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PHYSICAL EDUCATION**0413/13**

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 **16** pages.



1 Recovery involves EPOC.

(a) State what the letters in EPOC stand for.

..... [1]

(b) State the alternative name for EPOC.

..... [1]

[Total: 2]

2 Describe the **four** aspects of good social health and well-being.

1

2

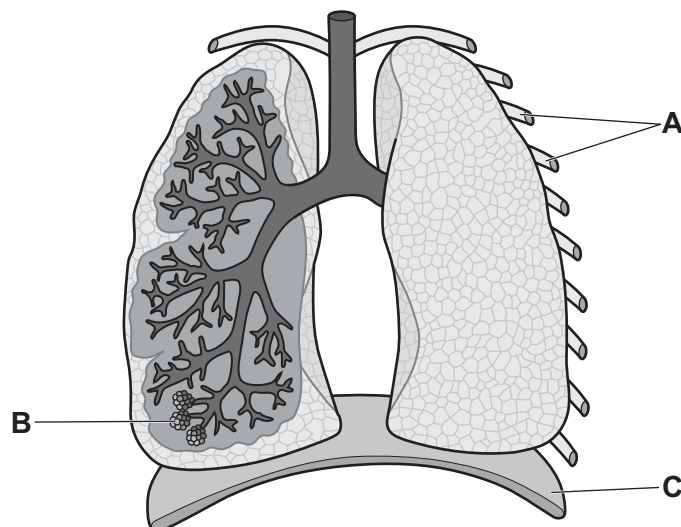
3

4

[4]



3 The diagram shows some structures involved in breathing.



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

A

function

.....

B

function

.....

C

function

.....

[6]

(b) Describe **three** characteristics of structure **B**.

1

.....

2

.....

3

.....

[3]

[Total: 9]



- 4 The photograph shows a performer throwing a javelin.



- (a) (i) Identify the class of lever at the shoulder joint of the throwing arm.

..... [1]

- (ii) Sketch and label a diagram of the class of lever you identified in (a)(i).

[2]

- (b) Describe the effect of **three** named forces acting on the javelin during this activity.

force 1

effect

.....

force 2

effect

.....

force 3

effect

.....

[6]





(c) Suggest **three** examples of how technology may be used in a javelin event.

1

.....

2

.....

3

.....

[3]

[Total: 12]



5 The photograph shows a batter in baseball.



(a) During a game of baseball the batter will usually receive a number of balls to hit.

Other than decision making, describe how the batter may use **three** named stages of the information processing model when hitting these balls.

stage 1

description

.....

stage 2

description

.....

stage 3

description

.....

[6]



(b) Decision making involves memory.

Describe **three** differences between short-term memory and long-term memory.

- 1
- 2
- 3
- [3]

(c) Identify **two** types of guidance. Describe an example of how a coach may provide each type of guidance to a batter in baseball.

- type of guidance 1
- example
- type of guidance 2
- example
- [4]

[Total: 13]



- 6 (a) Describe what is meant by real risk and perceived risk.

real risk

.....

perceived risk

.....

[2]

- (b) The photograph shows two windsurfers. Windsurfing involves risk.



- (i) Describe **one** example of a real risk and **one** example of a perceived risk for a windsurfer.

example of real risk

.....

example of perceived risk

.....

[2]



- (ii) Use the photograph to suggest different ways that each of the following may reduce the risk of injury when windsurfing:

protective equipment

.....

appropriate footwear

.....

appropriate clothing.

.....

[3]

[Total: 7]



- 7 The photograph shows a gymnast performing a handstand, which is a static balance.



- (a) Other than balance, describe how **three** named components of fitness may benefit a gymnast.

component 1

benefit

.....

component 2

benefit

.....

component 3

benefit

.....

[6]

- (b) Static balance can be measured using the Standing Stork Test.

Describe how this test is carried out.

.....

.....

.....

.....

.....

.....

[3]



- (c) A gymnast may use goal setting to help them improve their performance of a handstand.

Complete the table to show the principles of SMARTER goal setting and how each principle may be used to improve a handstand.

principle	how the principle may be used to improve a handstand
specific	practising the handstand that would be used in competition
	timing the number of seconds a handstand can be held
agreed	
	make sure the gymnast is strong enough to perform a handstand
time-phased	
	the gymnast is thrilled that the performance of their handstand is improving
recorded	

[6]

[Total: 15]



- 8 (a) Describe a different function for each of the following structures of the heart:

left ventricle

.....

right atrium

.....

pulmonary artery

.....

valve.

.....

[4]

- (b) Describe the role of the capillaries at the lungs in gaseous exchange.

.....

..... [1]

- (c) (i) Describe stroke volume.

.....

..... [1]

- (ii) Calculate the cardiac output of a performer who has a heart rate of 72 beats per minute and a stroke volume of 75 millilitres.

Show your working and include appropriate units.

cardiac output

units

[3]

[Total: 9]



9 (a) Describe **two** named types of motivation. Give an example of each type of motivation.

type of motivation 1

description of type of motivation

.....

example

.....

type of motivation 2

description of type of motivation

.....

example

.....

[6]

(b) Suggest a benefit of motivation for a performer.

.....

..... [1]

[Total: 7]



10 Explain why the following factors may cause a growth in leisure activities:

advances in technology

.....

.....

better health awareness

.....

.....

improvements in travel methods

.....

.....

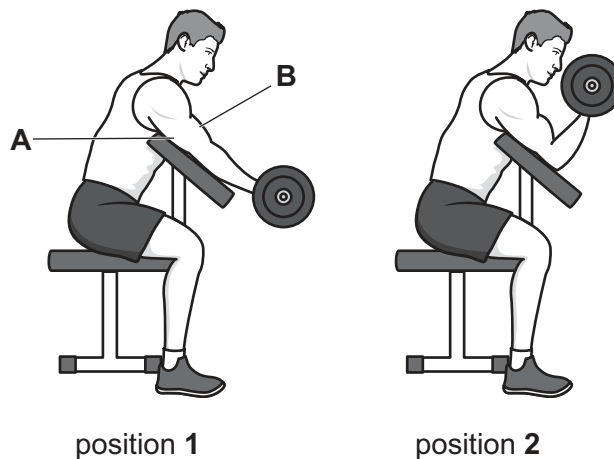
wider media coverage.

.....

.....

[4]

11 The diagrams show a performer doing a weight-training exercise.



(a) Identify the muscles labelled **A** and **B**.

A

B

[2]

(b) Identify the type of movement at the elbow joint as the performer's arm moves from position 1 to position 2.

..... [1]





- (c) Explain how muscles **A** and **B** work as an antagonistic pair when the performer's arm moves from position **1** to position **2**.

.....

.....

.....

..... [2]

- (d) Identify the type of isotonic muscle contraction in muscle **B** when the performer's arm moves from position **2** to position **1**.

..... [1]

[Total: 6]

- 12 Outline **four** differences between the continuous method of training and the fartlek method of training.

1

.....

.....

2

.....

.....

3

.....

.....

4

.....

.....

[4]





13 Explain how **two** factors may cause a variation in the skill level between performers.

1

.....

.....

2

.....

.....

[2]

14 Explain how **three** named phases of a warm up prepare a performer for an activity.

phase 1

explanation

.....

.....

phase 2

explanation

.....

.....

phase 3

explanation

.....

.....

[6]

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