



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

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**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.

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

2 Why is regular exercise an important part of a healthy lifestyle?

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

3 Give **one** example of a voluntary organisation that provides sport and recreational opportunities.

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

4 Give **one** physiological response of the body to arousal.

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

5 Describe a benefit of fibre in a diet.

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

6 Give **one** example of how recent improvements in health care have helped people participate in sports.

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

7 Name **two** types of movement that can occur in the vertebral column.

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

8 Give **two** safety considerations that should be taken into account when pupils are required to lift and move gymnastic equipment in a physical education lesson.

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

9 Describe ways that examination courses in physical education can help raise the standards of participation in sport.

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

10 Suggest **one** cause of tendon injuries and **two** treatments that could be applied to the injured area.

Cause.....  
.....  
Treatments.....  
.....  
..... [3]

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

<b>Muscle</b>	<b>Main Action</b>
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 skeleton.

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

**(c)** Using **three** different examples explain why a performer with an extreme endomorphic body type might be at a disadvantage when playing certain sports.

.....  
.....  
.....  
.....  
.....  
..... [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 test that could be used to measure each component.

Component 1.....

Test.....

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

Component 2.....

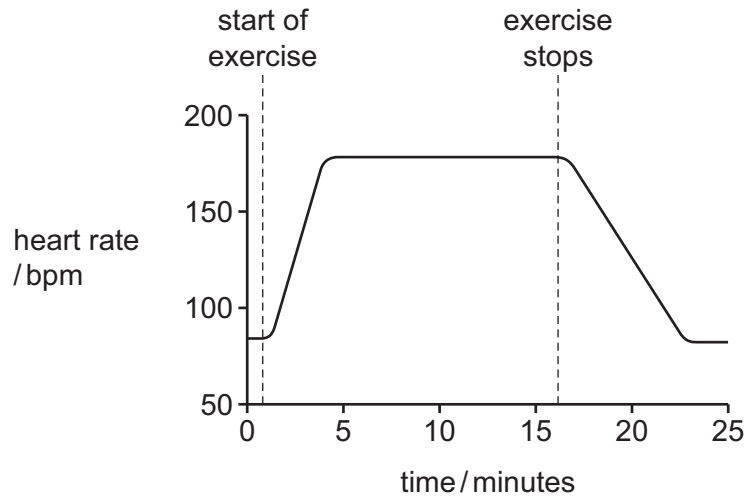
Test.....

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

[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.



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[4]





**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 mineral.

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 swimming pool.

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

- (e) (i) Give a feature of resistance training and describe a benefit of using this type of training.

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) Name the immediate physical effects of exercise on the body and explain how each effect benefits a performer.

.....

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.....

.....

.....

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.....

..... [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 ski slope, to a performer.

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

**(c)** There has been a significant increase in the number of sports covered on the television in recent years. Suggest reasons why there has been such an increase.

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

