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0413/12

October/November 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 **14** printed pages and **2** blank pages.



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Section A

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

- 1** Describe **one** benefit of effective feedback for a performer.
.....
..... [1]
- 2** Describe how participating in physical activity helps a performer's mental well-being.
.....
..... [1]
- 3** Describe **one** factor that determines what people do during their leisure time.
.....
..... [1]
- 4** Describe **one** cause of an increase in a performer's level of arousal.
.....
..... [1]
- 5** Name **one** food source rich in protein.
..... [1]
- 6** Suggest **one** possible disadvantage of being an amateur when competing at the Olympic Games.
.....
..... [1]

- 7 Complete the table to show a description of how each type of movement is used in different named physical activities.

type of movement	physical activity	description of how used
adduction	swimming	pulling the arms towards the body in a breaststroke action
abduction		
extension		

[2]

- 8 Describe **two** dangers of performing when tired.

.....

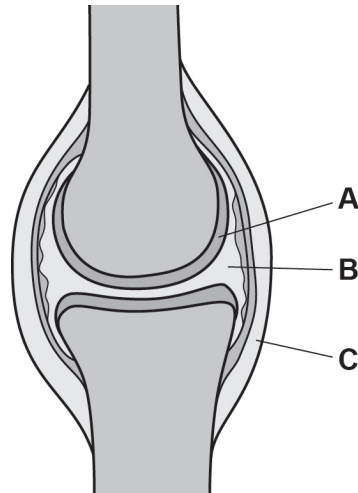
.....

.....

.....

[2]

- 9 The diagram shows a typical synovial joint.



Name the components labelled **A**, **B** and **C** and describe a function of each component.

A

function.....

.....

B

function.....

.....

C

function.....

.....

[3]

- 10 Explain how the body controls its temperature in hot conditions.

.....

.....

.....

.....

.....

.....

[3]

11 Suggest reasons why some countries choose **not** to host global events.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 20]

Section B

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

Unit 1 Factors affecting performance

12 (a) Describe the role of synergists.

.....
.....

[1]

(b) State **two** reasons why passing a ball in a team game is classed as an open skill.

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

[2]

(c) Suggest **three** reasons why a performer may have high levels of intrinsic motivation.

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

[3]

- (d) State **two** physical activities where it may be an advantage to be an extreme endomorph. Describe **two** different advantages of being an extreme endomorph in each physical activity.

physical activity 1.....

advantage 1.....

.....

advantage 2.....

.....

physical activity 2.....

advantage 1.....

.....

advantage 2.....

.....

[4]

- (e) (i) Explain the benefits that a performer may gain from taking a banned anxiety-reducing drug.

.....

.....

.....

.....

[2]

- (ii) Describe **three** possible negative effects on the body of taking anxiety-reducing drugs.

.....

.....

.....

.....

.....

.....

[3]

(f) Name the **two** bones that form each of the following joints.

shoulder joint

bone 1.....

bone 2.....

knee joint

bone 1.....

bone 2..... [2]

(g) Synovial joints are freely movable.

State **two** other types of joint and describe how each type of joint benefits a performer.

type of joint 1.....

benefit.....

.....

type of joint 2.....

benefit.....

..... [2]

- (h) Explain the benefit of **three** different components of skill-related fitness in a named physical activity.

physical activity.....

component 1.....

benefit.....

.....

.....

component 2.....

benefit.....

.....

.....

component 3.....

benefit.....

.....

..... [6]

[Total: 25]

Unit 2 Health, safety and training

- 13 (a) State **two** features of social well-being.

.....

.....

.....

..... [2]

- (b) Injuries in sport can vary from simple to very severe.

Describe **one** simple and **one** severe injury that may occur in a named physical activity.

physical activity.....

simple injury.....

.....

severe injury.....

..... [2]

- (c) Suggest differences between the dietary requirements of performers in endurance activities and power activities.

.....

.....

.....

.....

.....

..... [3]

- (d) Suggest the safety precautions that should be taken by a teacher of a group of students who are taking part in a swimming activity.

.....

.....

.....

.....

.....

..... [3]

- (e) Explain how **two** training methods could be used to benefit a performer in a named physical activity.

physical activity.....

training method 1.....

.....

.....

.....

training method 2.....

.....

.....

..... [4]

- (f) (i) Describe some of the benefits that regular anaerobic training may provide to a performer.

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

- (ii) Suggest **two** possible disadvantages for a performer of only using anaerobic training methods.

.....

.....

.....

..... [2]

[Total: 20]

Unit 3 Reasons and opportunities for participation in physical activity

- 14 (a)** Suggest **two** ways young people may be influenced when choosing a physical activity.

.....

.....

.....

..... [2]

- (b)** Describe the advantages to a community of a sports facility being run and controlled by a local authority rather than by a private company.

.....

.....

.....

.....

.....

..... [3]

- (c)** Explain the benefits for viewers of increasing television coverage of sports events.

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.....

.....

.....

.....

..... [4]

- (d)** Suggest reasons why there has been a large increase in participation at recent disability games, such as the Paralympics.

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: 15]

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