



Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME				
CENTRE NUMBER		CANDIDATE NUMBER		

PHYSICAL EDUCATION

0413/13

Paper 1

October/November 2017

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	State one function of the skeleton.	[1
2	Describe why a balanced diet is important.	
3	State one reason why a young person might choose to participate in recreational activities.	[1
4	Name the component of blood that aids clotting.	[1 [1
5	Name a sport that requires a performer to have a high-protein diet.	[1
6	The diagram shows an athlete sprinting.	
	State the main type of muscle fibre being used by the athlete.	
		[1

7	Suggest two reasons why a performer might choose to take a banned performance-enhancing drug.	ıg
		[2]
8	Describe two factors that will affect the energy requirements of an individual.	
		[2]
9	Describe, using a named joint as an example, two features of a fibrous joint.	
	fibrous joint	
	feature 1	
	feature 2	[3]
10	Describe three benefits of a warm up.	[O]
		[3]

11	Suggest why some governments encourage participation in sport.	
		[4]

[Total: 20]

Section B

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

Unit 1 Factors affecting performance

12	(a)	State	two factors that can affect the skill level of a performer.
	(b)	(i)	Describe the effect of adrenaline on the heart.
		(ii)	Explain how adrenaline can affect the quality of a performance.
	(c)	The d	iagrams, A and B , show an athlete during different stages of throwing a javelin.
			АВ
			the type of movement which has taken place at the elbow of the throwing arm from A the agonist muscle that creates the movement.
		move	ment
		agoni	st

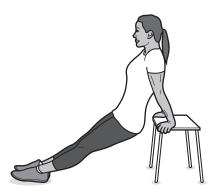
(d)	Explai	n factors that affect recovery time after exercise.	
			[3
(e)	Musci	ular endurance is a component of health-related fitness.	
(0)			
	(i)	State what is meant by the term <i>muscular endurance</i> .	
			F.4
			[1
	(ii)	Name a sport where muscular endurance is essential.	
			[1
	<i>,,,</i> ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
	(111)	Name and describe a recognised test that could be used to measure muscular endurance.	
		name of test	
		description	
			[2

()	Explain why an extreme endomorph might be at a disadvantage when playing a team g such as basketball or netball.	am
)	Explain how smoking tobacco can reduce performance in physical activity.	
)	Explain how smoking tobacco can reduce performance in physical activity.	
ı)	Explain how smoking tobacco can reduce performance in physical activity.	
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Unit 2 Health, safety and training

13	(a)	State why taking part in sport can improve a person's social well-being.
		[2]
	(b)	Suggest some of the personal safety issues, other than warming up, that should be considered before starting to exercise.
		[2]
	(c)	The diagram shows a weight-training facility.
		Explain the safety arrangements that a school teacher should consider when planning to use weight training as a group activity following a warm up.

(d) The diagram shows a performer holding a fixed position during a training session.



(i)	Name the type of muscle contraction that is taking place in the upper arm.
	[1]
/::\	State the advantages and disadvantages of using this type of eversion during a training
(ii)	State the advantages and disadvantages of using this type of exercise during a training session.
	advantages
	disadvantages
	[4

(e)	(i)	Describe, using an example from a sport, when twisting or turning movements take place.	е
		sport	
		example	
			[1]
	(ii)	State an injury that could result from a sudden twisting or turning movement and describe benefits of the initial treatment that should be given.	ribe
		injury	
		benefits of initial treatment	
			[2]
(f)	Explai	n the long-term physiological benefits to a performer of regular aerobic exercise.	
			[5]

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

14	(a)	State two advantages of sports commentary on the radio.	
			[2]
	(b)	Describe some of the disadvantages that living in a rural area can have on sports participat	ion.
			[3]
	(c)	Explain the benefits to a sponsor of sponsoring a local amateur team.	
			[4]

(d)	Suggest ways that a country can improve its athletes' chances of success in major global events such as the Olympic Games.	
		[6

[Total: 15]

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