

CANDIDATE NAME

Paper 1

# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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May/June 2008

2 hours

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PHYSICAL EDUCATION		0413/01
CENTRE NUMBER	CANDIDATE NUMBER	

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 Exam	iner's Use
Section A	
B1	
B2	
ВЗ	
Total	

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



### Section A

Answer **all** questions in this section.

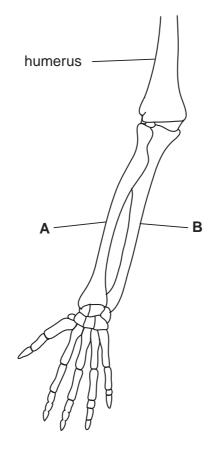
Name <b>one</b> factor that will affect now well a skill is performed.
Give <b>one</b> definition of the term <i>health and fitness</i> .
What is meant by leisure time?
[1]
Name <b>one</b> factor that still makes it difficult for some women to participate in sports.
[1]
Describe <b>one</b> key feature of resistance training.
[1]
Choose <b>one</b> of the seven principles used for goal setting and explain why it is important.
[2]
Identify two differences between a ligament and a tendon.
[2]

0	Describe <b>two</b> other ways that a warm up can help a performer.
	[2]
9	Providers of sports and recreation facilities can be split into three groups. Name <b>one</b> of these groups and explain why their role is important.
	[2]
10	Name <b>two</b> nutrients along with their food source.
	Nutrient 1
	Food source
	Nutrient 2
	Food source[2]

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[Total: 20]

11 From the diagram below name the two bones marked  ${\bf A}$  and  ${\bf B}$ .



	В	[2]
12	Describe <b>three</b> disadvantages that extensive media coverage might have on match official	ls.
		.[3]

#### **Section B**

Answer **all** questions in this section.

### **Factors Affecting Performance**

B1	(a)	Name <b>one</b> recognised test that could be used to find a performer's cardio vascular fitness.
		[1]
	(b)	Give <b>two</b> reasons why feedback is important to an inexperienced performer.
		[2]
	(c)	Describe how the muscles in the upper arm function when a performer is doing a press up.
		[3]
	(d)	All people have a combination of more than one body type. What <b>two</b> dominant body types would a rugby prop forward require to perform at the very highest level and what advantages would this provide?
		Body type 1
		Body type 2
		Advantages
		[3]

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۱ou	usal is important for a sportsperson to be a good performer.
i)	Describe <b>two</b> signs of arousal.
	[2]
i)	Give <b>one</b> external factor that could affect the level of arousal.
	[1]
i)	As a coach, what sign would you expect to see if a performer became over aroused?
	[1]
<b>/</b> )	Give a way of preventing over arousal from affecting performance.
•	
	[1]
i	i) i)

4	
- And	
T allo	
Smoking can be described as a socially acceptable drug, but it can affect how athlete performs.	BAND.
i) Describe how smoking affects the fitness of the athlete.	Tage
	On
	3]
Name a type of drug that is banned by the International Olympic Committee a describe the negative effect that its misuse might have on the performer.	nd
Name of substance	1]
Effect	
	2]
	ii) Name a type of drug that is banned by the International Olympic Committee at describe the negative effect that its misuse might have on the performer.  Name of substance

# **Health Safety and Training**

			mm	
Не	alth S	Safet	y and Training	1
		Des	y and Training scribe the first aid treatment that you would provide if a person had a soft tissue injulating from a collision.	ambi
	(b)		orts are often organised into categories for safety reasons, for example gendine another category and give reasons for this arrangement.	er.
			[	
	(c)	(i)	Describe the principle of overload in training.	
		(ii)	Choose an activity and describe how you would apply the principle of overload bring about an improvement in performance.	to
			Activity	
	(d)	Des	cribe the changes in the circulatory system during exercise.	[2]

(e)	(i)	If you were planning a water based activity, describe some of the factors you take into consideration when making safety arrangements for a school group.	
		The state of the s	1
			,
		[4]	
	(ii)	What situation could change during the activity that should be taken into consideration to maintain safety?	
		[1]	

		Way.
		10
f)	If yo	ou were designing a circuit training programme to improve muscular endurant
	(i)	bu were designing a circuit training programme to improve muscular endurant.  Describe <b>two</b> different activities that you would include in the circuit and give detail of how they would improve muscular endurance.
		[4]
	(ii)	Give <b>two</b> advantages of using circuit training.
		[2]
		[Total: 20]

# Reasons and Opportunities for Participation in Physical Activity

		s and Opportunities for Participation in Physical Activity  Describe one way that an amateur performer can finance playing at the highest level.			
		11			
Reasons and Opportunities for Participation in Physical Activity					
ВЗ	(a)	Describe one way that an amateur performer can finance playing at the highest level.	10		
			]		
		[	' ]		
	(b)	How can the media help to promote greater awareness of disability sports?			
		[2	2]		
	(c)	Older people tend to choose different physical activities than younger people. Describ the main reasons for their choices.	е		
		[2	2]		
	(d)	Some countries have developed a high level of excellence in a particular sport or activit Describe some of the reasons for this level of excellence.	y.		
			.		
			.		
			•		
		[3	31		

۸ ۵ ۵	cess to facilities needed for adventurous activities such as skiing, rock climb	
can	tess to facilities needed for adventurous activities such as skiing, rock climbitioning is difficult for some people. Therefore, artificial facilities have been developed activities. Describe the advantages and disadvantages of using such facilities.	bridge
		`
•••••		
	[5]	
	e to public demand there has been an increase in the number of leisure facilities ilable.	
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	Describe how schools help improve opportunities for participation in leisure actions.	
(ii)	Describe how schools help improve opportunities for participation in leisure acceptance of the control of the c	dr.
		age com
	[3]	
	[Total: 20]	

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