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PHYSICAL EDUCATION**0413/12**

Paper 1 Theory

October/November 2025**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 or correction fluid.
- 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 **20** pages. Any blank pages are indicated.

- 1 Identify a different nutrient that can provide each of the following functions:

energy

growth and repair

heat insulation.

[3]

- 2 Identify the **three** phases of a warm up.

1

2

3

[3]

- 3 The photograph shows a game of netball.



Netball requires the performance of a variety of skills.



- (a) Describe an example from a game of netball for each of the following characteristics of skilled performance:

fluent

.....

accurate

.....

coordinated.

.....

[3]

- (b) Some netball players have an extrovert personality type.

Describe **two** characteristics of an extrovert personality type.

1

.....

2

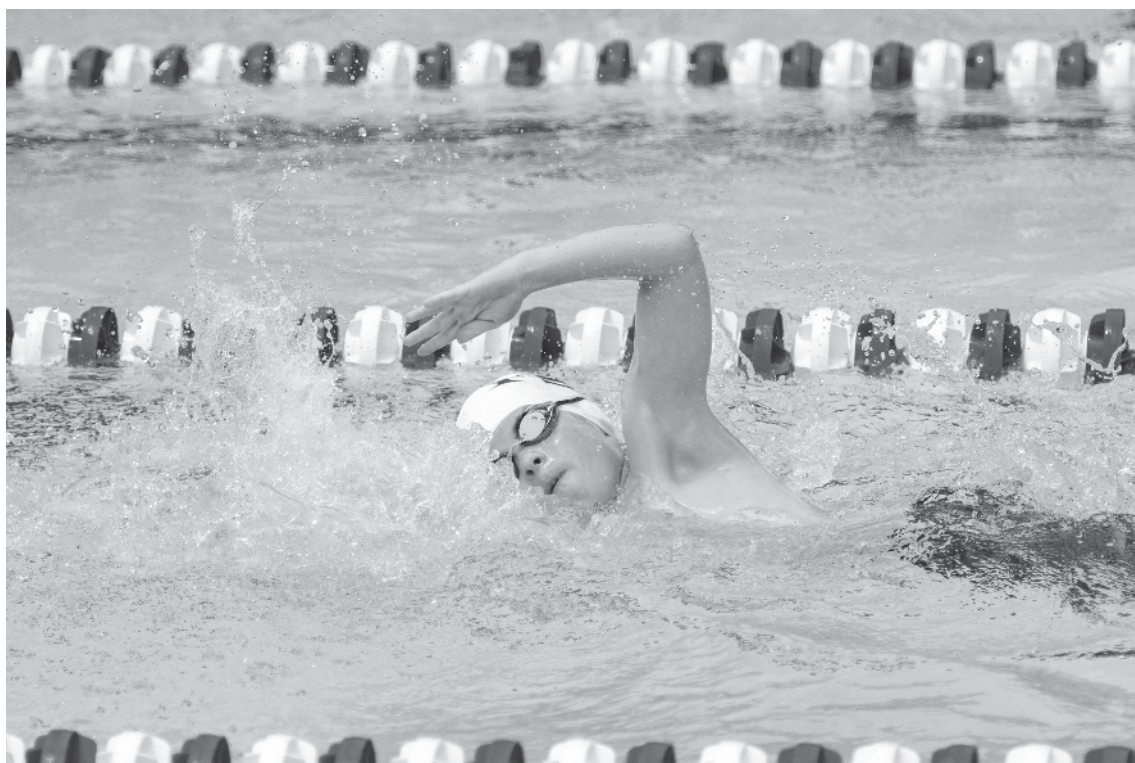
.....

[2]

[Total: 5]



- 4 Front crawl is a stroke used in competitive swimming. The photograph shows a swimmer in a front-crawl race.



- (a) Explain how the following components of fitness can benefit the performance of a swimmer in a front-crawl race:

flexibility

.....

muscular endurance

.....

reaction time

.....

agility.

.....

[4]



(b) Strength is another component of fitness that can benefit a swimmer.

Describe how to carry out a named fitness test to measure strength.

name of test

description

.....

.....

.....

.....

.....

[4]

(c) Suggest **three** reasons for carrying out fitness tests on a performer.

1

.....

2

.....

3

.....

[3]

[Total: 11]







5 (a) (i) Describe **two** traditional differences between amateur and professional performers, other than funding.

1

.....

2

.....

[2]

(ii) Explain how performers are able to fund their training and competitions while still maintaining their amateur status.

.....

.....

.....

.....

.....

.....

[3]

(b) Both amateur and professional performers can take part in the Olympic Games. The Olympic Games is an example of a global event.

Describe the advantages of being the host city for the Olympic Games.

.....

.....

.....

.....

.....

.....

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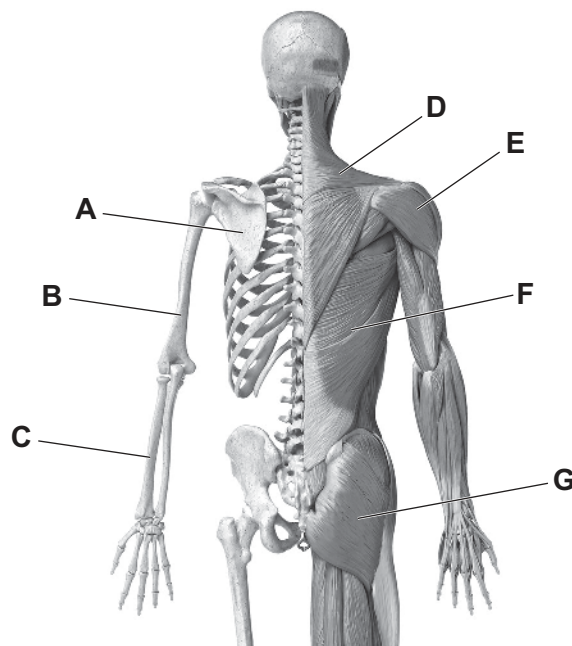
[6]

[Total: 11]

[Turn over]



- 6 (a) The diagram shows some muscles and bones of the body.



- (i) Identify the bones labelled **A**, **B** and **C**.

A

B

C [3]

- (ii) Identify the muscles labelled **D**, **E**, **F** and **G**.

D

E

F

G [4]



(b) Muscle attachment for movement is one function of the skeleton.

State **two** other functions of the skeleton.

1

2 [2]

(c) Describe the role of tendons.

.....

..... [1]

[Total: 10]

7 Radio is one type of media used to cover sport.

(a) Identify **two** other types of media coverage.

1

2 [2]

(b) Suggest **one** benefit and **one** potential problem of radio coverage for the audience.

benefit

.....

potential problem

.....

[2]

[Total: 4]



- 8 The photographs show a gymnast moving from position **A** to position **B**.

**A****B**

- (a) (i) Identify the type of movement at the gymnast's shoulder joints when moving from position **A** to position **B**.

..... [1]

- (ii) Identify the type of muscle contraction occurring while the gymnast remains in position **B**.

..... [1]

- (b) Air resistance is one force that acts on the moving gymnast.

Describe how **two** other named forces may act on the gymnast when moving from position **A** to position **B**.

force 1

description

.....

force 2

description

.....

[4]

[Total: 6]



9 When learning a new skill, a performer may go through three stages of learning.

- (a) Complete the table to identify the stages of learning. Describe a different characteristic of each stage.

stage of learning	description of characteristic
cognitive	
	skill is performed consistently to a very high standard

[4]

- (b) Identify **two** types of feedback that would be most likely to benefit a performer in the cognitive stage of learning. Using a named physical activity, describe **one** example of each type of feedback.

type of feedback 1

type of feedback 2

physical activity

example of type of feedback 1

.....

example of type of feedback 2

.....

[4]

[Total: 8]



10 The photograph shows runners in a cross-country race.



(a) (i) Explain why good cardiovascular endurance is needed by a cross-country runner.

.....
 [1]

(ii) Describe a named method of training used to improve a cross-country runner's cardiovascular endurance.

method of training

description

.....

 [3]



(b) Blood doping may be used by cross-country runners to improve cardiovascular endurance.

(i) Describe how blood doping could improve cardiovascular endurance.

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

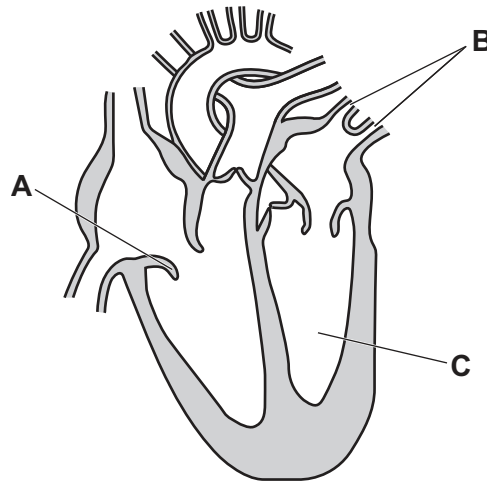
(ii) Describe how blood doping is carried out.

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

[Total: 8]



11 The diagram shows some structures of the heart.



(a) Identify the structures labelled **A**, **B** and **C**. Describe a different function for each structure.

A

function

.....

B

function

.....

C

function

.....

[6]

(b) Describe cardiac output.

.....

.....

[1]



(c) Describe **three** long-term effects of training on the heart.

- 1
-
- 2
-
- 3
-

[3]

[Total: 10]

12 Complete the table to show different components of blood and their main function.

component of blood	main function
plasma	
	carry oxygen
platelets	
	protect against disease

[4]

13 Explain how each of the following factors may influence what recreational activities people do during their leisure time:

- family influences
-
-
- social circumstances
-
-
- age.
-
-

[3]



14 The photograph shows a sprinter.



(a) Describe **two** named types of anxiety that could affect a sprinter.

type of anxiety 1

description

.....

type of anxiety 2

description

.....

[4]

(b) Suggest **two** different causes of anxiety for a sprinter.

1

2

[2]

[Total: 6]



15 Describe possible effects of high-altitude training on a performer.

.....

.....

.....

.....

.....

.....

.....

..... [4]

16 (a) Identify **two** respiratory muscles used when breathing at rest.

1

2 [2]

(b) Explain the effect of exercise on minute ventilation.

.....

.....

.....

..... [2]

[Total: 4]









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