

**Practical Examination (40%)**

1. Physical Fitness (13 $\frac{1}{3}$ %)
  - a. Pull-up
  - b. Sit-up
  - c. 1 mile run
  - d. Sit and Reach
  
2. Ball Games Skill (1 out of 5) (13 $\frac{1}{3}$ %)
  - a. Basketball
  - b. Volleyball
  - c. Football
  - d. Badminton
  - e. Table-tennis
  
3. Individual events (1 out of 2) (13 $\frac{1}{3}$ %)
  - a. Athletics
  - b. Swimming

**Written Examination (60%)**

Chapter 1 - Physiological Basis for Exercise and sports Training

- Energy system in human body
- Physiological factors affecting sports performance
- Basic principles and important points of training
- Different training methods
- Training and detraining effects
- Planning of training programmes
- Training for different targets

Chapter 2 – Human Body

- Growth and Development
- Skeletal System
- Nervous System
- Muscular System
- Cardiovascular System
- Respiratory System
- Energy System

### Chapter 3 – Sports and Recreation Management

- Competition Systems
- Program Planning
- Risk Management
- Legal Issues

### Chapter 4 – Sports Injuries, Treatment and Precautions

- Factors leading to sports injuries
- Common sports injuries
- Treatments
- Prevention of sports injuries

### Chapter 5 – Movement Analysis

- Newton's Laws of Motion
- Momentum and Impulse
- Centre of Gravity
- Moment
- Different types of movements

### Chapter 6 - Physical Education, Sport, Recreation, Leisure and Wellness: History and Recent Development

- Roles and values of physical education, sport, recreation and leisure
- Physical education in Hong Kong
- Sports, Leisure and Recreation in Hong Kong

### Chapter 7 - Fitness and Nutrition for Health and Performance in Physical Activities

- Health and Fitness
- Food and Nutrition
- Weight Control
- Healthy Lifestyle
- Role of physical activities in the prevention of non-communicable diseases

### Chapter 8 - Social Aspects of PE, Sport and Recreation

- Olympic and Olympism
- International organizations, major games and major international competitions
- China's sporting culture
- Sport and society
- Factors influencing participation in sport and recreation

### Chapter 9 - Psychological Skills for PE, Sport and Recreation

- Learning theories in motor learning
- Psychological factors affecting performance
- Stress management in sport