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0413/11

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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.....

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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]

- (g)** Explain how changes to the efficiency of the circulatory and respiratory systems that result from exercise can benefit a performer.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

[6]

[Total: 25]

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]

- (e) Describe, using examples from a named outdoor and adventurous activity, the safety arrangements that a group leader should consider immediately before the activity.

outdoor and adventurous activity.....

safety arrangements.....

.....

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[4]

- (f) Explain, using examples, how **two** named training methods may provide benefits for a games player.

training method 1.....

benefits.....

.....

.....

.....

.....

.....

training method 2.....

benefits.....

.....

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[6]

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

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

.....

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.....

[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]

- (d)** The table shows the number of women that have taken part in some Olympic Games since 1960.

year of Olympic Games	number of women who participated
1960	611
1972	1059
1984	1566
1996	3512
2008	4637

Suggest reasons why there has been an increase in the number of women taking part in the Olympic Games since 1960.

[illegible]

[6]

[Total: 15]

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