



Cambridge International Examinations
Cambridge International General Certificate of Secondary Education

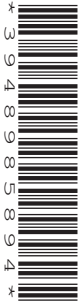
CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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PHYSICAL EDUCATION

0413/13

Paper 1

October/November 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.

Electronic calculators may be used.

You may lose marks if you do not show your working or if you do not use appropriate units.

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.

This document consists of **12** printed pages.

Section A

Answer **all** the questions in this section.

1 Why are post protectors used in Rugby?

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

2 How can sport benefit from radio coverage?

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

3 Describe the role of ligaments.

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

4 Why is speed useful in an activity?

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

5 Describe the role of a Secretary at a sports club.

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

6 Describe how a bruise could be caused and the first aid treatment you would apply.

cause

.....

treatment

.....[2]

7 Give **two** examples of when flexibility would be an advantage in an activity.

1

.....

2

..... [2]

8 Describe how a person's social circumstances can determine what they do during their leisure time.

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..... [2]

9 Explain why a performer's diet may vary depending upon their activity.

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..... [2]

10 Light aerobic activity is an important element of a warm up.

Describe **two** other key elements of the warm up routine before taking part in exercise.

1

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2

..... [2]

11 How can extrinsic feedback help a performer develop a skill?

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..... [2]

12 Describe the effects of drinking alcohol on a performer.

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.....[3]

[Total: 20]

Section B

Answer **all** the questions in this section.

Factors affecting performance

B1 (a) Describe a joint rotational movement and give an example of when this type of movement occurs in sport.

description

.....

example

.....[2]

(b) Describe a closed skill and give a sporting example.

description

.....

example

.....[2]

(c) Motivation is a factor which affects variations in the level of skill.

Describe **one** other named factor which may also affect a performer's level of skill.

factor

.....

description

.....[2]

(d) Stimulants are banned as a performance-enhancing drug.

What negative effects do stimulants have on the body?

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.....[3]

(e) Study Fig. 1 which represents different body types.

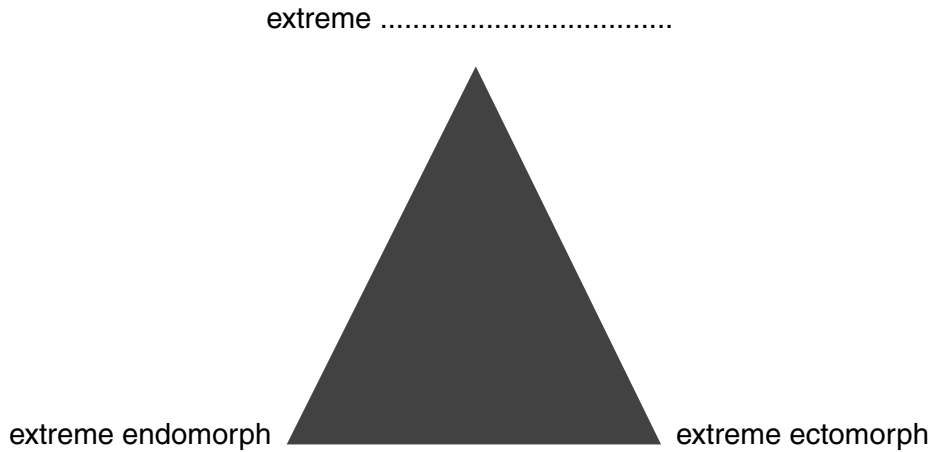


Fig. 1

(i) Complete the missing body type in Fig. 1. [1]

(ii) Describe the physique of the body type given in your answer to (e)(i).

.....
[1]

(iii) In a named activity, give reasons why this body type has an advantage.

named activity

advantages

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.....[2]

(f) What are the long-term benefits of regular exercise on the cardiovascular system?

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.....[6]

(g) Give **three** physiological responses to arousal and explain how each affect performance.

response 1
explanation 1
.....
.....
response 2
explanation 2
.....
.....
response 3
explanation 3
.....
.....
.....[6]

Health, safety and training

B2 (a) Name and describe a type of injury which could be caused by a sudden turn in an attempt to kick a ball.

name of injury

description

.....

.....[2]

(b) Describe the social benefits associated with physical activity.

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.....[2]

(c) Why is it important to have the correct proportion of fat in your diet?

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.....[3]

(d) Specificity is one of the key principles of training.

Describe **three** other principles of training.

principle 1

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principle 2

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.....

principle 3

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.....[3]

(e) Describe **four** types of safety precautions that a participant could take to reduce their own risk of injury when taking part in a sport.

1

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2

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3

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4

.....[4]

(f) (i) Describe the advantages of weight training.

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..... [2]

(ii) What are the main effects of this training on the performer?

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..... [4]

[Total: 20]

Reasons and opportunities for participation in physical activity

B3 (a) Identify and describe **two** different groups of people who may use leisure facilities.

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..... [2]

(b) How does sports sponsorship help a company promote their products and services?

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(c) Explain why some countries develop excellence in certain sports.

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