



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 2018

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 **14** printed pages and **2** blank pages.



Section A

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

1 State **one** example of a basic skill.

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

2 Describe **one** effect on a performer of not drinking enough water.

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

3 Define the term *recreation*.

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

4 Describe **one** benefit of dual-use facilities.

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

5 State **one** piece of safety equipment that should be used when weight training.

..... [1]

6 Describe what is meant by the term *motivation*.

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

7 Name the antagonistic pair of muscles that allow movement at the knee.

1
2 [2]

8 Describe **two** common causes of injury when participating in physical activity.

.....

.....

.....

..... [2]

9 Complete the table to show named blood cell conditions, a description of the condition and a different effect each condition has on participation.

blood cell condition	description of condition	effect on participation
	blood does not clot quickly	performer should avoid contact activities
anaemia		

[3]

10 Describe **three** factors that need to be considered when choosing where to build a sports centre.

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

[3]

11 State **two** injuries that may occur at the knee and a different treatment for each injury.

injury 1.....
treatment.....
.....
injury 2.....
treatment.....
.....

[4]

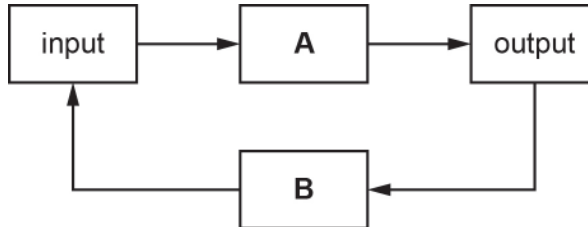
[Total: 20]

Section B

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

Unit 1 Factors affecting performance

12 (a) The diagram shows an information processing model.



Describe how the parts labelled **A** and **B** affect the performance of a skill.

A

B

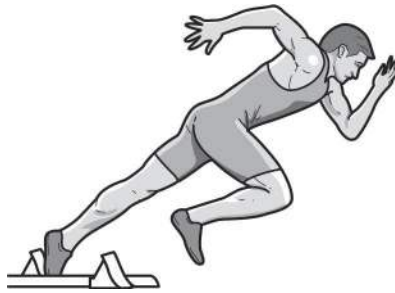
[2]

(b) Describe **three** ways that mental rehearsal aids performance.

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

[3]

(c) The diagram shows a sprinter leaving the starting blocks.



Name the main type of muscle fibre used by a sprinter. Give reasons for your answer.

main type of muscle fibre.....

reasons.....

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

[3]

(d) Performance-enhancing drugs may be taken to improve performance.

Suggest **three** other reasons why a performer may take performance-enhancing drugs.

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

[3]

(e) State **four** of the factors that affect skill level.

.....

.....

.....

.....

.....

.....

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.....

[4]

(f) Timing is a component of skill-related fitness.

(i) State what is meant by the term *timing*.

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

(ii) Describe **two** examples from different physical activities of the effect of poor timing.

physical activity 1.....
example of effect.....

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

physical activity 2.....
example of effect.....

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

(iii) Suggest **one** way that a performer's timing can be improved.

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

(g) Explain the importance of **three** components of health-related fitness in a named physical activity.

physical activity.....

component 1.....

.....

.....

component 2.....

.....

.....

component 3.....

.....

..... [6]

[Total: 25]

Unit 2 Health, safety and training

13 (a) Describe **two** benefits of having good mental well-being for a performer.

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

(b) Describe **two** effects of too much exercise through over-training.

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

(c) Explain a different benefit of each of the following for a performer.

protein.....
.....
fat.....
.....
fibre.....
..... [3]

(d) Suggest the safety precautions that should be taken by the leader of a group taking part in an outdoor and adventurous activity for the first time.

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

[3]

(e) Explain how lactic acid is formed in muscles and the effect it has on a performer.

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

[4]

Unit 3 Reasons and opportunities for participation in physical activity

14 (a) Suggest **two** reasons why some facilities are run and controlled by voluntary organisations rather than by local authorities or private companies.

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

[2]

(b) Describe the effects that the media can have on referees and officials.

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

[3]

(c) Explain the benefits of disability games, such as the Paralympics, occurring at the same time as equivalent able-bodied games.

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

[4]

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