



Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME				
CENTRE NUMBER		CANDIDATE NUMBER		

PHYSICAL EDUCATION

0413/13

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 feature of a closed skill.	
2	Why is regular exercise an important part of a healthy lifestyle?	[1]
2	wity is regular exercise art important part of a fleating illestyle?	[1]
3	Give one example of a voluntary organisation that provides sport and recreational opportunit	ties.
4	Give one physiological response of the body to arousal.	[1]
5	Describe a benefit of fibre in a diet.	[1]
		[1]
6	Give one example of how recent improvements in health care have helped people particip in sports.	oate
7	Name two types of movement that can occur in the vertebral column.	[1]
		[2]

8	Give two safety considerations that should be taken into account when pupils are required lift and move gymnastic equipment in a physical education lesson.	ot t
		[2]
9	Describe ways that examination courses in physical education can help raise the standard participation in sport.	s of
		.
		[3]
10	Suggest one cause of tendon injuries and two treatments that could be applied to the injuries.	red
	Cause	
	Treatments	
		[3]

11 Complete the table below, which names muscles and the main actions that they initiate.

Muscle	Main Action
Biceps	Flex the arm at the elbow
Pectorals	
Trapezius	
Gluteals	
	Raise your arm forwards, backwards and sideways at the shoulder

[4]

[Total: 20]

Section B

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

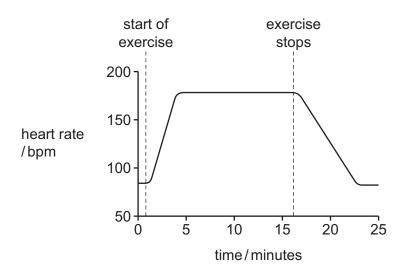
Unit 1 Factors affecting performance

12	(a)	Explain how mental rehearsal can help a performer prepare for an activity.	
			[2]
	(b)	Using examples, describe how major bones in the body provide three functions of the	Э
	, ,	skeleton.	
			[3]
	(c)	Using three different examples explain why a performer with an extreme endomorphi body type might be at a disadvantage when playing certain sports.	С
			[3]

(d)	Describe the long-term effects that alcohol has on the quality of performance.	
		[3]
(e)	Choose two components of skill related fitness and describe features of a recognised that could be used to measure each component.	test
	Component 1	
	Test	
	Component 2	
	Test	
		- 4-
		[4]

(f) The graph below shows the heart rate of a generally unfit person who takes part in a run on a flat surface at a steady pace.

Describe how this graph might differ if the person was a trained athlete and ran at the same pace, and the reasons why these differences might occur.



[4]

(g)	Describe the steps a coach would take when planning a training programme for a persubute who has a low level of fitness and wants to improve their fitness.	son
		[6]

[Total: 25]

Unit 2 Health, safety and training

13	(a)	Describe two features of social well-being that support good health in a person.	
			[2]
	(b)	Give a benefit of having iron in a diet and name a food source that contains this mine	ral.
		Benefit	
		Food source	
			[2]
	(c)	One aim of a warm up is to reduce the possibility of injury. Explain three benefits of a warm up that will enable this aim to be achieved.	
			[3]
	(d)	Describe the potential hazards that could occur at an event that takes place at a swimm pool.	ning
			[4]

(e)	(i)	Give a feature of resistance training and describe a benefit of using this type of training.	f
		Feature of resistance training	
		Benefit	
			[2]
	(ii)	Name an activity in which a performer would benefit from the use of resistance training. Using two training principles, give examples of how resistance training could be applied to bring about improvements in performance.	
		Activity	
		Training principle 1	
		Training principle 2	
			[2]
(f)		e the immediate physical effects of exercise on the body and explain how each ef its a performer.	fect
	•••••		
			[5]

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

14	(a)	Give two benefits for students when a school provides extracurricular activities.	
			[2]
	(b)	Explain the disadvantages of using artificial sports facilities, such as a climbing wall or slope, to a performer.	r ski
			[3]
			[-]
	(c)	There has been a significant increase in the number of sports covered on the televisi in recent years. Suggest reasons why there has been such an increase.	on
			[4]

(d)	Explain different ways performers with disabilities have been encouraged to participat sports.	e in
		[6]

[Total: 15]

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