

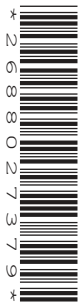
CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/12**

Paper 1

**May/June 2015**

**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 **12** printed pages.

**Section A**

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

- 1 Explain why young people have difficulties performing complex skills.  
.....  
..... [1]
- 2 Describe **one** feature of a leisure activity.  
.....  
..... [1]
- 3 Name the component of a diet that would quickly provide a performer with high levels of energy.  
..... [1]
- 4 Name **one** of the components of a synovial joint that allows smooth movement.  
..... [1]
- 5 Give **one** example of a non-sporting activity that is run by a private leisure company.  
.....  
..... [1]
- 6 State an injury that could occur in a contact sport.  
.....  
..... [1]
- 7 Give different ways that help a performer to remain calm just before an event.  
.....  
.....  
..... [2]
- 8 Describe **two** of the responsibilities a teacher would have when acting as a referee in a game or a match.  
1 .....  
.....  
2 .....  
..... [2]

9 Suggest reasons why television companies may try to change the timings of matches or events.

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..... [3]

10 The biceps and triceps form an antagonistic pair of muscles that provides extension and flexion at the elbow joint.

Name **two** muscles that form a different antagonistic pair at a specific joint and the movements that are possible.

Muscle 1 .....  
Muscle 2 .....  
Movement .....  
..... [3]

11 Explain how energy is obtained from food.

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..... [4]

[Total: 20]

**Section B**

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

**Unit 1 Factors affecting performance**

**B1 (a)** When goal setting for a performer, it is important that the goals are specific.

Describe **two** reasons why being specific is important.

1 .....

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2 .....

..... [2]

**(b)** Explain why instructions should be kept simple when learning a new skill.

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**(c)** Describe the process that a performer goes through when they illegally use blood doping and the benefit they hope to get from this process.

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..... [3]

(d) Describe the benefits to a performer from the following components of blood.

Component 1 – White blood cells

Benefit .....  
.....

Component 2 – Platelets

Benefit .....  
.....

Component 3 – Plasma

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

(e) (i) Describe **two** advantages of fitness testing for a performer.

Advantage 1 .....  
.....

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

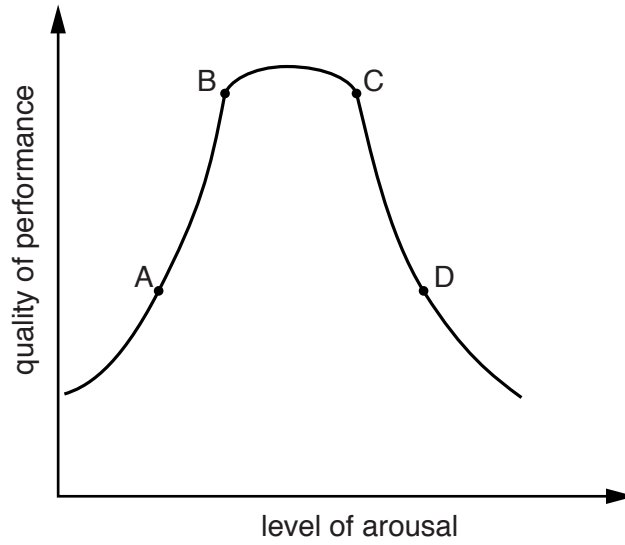
(ii) Describe **two** tests that would measure components of health related fitness for a gymnast.

Test 1 .....  
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Test 2 .....  
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..... [2]



(g) (i) Using the Inverted U Theory shown in the diagram below, explain how the quality of performance is linked to a performer's level of arousal.



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.....[3]

(ii) Explain **two** external factors that can affect the level of arousal of a performer.

Factor 1 .....

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Factor 2 .....

.....[2]

[Total: 25]

**Unit 2 Health, safety and training**

**B2 (a)** State the World Health Organization's (WHO) definition of health.

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.....[2]

**(b)** Describe **two** safety considerations that the teacher leading a group walking in the hills must consider when the weather conditions become colder.

1 .....

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2 .....

.....[2]

**(c)** A sprained ankle is a frequent sporting injury. Explain how a sprain may be caused and what can be done to reduce the possibilities of such an injury.

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.....[3]



(d) Explain how the respiratory and circulatory systems combine to enable an athlete to perform.

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(e) (i) Explain the term *reversibility*.

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.....[1]

(ii) Describe how reversibility may occur.

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(f) (i) Describe **two** factors that need to be considered when planning a weight training programme.

Factor 1 .....

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Factor 2 .....

.....[2]

- (ii) Weight training can be delivered using either free weights or machine weights. Give benefits of using each type.

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.....[3]

[Total: 20]



