

Sir Ellis Kadoorie Secondary School (West Kowloon)

HKDSE Physical Education

First Term Exam Syllabus

	I	II	III	IV	V	VI	VII	VIII	IX
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