



Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

PHYSICAL EDUCATION

0413/12

Paper 1

May/June 2016

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.

This document consists of 12 printed pages.



Section A

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

1	Give a definition of the term skill.	
		[1]
2	Eating a balanced diet is essential for a sports performer. Give one reason for this.	
		[1]
3	Give one positive effect that the media has on sport.	
		[1]
4	Describe one type of extrinsic motivation.	
		[1]
5	Give one cause of a blister forming.	
		[1]
6	Give one reason why there has been an increase in the number of performers with disabilities taking part in sport.	
		[1]

7	Name two components of blood and describe how they help a performer.	
	Component 1	
	Component 2	
0	Evolain why warming up halps to provent a performer becoming injured	[2]
8	Explain why warming up helps to prevent a performer becoming injured.	
		[2]
9	Explain why a young person's age might influence the sports that they take part in.	[2]
		[3]
10	Describe how students can contribute to their own safety during a named indoor sporting activ	/ity.
	Named activity	
		[2]

11	In a named activity, give examples of when the movements identified below occur.	
	Named activity	
	Extension	
	Adduction	
	Flexion	
	Rotation	
		[4]

[Total: 20]

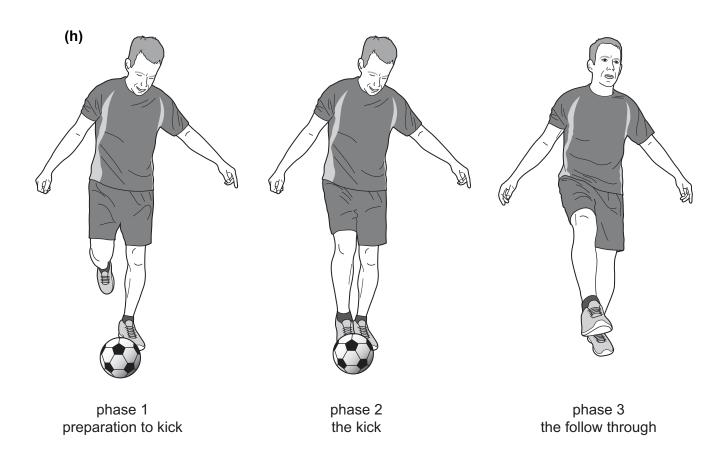
Section B

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

Unit 1 Factors affecting performance

12	(a)	State two body types and describe the advantages they provide in different named activity	ties.
		Named sport	
		Body type	
		Advantage	
		Named sport	
		Body type	
		Advantage	
			[2]
	(b)	Give a definition of the term <i>drug</i> and suggest two reasons why a performer would take a banned performance-enhancing drug.	ì
		Definition	
		Reasons	
			[3]
	(c)	Describe two physiological responses of the body to over-arousal and one way that a perforcan control the effects of this arousal.	mer
		Physiological responses	
		Method of control	
			[0]

(d)	Describe one condition that results from an imbalance in blood cells and the effect this h on a performer.	as
		[1]
(e)	State two ways an athlete can control their anxiety.	
		[0]
(f)	Give reasons why a coach may test the cardiovascular endurance of a performer.	[2]
		[4]
(g)	Using practical examples, describe how the FITT principles can be applied when plannin health-promoting programme for someone who has not exercised for a long time.	g a
		[4]



The diagrams above show a performer kicking a ball.

Describe the muscle actions in the kicking leg in each phase of the movement.	
Phase 1. preparation to kick	
Phase 2. the kick	
Phase 3. the follow through	
	[6]

Unit 2 Health, safety and training

13	(a)	Describe two ways that a person can achieve a good level of health and fitness.	
			[2]
	(b)	Name a food source that contains fibre and a benefit that fibre provides.	
		Food source	
		Benefit	ro.
			[2
	(c)	The table below shows four common injuries that can occur when participating in sport. Complete the table below giving two treatments for each injury that could aid recovery.	

Injury	Treatment
Cut	Clean Cover with a plaster
Winding	
Bruise	
Muscle Strain	

[3]

	Name an adventurous land-based activity and describe four safety considerations that proup leader would need to take into account when starting to plan the activity.
F	Activity
•	
•	
•	
٠	
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap o the training programme of a sprinter to bring about an improvement.
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap
	Jsing practical examples, describe how each of the four training principles could be ap

that can occur and the different benefits these improvements bring to performance.	nents
	•
	-
	. [5]

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

14	(a)	Give reasons why a person would volunteer at a local sports club.	
			[2]
	(b)	Describe ways that sports centres have improved opportunities for spectators with disabilito attend events.	
			[3]
	(c)	Describe the possible disadvantages of hosting a major global event to the host nation.	
			.
			[4]

(d)	Explain the different ways that women have been encouraged to participate in sports.	
		[6]

[Total: 15]

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge International Examinations Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cie.org.uk after the live examination series.

Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.

© UCLES 2016

06_0413_12_2016_4.3