



Cambridge IGCSE™ (9–1)

CANDIDATE
NAME

| |
|--|
| |
|--|

CENTRE
NUMBER

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

CANDIDATE
NUMBER

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|



PHYSICAL EDUCATION

0995/12

Paper 1 Theory

May/June 2020

1 hour 45 minutes

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Answer **all** questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **16** pages. Blank pages are indicated.

1 Name the muscle group that causes each of the following types of movement at the knee:

flexion

extension.

[2]

2 The photograph shows elite performers in a cycle race that lasted several hours. These performers need high levels of cardiovascular endurance.



(a) Name **two** other components of fitness needed by the performers shown in the photograph. Describe an example of when each component might be used during the race.

component of fitness 1

example

.....

component of fitness 2

example

.....

[4]

(b) Before taking part in a physical activity a performer should complete a warm up.

Name **three** phases of a warm up and describe a different benefit of each phase for a performer.

phase 1

benefit

.....

phase 2

benefit

.....

phase 3

benefit

.....

[6]

[Total: 10]

3 (a) Describe, using examples from a named physical activity, **one** open and **one** closed skill. Justify your answers.

physical activity

open skill

justification

.....

closed skill

justification

.....

[4]

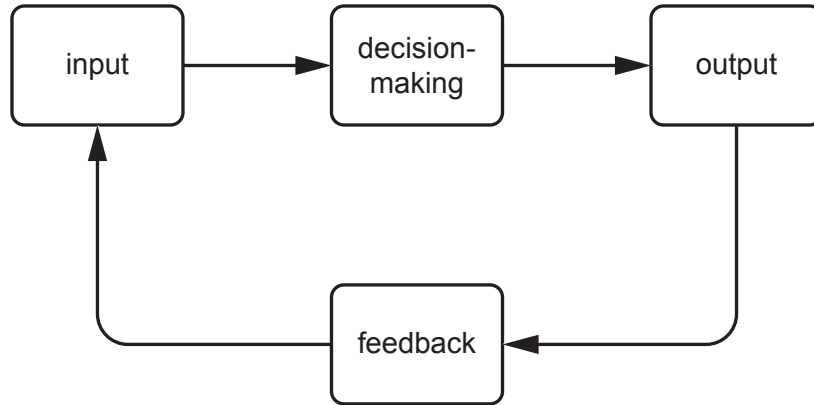
(b) Name **two** other continua that can be used to classify skills.

continua 1 and

continua 2 and

[2]

(c) The diagram shows the stages of a basic information-processing model.



Describe how each of the **four** stages of the model are used by a performer shooting in either netball or basketball.

input

.....

decision-making

.....

output

.....

feedback

.....

[4]

[Total: 10]

4 Explain how **three** factors can affect participation in physical activities for young people.

factor 1

explanation

.....

factor 2

explanation

.....

factor 3

explanation

.....

[6]

5 One feature of social health and well-being is that essential human needs are met.

Name **two** other features of a person's social health and well-being and describe how each feature can benefit a performer.

feature 1

benefit

.....

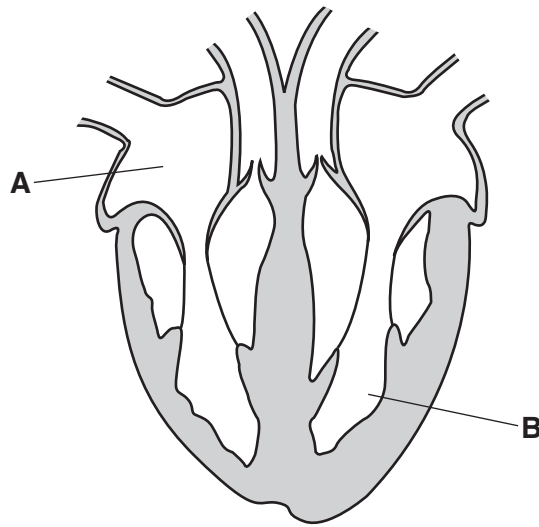
feature 2

benefit

.....

[4]

6 The diagram shows the heart with structures labelled **A** and **B**.



(a) Name the structures labelled **A** and **B** and describe a different function of each structure.

structure **A**

function

.....

structure **B**

function

.....

[4]

(b) Describe the long-term effects of exercise on the heart.

.....

.....

.....

.....

.....

..... [3]

[Total: 7]

7 (a) Identify the joint type at each of the following locations in the human skeleton:

the cranium

the elbow.

[2]

(b) (i) Name the type of synovial joint found at the hip.

..... [1]

(ii) Describe different functions of each of the following components of the hip joint:

joint (fibrous) capsule

function

.....

cartilage

function

.....

ligament.

function

.....

[3]

(c) (i) One function of the skeleton is protection.

State **two** other functions of the skeleton.

1

2

[2]

(ii) Describe **two** examples of the skeleton providing protection when performing different skills in a named physical activity.

physical activity

skill 1

.....

.....

skill 2

.....

.....

[2]

[Total: 10]

8 Suggest a different cause and describe a different treatment to aid recovery for each of the following:

winding

cause

treatment

muscle strain

cause

treatment

blister.

cause

treatment

[6]

9 An inexperienced and unfit performer is training in preparation to run in a long-distance charity race. The performer starts by running at a steady pace for twenty minutes once per week.

(a) (i) State the method of training being used.

..... [1]

(ii) State a suitable intensity for this method of training.

..... [1]

(iii) Suggest advantages and disadvantages of this method of training.

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

(b) Name **three** of the principles of overload and describe how each principle could be applied to the method of training.

principle 1
application

.....
.....

principle 2
application

.....
.....

principle 3
application

.....
.....

[6]

[Total: 12]

10 (a) Describe **two** different types of feedback.

1

.....

2

.....

[2]

(b) Explain the importance of receiving feedback.

.....

.....

.....

..... [2]

(c) Explain, using examples from a named physical activity, how **two** types of guidance can be used by a coach.

physical activity

type of guidance 1

.....

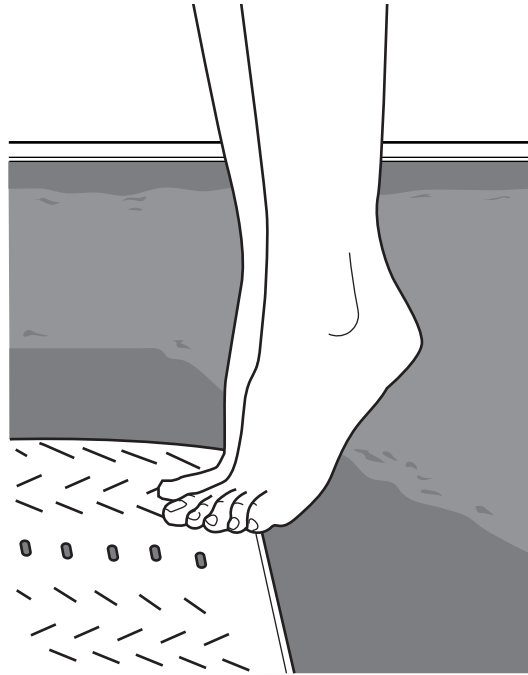
type of guidance 2

.....

[2]

[Total: 6]

11 (a) The diagram shows a performer standing on their toes ready to dive from a diving board.



(i) Name the type of movement at the ankle used by the performer to achieve the position shown in the diagram.

..... [1]

(ii) State the class of lever used to achieve this position.
Draw a labelled diagram of this class of lever.

class of lever

[3]

(b) Explain how **two** named forces act on the performer during their dive.

force 1

explanation

.....

force 2

explanation

.....

[4]

12 Name **two** components of blood and describe a different function of each component.

component 1

function

.....

component 2

function

.....

[4]

13 (a) Complete the following pathway of air into the body:

- 1. nose or mouth
- 2. trachea
- 3.
- 4.
- 5. alveoli.

[2]

(b) Name **two** characteristics of the alveoli. Explain how each characteristic enables gaseous exchange to occur.

characteristic 1

.....

explanation

.....

characteristic 2

.....

explanation

.....

[4]

(c) Suggest the benefits for a performer of efficient gaseous exchange.

.....

.....

.....

..... [2]

[Total: 8]

- 14 The table shows different types of prohibited performance-enhancing drug (PED).

Complete the table to describe an effect on performance for each type of PED in a named physical activity.

| type of PED | effect on performance in a named physical activity |
|-------------------|--|
| stimulants | increases alertness in a 100-metre sprint in athletics to achieve a faster start |
| diuretics | |
| anabolic steroids | |
| beta blockers | |

[3]

- 15 (a) Define what is meant by each of the following terms:

sportsmanship

.....

gamesmanship.

.....

[2]

- (b) Describe, in a named physical activity, **one** example of each of the following:

sportsmanship

.....

gamesmanship.

.....

[2]

[Total: 4]

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.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

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