

Candidate Name _____

Centre Number	Candidate Number

International General Certificate of Secondary Education
CAMBRIDGE INTERNATIONAL EXAMINATIONS
PHYSICAL EDUCATION
PAPER 1

0413/1
MAY/JUNE SESSION 2002

2 hours

Candidates answer on the question paper.
No additional materials are required.

TIME 2 hours

INSTRUCTIONS TO CANDIDATES

Write your name, Centre number and candidate number in the spaces at the top of this page.

Write your answers in the spaces provided on the question paper.

Section A

Answer **all** questions in this section.

Section B

Answer **all** questions in this section.

INFORMATION FOR CANDIDATES

The number of marks available is shown in brackets [] at the end of each question or part question.

Marks will be awarded for the accurate use of spelling, punctuation and grammar.

FOR EXAMINER'S USE	
Section A	
Section B1	
B2	
B3	
TOTAL	

This question paper consists of 11 printed pages and 1 blank page.



Section A

Answer **all** questions in this section.

- 1 Name **one** sport that could be described as an endurance activity.

_____ [1]

- 2 A local club wishes to improve its facilities. How might funds be raised for a new club house?

_____ [1]

- 3 How does the World Health Organisation define the term *health*?

_____ [1]

- 4 Name **one** factor that could affect an athlete's performance.

_____ [1]

- 5 Give **one** disadvantage of sponsorship to a performer.

_____ [1]

- 6 Give **one** reason why the body needs nutrients and name **one**, other than carbohydrate.

_____ [2]

- 7 Give **one** advantage and **one** disadvantage of extensive media coverage of a sports event.

_____ [2]

- 8 State **two** factors that might determine how people spend their leisure time.

_____ [2]

- 9 Feedback is essential when learning a new skill. Describe **two** different methods of giving feedback and how they might be delivered.

[2]

- 10 When an athlete performs in hot conditions there is a possibility, in extreme cases, of heat exhaustion. Describe how this condition might be recognised.

[2]

- 11 If you were organising an athletics meeting for young athletes, list **two** key safety rules that you would apply.

[2]

- 12 Describe **three** ways in which athletes might prepare themselves, immediately before a long cross-country race.

[3]

[Total : 20]

Section B

Answer **all** questions in this section.

Factors Affecting Performance

B1 (a) Give **one** factor that could affect an individual's ability to improve their skill level.

_____ [1]

(b) Explain **two** differences between an open and a closed skill.

_____ [2]

(c) Give **one** reason why a sports performer might take drugs and describe a possible long-term effect.

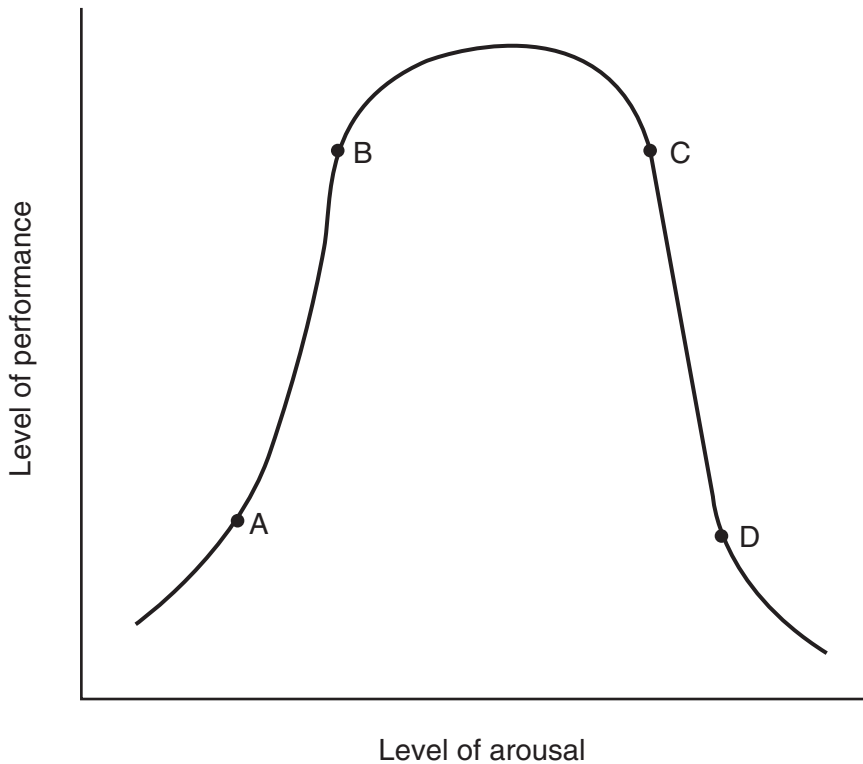
_____ [2]

(d) Certain sports are more appropriate for body types than others. Name the **three** body types defined by Sheldon and name a sport suitable for each.

_____	_____
_____	_____
_____	_____ [3]

(e) Below is a diagram of the inverted U Theory (Yerkes – Dodson Theory).

(i) Describe how each stage can affect the level of performance.



A-B _____

B-C _____

C-D _____
_____ [3]

(ii) What factors could influence the level of arousal in a performer so that they perform at their best?

_____ [2]

(f) If you were trying to test cardio vascular fitness;

(i) name an appropriate test

_____ [1]

(ii) describe how you would administer the test and record the results

_____ [4]

(iii) describe the features of a training programme that would improve cardio vascular fitness.

_____ [2]

[Total : 20]

Health, Safety and Training

B2 (a) Give **one** method of avoiding injury before starting exercise.

_____ [1]

(b) Name **two** principles of training.

_____ [2]

(c) Apart from physically preparing before an event, name **two** ways of preventing injuries being caused during an activity.

_____ [2]

(d) If you were asked, as a first aider, to help an athlete with a suspected sprained ankle, what would be the;

(i) signs of the injury

_____ [1]

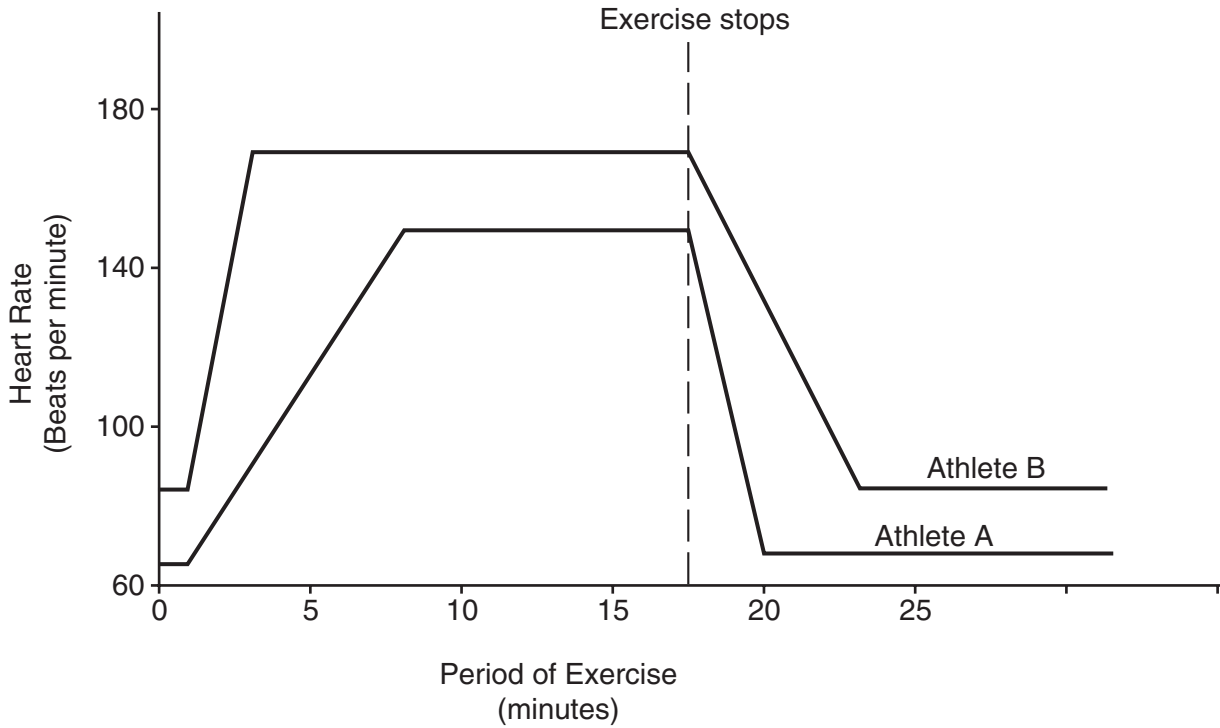
(ii) symptoms displayed

_____ [1]

(iii) initial treatment used.

_____ [1]

- (e) The chart below shows the heart rate of two athletes during a given period of exercise at the same level of intensity.



- (i) Explain which athlete is displaying the greater level of fitness.

[2]

- (ii) What changes take place to the heart and circulatory system after a period of training lasting several months?

[3]

(f) (i) During what type of activity might an athlete experience a build up of lactic acid?

_____ [1]

(ii) Describe the effects of lactic acid on the body.

_____ [2]

(iii) How is lactic acid produced?

_____ [3]

(iv) How might an athlete reduce the effects of lactic acid?

_____ [1]

[Total : 20]

Reasons and Opportunities for Participating in Physical Activity

B3 (a) Give **one** positive influence of sponsorship in sport.

_____ [1]

(b) Name a sporting activity and give **two** examples of how the media have brought about changes in its rules and organisation.

_____ [2]

(c) Name **two** voluntary organisations that provide opportunities for recreational activities locally.

_____ [2]

(d) Explain why there is a difference between the types of sports facilities provided in rural and urban areas.

_____ [3]

(e) The hosting of a major international event can result in a city or country experiencing many advantages but it could also create many problems for the host. Discuss what advantages and disadvantages there might be when hosting such an event.

_____ [5]

