

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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PHYSICAL EDUCATION

Paper 1

0413/11

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.

This document consists of **11** printed pages and **1** blank page.

Section A

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

- 1 Give an example of a complex skill.
.....
..... [1]
- 2 Give **one** factor that can determine what people do during their leisure time.
.....
..... [1]
- 3 State **one** possible cause of a sporting injury.
.....
..... [1]
- 4 Describe **one** of the body's responses to adrenaline.
.....
..... [1]
- 5 Explain a benefit to a performer that might result from private companies running sports facilities.
.....
..... [1]
- 6 State **one** factor that allows muscles to produce movement.
.....
..... [1]
- 7 Give **two** examples of different types of freely moveable joints.
Joint 1
Joint 2 [2]
- 8 Give **two** indicators of a person's mental well-being.
Indicator 1
.....
Indicator 2
..... [2]

9 Explain the positive effects of media coverage of the Paralympics on disability sport.

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.....[3]

10 Explain how a cool down after a rigorous training session can benefit a performer.

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.....[3]

11 Give reasons why feedback is important when learning a new skill.

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.....[4]

[Total: 20]

Section B

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

Unit 1 Factors affecting performance

B1 (a) Explain the role of haemoglobin in the blood.

.....
.....
.....
.....[2]

(b) Describe **three** long-term effects of training on the respiratory system.

Effect 1
.....
Effect 2
.....
Effect 3
.....[3]

(c) Explain why a performer with an extreme endomorphic body type might only be able to play a limited number of sports well.

.....
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.....[3]

(d) Describe **two** features of slow twitch muscle fibres and give **one** benefit to a performer who has a high level of this type of fibre.

Feature 1

.....

Feature 2

.....

Benefit

.....[3]

(e) (i) Define the terms *agility* and *flexibility*.

Agility

.....

Flexibility

.....[2]

(ii) In a named activity, describe different situations when agility and flexibility are required to perform well.

Activity

.....

.....

.....

.....[2]

Unit 2 Health, safety and training

B2 (a) Name **two** groups of people whose diet needs to provide them with high levels of energy.

1

.....

2

.....[2]

(b) Describe **two** treatments for a muscle injury and explain how these treatments work.

Treatment 1

.....

.....

Treatment 2

.....

.....[2]

(c) (i) Describe the principle of resistance training.

.....

.....[1]

(ii) Give **two** different activities that could be used when including resistance training in a fitness programme.

Activity 1

.....

Activity 2

.....[2]

Unit 3 Reasons and opportunities for participation in physical activity

B3 (a) Explain ways that a sports centre could improve access for performers with visual impairment.

.....
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..... [2]

(b) Give reasons for the increase in the number of leisure facilities.

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..... [3]

(c) Describe the social impact on the host nation before and after hosting a global event.

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..... [5]

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