



**Cambridge International Examinations**  
Cambridge International General Certificate of Secondary Education

CANDIDATE  
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**PHYSICAL EDUCATION**

**0413/12**

Paper 1

**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 Apart from taking regular exercise, give **one** way that a performer can achieve a good level of health and fitness.

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

2 Give an example of when a high level of arousal is beneficial to a performer.

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

3 Smoking tobacco can be described as using a socially accepted drug.

Describe **one** negative effect of smoking tobacco on a performer.

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

4 Give an example of a cartilaginous joint.

.....[1]

5 Describe **one** social benefit of taking part in sport.

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

6 Describe **two** benefits to the community when sports facilities are owned by private companies.

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

7 Explain why a person's age may determine the sports that they may take part in.

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

8 Describe **two** treatments you would apply to a performer who has a graze to the leg.

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

9 Describe **two** disadvantages for a performer when they are sponsored.

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

10 Describe **two** ways that a performer mentally prepares for a game or performance.

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

11 Describe the signs that a coach would see if an athlete was over-training.

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

12 Describe **three** ways that physical education examination courses help improve performances in sport.

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

[Total: 20]

**[Turn over**

**Section B**

Answer **all** questions in this section.

**Factors affecting performance**

**B1 (a)** Give **two** disadvantages of high levels of extrinsic motivation to a performer.

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

**(b)** Name **three** different types of synovial joints in the upper body. For each of these joints, name the type of muscle action used by an athlete in a throwing activity.

1 .....  
.....  
.....

2 .....  
.....  
.....

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

**(c)** Describe how the gastrocnemius muscle functions when an athlete takes off in the high jump and long jump.

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

(d) Name **two** components of blood and describe how they aid a sports performer.

component 1 .....

.....

.....

.....

component 2 .....

.....

.....

.....[4]

(e) Describe **three** effects on the circulatory system, when a performer takes part in a long period of exercise, and how this improves performance.

effect and improvement 1 .....

.....

.....

.....

effect and improvement 2 .....

.....

.....

.....

effect and improvement 3 .....

.....

.....

.....[6]

(f) Choose **three** components of health related fitness and **three** components of skill related fitness and describe how each is a benefit for a gymnast.

component of health related fitness .....

benefit .....

.....

.....

component of health related fitness .....

benefit .....

.....

.....

component of health related fitness .....

benefit .....

.....

.....

component of skill related fitness .....

benefit .....

.....

.....

component of skill related fitness .....

benefit .....

.....

.....

component of skill related fitness .....

benefit .....

.....

..... [6]

[Total: 25]

**Health, safety and training**

**B2 (a)** Give **two** features of a healthy lifestyle.

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

**(b)** Explain **three** different ways that using correct clothing can contribute to a performer's safety.

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

**(c) (i)** Give **two** dietary considerations that an athlete should take into account.

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

**(ii)** Describe **two** factors that will affect the energy requirements in an athlete's diet.

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

(d) Name **one** type of training that would help an endurance athlete prepare for an event.

type of training .....

(i) Give **three** benefits of using this type of training.

benefit 1 .....

.....

benefit 2 .....

.....

benefit 3 .....

..... [3]

(ii) Explain how overload could be achieved and reversibility avoided in the training programme.

.....

.....

.....

..... [2]

(e) Explain the immediate effects on muscles when an athlete starts to sprint.

.....

.....

.....

.....

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.....

.....

.....

.....

.....

.....

..... [6]

[Total: 20]



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

**B3 (a)** Explain **two** ways that a country can develop excellence in a sport.

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

**(b)** What advantages are there for a young athlete who receives a scholarship.

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

**(c)** In the 2012 Paralympics there was a huge improvement in the standard of performance by athletes in all sports.  
Give reasons why there has been such an improvement.

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





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