

# Sir Ellis Kadoorie Secondary School (West Kowloon)

## HKDSE Physical Education

### First Term Exam Syllabus

	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>V</b>	<b>VI</b>	<b>VII</b>	<b>VIII</b>	<b>IX</b>
S.4		✓							✓
S.5	✓			✓					
S.6	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part I: Physical Education , Sport, Recreation, Leisure and Wellness: History and Recent Development

Part II: Human Body

Part III: Movement Analysis

Part IV: Fitness and nutrition for health and performance in physical activities

Part V: Physiological Basis for Exercise and Sports Training

Part VI: Sports Injuries, Treatment and Precautions.

Parts VII: Psychological Skills for PE, Sports and Recreation

Part VIII: Social Aspects of PE, Sport and Recreation

Part IX: Sport and Recreational Management