting ready for a long distance running event.

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[3]

[Total: 25]

Health, safety and training

B2 (a) Why is fibre an important part of a healthy diet?

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..... [1]

(b) In a named activity describe a situation when a performer would use

- aerobic respiratory system;
- anaerobic respiratory system.

activity.....

aerobic respiratory situation

.....

.....

anaerobic respiratory situation

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..... [2]

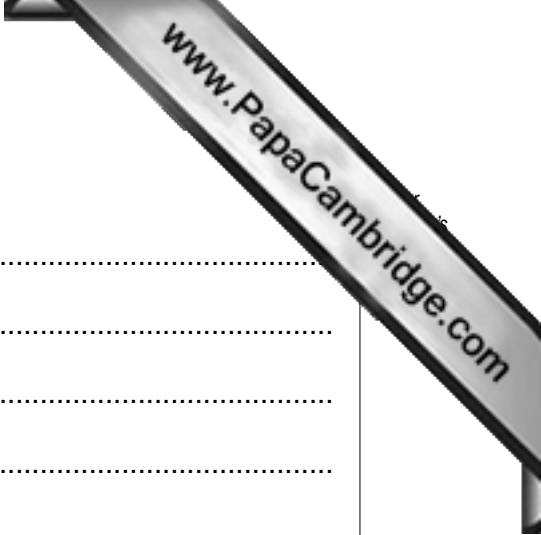
(c) Ice is often used as a treatment for soft tissue injuries.

(i) Give **two** reasons why ice is used.

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

(ii) What precaution should be taken when using ice in this treatment?

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



(d) What are the social benefits of taking part in sport?

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..... [3]

(e) Name **two** training principles. Describe **two** ways that each principle could bring about an improvement for the performer.

training principle 1

improvements

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.....

training principle 2

improvements

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..... [4]



(f) (i) You are planning to use circuit training to help improve a games player. Describe some of the benefits of using this type of training.

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..... [4]

(ii) Give **two** ways that you can change a circuit to bring about an improvement in performance.

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..... [2]

(iii) Give **one** disadvantage of using this type of training programme.

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

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) To become an elite performer you need a great deal of skill.

Name **one** other factor that will determine the level of a performer's success.

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

(b) There has been an improvement in health care in recent years.

Give **two** benefits of these improvements to sports performers.

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..... [2]

(c) Extra-curricular activities are an important part of school life. Describe the benefits, other than social, to the students who take part in extra-curricular activities.

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..... [3]



(d) There has been an increase in the number of sports channels on the television in many countries. Explain why this increase has occurred.

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..... [4]

(e) There has been greater acceptance of performers with disabilities in recent years. Explain why this has happened.

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..... [5]

[Total: 15]

