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PHYSICAL EDUCATION

0413/13

Paper 1 Theory

May/June 2026

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. Do **not** use correction fluid or tape.
- 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.

1 Describe **one** aspect of each of the following.

physical health and well-being

.....

mental health and well-being

.....

social health and well-being

.....

[3]

2 Circle the equation that is used to calculate cardiac output.

heart rate × stroke volume

residual volume × stroke volume

tidal volume × residual volume

tidal volume × heart rate

[1]

3 State **two** personality types.

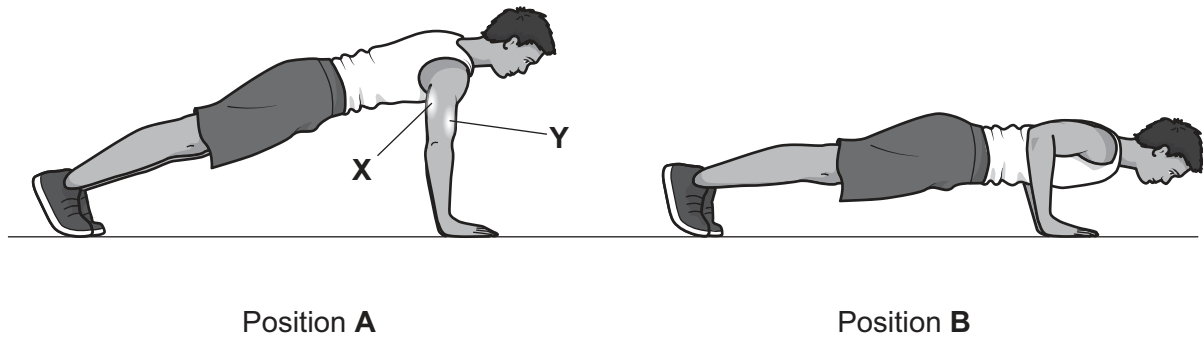
1

2

[2]



- 4 The diagrams show a performer completing the downward phase of a press-up.



- (a) Identify the muscles labelled **X** and **Y**.

X

Y [2]

- (b) Identify the type of movement at the following joints when moving from position **A** to position **B**.

elbow

shoulder [2]

- (c) (i) Identify the type of muscle contraction at muscle **X** when holding position **A**.

..... [1]

- (ii) Identify the type of muscle contraction at muscle **X** when moving from position **A** to position **B**. Describe this type of muscle contraction.

type of muscle contraction

description

..... [2]

[Total: 7]



5 (a) Compare skill and ability.

.....

.....

..... [1]

(b) Explain how each of the following factors may affect skill levels.

culture

.....

.....

anxiety

.....

.....

teaching and coaching

.....

..... [3]

(c) Using a named physical activity, describe a different example of each of the following characteristics of a skilled performance.

physical activity

fluent

.....

.....

consistent

.....

.....

coordinated

.....

..... [3]

[Total: 7]



6 The photograph shows a gymnast performing a type of balance.



(a) Identify the **two** types of balance.

- 1
- 2 [2]

(b) Describe how a named fitness test to measure balance is carried out.

name of test

description

.....

.....

.....

.....

..... [4]





- (c) Other than balance, explain how **two** named components of fitness may benefit the performance of a gymnast.

component 1

benefit

.....

.....

component 2

benefit

.....

.....

[4]

- (d) Describe a different example of how a coach may provide each of the following types of guidance to a gymnast.

manual / mechanical

.....

verbal

.....

[2]

[Total: 12]



- 7 (a) Complete the table to identify a different type of performance-enhancing drug (PED) for each statement.

statement	type of performance-enhancing drug (PED)
shot putters are more likely to use this type of drug than long distance runners	
sprinters may use this type of drug to get a better start in a race	
golfers may use this type of drug because of its calming effect when putting	
some performers may use this type of drug to lose weight and get into a lower weight category	

[4]

- (b) Urine analysis is one method of testing for the use of performance-enhancing drugs (PEDs). Suggest **one** other method of testing for PEDs.

..... [1]

- (c) Other than negative effects on a performer's health, suggest **three** disadvantages of using PEDs for a performer.

1

.....

2

.....

3

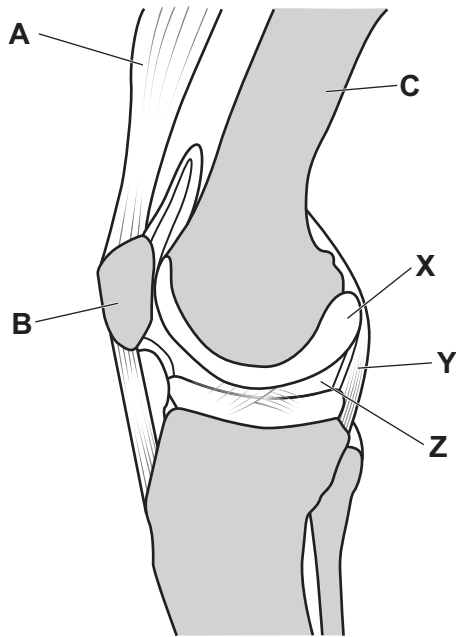
.....

[3]

[Total: 8]



8 The diagram shows structures labelled at the knee joint.



(a) (i) Identify the muscle labelled **A**.

..... [1]

(ii) Identify the bone labelled **B**.

..... [1]

(iii) Identify and classify the bone labelled **C**.

bone

classification

[2]



(b) Structures **X**, **Y** and **Z** are components of a synovial joint.

Identify the structures labelled **X**, **Y** and **Z**. Describe a different function of each structure.

X

function

.....

Y

function

.....

Z

function

.....

[6]

(c) Compare the range of movement and stability of the knee joint with the shoulder joint.

.....

.....

.....

.....

.....

..... [2]

[Total: 12]



- 9 The photograph shows a performer using power to shoot in a game of handball.



- (a) (i) Suggest **one** method of training that may increase power.

..... [1]

- (ii) Other than increasing power, describe **one** advantage and **one** disadvantage of the method of training identified in 9(a)(i).

advantage

.....

disadvantage

.....

[2]

- (b) (i) Describe how a named fitness test to measure power is carried out.

name of test

description

.....

.....

.....

.....

.....

[4]





(ii) Describe **four** reasons why a coach may ask their performer to carry out fitness tests.

- 1
-
- 2
-
- 3
-
- 4
-

[4]

(c) Identify the main type of respiration used when shooting with power in handball. Outline how energy is released during this type of respiration.

type of respiration

how energy is released

.....

[2]

[Total: 13]

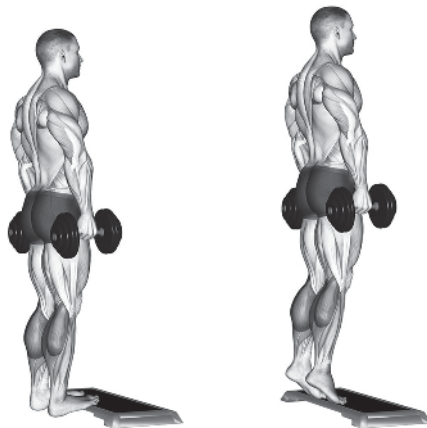


10 (a) Circle the letter that shows the correct components of a lever.

- A resistance / fulcrum / energy
- B fulcrum / effort / resistance
- C frequency / effort / rotation
- D energy / frequency / rotation

[1]

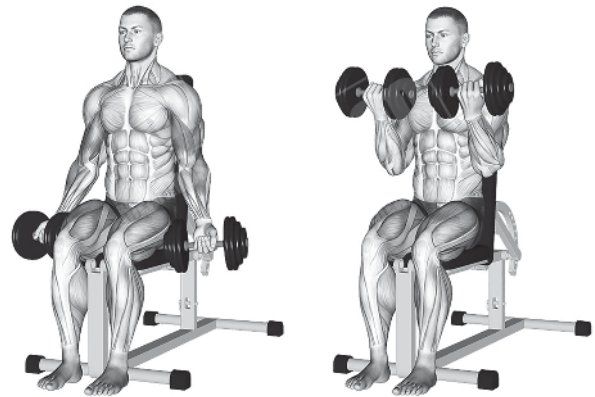
(b) The diagrams show the performance of two different weight training exercises.



position 1

position 2

exercise A



position 1

position 2

exercise B

Identify the class of lever used to perform each exercise.

exercise A: position 1 to position 2

exercise B: position 1 to position 2

[2]

[Total: 3]



11 The photograph shows an elite footballer.



(a) Identify **three** different types of sponsorship the footballer may receive.

1

2

3

[3]

(b) Suggest **two** advantages and **two** disadvantages to the footballer of receiving sponsorship.

advantage 1

.....

advantage 2

.....

disadvantage 1

.....

disadvantage 2

.....

[4]





(c) (i) Identify the stage of learning of the elite footballer.

..... [1]

(ii) Describe **two** characteristics of performers who are at the stage of learning identified in 11(c)(i).

1

.....

2

.....

[2]

[Total: 10]

12 An increase in people's leisure time has led to a growth in the availability of different leisure activities. Explain why each of the following factors may also lead to a growth in leisure activities.

wider media coverage

.....

.....

better awareness of health benefits

.....

.....

improvements in travel methods

.....

.....

reduced cost of equipment

.....

.....

[4]





13 (a) Identify the structures labelled **X**, **Y** and **Z** to show the pathway of air into the lungs.



X

Y

Z

[3]

(b) Explain how **three** named characteristics of alveoli allow gaseous exchange to take place.

characteristic 1

explanation

.....

characteristic 2

explanation

.....

characteristic 3

explanation

.....

[6]

[Total: 9]



14 (a) Describe what is meant by motivation.

.....
 [1]

(b) Identify **two** types of motivation. Describe an example of each type of motivation.

type of motivation 1
 example

 type of motivation 2
 example
 [4]

[Total: 5]

15 Explain how **two** different factors may affect recovery time after exercise.

factor 1
 explanation

 factor 2
 explanation

 [4]

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