



CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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0413/11

October/November 2020

1 hour 45 minutes

You must answer on the question paper.

No additional materials are needed.

- 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.

- 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 **20** pages. Blank pages are indicated.

1 State **two** muscle fibre types.

1

2 [2]

2 (a) Name a global sporting event.

..... [1]

(b) Describe the advantages of being the host nation of a global event.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

[Total: 6]

- 3 (a) Describe examples of mechanical guidance in **two** different physical activities.

physical activity 1

example 1

.....

physical activity 2

example 2

.....

[2]

- (b) (i) Identify the first stage and the final stage of learning.

first stage

final stage

[2]

- (ii) Suggest how the way a coach gives feedback may differ between performers in the first stage of learning and performers in the final stage of learning.

.....

.....

.....

.....

.....

..... [3]

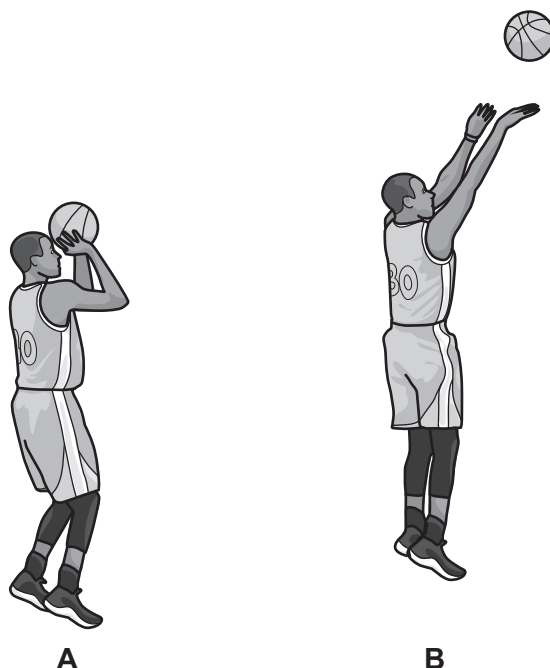
- (iii) State how intrinsic feedback benefits a performer in the final stage of learning.

.....

..... [1]

[Total: 8]

- 4 (a)** The diagrams show a basketball player at different stages of shooting.



- (i) State the type of movement that occurs from diagram **A** to diagram **B** at each of the following joints:

shoulder joint

elbow joint.

[2]

- (ii) Describe the antagonistic muscle action that creates the type of movement occurring at the elbow joint from diagram **A** to diagram **B**.

..... [4

(b) (i) Name the type of synovial joint at each of the following:

shoulder joint

elbow joint.

[2]

(ii) Name **three** components of a synovial joint and describe a different function of each component.

component 1

function

.....

component 2

function

.....

component 3

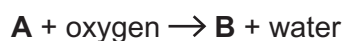
function

.....

[6]

[Total: 14]

- 5 (a) The equation summarises how energy is released by aerobic respiration.



Name substances **A** and **B**.

A

B

[2]

- (b) Name **one** physical activity that uses mainly aerobic respiration and **one** physical activity that uses mainly anaerobic respiration. Give **two** justifications for each physical activity.

mainly aerobic respiration

physical activity

justification 1

.....

justification 2

.....

mainly anaerobic respiration

physical activity

justification 1

.....

justification 2

.....

[4]

[Total: 6]

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- 6 (a) The photograph shows a table tennis player.



- (i) Describe how each of the following stages of information processing affect the movements made by the player:

input

.....

decision making

.....

feedback.

.....

[3]

- (ii) Explain the concept of the single-channel hypothesis and how it might affect the table tennis player.

.....

.....

.....

.....

.....

..... [2]

- (b) Describe **two** differences between short-term memory and long-term memory.

1

.....

2

.....

[2]

[Total: 7]

- 7 Describe **three** ways the recreational activities a young person takes part in may be influenced by their family.

1

.....

2

.....

3

.....

[3]

- 8 The table shows a training session for a performer trying to improve their fitness.

training session
warm up, followed by:
1 minute of jogging on the spot
1 minute of wall push-ups
1 minute of jumping jacks
1 minute of shuttle runs
1 minute of static cycling
1 minute of sit-ups
1 minute of leg raises
1 minute of walking lunges
1 minute of skipping with a rope
1 minute of rest then repeat the exercises
then cool down
Complete the training session once per week for 3 weeks.

- (a) Identify the training method shown in the table.

..... [1]

- (b) Suggest **two** reasons why this training method should benefit a performer trying to improve their fitness.

1

.....

2

.....

[2]

- (c) Describe how **three** named principles of overload could be applied to the training programme shown.

principle 1

application

.....

principle 2

application

.....

principle 3

application

.....

[6]

- (d) State **three** dangers of overtraining for the performer.

1

2

3

[3]

[Total: 12]

- 9 (a) Describe the role of each of the following structures in the pathway of blood through the heart:

vena cava

.....

pulmonary vein

.....

aorta

.....

pulmonary artery.

.....

[4]

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

1

.....

2

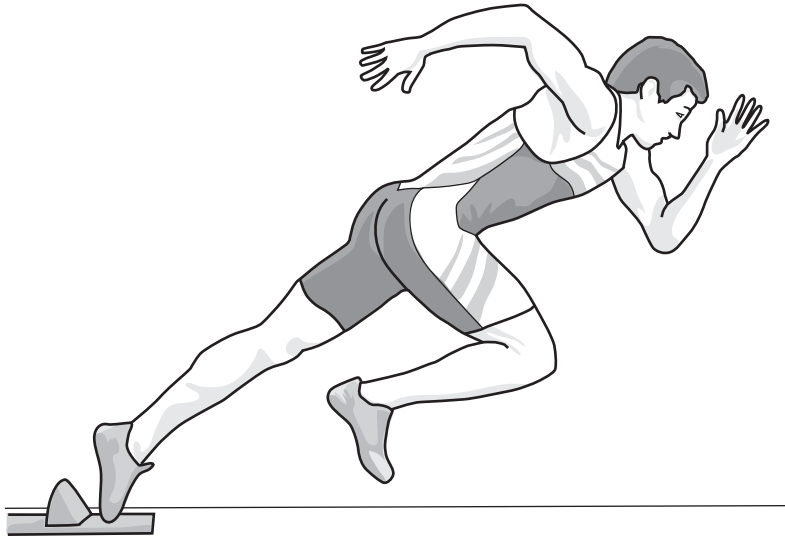
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[2]

[Total: 6]

10 (a) The diagram shows a sprinter at the start of a race.

(i) Draw an **X** on the diagram to show the location of a gastrocnemius muscle.



[1]

(ii) Identify **two** forces and explain how each force acts on the sprinter as they start the race.

force 1

explanation

.....

force 2

explanation

.....

[4]

(b) Describe **three** benefits for a sprinter of a warm up.

1

.....

2

.....

3

.....

[3]

[Total: 8]

11 Tendon injuries can occur when participating in physical activities.

(a) Describe **one** function of a tendon.

.....
 [1]

(b) Describe **two** possible causes of a tendon injury during physical activity.

1

 2
 [2]

(c) The RICE method of treatment is often used to treat tendon injuries.

Describe a different benefit that each of the following parts of the RICE method provides:

rest

 ice

 compression.
 [3]

[Total: 6]

- 12** Complete the table to show different types of prohibited performance-enhancing drug (PED) and a different benefit of each type of PED on performance for each physical activity.

physical activity	type of PED	benefit on performance
shot put		
golf		
sprinting		

[6]

- 13 (a) Describe what is meant by the term $VO_2 \text{ max}$.

.....

.....

.....

..... [2]

- (b) The table shows the $VO_2 \text{ max}$ for some inactive people and for some performers in certain physical activities.

activity	inactive		distance runner		shot putter	
gender	male	female	male	female	male	female
$VO_2 \text{ max}$ /ml per kg per minute	56.0	40.4	76.5	68.0	56.0	41.0

- (i) Identify the individual with the highest $VO_2 \text{ max}$.

individual's gender

individual's activity

[1]

- (ii) Suggest **one** reason why the inactive individuals and the shot putters have similar $VO_2 \text{ max}$ levels.

.....

..... [1]

- (c) State **three** factors, other than gender, that affect $VO_2 \text{ max}$ levels.

1

2

3

[3]

[Total: 7]

- 14 (a)** Describe, from a named physical activity, examples of each of the following characteristics of a skilled performance.

physical activity

fluent

.....

consistent

.....

accurate

.....

goal-directed

.....

[4]

- (b)** Describe an example of an open skill and an example of a closed skill in a named physical activity.

physical activity

open skill

.....

closed skill

.....

[2]

[Total: 6]

15 SMARTER goals should be measurable.

(a) Name **two** other goal-setting principles.

1

2

[2]

(b) Give an example of a measurable goal in a named physical activity.

physical activity

example

.....

[1]

[Total: 3]

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