



Cambridge International Examinations
Cambridge International General Certificate of Secondary Education

CANDIDATE
NAME

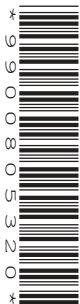
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CENTRE
NUMBER

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CANDIDATE
NUMBER

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PHYSICAL EDUCATION

0413/11

Paper 1

October/November 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 Give **one** type of motivation.
.....[1]

- 2 Explain how someone would achieve a good level of health and fitness.
.....
.....[1]

- 3 Give **one** example of a global sporting event.
.....[1]

- 4 Give **one** function of the skeleton.
.....
.....[1]

- 5 Describe **one** benefit of a cool down after exercise.
.....
.....[1]

- 6 Give **one** role that a volunteer could have in a local sports club.
.....[1]

- 7 Give **two** different sporting examples where agility would be of benefit to a performer.
Example 1
.....
Example 2
.....[2]

8 Define the term *stroke volume* and describe a benefit to an athlete when it improves.

Stroke volume

.....

Benefit

..... [2]

9 Give **three** benefits that people who are unemployed can gain from participating in sport.

Benefit 1

.....

Benefit 2

.....

Benefit 3

..... [3]

10 Describe **three** key differences between aerobic and anaerobic respiration.

Difference 1

.....

.....

Difference 2

.....

.....

Difference 3

.....

..... [3]

11 Using examples from **four** different sports, give instances when visualisation can help a performer prepare for the activity or an aspect of the activity.

Example 1

.....
.....

Example 2

.....
.....

Example 3

.....
.....

Example 4

.....
.....

[4]

[Total: 20]

Section B

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

Unit 1 Factors affecting performance

B1 (a) Give an example of a skill that is mainly open and of another that is mainly closed.

Open skill

Closed skill..... [2]

(b) Locate **one** type of synovial joint and describe the functions of **two** named components of a synovial joint.

Location

Component

Function

.....

Component

Function

..... [3]

(c) Complete the table below that describes the main movement that the named muscles make.

Muscle	Movement
Biceps	Bends the arm at the elbow
Quadriceps
Gastrocnemius
Pectorals

[3]

(d) Give **three** reasons why a sports performer might take a banned performance enhancing drug.

1

.....

2

.....

3

..... [3]

(e) Most performers' physiques are a mixture of body types.

(i) Name a sport that would suit a performer with an ectomorph / mesomorph body type.

..... [1]

(ii) In the named sport, describe how this body type would enable the performer to play well.

.....

.....

.....

.....

.....

..... [3]

(f) Describe the immediate effects of exercise on the circulatory system.

.....

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..... [5]

(g) Describe a method you would use to measure **five** of the components of health related fitness.

Component 1

Method.....
.....
.....
.....

Component 2

Method.....
.....
.....
.....

Component 3

Method.....
.....
.....
.....

Component 4

Method.....
.....
.....
.....

Component 5

Method.....
.....
.....
.....

[5]

[Total: 25]

Unit 2 Health, safety and training

B2 (a) Explain **two** benefits of using ice as part of first aid treatment.

1

.....

2

..... [2]

(b) Describe the negative physical effects on a performer who becomes overweight.

.....

.....

.....

..... [2]

(c) Give **three** safety considerations that should be taken into account when organising a contact sport competition.

1

.....

2

.....

3

..... [3]

(d) Explain how a coach would apply the four training principles when designing a training programme for someone starting to do an endurance event.

Principle 1

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.....

.....

Principle 2

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.....

Principle 3

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Principle 4

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.....

[4]

(e) Describe the signs that a coach would see if an athlete overtrains.

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[4]

(f) (i) Describe **two** features of circuit training.

Feature 1

.....

Feature 2

..... [2]

(ii) Describe the advantages of using circuit training as part of a fitness programme.

.....

.....

.....

.....

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.....

.....

..... [3]

[Total: 20]

