

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

8831719076

PHYSICAL EDUCATION

0413/11

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	How can good mental health help someone participate in sport?	
2	Give one external cause of over arousal.	
3	Give one feature of leisure time.	
4	Name one component of blood.	
5	Name one benefit of regular exercise.	
6	State two ways that improvements in health care are helping participation in sports.	
7	Why do athletes often eat pasta the day before a long distance running event?	[2]
		ro.

8	Give two advantages for someone living in an urban area wanting to participate in sport.						
9	Name one of the main functions of the skeleton and describe how it helps a performer.						
	description						
10	Elevation is one component of the RICE treatment. Give two benefits of applying elevation.						
11	Give two examples of activities that show the benefits of fast twitch muscle to a performer.						
10	Name and time of agreementation that were aparts facilities and true bandits that years their						
12	Name one type of organisation that runs sports facilities and two benefits that result from their involvement.						
	type of organisation						
	benefit 1						
	benefit 2						
	[3]						
	IoI						

[Total: 20]

Section B

Answer all questions in this section.

Factors affecting performance

B1	(a)	Give two reasons why a coach should break down a skill into small parts when teaching it to an inexperienced performer.					
			[2]				
	(b)		ruciate ligament injury in the knee is an injury occasionally suffered by sports performers. e three ways that this type of injury affects a performer's movement.				
			[3]				
	(c)	(i)	What is meant by the term drug?				
			[1]				
		(ii)	Give three reasons why an athlete might take a performance enhancing drug despite it being illegal.				
			[3]				

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(d)	Ар	erson takes up a new sport and trains three times a week.
		scribe the long term training effects on the circulatory systems and how it improves formance.
	lono	g term effects
		[4]
	imp	rovements in performance
		[1]
(e)	(i)	Give two examples of how goal setting benefits a performer.
		[2]
	(ii)	In a named activity choose three goal setting principles. For each principle give an example of how it could be applied to the named activity.
		named activity
		principle 1
		principle 2
		principle 3
		[3]

(f)	Choose three different components of health related fitness and describe how each would benefit a high level performer in a sprint event.
	component 1
	benefit
	component 2
	benefit
	component 3
	benefit
	[6]

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[Total: 25]

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Health, safety and training

B2	(a)	Describe two ways that reversibility can be avoided in a training programme.
		[2]
	(b)	Describe three ways the body controls the changes in temperature.
		[3]
	(c)	Name an adventurous outdoor water based activity. Describe the potential dangers that a group leader would need to take into consideration on the day of the activity.
		name of activity
		[4]

(a)	(1)	weights or dumbells.
		[1]
	(ii)	What differences are there between Isotonic and Isometric training?
		[2]
	(iii)	How can a weight training programme be used to improve sprinting?
	()	
		[2]
(e)	Des	scribe the immediate effects of a strenuous exercise session on the body.
		[6]

Reasons and opportunities for participation in physical activity

ВЗ	(a)	Hosting a global event has huge financial costs for the host country. Give two ways that funding can be raised to pay for the event.
		[2]
	(b)	Give reasons why female performers have often found it more difficult than males to play sport.
		[3]
	(c)	What advantages are there for a sport when it receives regular television coverage?
		[4]

(d)	Name and describe how physical factors can affect the quality of an individual's performance.
	[6]

[Total: 15]

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