



**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**

**0413/11**

Paper 1

**May/June 2018**

**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 Describe how an open skill differs from a closed skill.

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

2 Describe **one** benefit of a diet rich in fibre.

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

3 Suggest **one** social circumstance that can affect the participation of a young person in physical activity.

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

4 Describe **one** safety factor that should be considered before moving equipment in a gymnasium.

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

5 Suggest **one** reason why a performer may choose to take a banned diuretic.

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

6 State **one** reason why many private companies choose to run sports facilities.

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

7 Describe **two** examples of the skeleton providing protection for major organs.

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

[2]

8 Suggest **two** reasons why the media might demand changes to the rules of a sport.

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

[2]

9 Describe the aims of local sports clubs.

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

[3]

10 Describe **two** benefits of a named type of muscle fibre for a performer.

type of muscle fibre.....  
benefit 1.....  
.....  
benefit 2.....  
.....

[3]

11 An athlete performs well in training but then suffers a decline in performance when taking part in competitions.

Suggest reasons why.

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

[4]

[Total: 20]

**Section B**

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

**Unit 1 Factors affecting performance**

**12 (a)** Explain, using an example, what is meant by the term *intrinsic motivation*.

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

[2]

**(b)** State **three** ways a coach could make feedback more effective for a performer who is learning a new skill.

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

[3]

**(c)** Name the muscles that form an antagonistic pair at the knee and describe how they create movement.

muscles.....  
description.....  
.....  
.....  
.....  
.....  
.....

[3]

(d) Explain why the International Olympic Committee bans some types of drug.

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

(e) Suggest **four** negative effects on a performer of **not** setting appropriate goals for their training programme.

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

(f) Describe, using examples from a named sport, how **four** different components of health-related fitness benefit a performer.

sport.....  
component 1.....  
.....  
component 2.....  
.....  
component 3.....  
.....  
component 4.....  
..... [4]



**Unit 2 Health, safety and training**

**13 (a)** State **two** parts of the World Health Organization’s definition of health.

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

**(b)** Suggest **two** reasons why a warm up may be more important for a sprinter than for a long-distance runner.

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

**(c)** Ice is often used to treat soft tissue injuries.

Describe how ice should be applied and suggest **two** benefits it provides.

how to apply.....

benefit 1.....

benefit 2.....

..... [3]

**(d)** Explain how the body controls temperature.

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





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

**14 (a)** Describe **two** roles that are essential to running a local sports club.

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

[2]

**(b)** Suggest the possible effects of the media on a manager of a professional sports team.

.....  
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[3]

**(c)** Describe strategies many countries use to develop excellence in sport.

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[4]



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