



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/01**

Paper 1

**May/June 2009**

**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 a soft pencil for any diagrams, graphs or rough working.

Do not use staples, paper clips, highlighters, 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.

For Examiner's Use	
<b>Section A</b>	
<b>B1</b>	
<b>B2</b>	
<b>B3</b>	
<b>Total</b>	

This document consists of **13** printed pages and **3** blank pages.



**Section A**

Answer **all** questions in this section.

For  
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Use

1 Give **one** definition of the term *mental well-being*.

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

2 Describe **one** effect on the blood that a person training at altitude may experience.

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

3 Describe how the pelvis helps to fulfil **one** of the main functions of the skeleton.

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

4 What condition could result from excessive eating and taking little exercise?

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

5 If a player in a tennis match suffered from a sprained ankle, what First Aid treatment would you administer?

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

6 What is the function of plasma and platelets in the blood?

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

7 What type of movement is allowed by a pivot joint? Give an example of where in the body this takes place.

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

8 Give a definition of the term *Flexibility* and describe how it can improve performance.

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

9 Apart from sporting facilities give **two** different types of leisure facilities provided by private companies.

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

10 Describe **two** ways that improved health care has influenced how people participate in sports.

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

11 Describe **two** social benefits of being a member of a sports club.

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

12 In what ways do local clubs provide opportunities for participation?

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

13 Describe **one** possible disadvantage when activities are provided by local clubs.

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

[Total: 20]

Section B

Answer **all** questions in this section.

For  
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**Factors Affecting Performance**

**B1 (a)** Describe **one** way that adrenalin can cause a reduction in performance.

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

**(b)** How is Lactic Acid removed from muscles?

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

**(c)** The points at which a muscle joins the bone is called the Origin or Insertion. Describe how each helps with movement.

Origin .....

.....

Insertion .....

..... [2]

**(d)** Name **two** components of skill related fitness and give examples of how you would recognise these in a skilled performer.

Component 1 .....

.....

.....

.....

Component 2 .....

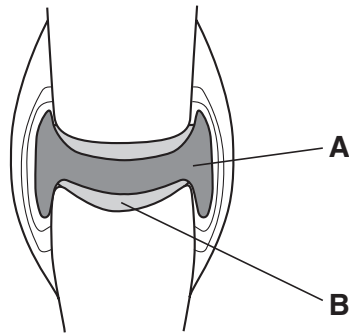
.....

.....

..... [4]

(e) The diagram below shows a joint in the body.

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(i) Name the type of joint.

..... [1]

(ii) Name the parts of the joint labelled **A** and **B**.

**A** .....

**B** ..... [2]

(iii) How do the parts labelled **A** and **B** help in effective movement of the joint when running?

**A**.....

.....

**B** .....

..... [2]

(f) When learning a new skill it is often best to break it down into small parts.

(i) Name a skill and describe how it can be broken down.

Named skill .....

.....

.....

.....

..... [2]

(ii) There are different types of input that can be received from a coach when developing a new skill. Name **one** type and give an example of how this might be provided.

.....

.....

.....

..... [2]

(iii) Explain why breaking the skill down helps the learning process.

.....

.....

.....

.....

.....

..... [3]

(iv) Describe how the memory affects the learning of a skill.

.....

.....

.....

.....

.....

..... [3]

[Total: 23]

**Health, Safety and Training**

*For  
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Use*

**B2 (a)** Give **one** reason why teenagers need more energy than very young children.

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

**(b)** Name **one** type of muscle and give an example.

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

**(c) (i)** Why is it important to be prepared immediately before starting an event?

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

**(ii)** How does a cool down help a performer recover?

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



(d) (i) Regular training increases a person's *vital capacity*. Describe the term *vital capacity*.

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

(ii) Why is it important for gaseous exchange to be efficient for a performer to play well?

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

(e) There is a level of risk in all activities.

(i) Explain how you would assess the risk.

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

(ii) Choose an activity and apart from following the rules, describe **three** safety requirements that you would expect participants to follow.

Activity .....

1 .....

2 .....

3 .....

..... [3]

(f) A performer takes part in the following training session.

Activity	Time / distance
Warm up	10 minutes
Sprints	6 × 200 m
Rest	3 min
Sprint	6 × 200 m
Rest	2 min
Sprint	6 × 200 m
Rest	1 min

(i) What type of training is the performer using?

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

(ii) Describe **two** advantages of this type of training.

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

(iii) With such a demanding training programme, rest between sessions is important. Describe **two** benefits of taking rest.

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

(iv) Apart from completing time trials, describe **one** test that could be used to monitor progress.

*For  
Examiner's  
Use*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [3]

[Total: 22]

**Reasons and Opportunities for Participation in Physical Activity**

*For  
Examiner's  
Use*

**B3 (a)** Give **one** reason why some women might find it difficult to take part in physical recreation.

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

**(b)** How has television promoted better understanding of sporting performances?

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

**(c)** Describe **three** factors that should be considered when planning a new outdoor activities centre.

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

**(d)** Describe **three** ways that a sports centre can help promote an increase in participation for performers with disabilities.

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







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