



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**PHYSICAL EDUCATION**

**0413/12**

Paper 1

**May/June 2010**

**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 a soft pencil for any diagrams, graphs or rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

**DO NOT WRITE IN ANY BARCODES.**

Answer **all** questions.

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.

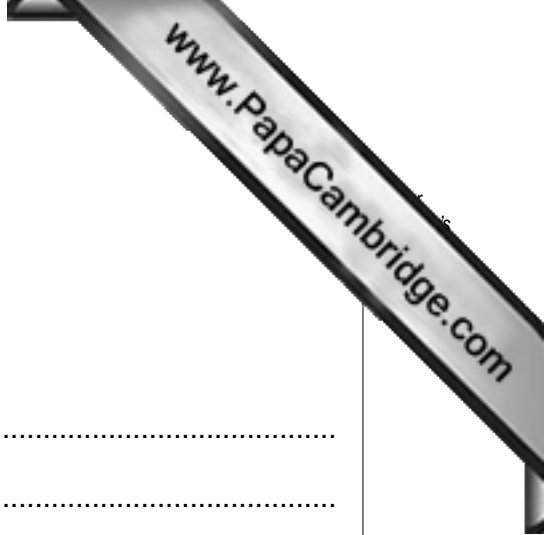
For Examiner's Use	
Section A	
B1	
B2	
B3	
Total	

This document consists of **14** printed pages and **2** blank pages.



**Section A**

Answer **all** questions in this section.



1 What is the role of a club secretary in a local sports club?

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

2 Why should a coach only give small amounts of information to someone learning a new skill?

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

3 Describe **one** characteristic of a skilful performer.

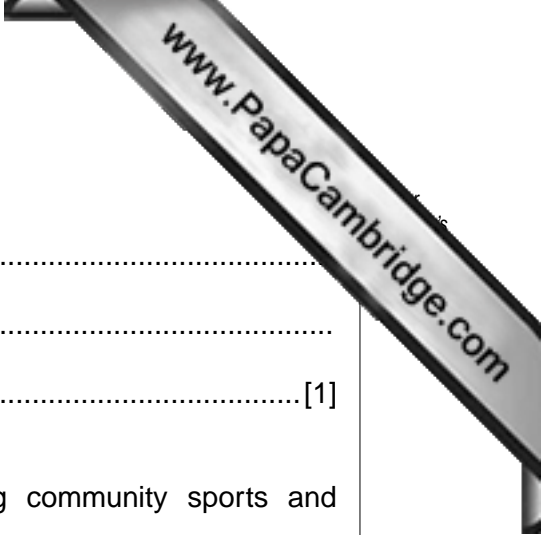
.....  
.....  
..... [1]

4 Describe the movement of adduction.

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

5 The taking of a diuretic is banned in sport. Why would a performer take a diuretic?

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



6 Give **one** way that overload can be achieved.

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

7 Describe the importance of voluntary groups when providing community sports and recreation.

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

8 Explain why an increase in a person's stroke volume could be linked to an improvement in performance.

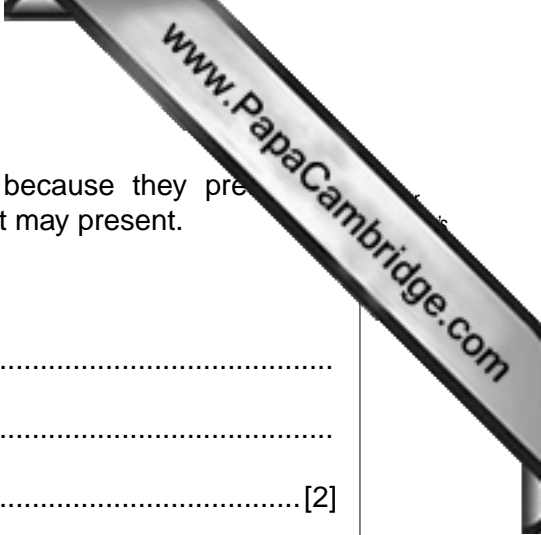
.....  
.....  
.....[1]

9 Give **two** factors that could influence a young person when deciding which sports to take part in.

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

10 Why is water an important part of a performer's diet?

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



11 Outdoor adventurous activities can be described as exciting because they present a challenge. Name **one** such activity and describe a challenge that it may present.

Activity .....

.....

.....

..... [2]

12 Describe **two** ways that the changes to working lives have affected how people take part in physical recreation.

.....

.....

.....

.....

..... [2]

13 Describe **two** ways that local communities can use sport to help promote social integration.

.....

.....

.....

.....

..... [2]

14 Describe **two** ways that schools help sport to be played at the very highest level.

.....

.....

.....

.....

..... [2]

[Total: 20]

Section B

Answer **all** questions in this section.



**Factors affecting Performance**

**B1 (a)** What is the role of platelets in the blood?

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

**(b)** Many performers choose to train at altitude.

**(i)** Name a type of activity in which performance improves by training at altitude.

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

**(ii)** Describe **one** way that training at altitude benefits the performer.

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

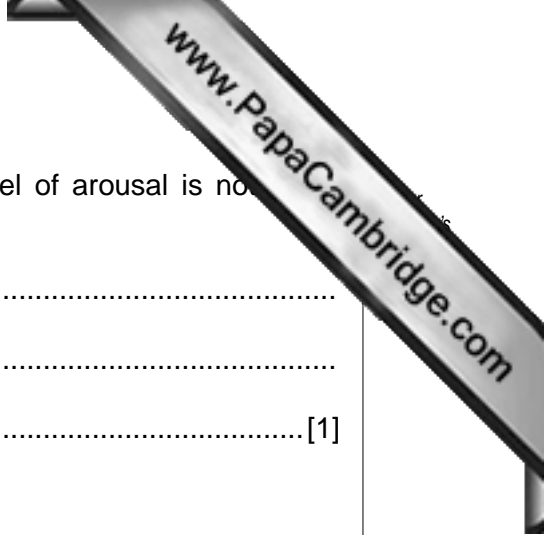
**(c) (i)** Name the bone in the upper leg.

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

**(ii)** Name **one** muscle that will affect movement which involves the upper leg.

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





(ii) Describe how a performance may suffer when the level of arousal is not at an appropriate level.

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

(iii) How does adrenalin affect the level of arousal?

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

(f) Fitness can be classified as Health Related or Skill Related.

(i) Describe **one** difference between these two types of fitness.

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





**Health, Safety and Training**

**B2 (a)** Protein is an important nutrient in a performer's diet. Explain **one** of its benefits.

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

**(b)** Describe **two** ways that misuse of the overload principle can result in reversibility in a weight training programme.

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

**(c)** Injuries are an accepted part of sport.

**(i)** Describe a sign and an area of the body where a strain injury may occur.

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

**(ii)** Describe **one** treatment that you could apply to this injury.

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





(f) Explain why different energy systems are used in the following running events.

100 metres

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

400 metres

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

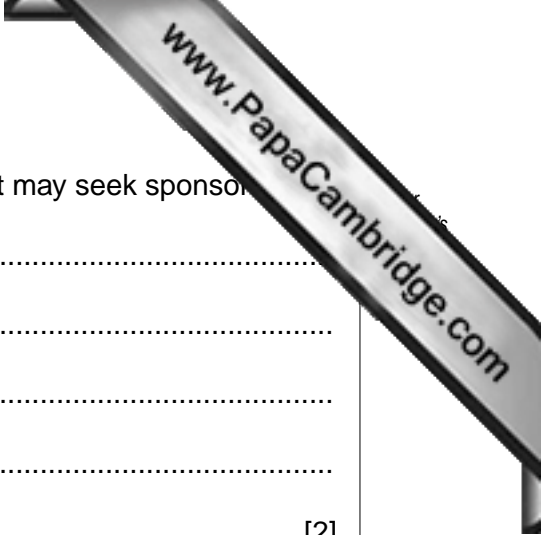
Marathon

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

[6]

[Total: 20]





(b) (i) Give **two** reasons why a person organising a tournament may seek sponsorship.

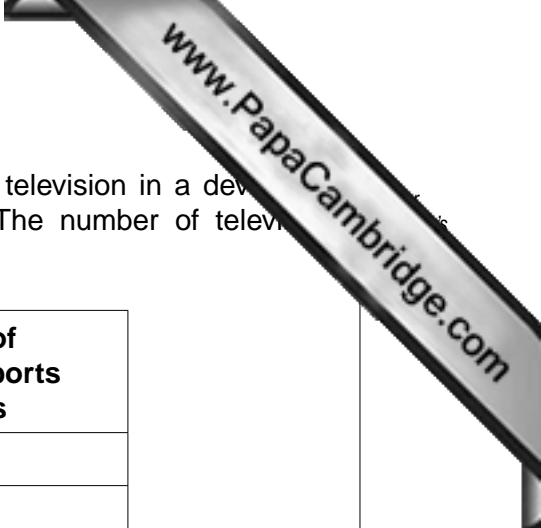
.....  
.....  
.....  
.....  
..... [2]

(ii) Companies are often approached to sponsor an event. Describe **two** reasons why they might refuse.

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

(iii) Give **one** benefit for the sponsor when providing sponsorship.

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



(c) The chart below shows the amount of sport shown on the television in a developed country in a typical week during 1981, 1990 and 2008. The number of television channels dedicated to sport is also shown.

	<b>Number of hours in a typical week on all channels</b>	<b>Number of dedicated sports channels</b>
1981	35.2	0
1990	52.5	1
2008	74.6	31

(i) Give reasons why there has been an increase in the amount of television coverage of sports.

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

(ii) How has this increase in television interest changed how some sports are played?

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

[Total: 15]



