

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

2 6 8 8 0 2 7 3 7 3

PHYSICAL EDUCATION

0413/12

Paper 1

May/June 2015

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.

Section A

Answer all questions in this section.

Write your answers in the spaces provided on the Question Paper.

Section B

Answer all questions in this section.

Write your answers in the spaces provided on the Question Paper.

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.



Section A

Answer **all** the questions in the spaces provided.

Explain why young people have difficulties performing complex skills.	
Describe one feature of a leisure activity.	
	. [1]
Name the component of a diet that would quickly provide a performer with high levels of energy	
Name one of the components of a synovial joint that allows smooth movement.	. [1]
	. [1]
Give one example of a non-sporting activity that is run by a private leisure company.	
	. [1]
State an injury that could occur in a contact sport.	
Give different ways that help a performer to remain calm just before an event.	
Describe two of the responsibilities a teacher would have when acting as a referee in a game	
match.	
1	
2	
	. [2]

The biceps and triceps form an antagonistic pair of muscles that provides extension and flexion the elbow joint.
Name two muscles that form a different antagonistic pair at a specific joint and the movement that are possible.
Muscle 1
Muscle 2
Movement
Explain how energy is obtained from food.

Section B

Answer **all** the questions in the spaces provided.

Unit 1 Factors affecting performance

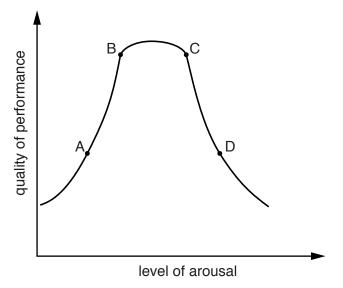
B1	(a)	When goal setting for a performer, it is important that the goals are specific.
		Describe two reasons why being specific is important.
		1
		2
		[2]
	(b)	Explain why instructions should be kept simple when learning a new skill.
		[3]
	(c)	Describe the process that a performer goes through when they illegally use blood doping and the benefit they hope to get from this process.

.....[3]

(d)	Des	cribe the benefits to a performer from the following components of blood.
	Con	nponent 1 – White blood cells
	Ben	efit
	Con	nponent 2 – Platelets
	Ben	efit
	Con	nponent 3 – Plasma
	Ben	efit
		[3]
(e)	(i)	Describe two advantages of fitness testing for a performer.
•	.,	Advantage 1
		Advantage 2
		[2]
	(ii)	Describe two tests that would measure components of health related fitness for a gymnast.
		Test 1
		Test 2
		[2]

(f)	energy systems.	•	-	_		
						[5]

(g) (i) Using the Inverted U Theory shown in the diagram below, explain how the quality of performance is linked to a performer's level of arousal.



	[3]
Explain two external factors that can affect the level of arousal of a performer.	
Factor 1	

(ii)

[Total: 25]

Unit 2 Health, safety and training

B2	(a)	State the World Health Organization's (WHO) definition of health.
		[2]
	(b)	Describe two safety considerations that the teacher leading a group walking in the hills must consider when the weather conditions become colder.
		1
		2
		[2]
	(c)	A sprained ankle is a frequent sporting injury. Explain how a sprain may be caused and what can be done to reduce the possibilities of such an injury.
		[3]

(d)	Exp	plain how the respiratory and circulatory systems combine to enable an athlete to perform.
	••••	
	••••	
		[4]
(e)	(i)	Explain the term reversibility.
		[1]
	(ii)	Describe how reversibility may occur.
		[3]
(f)	(i)	Describe two factors that need to be considered when planning a weight training programme.
		Factor 1
		Factor 2
		[2]

using either free weights or machine weights. Give	Weight training can be delivered benefits of using each type.	
[3]		
[Total: 20]		

Unit 3 Reasons and opportunities for participation in physical activity

В3	(a)	Give two reasons why people take part in sport.
		1
		2
		[2]
	4.	
	(b)	Give an example of a global sporting event and two reasons why a country would want to host the event.
		Global event
		1
		2
		[3]
	(c)	Some countries excel in certain sports.
	(0)	
		Using a named country and the sport that they excel in, give reasons for their success.
		Country
		Sport
		[5]
		ואַו

Explain different ways that participation in disability sports has been encouraged.
[5]

[Total: 15]

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