



**Cambridge International Examinations**  
Cambridge International General Certificate of Secondary Education

CANDIDATE  
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CENTRE  
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**PHYSICAL EDUCATION**

**0413/12**

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.

This document consists of **12** printed pages.

**Section A**

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

1 Give **one** example of a type of feedback.

.....  
.....[1]

2 State **one** advantage to a sport of television coverage.

.....  
.....[1]

3 Give **one** feature of mental well-being.

.....  
.....[1]

4 Name **one** component of blood.

.....[1]

5 Give **one** factor that can determine what people do in their leisure time.

.....[1]

6 Name the nutrient that helps muscle tissue growth.

.....[1]

7 Name **two** muscles that would affect movement in the shoulder.

1 .....  
2 .....[2]

8 From different sports, name **two** different pieces of personal safety equipment.

Sport .....

Safety equipment .....

Sport .....

Safety equipment ..... [2]

9 Give **three** ways that extra-curricular activities can raise the standard of sports performance.

1 .....

.....

2 .....

.....

3 .....

..... [3]

10 Describe how a blister might be caused and **two** first aid treatments that could be given.

Cause.....

.....

Treatment 1 .....

.....

.....

Treatment 2 .....

.....

..... [3]

11 Give **four** components of health related fitness and explain how each helps a performer in a different way.

Component 1.....

.....  
.....  
.....

Component 2.....

.....  
.....  
.....

Component 3.....

.....  
.....  
.....

Component 4.....

.....  
.....  
.....

[4]

[Total: 20]

**Section B**

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

**Unit 1 Factors affecting performance**

**B1 (a)** Give **two** examples of how the skeleton provides protection.

1 .....

.....

2 .....

..... [2]

**(b)** Explain how lactic acid is produced in muscles and describe its effects on a performer.

.....

.....

.....

.....

.....

.....

.....

..... [3]

(c) Complete the table below which shows different types of banned performance enhancing drugs, their effects and the dangers of using them.

Type of Drug	Effects	Dangers
Tranquilliser	Reduces anxiety and calms you down.	..... ..... .....
Diuretic	..... ..... .....	Sodium and potassium salts get excreted as well as water. Muscle weakness.
.....	Kills pain, gives the feeling of well-being.	Addictive, low blood pressure, withdrawal symptoms, unaware of injury so gets worse.

[3]

(d) Using **three** of the FITT principles, describe how these could be used to improve the performance of a long distance athlete.

Principle 1 .....

.....  
.....

Principle 2 .....

.....  
.....

Principle 3 .....

.....  
.....

[3]

- (e) Describe an endo-mesomorphic body type and explain why this body type would be a benefit to a rugby forward.

Description.....

.....  
.....  
.....

Benefit.....

.....  
.....  
..... [4]

- (f) (i) Choose **four** goal setting principles and describe how they could be applied to someone starting to train and gain general fitness.

Principle 1 .....

.....  
.....

Principle 2 .....

.....  
.....

Principle 3 .....

.....  
.....

Principle 4 .....

.....  
..... [4]

- (ii) Explain how goal setting provides motivation for a performer.

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





Unit 2 Health, safety and training

B2 (a) Give **two** benefits of exercise.

- 1 .....
- .....
- 2 .....
- .....[2]

(b) Give **two** ways of using weights to bring about improvements in different types of muscle strength.

- 1 .....
- .....
- 2 .....
- .....[2]

(c) Explain **three** long-term changes to the circulatory system that occur when a performer carries out regular aerobic exercise.

- 1 .....
- .....
- 2 .....
- .....
- 3 .....
- .....[3]

(d) Performing in hot conditions can sometimes cause heat exhaustion. Give **three** signs or symptoms of the condition and **one** treatment that should be applied.

- 1.....
- .....
- 2.....
- .....
- 3.....
- .....
- Treatment.....
- .....[4]

(e) Describe the long-term effects of exercise on bones, joints and muscles.

Bones.....  
.....  
.....  
.....  
.....

Joints .....  
.....  
.....  
.....  
.....

Muscles.....  
.....  
.....  
.....  
.....[4]

(f) (i) Describe **two** benefits of plyometric training and **two** of the activities that could be used in this type of training.

Benefit 1 .....  
.....

Benefit 2 .....  
.....

Activity 1 .....  
.....

Activity 2 .....  
.....[4]

(ii) Apart from warming up thoroughly, describe a safety factor that should be considered when involved in plyometric training.

.....  
.....[1]

[Total: 20]

**Unit 3 Reasons and opportunities for participation in physical activity**

**B3 (a)** Name a country and the sport that it traditionally excels in.

Country .....

Sport ..... [2]

**(b)** Explain how the media can influence young people to play sport.

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

**(c)** Give reasons why a country would want to host a global sporting event.

.....  
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..... [5]

- (d) (i) Give the main considerations that a local authority would take into account when planning to build a new sports centre in an urban area (e.g. a town).

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

- (ii) What additional factors would be taken into consideration if the centre were being built in a rural area (e.g. the countryside)?

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

[Total: 15]

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