* 0000800000001 *

Cambridge Assessment International Education

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CANDIDATE NAME

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PHYSICAL EDUCATION **0413/11**

Paper 1 Theory **October/November 2024**

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.

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1 **(a)** The photograph shows a swimming coach and a performer who is learning to swim front crawl.

Identify the stage of learning of the performer who is learning to swim front crawl in the photograph. Describe **three** different characteristics of a performer at this stage of learning.

stage of learning .....

characteristic 1 .....

.....

characteristic 2 .....

.....

characteristic 3 .....

.....

[4]

(b) A swimming coach may use different types of guidance to help swimmers.

Identify **three** types of guidance. Describe an example from swimming of the use of each type of guidance.

type of guidance 1 .....

example .....

.....

type of guidance 2 .....

example .....

.....

type of guidance 3 .....

example .....

.....

[6]

[Total: 10]

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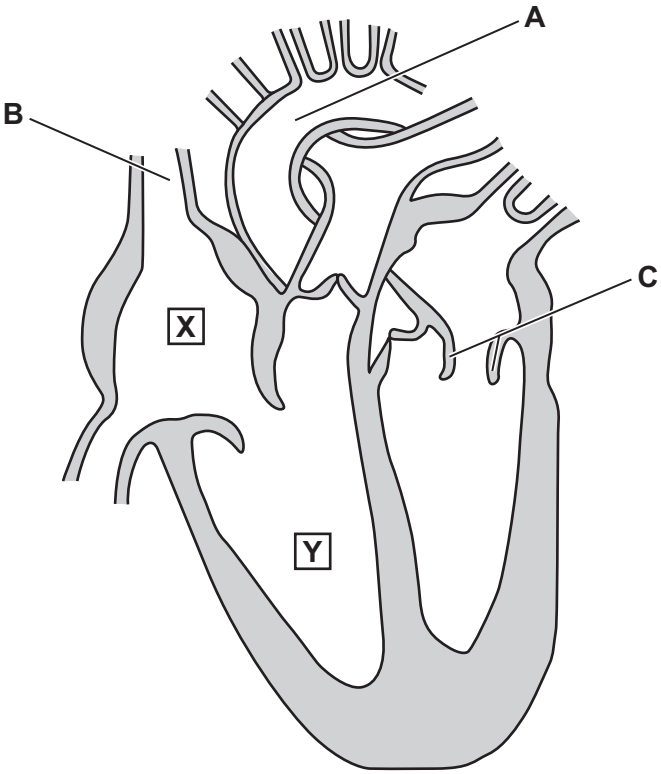
2 The diagram shows the structure of the heart.



(a) **(i)** State the name of the blood vessels labelled **A** and **B**.

A .....

B .....

[2]

(ii) Describe **three** differences between the type of blood vessels labelled **A** and **B**.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

(b) Identify the following parts of the heart:

X .....

Y. .....

[2]

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(c) Identify the structure of the heart labelled **C**. Describe the function of this structure.

structure .....

function .....
[2]

(d) Describe **two** long-term effects of exercise on the heart.

1 .....

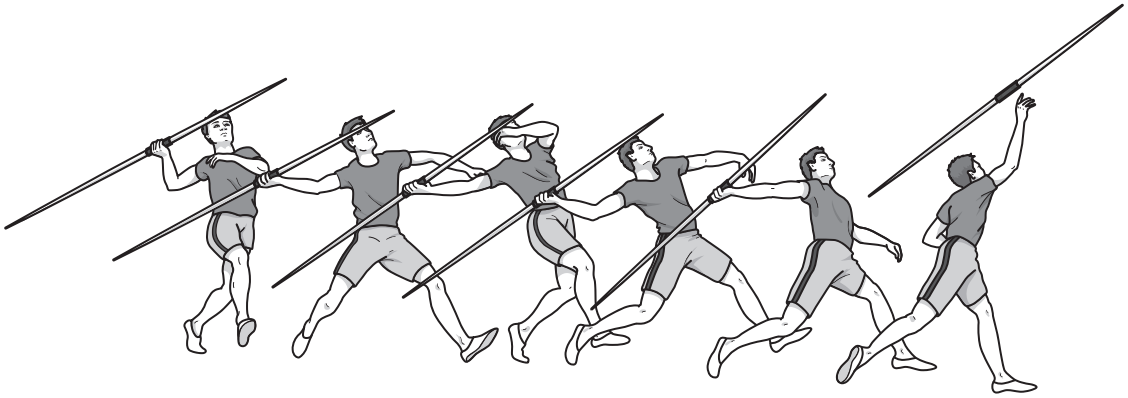
.....

2 .....

.....
[2]

[Total: 11]

3 The diagram shows the different stages of a javelin throw.



A **B**

Identify **three** forces that act on the javelin during the stages from **A** to **B**.

1 .....

2 .....

3 .....
[3]

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4 The photograph shows a basketball coach and disabled players in a practice session.

(a) Identify **two** types of feedback that the basketball coach can provide during the practice session. Describe a different example of how each type of feedback can be provided by the basketball coach.

type of feedback 1 .....

description of example .....

.....

type of feedback 2 .....

description of example .....

.....
[4]

(b) Explain why it is important that a coach provides feedback during a practice session.

.....

.....

.....

..... [2]

(c) Disability is one factor that can affect access to physical activity.

Identify **two** other factors that can affect access to physical activity.

1 .....

2 .....
[2]

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(d) For each of the following, suggest **two** strategies that can be used to increase participation of disabled basketball players:

promotion

1 .....

.....

2 .....

.....

provision

1 .....

.....

2 .....

.....

access.

1 .....

.....

2 .....

.....

[6]

[Total: 14]

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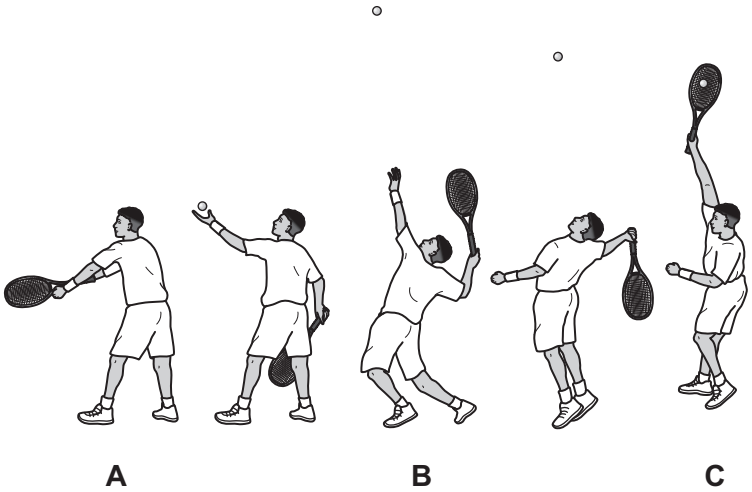
5 The diagram shows a tennis serve.



(a) Identify the type of movement taking place:

from **A** to **B** at the performer's left knee .....

from **A** to **B** at the performer's left shoulder .....

from **B** to **C** at the performer's right elbow. .....

[3]

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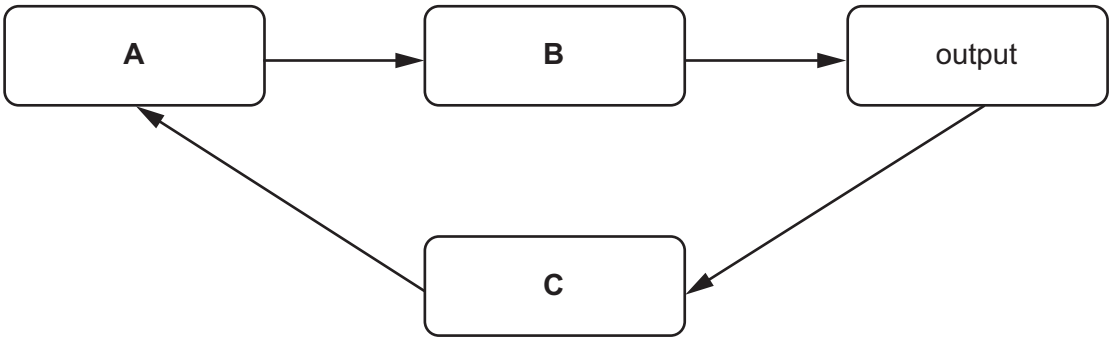
(b) The diagram shows a basic information processing model.



Identify stages **A**, **B** and **C**. Describe a specific example of each of these stages from serving in tennis.

A .....

description .....

.....

B .....

description .....

.....

C .....

description .....

.....

[6]

(c) Use some of the words in the table to complete the respiration equations to show how energy is released.

oxygen	lactic acid	arousal
EPOC	glycogen	water
VO_2 max	oxygen debt	tidal volume

(i) glucose + ... → carbon dioxide + ... [2]

(ii) glucose → ..... [1]

(d) State the main type of respiration taking place:

during a tennis serve .....

when taking part in a long tennis rally. .....

[2]

[Total: 14]

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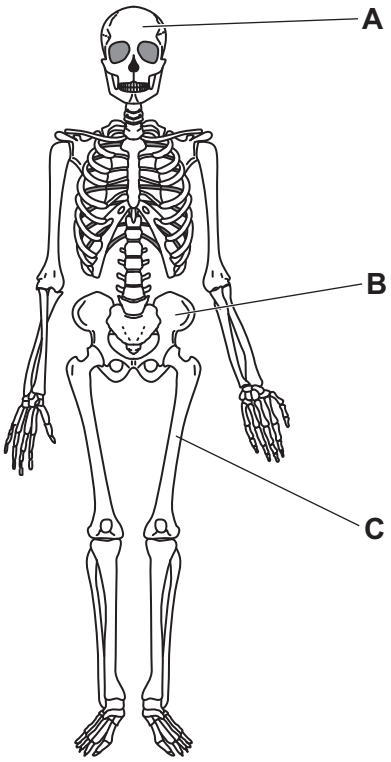
6 The diagram shows the human skeleton.



(a) Complete the table to name and classify the bones labelled **A**, **B** and **C**.

bone	name	classification
A		
B		
C		

[6]

(b) Identify **three** different functions of bones in the skeleton.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

[Total: 9]

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7 **(a)** Brazil has hosted the Olympic Games and the FIFA World Cup, which are global events. This resulted in an increase in tourism to Brazil.

Other than an increase in tourism, suggest **three** different advantages of hosting a global event.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

(b) Sponsorship can have advantages and disadvantages for sports teams.

Describe **two** ways that sponsorship can be a disadvantage for a sports team.

1 .....

.....

2 .....

.....

[2]

[Total: 5]

8 **(a)** Identify the scale that a performer can use to measure the intensity of their fartlek training.

..... [1]

(b) Describe **two** short-term effects of exercise on the skin when a performer participates in fartlek training.

1 .....

.....

2 .....

.....

[2]

[Total: 3]

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9 The diagram shows a performer using a specific method of training.

(a) Identify the method of training being used in the diagram.

..... [1]

(b) The person standing up in the diagram helps to ensure the safety of the performer.

State the name of the role of the person standing up in the diagram.

..... [1]

(c) Describe **two** different advantages and **two** different disadvantages of the method of training being used in the diagram.

advantage 1 .....

.....

advantage 2 .....

.....

disadvantage 1 .....

.....

disadvantage 2 .....

.....

[4]

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(d) The photographs show a training exercise.

A

B

Describe the antagonistic muscle action during the movement from **A** to **B**.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 10]

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10 **(a)** State **three** different minor injuries.

1 .....

2 .....

3 .....
[3]

(b) Other than clothing and footwear, suggest **two** examples of protective equipment.

1 .....

2 .....
[2]

(c) The RICE method can be used to treat some sports injuries.

Identify what each part of the RICE method stands for. Give a different reason why each part helps treat an injury.

R .....

reason .....

.....

I .....

reason .....

.....

C .....

reason .....

.....

E .....

reason .....

.....
[8]

[Total: 13]

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11 For each of the following, identify the most suitable level of the sports development pyramid:

a hockey player representing their country in the Olympic Games

.....

a young child who has never played badminton before taking part in a fun community session

.....

a gymnast regularly competing for their local club.

.....
[3]

12 **(a)** Radio is one type of media coverage.

Describe **two** advantages and **two** disadvantages of this type of media coverage for an audience.

advantage 1 .....

.....

advantage 2 .....

.....

disadvantage 1 .....

.....

disadvantage 2 .....

.....
[4]

(b) Other than radio, state **one** type of media coverage.

..... [1]

[Total: 5]

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