



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

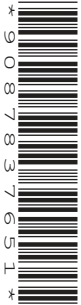
CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**May/June 2013**

**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.

This document consists of **10** printed pages and **2** blank pages.



**Section A**

Answer **all** questions in this section.

For  
Examiner's  
Use

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

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

2 Give **one** example of an *open* skill.

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

3 Explain how a person's social circumstances determine the sports they take part in.

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

4 Give an example of a *fibrous* joint.

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

5 Give **one** benefit of vitamins and minerals in the diet of a performer.

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

6 Describe **two** benefits to the community when sports facilities are owned by the local authority.

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

7 Describe **two** negative effects on a performer from drinking alcohol.

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

8 Describe **two** treatments that would be applied to a performer who has a blister.

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

9 Describe **two** advantages **for a company** that sponsor an athlete.

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

10 Describe the role of the *synergist* when muscle movement takes place and give **one** example of where this occurs.

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

11 Describe **two** long-term social benefits to a person who takes part in regular exercise.

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

12 Describe **three** ways that going to school can increase opportunities for young people in sport.

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

[Total: 20]

**Section B**

Answer **all** questions in this section.

For  
Examiner's  
Use

**Factors affecting performance**

**B1 (a)** Describe **two** ways that the skeleton helps a performer in a contact sport.

- 1 .....
- .....
- 2 .....
- ..... [2]

**(b) (i)** Name **one** type of drug that is banned by the International Olympic Committee that an athlete who is involved in a power event might choose to take.

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

**(ii)** Describe **two** long-term health risks of taking this drug.

- 1 .....
- .....
- 2 .....
- ..... [2]

**(c) (i)** Explain the benefits of a low resting heart rate for a top level endurance athlete.

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

**(ii)** Describe how a measurement of a performer's heart rate could be used to monitor their fitness.

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

(d) (i) Explain why Lactic Acid builds up in a performer's muscles.

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

(ii) Describe **one** way in which a performer can improve their tolerance to Lactic Acid.

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

(e) Describe tests that could be used to measure **three** different components of skill related fitness.

Component 1 .....

Test .....

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

Component 2 .....

Test .....

.....  
.....  
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Component 3 .....

Test .....

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.....  
..... [6]



**Health, safety and fitness**

**B2 (a)** Describe **two** ways that a person's mental well-being helps them to play sports well.

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

**(b)** Protein is an essential part of a weight lifter's diet. Give **one** source of protein and **two** benefits of this nutrient to a weight lifter.

Source of Protein .....

Benefit 1 .....

.....

.....

Benefit 2 .....

.....

..... [3]

**(c)** Explain the role of the Physical Education teacher in ensuring the safety of children in a games lesson that takes place outdoors.

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..... [4]

(d) Explain the changes that occur in the respiration system when an athlete starts running a distance race at a steady pace and then completes the race by sprinting the last part.

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..... [5]

(e) State and explain ways to support good recovery after a demanding continuous training session.

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..... [6]

[Total: 20]



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

**B3 (a)** Name a country and the sport they traditionally excel in and describe **two** reasons why they have been able to develop a high level of excellence in that particular sport.

Country .....

Sport .....

Reason 1 .....

.....

Reason 2 .....

..... [2]

**(b)** Give **three** ways that governments can promote equality in people's access to sport.

1 .....

.....

2 .....

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3 .....

..... [3]

**(c)** Describe how the lack of media coverage can disadvantage minority sports.

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..... [4]





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