

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			ANDIDATE UMBER		

0 9 2 1 2 6 7 5 1 8

PHYSICAL EDUCATION

0413/13

Paper 1

October/November 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.

1	Give one feature of a skill.
	[1]
2	Give one example of a voluntary organisation that might provide recreational opportunities.
	[1]
3	Name one food source that will provide a high level of calcium, which is needed for strong bones.
	[1]
4	Give one way that extrinsic feedback can be given.
	[1]
5	Define what is meant by the term <i>physical recreation</i> .
	[1]
6	Explain, giving an example, why wearing correct footwear can help a player play sport safely.
	[1]
7	Give two functions of the skeleton.
	1
	2
	[2]

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8	Give two reasons why a sprained ankle might be elevated as part of the treatment to spee recovery.
	1
	2
	[2
9	Explain how improvements in health care have affected participation in sports.
	[3]

10 In many sports, performers need to use both aerobic and anaerobic respiration during the course of their activity. Complete the table below which shows different occasions when anaerobic respiration is used in an activity.

Activity	Occasion when anaerobic respiration is used
Football	Sprinting to get the ball
Tennis	
Cricket	
Basketball	

Describe the	role and function of t	endons.		
			 	[4]
				[Total: 20]

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Section B

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

Unit 1 Factors affecting performance

B1	(a)	Give two reasons why a performer would be motivated by being involved in the Olympic Games.
		1
		2
		[2]
	(b)	Name three different components of a synovial joint and describe how each helps movement.
		Component 1
		Component 2
		Component 3
		[3]

(c) Complete the table below that shows the benefits an athlete might hope to gain from taking a banned substance.

Substance	Reason for taking banned substance
Narcotic analgesic	Helps pain relief allowing a performer to return to play more quickly after injury, hides pain
Stimulants	
Diuretic	
Peptide hormones	
Using an appropriate	example, describe the role of the prime mover in the flexion of a joint.

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(d)

(e) Team sports often have players with a variety of body types. Give two different body types

	and	describe how these can be a benefit to a performer in a named sport.
	Nar	me of sport
	Boo	ly type
	Ber	nefit
	Boo	dy type
	Ber	nefit
		[4]
(f)	(i)	Give a definition of the term <i>fitness</i> .
		[1]
	(ii)	Name three components of skill-related fitness and describe the benefits of each in an activity.
		Component
		Benefit
		Component
		Benefit
		Component
		Benefit
		[3]

(g)	Name three components of blood, describe their functions and explain how they benefit a performer.
	Component 1
	Function
	Benefit
	Component 2
	Function
	Benefit
	Component 3
	Function
	Benefit
	[6]
	[Total: 25]

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Unit 2 Health, safety and training

B2	(a)	Give two features of social well-being.
		1
		2
		[2]
	(b)	Describe two factors that influence the amount of energy a person requires.
		1
		2
		[2]
	(c)	Give three reasons why a warm up can help reduce the possibility of injury.
		1
		2
		3
		[3]
	(d)	Describe four considerations that the leader of a group would take into account before setting off on an adventurous outdoor activity.
		1
		2
		3
		4
		[4]

Explain the role of glucose in the production of energy.
[4]
Fartlek training is often used when people start training. Explain the benefits of using this type of training.

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

В3	(a)	Describe two ways that a school can help participation in sports.
		1
		2
		[2]
	(b)	Describe ways that a sports centre could encourage members from different cultures to take part in sports.
		[3]
	(c)	Discuss the potential advantages and disadvantages to a television company when showing high levels of different sports.
		[5]

(d)	Name one factor that will determine if a performer can achieve excellence in sport and describe how this factor influences achievement.
	Factor
	[5]
	[Total: 15]

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