



Cambridge International Examinations
Cambridge International General Certificate of Secondary Education

CANDIDATE
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PHYSICAL EDUCATION

Paper 1

0413/11

May/June 2014

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.

Answer **all** questions.

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.

Electronic calculators may be used.

This document consists of **10** printed pages and **2** blank pages.

Section A

Answer **all** questions in this section.

- 1 How can good mental health help someone participate in sport?
.....
.....[1]
- 2 Give **one** external cause of over arousal.
.....
.....[1]
- 3 Give **one** feature of leisure time.
.....
.....[1]
- 4 Name **one** component of blood.
.....[1]
- 5 Name **one** benefit of regular exercise.
.....
.....[1]
- 6 State **two** ways that improvements in health care are helping participation in sports.
.....
.....
.....[2]
- 7 Why do athletes often eat pasta the day before a long distance running event?
.....
.....
.....[2]

8 Give **two** advantages for someone living in an urban area wanting to participate in sport.

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

9 Name **one** of the main functions of the skeleton and describe how it helps a performer.

function

.....

description

.....[2]

10 Elevation is one component of the RICE treatment.

Give **two** benefits of applying elevation.

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

11 Give **two** examples of activities that show the benefits of fast twitch muscle to a performer.

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

12 Name **one** type of organisation that runs sports facilities and **two** benefits that result from their involvement.

type of organisation

benefit 1

.....

.....

benefit 2

.....

.....[3]

[Total: 20]

[Turn over

Section B

Answer **all** questions in this section.

Factors affecting performance

B1 (a) Give **two** reasons why a coach should break down a skill into small parts when teaching it to an inexperienced performer.

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

(b) A cruciate ligament injury in the knee is an injury occasionally suffered by sports performers. Give **three** ways that this type of injury affects a performer's movement.

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

(c) (i) What is meant by the term *drug*?

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

(ii) Give **three** reasons why an athlete might take a performance enhancing drug despite it being illegal.

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

(f) Choose **three** different components of health related fitness and describe how each would benefit a high level performer in a sprint event.

component 1

benefit

.....

.....

component 2

benefit

.....

.....

component 3

benefit

.....

.....[6]

[Total: 25]

(d) (i) Give **one** reason why using a weight training machine can be better than using free weights or dumbbells.

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

(ii) What differences are there between Isotonic and Isometric training?

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

(iii) How can a weight training programme be used to improve sprinting?

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

(e) Describe the immediate effects of a strenuous exercise session on the body.

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.....[6]

[Total: 20]

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