



**Cambridge International Examinations**  
Cambridge International General Certificate of Secondary Education

CANDIDATE  
NAME

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NUMBER

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**PHYSICAL EDUCATION**

**0413/11**

Paper 1

**October/November 2017**

**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 **13** printed pages and **3** blank pages.



**Section A**

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

1 State **one** type of feedback.

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

2 Describe **one** feature of a person's social well-being.

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

3 Describe how a person's age can influence the physical activities they take part in.

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

4 State **one** cause of an increase in arousal.

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

5 State the main nutrient needed for muscle growth and repair.

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

6 State what is meant by the term *VO<sub>2</sub> max*.

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

7 Explain why a performer's skill level may improve as a result of practice.

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

8 State an injury that is associated with contact sports and describe a suitable treatment that could be given for this injury.

injury.....

treatment.....

.....

..... [2]

9 Describe how a performer could use mental rehearsal as part of their preparation for an activity.

.....

.....

.....

.....

.....

..... [3]

10 Describe different benefits of **three** different named exercises that could be used as part of a warm up.

exercise 1.....

benefit.....

.....

exercise 2.....

benefit.....

.....

exercise 3.....

benefit.....

..... [3]

11 Describe the positive characteristics and qualities of a sporting role model.

.....

.....

.....

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.....

.....

[4]

[Total: 20]

**Section B**

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

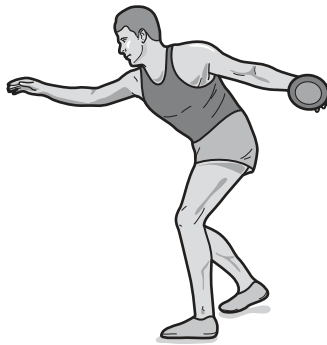
**Unit 1 Factors affecting performance**

12 (a) Using examples, describe **two** functions of the skeleton.

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

[2]

(b) The diagram shows a performer throwing a discus.



(i) State the main type of muscle fibre needed to throw a discus with power.

.....  
.....

[1]

(ii) Describe **two** features of the type of muscle fibre in (b)(i).

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

[2]

(c) Explain why a performer's resting heart rate reduces as they become fitter.

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

[3]

(d) (i) Define the term *flexibility*.

.....  
.....

[1]

(ii) Explain, using an example, how flexibility benefits a performer in a named sport.  
sport.....  
explanation.....

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

[1]

(iii) Name and describe a recognised test that can be used to measure flexibility.

name of test.....  
description.....  
.....  
.....  
.....  
.....  
.....

[3]

(e) (i) Suggest **two** reasons why performers might take banned drugs to improve performance.

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

[2]

(ii) Suggest how performers can be discouraged from taking banned performance-enhancing drugs.

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

[3]

(iii) Suggest **one** reason why a performer would take a diuretic.

.....  
.....

[1]

(f) (i) Describe how **four** of the principles of goal setting could be applied to a named sport.

sport.....

principle 1.....

.....

principle 2.....

.....

principle 3.....

.....

principle 4.....

.....

[4]

(ii) Suggest **two** disadvantages to a performer of **not** setting goals.

.....

.....

.....

.....

[2]

[Total: 25]



**Unit 2 Health, safety and training**

**13 (a)** Describe how a performer’s mental well-being helps them when playing sports.

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

**(b)** Explain why performers often eat large quantities of pasta in the days before a long-distance run.

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

**(c) (i)** Name **two** items of safety equipment used in a named outdoor and adventurous activity. Give a reason why each is used.

activity.....  
item 1.....  
reason.....  
item 2.....  
reason..... [2]

**(ii)** Suggest how the group leader of the named outdoor and adventurous activity should respond to an injury to one of the group who cannot be moved.

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

- (d) A performer undertakes a cardio-vascular fitness test that involves running on a treadmill at constant intensity. Their heart rate during the test and during recovery is recorded.

After six months of aerobic training the performer retakes the fitness test.

Describe the differences between the performer's heart rate when they retake the test and their heart rate before their aerobic training for each of the following recordings.

heart rate during the test.....

.....

heart rate during recovery.....

.....

[2]

- (e) (i) Name a training method that could be used by a performer to improve their aerobic fitness.

..... [1]

- (ii) Explain how the principle of overload could be applied to enable the performer to improve their aerobic fitness.

.....

.....

.....

.....

.....

.....

[3]



**Unit 3 Reasons and opportunities for participation in physical activity**

**14 (a)** Describe **two** factors that have resulted in an increase in demand for sports facilities.

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

[2]

**(b)** Describe the benefits to young people of the opportunities that voluntary organisations provide.

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

[3]

**(c)** Suggest social factors that could cause a country **not** to want to host a global sporting event.

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

[4]



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