



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/12**

Paper 1

**May/June 2012**

**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 **10** printed pages and **2** blank pages.



**Section A**

Answer **all** questions in this section.

For  
Examiner's  
Use

1 Give an example of a basic skill.  
..... [1]

2 Give **one** feature of physical well-being.  
.....  
..... [1]

3 Give **one** function of platelets in the blood.  
.....  
..... [1]

4 Why does age influence the type of sports that a person might take part in?  
.....  
..... [1]

5 Name **one** muscle that helps movement at the shoulder to occur.  
..... [1]

6 Describe **two** benefits for a student who attends a school's extra-curricular activities.  
.....  
.....  
.....  
..... [2]

7 Explain how television helps to improve people's knowledge of sport.  
.....  
.....  
.....  
..... [2]

8 Describe **two** ways that a warm up can reduce the chance of injury.

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

9 How can a sports centre improve opportunities for performers with disabilities?

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

10 Give **two** examples when good extension at a joint helps to produce a better performance.

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

11 Explain **two** advantages of using Circuit Training as part of a fitness programme.

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

12 Describe **three** different ways that a Physical Education teacher can help promote participation in sports outside the curriculum.

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

[Total: 20]

**Section B**

Answer **all** questions in this section.

*For  
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**Factors affecting performance**

**B1 (a)** Describe **one** function of the ribs.

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

**(b)** Give **two** reasons why the poor demonstration of a skill could cause a problem for a performer.

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

**(c) (i)** What are the physical signs that a coach might see in a performer who is over-aroused before a competition?

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

**(ii)** Describe **one** way that a coach might try to reduce this level of arousal in the performer.

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

(d) Name **two** activities. Describe a **different** component of health related fitness that would be essential for each activity.

activity 1 .....

component description .....

.....

.....

.....

activity 2 .....

component description .....

.....

.....

..... [4]

(e) Some drugs are regarded as being socially accepted. Name **two** such drugs and the long term effect of taking these substances.

drug 1 .....

effect .....

.....

.....

drug 2 .....

effect .....

.....

..... [4]

(f) (i) Name and describe a test that you could use to measure a performer's Maximum Oxygen Uptake (VO<sub>2</sub> Max).

name of test .....

description .....

.....

.....

.....

.....

..... [4]

(ii) Name **one** activity you would use to bring about an improvement in the performer's VO<sub>2</sub> Max.

..... [1]

(g) Describe **three** changes to the circulatory system that take place immediately exercise starts and explain the different benefits of each change to the performer.

.....

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.....

..... [6]

[Total: 25]

**Health, safety and training**

**B2 (a)** State the World Health Organisation's definition of *health*.

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

**(b)** Name the nutrient and a food source that would help repair muscle tissue.

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

**(c)** Describe some of the safety considerations before starting an indoor sports activity.

.....  
.....  
.....  
.....  
.....  
..... [4]

**(d)** What can a performer do, other than warm up/cool down, to reduce the chance of being injured during a game.

.....  
.....  
.....  
.....  
.....  
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.....  
.....  
.....  
..... [4]

(e) Name **two** long term effects of exercise on the lungs and describe how they help to improve performance.

.....  
.....  
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.....  
.....  
.....  
.....  
..... [4]

(f) (i) Explain **two** ways that progression can be achieved for an athlete training for a long distance running event.

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

(ii) It is important that a performer is able to produce his peak performance at the right time. Explain **three** ways that this can be achieved.

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

[Total: 20]



**Reasons and opportunities for participation in physical activity**

*For  
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**B3 (a)** Describe **one** feature of a leisure activity.

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

**(b)** Explain **two** ways that schools can support the participation of sporting activities within the community.

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

**(c)** The Olympic Games in 2012 will be held in London. A great deal has been said about the legacy that will be left after The Games. Describe the non sporting legacy from hosting The Games.

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

**(d)** Explain how the media can affect a high level performer.

.....  
.....  
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.....  
.....  
.....  
.....  
..... [4]





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