

SIR ELLIS KADOORIE SECONDARY SCHOOL (WEST KOWLOON)

S5 HKDSE PE Yearly Exam Syllabus

2018/2019

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

- A. Definitions and terminology
- B. Roles and values of physical education, sport, recreation and leisure
- C. Physical education in Hong Kong
- D. Sport, recreation and leisure in Hong Kong

Chapter 2

- A. Growth and Development
- B. Skeletal System
- C. Nervous System
- D. Muscular System
- E. Cardiovascular System
- F. Respiratory System

Chapter 3

- A. Newton's 3 Laws of Motion
- B. Momentum and Impulse
- C. Centre of Gravity
- D. Moment
- E. Different types of movements

Chapter 4

- A. Components of health
- B. Definition of physical fitness
- C. Components and measurement of health-related physical fitness
- D. Components and measurement of sport-related fitness
- E. Food and nutrition
- F. Weight control
- G. Healthy behaviour

Chapter 5

- A. Energy systems in human body
- B. Factors affecting sports performance
- C. Aerobic Training
- D. Anaerobic Training
- E. 5 Principles of Training
- F. FITT Principle
- G. Training Methods
- H. Training and Detraining Effects

Chapter 6

- A. Factors leading to sports injuries
- B. Common sports injuries
- C. Treatments
- D. Prevention of sports injuries

Chapter 7

- A. Application of learning theories in motor learning
- B. Psychological factors affecting performance
- C. Application of stress management in sport

Chapter 9

- A. Competition Systems
- B. Program Planning
- C. Liability and negligence in PE and Sports Activities