

**SIR ELLIS KADOORIE SECONDARY SCHOOL (WEST KOWLOON)**  
**S4 HKDSE PE Yearly Exam Syllabus**  
**2019/2020**

**Practical Examination (40%)**

1. **Physical Fitness** (40%)
- a. Pull-up
  - b. Sit-up
  - c. 1 mile run
  - d. Sit and reach

**Written Examination (60%)**

**Chapter 2**

- A. Growth and development
- B. Skeletal system
- C. Nervous system
- D. Muscular system
- E. Cardiovascular system
- F. Respiratory system
- G. Energy system

**Chapter 5**

- A. Factors affecting performance
- B. Concepts and principles of training
- C. Training methods
- D. Training and detraining effects

**Chapter 6**

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

**Chapter 9**

- A. Concepts of sport and recreation management
- B. Programme organization
- C. Legal issues regarding PE, sport and recreation

**SIR ELLIS KADOORIE SECONDARY SCHOOL (WEST KOWLOON)**  
**S5 HKDSE PE Yearly Exam Syllabus**  
**2019/2020**

**Practical Examination (40%)**

1. **Physical Fitness** (40%)
- a. Pull-up
  - b. Sit-up
  - c. 1 mile run
  - d. Sit and reach

**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 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 behavior
- H. Role of physical activities in the prevention of non-communicable diseases

**Chapter 5**

- A. Factors affecting performance
- B. Concepts and principles of training
- C. Training methods
- D. Training and detraining effects

**Chapter 7**

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