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PHYSICAL EDUCATION

0413/11

Paper 1 Theory

May/June 2021

1 hour 45 minutes

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Answer **all** questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **16** pages. Any blank pages are indicated.

1 State **two** classifications of bones.

- 1
- 2 [2]

2 (a) Describe **two** requirements for each of the following:

good mental health and well-being

- 1
- 2

good social health and well-being.

- 1
- 2 [4]

(b) Carbohydrates are an important nutrient in a balanced diet.

(i) State **two** other nutrients and describe a different function of each nutrient.

- nutrient 1
- function
- nutrient 2
- function

(ii) Explain why different people may have different energy needs. [4]

-
-
-
- [2]

[Total: 10]

- 3 The photograph shows a volleyball match. Volleyball players require coordination, power and cardiovascular endurance/stamina.



- (a) Identify **three** components of fitness, other than coordination, power and cardiovascular endurance/stamina, that would benefit a volleyball player.

Describe an example of how each component is used in a volleyball match.

component of fitness 1

example

.....

component of fitness 2

example

.....

component of fitness 3

example

.....

[6]

- (b) (i) State a type of prohibited performance-enhancing drug (PED) that a volleyball player may choose to take and describe how this may enhance performance.

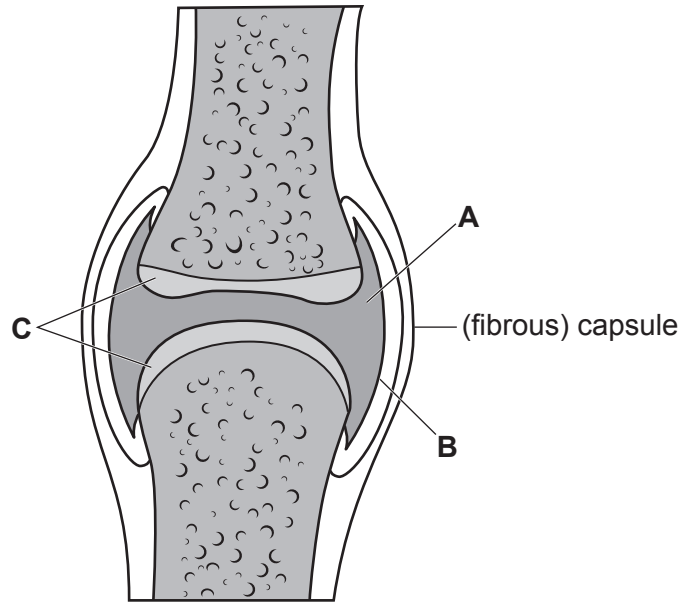
type of PED

description

.....

[2]

5 (a) The diagram shows a typical synovial joint.



Identify the components labelled **A**, **B** and **C**.

A

B

C

[3]

(b) Describe a named type of movement, other than rotation, that can occur at a ball and socket joint.

type of movement

description

.....

[2]

[Total: 5]

- 6 (a) Complete the table to compare the lumen size and wall thickness for the named blood vessels.

	lumen size	wall thickness
arteries		
capillaries		

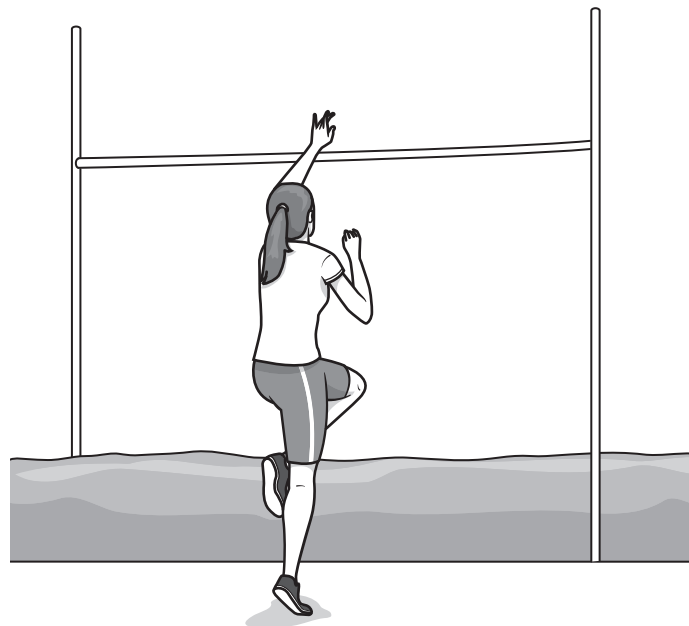
[4]

- (b) Describe **one** function of valves in the heart.

.....
 [1]

[Total: 5]

- 7 (a) The diagram shows an athlete performing a high jump. This requires power to be generated in the legs.



- (i) Define *power*.

.....
 [1]

- (ii) Describe **one** named plyometric exercise that can be used to develop power in the legs.

name of exercise

description

..... [2]

(iv) Describe how a ligament injury could be caused at the ankle. Explain a named treatment for this injury.

cause of injury

.....

treatment

explanation

.....

[3]

[Total: 15]

8 Describe, using examples from a named physical activity, how technology has had a different positive effect on officials, performers and the audience/spectators.

physical activity

officials

.....

performers

.....

the audience/spectators

.....

[3]

9 (a) Knowledge of performance is a type of feedback that can improve performance.

Describe **two** other advantages for a performer of knowledge of performance.

advantage 1

.....

advantage 2

.....

[2]

(b) Suggest why extrinsic feedback may be of greater benefit than intrinsic feedback for a performer trying to learn a skill during the cognitive stage of learning.

.....

.....

.....

.....

[2]

[Total: 4]

10 Suggest advantages and disadvantages for sport of increased income from television.

advantages

.....

.....

.....

.....

.....

disadvantages

.....

.....

.....

.....

.....

[6]

11 Sketch and label a third-class lever.

[2]

12 (a) Complete the table to identify **two** types of guidance and describe a different benefit of each type of guidance for a learner.

type of guidance	benefit

[4]

(b) A performer decides to set the following target:

- improving their 100-metre time.

Identify **three** principles of SMARTER goal-setting that are **not** met by this target. Justify each of your answers.

principle 1

justification

.....

principle 2

justification

.....

principle 3

justification

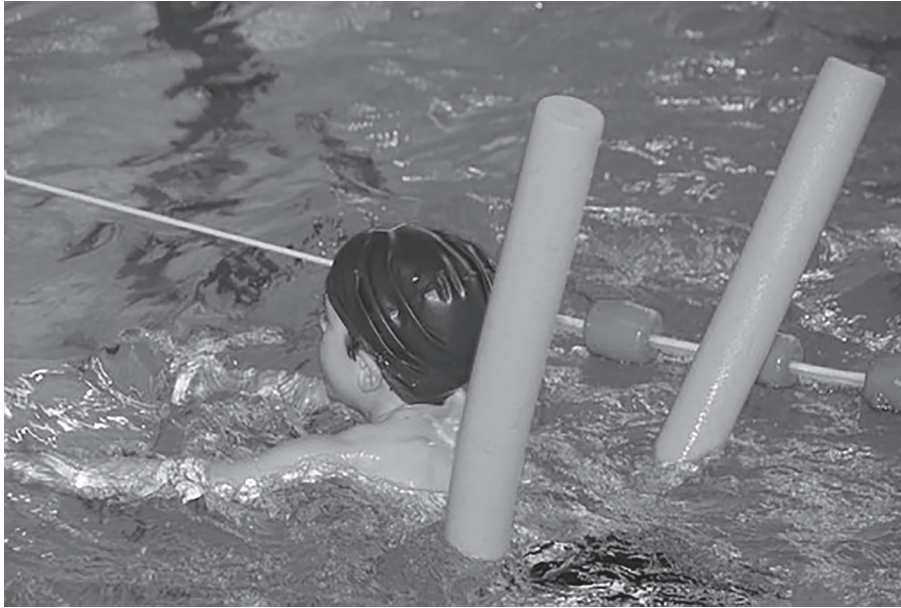
.....

[6]

[Total: 10]

13 The photograph shows a person learning to swim in a swimming pool.

learning to swim



(a) Describe **two** possible perceived risks for the person learning to swim.

perceived risk 1

.....

perceived risk 2

.....

[2]

(b) Describe **two** real risks for swimmers at a swimming pool and describe a strategy to reduce each risk.

real risk 1

.....

strategy

.....

real risk 2

.....

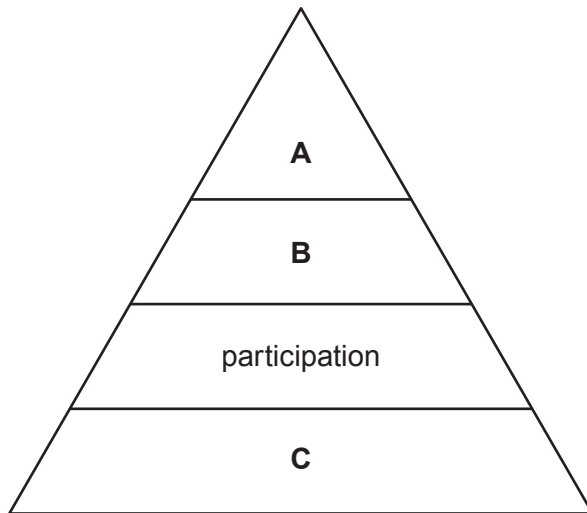
strategy

.....

[4]

[Total: 6]

14 The diagram shows a sports development pyramid.



(a) Identify the levels labelled **A**, **B** and **C**.

A

B

C

[3]

(b) Describe **three** characteristics of the participation level of the sports development pyramid.

1

.....

2

.....

3

.....

[3]

[Total: 6]

15 (a) Describe **four** short-term effects of exercise.

- 1
- 2
- 3
- 4 [4]

(b) (i) Describe **two** different examples from a named games activity when a performer's energy demand is mainly anaerobic.

- games activity
- example 1
-
- example 2
- [2]

(ii) Outline how energy is released during anaerobic respiration.

-
- [2]

(c) Describe how **two** factors may affect recovery after exercise.

- 1
-
- 2
- [2]

[Total: 10]

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