



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**

**0413/13**

Paper 1

**October/November 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** the questions in this section.

*For  
Examiner's  
Use*

1 What is the main function of tendons?

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

2 How can a performer reduce the risk of dehydration?

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

3 Name **one** skill-related factor.

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

4 Give **one** symptom of a sprained ankle.

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

5 What is the benefit to a performer of blood circulating nearer to the surface of the skin during exercise?

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

6 Describe **two** social reasons for people wanting to take part in physical activity.

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

7 Name the **two** types of fibre in skeletal muscles.

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

8 From the World Health Organisation's definition of health give **two** features of mental well-being.

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

9 Why might an athlete use a banned diuretic and give a harmful side effect of taking this type of drug?

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

10 Choose a sport and describe how **two** items of protective clothing could help prevent injury.

Sport .....

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

11 Describe **two** reasons why male performers generally have greater speed than females.

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

12 How might a person's age affect what they do during their leisure time?

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

[Total: 20]

**Section B**

Answer **all** questions in this section.

*For  
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**Factors affecting performance**

**B1 (a) (i)** A pupil is motivated to join a school club because all his friends take part. What type of motivation is this called?

..... [1]

**(ii)** Give an example of a different type of motivation

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

**(b)** Describe how an efficient circulatory system benefits a performer.

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

**(c)** A recognised way to stay motivated is to set an agreed goal. How could having a goal to work towards improve performance?

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



(f) Name and describe **three** components of health-related fitness.  
Explain the influence of each of these components on performance.

For  
Examiner's  
Use

name: .....

description: .....

influence: .....

.....

name: .....

description: .....

influence: .....

.....

name: .....

description: .....

influence: .....

..... [6]

[Total: 25]

**Health, safety and training**

**B2 (a)** Explain why raising the pulse rate as part of a warm-up is important.

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

**(b)** Injuries in sport are common.  
What is a strain and how could such an injury occur?

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

**(c)** Describe how a student who has left school can lead a healthy lifestyle.

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

**(d)** Describe what the organiser of an event should be aware of if teams and individuals are to compete against each other safely.

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

(e) (i) What is the main benefit of Plyometric training?

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

(ii) Give an example of a sports activity in which a performer would benefit from Plyometric training?

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

(iii) Describe **two** exercises which could be used in a Plyometric training session.

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

(f) Name and explain the benefits of **three** key nutrients in a performer's diet.

nutrient 1; .....

explanation; .....

.....

nutrient 2; .....

explanation; .....

.....

nutrient 3; .....

explanation; .....

..... [6]

[Total: 20]



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

**B3 (a)** Name **one** social reason for taking part in physical activity.

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

**(b)** How do private clubs raise money to maintain sporting facilities for their members?

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

**(c)** What are the benefits to a sponsor of funding an athlete or an event?

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

**(d)** Television has more impact on sport than any other media.  
How does sport benefit from television?

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

(e) Describe the reasons why there has been a general growth in the number of health clubs and leisure centres in recent years.

For  
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Use

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

(f) Explain reasons why fewer women generally take part in sport than men.

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

[Total: 15]



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