

## **PHYSICAL EDUCATION**

### **AIMS**

1. To enable candidates to develop knowledge and understanding of human performance through physical activity.
2. To enable candidates to acquire knowledge, techniques, skills and an appreciation of aesthetic aspect in a variety of selected physical activities.
3. To enable candidates to develop an awareness of safe and responsible participation in a variety of selected physical activities.
4. To educate candidates in the role and value of physical education.
5. To enable candidates to understand the relationship between physical activity, physical fitness and general health.
6. To enable candidates to understand the role and organization of leisure in society and the social value of physical activity, and its contribution to the development of personal attributes and attitudes, social qualities and sportsmanship.
7. To enable candidates to acquire a sound basis for further study in the fields of physical education, recreation and sports science, and provide information to guide their future participation in physical activity.

### **OBJECTIVES**

#### **A. Practical (45%)**

Candidates are required to demonstrate:

1. competence in two selected physical activities, one from each of the two categories as follows: (15% x 2)
  - (i) badminton, basketball, football, table tennis, volleyball;
  - (ii) athletics, gymnastics, swimming.
2. the level of physical fitness attained (15%)

**B. Theoretical (55%)**

Candidates are required to:

1. Display a knowledge and understanding of laws, rules, regulations, strategies and safety factors of the selected activities. (Aims 1, 2 and 3) (15%)
2. Display a knowledge of the scientific basis of physical activity, and the relationship between physical activity, physical fitness and general health. (Aims 1 and 5) (20%)
3. Display an understanding of the role and value of physical education, the organization of leisure in society, the social and ethical value of physical activity, and a knowledge of opportunities for participation. (Aims 4, 6 and 7) (20%)

**THE EXAMINATION**

**Paper 1 — Practical (45%)**

1. Assessment of two selected physical activities, one from each of the two categories listed in Objective A.1.
2. A physical fitness test.

**Paper 2 — Theoretical (2½ hours) (55%)**

This paper consists of three sections with each section reflecting the objectives listed under Objective B.

**NOTE:** Unless candidates are notified by the HKEAA at the beginning of the academic year in September, existing rules and regulations for various physical activities will apply for the examination held later that same academic year.

## THE SYLLABUS

### Paper 1 Practical (45%)

Each candidate is assessed in two selected physical activities, one from each of the two categories listed in Objective A.1, and a physical fitness test.

#### Category (i)

*Badminton* (shuttlecock speed : 49)

1. Service
  - a. High service
  - b. Low service
2. Forehand strokes
  - a. Clear
  - b. Smash
  - c. Drop
  - d. Net shot
  - e. Underarm clear
  - f. Around-the-head stroke
  - g. Half smash
  - h. Drive
  - i. Push
3. Backhand strokes
  - a. Clear
  - b. Net shot
  - c. Underarm clear
  - d. Drive
  - e. Push
  - f. Drop
4. Footwork — six-points footwork
5. Doubles and singles
  - a. Receive and serve
  - b. Formations during the rally
6. Combinations of strokes and footwork

## *Basketball*

1. Passing
  - a. Two-handed chest pass
  - b. Two-handed bounce pass
  - c. One-handed bounce pass
  - d. Two-handed overhead pass
  - e. One-handed push pass
  - f. One-handed shoulder pass
2. Receiving
  - a. Stance, move to meet the ball
  - b. Receiving passes listed in item 1 above
3. Dribbling
  - a. High dribble
  - b. Low dribble
  - c. Change-of-direction dribble (cross-over dribble)
4. Footwork
  - a. Basic footwork
    - (1) Jumping and landing
    - (2) Change-of-direction
    - (3) Two-foot jump stop
    - (4) Stride stop
    - (5) Pivot
  - b. Defensive footwork
    - (1) Stance
    - (2) Sliding
    - (3) Guarding dribbler
    - (4) Guarding passer
    - (5) Guarding receiver
5. Shooting
  - a. Two-handed set shot
  - b. One-handed set shot (foul shot)
  - c. Lay-up shot — one-handed overhand
  - d. Lay-up shot — one-handed underhand
  - e. Jump shot

6. Combinations of basic skills
7. Offence
  - a. One-to-one — emphasize the individual attacking skills such as faking, feinting and drive in
  - b. Fast break
    - (1) 2 on 1 drill
    - (2) 3 on 2 drill
  - c. Cutting — give and go
  - d. Screening in 2's — pick screen (side-screen)
  - e. Screening in 3's — screen off the ball (side-screen)
  - f. Moving the ball to attack the zone defence
  - g. Applying simple screening as in items d and e to attack the man-to-man defence
8. Defence
  - a. Individual defence
    - (1) Boxing out
    - (2) Defensive rebound
    - (3) Guarding shooter
  - b. Team defence
    - (1) Half court press
    - (2) Zone defence
      - (i) 3—2
      - (ii) 2—1—2

*Football*

1. Passing and shooting
  - a. Short ground passes and shots, including penalty
    - (1) Inside of the foot
    - (2) Outside of the foot
    - (3) Instep

- b. Long lobbed pass and chip pass
  - c. Long shots
  - d. Volley passes and shots
    - (1) Inside of the foot
    - (2) Instep
2. Controlling
- a. Ground ball
    - (1) Inside of the foot
    - (2) Outside of the foot
    - (3) Bottom of the foot
  - b. High dropping or bouncing ball
    - (1) Bottom of the foot
    - (2) Inside of the foot
    - (3) Outside of the foot
    - (4) Instep
    - (5) Thigh, chest and head
3. Running with the ball and dribbling
- a. The inside and outside of the foot
  - b. Feinting and selling a dummy
4. Tackling
- a. Front block tackling
  - b. Side block tackling
5. Heading
- a. While standing
  - b. While in the air
  - c. For goal and for clearance
6. Goal keeping
- a. Catch and save ground shots
  - b. Catch and save knee to chest high shots
  - c. Catch and save high shots and crosses
  - d. Punching
  - e. Narrowing shooting angles

7. Combinations of basic skills
8. Game situation
  - a. Small group attack
    - (1) The wall pass penetration
    - (2) The through-pass penetration
    - (3) Cross passes from wings
  - b. Small group defence
  - c. Set plays
    - (1) Kick-off
    - (2) Goal-kick
    - (3) Corner-kick
    - (4) Throw-in
    - (5) Free-kick; direct and indirect
    - (6) Penalty

*Table Tennis*

1. The grip
  - a. Shakehand grip
  - b. Penholder grip
2. Service
  - a. Forehand plain hit service
  - b. Backhand plain hit service
  - c. Forehand sidespin service
  - d. Backhand sidespin service
3. Return of service
  - a. Use of short chop to return backspin service
  - b. Use of push shot to return sidespin service
  - c. Use of forehand drive to return sidespin service
4. Forehand/Backhand return
  - a. Short chop
  - b. Drive
  - c. Smash
  - d. Loop drive

- e. Block
  - f. Push shot
  - g. Chop
5. Footwork relating to return strokes
- a. Single step
  - b. Slide
6. Combinations of strokes and footwork
7. Tactics in singles
- a. Service
  - b. Return of service
8. Tactics in doubles
- a. Service
  - b. Return of service
  - c. Switch

*Volleyball* (net height : 2.3 m for boys; 2.15 m for girls)

1. Passing
- a. Underarm/underhand dig
  - b. Overhand pass
  - c. Back pass
  - d. One-handed dig
  - e. Jump pass
2. Service
- a. Underhand service
  - b. Overhand service
  - c. Hook service
3. Setting
- a. Forward set from position 3 to the wing spikers
  - b. Backward set
  - c. Jump set
  - d. 2.5 semi-quick



4. Spiking
  - a. Close-set spike
  - b. Deep-set spike
  - c. 2.5 semi-quick
  - d. Dink spike
5. Blocking
  - a. Single block
  - b. Two-man block
6. Combinations of basic skills
7. Tactics
  - a. Attack formations
    - (1) Setter at position 3
    - (2) Setter at the wing
  - b. Defence formations
    - (1) Receiving on 5 players
    - (2) Covering the spike
      - (i) Cover behind the single block
      - (ii) Cover behind the two-man block

**Category (ii)**

*Athletics*

Each candidate is assessed in **one track** and **one field** event.

1. Track events
  - a. Sprint (100m, 200m, 400m)
  - b. Middle distance running (800m, 1500m)
  - c. Hurdling (100m) (height for boy's hurdles: 0.91m; girl's hurdles: 0.83m)
2. Field events
  - a. High jump (Fosbury flop or straddle)
  - b. Long jump (the hang or hitch kick)
  - c. Triple jump (for boys only)

- d. Shot put (the O'Brien Shift) (weight for boy's shot: 4kg; girl's shot: 4kg)
- e. Discus (weight for boy's discus: 1kg; girl's discus: 1kg)
- f. Javelin (weight for boy's javelin: 600g; girl's javelin: 600g)

*Gymnastics (Boys)*

The dimensions of the apparatus can be referred to the regulations issued by the Federation of International Gymnastics.

A. Floor Exercise

Part 1

- 1. Forward roll
- 2. Backward roll
- 3. Forward roll to straddle stand
- 4. Backward roll to straddle stand
- 5. Dive forward roll
- 6. Front scale, side scale
- 7. Shoulder stand
- 8. Headstand
- 9. Cartwheel

Part 2

- 1. Handstand
- 2. Backspring
- 3. Headspring
- 4. Handspring
- 5. Round off

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

B. Vaulting (long box) (minimum height : 1.1 m)

- 1. Stride vault
- 2. Squat vault

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

C. Horizontal Bar

Part 1

1. Jump to front support (regular grip), single leg swing sideways over the bar to astride support in mixed grip, swing other leg forward to a 90° turn dismount
2. Single leg hook, upstart
3. From front standing, regular grip, circle backward to front support, swing back to dismount

Part 2

1. Single leg hook, backward circle
2. Hip circle backward
3. From hanging, regular grip, layout forward, swing backward, swing forward and upstart to front support

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

D. Parallel Bars

Part 1

1. Jump to straddle sit, swing forward to straddle sit, swing to dismount
2. Straight arm support, swing backward and forward, swing forward/backward into flank vault dismount
3. Swing forward to face vault dismount with a 90° turn to face backward
4. Swing forward and backward with bent arm

Part 2

1. Upper arm support, back-up-rise
2. L support, muscle up to shoulder stand
3. Straight arm support, swing to shoulder stand, lower, and dismount on one side

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

*Gymnastics (Girls)*

The dimensions of the apparatus can be referred to the regulation issued by the Federation of International Gymnastics.

A. Floor Exercise

Part 1

1. Forward roll
2. Backward roll
3. Forward roll to straddle stand
4. Backward roll to straddle stand
5. Front scale balance
6. Backarch
7. Tuck/piked/straddle jump
8. Body wave

Part 2

1. Splits
2. Leap forward with half turn
3. Headstand
4. Handstand forward roll
5. Dive forward roll
6. Backwalkover
7. Cartwheel
8. Round off

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

B. Vaulting (minimum height : 1.1 m)

1. Stride vault
2. Squat vault

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

C. Balance Beam

Part 1

1. Any forms of steps
2. Pivot turn
3. Squat turn
4. Knee scale balance
5. Swing leg kick forward, 180° turn
6. Tuck, piked, straddle, stretch jump dismount

Part 2

1. Straddle seat mount
2. Dismount from knee scale balance
3. Scale balance
4. Backward roll to knee scale balance

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

D. Uneven Parallel Bars

Part 1

1. Straight arm support mount, front hip circle dismount
2. Low bar — front support, swing back dismount
3. Stand on low bar, straight arm support mount on high bar, front hip circle dismount

Part 2

1. Low bar — back hip circle mount
2. Low bar — front support, single-leg shoot-through, single leg flank dismount
3. Front mill circle
4. Back hip circle
5. From bent knee support, fall backward to swing, upstart to regrasp high bar

\* Candidates may use any group agilities as listed in the latest edition of the Federation of International Gymnastics code of point.

*Swimming*

1. Candidates are required to perform any two of the following strokes:
  - a. Front crawl (50m)
  - b. Back crawl (50m)
  - c. Breast-stroke (50m)
  - d. Butterfly/Dolphin stroke (50m)
2. Competitive swimming — starts and turns of chosen strokes

*Physical Fitness Testing*

1. 60-second sit-ups
2. Pull-ups — overhand grasp (for boys)/flexed arm hang — overhand grasp (for girls)
3. Sit and reach test
4. 1.6 km run/walk (for time)

**Paper 2      Theoretical (55%)**

**Section A (15%)**

1. Theoretical Aspects of Physical Activities (10%)

Candidates are required to answer all questions on the two physical activities which they have selected for the practical examination.

**Category (i)**

*Badminton*

- a. History and development
- b. Rules and regulations
- c. Equipment and facilities
- d. Terminology
- e. Analysis of skills
- f. Strategies of the game

*Basketball*

- a. History and development
- b. Rules and regulations
- c. Equipment and facilities
- d. Terminology
- e. Analysis of skills
- f. Strategies of the game

*Football*

- a. History and development
- b. Rules and regulations
- c. Equipment and facilities
- d. Terminology
- e. Analysis of skills
- f. Strategies of the game

*Table Tennis*

- a. History and development
- b. Rules and regulations
- c. Equipment and facilities
- d. Terminology
- e. Analysis of Skills
- f. Strategies of the game

*Volleyball*

- a. History and development
- b. Rules and regulations
- c. Equipment and facilities
- d. Terminology
- e. Analysis of skills
- f. Strategies of the game

**Category (ii)**

*Athletics*

- a. History and development
- b. Rules and regulations of athletics competitions
- c. Equipment and facilities
- d. Terminology
- e. Analysis of basic skills

*Gymnastics (Boys & Girls)*

- a. History and development of gymnastics
- b. Rules of gymnastic competitions
- c. Equipment and facilities
- d. General principles of spotting and assisting
- e. Terminology of gymnastics
- f. Analysis of basic skills

*Swimming*

- a. History and development
  - b. Rules and regulations of competition
  - c. Terminology
  - d. Analysis of skills
2. Prevention of Sports Injuries (5%)
- a. First aid and immediate care
  - b. Factors contributing to sports injuries  
  
Techniques, environment, nature of sports, opponent, officiating, playing surface, footwear, clothing, skill level, fitness level
  - c. Prevention of sports injuries  
  
Warm up and warm down, protective aids, modify rules, modify equipment, improved conditioning, proper instruction and supervision, footwear and playing surface, stretching exercise
  - d. Cause and nature of common injuries  
  
Bleeding, bruise, strain, sprain, fracture, cramp, dislocation and heat injuries

**Section B (20%)**

1. Fitness and General Health (5%)
  - a. Physical fitness  
  
Definition, components, development and measurement
  - b. Health related fitness and desirable health practice  
  
Lifestyle, major and minor risk factors in coronary heart disease, relationship between health practice and longevity
  - c. Diet and general health
    - (1) Health diet and good eating habits
    - (2) Basic nutrients — carbohydrates, fat and protein
    - (3) Minerals
    - (4) Vitamins
    - (5) Water



- d. Diet and performance in sport
    - (1) Diet and energy sources
    - (2) Diet for different training programmes
    - (3) Pre-game meal
    - (4) Ergogenic aids
  - e. Diet and weight control
    - (1) Energy requirements of different activities
    - (2) Caloric values of different foodstuffs
    - (3) Weight control
2. Physiological Factors influencing Performance in Sport (5%)
- a. Cardiovascular system
    - (1) The need for a good cardiovascular system
    - (2) Anatomy and structure of the system
    - (3) Ways of improving the system
    - (4) Ways of evaluating the system
  - b. Muscular endurance and strength
    - (1) The muscular-skeletal system
    - (2) Terminology and definition
    - (3) Development of muscular endurance and strength
    - (4) Testing of muscular endurance and strength
  - c. Flexibility
    - (1) Terminology and definition
    - (2) The need for flexibility
    - (3) Development of flexibility
    - (4) Measurement of flexibility
  - d. Other factors
    - (1) Fatigue
    - (2) Gender
    - (3) Age
    - (4) Heredity
    - (5) Environment
    - (6) Somatotyping and physique
    - (7) Body composition
    - (8) Growth and development

3. Training Methods (10%)
  - a. Principles of training  
Progression, overloading and safety
  - b. Different training methods  
Interval, circuit, obstacle course and fartlek
  - c. Aerobic and anaerobic exercises
  - d. Isotonic, isometric and isokinetic muscle contractions
  - e. Basic considerations in training  
Frequency, duration, intensity and mode
  - f. Training and detraining effects
  - g. Training programmes for different populations  
Children, athlete, adult and elderly populations

**Section C (20%)**

1. Social Values of Physical Activities and Sport (10%)
  - a. Socio-cultural factors influencing participation in physical activities and sport
  - b. Sport as a microcosm of the real world. Sport as a mirror of the society versus the development of sport as dictated by the society
  - c. The development of positive personal attributes and attitudes through participation in physical activities and sport
  - d. The ethical aspects of sport competition — win at all costs versus friendship first, competition second
  - e. Concepts of cooperation and competition, fair play and sportsmanship
  - f. Psychological aspects associated with participation in physical activities and sport
  - g. Participation in physical activities and sport as a socializing agent
  - h. Role of sport in promoting better international understanding

2. The Delivery and Development of Physical Education, Recreation and Sport Programmes in Hong Kong (5%)
  - a. The delivery of physical education programmes in schools — primary, secondary and post-secondary colleges
  - b. The organization of sport competitions for various sectors — primary schools, secondary schools, post-secondary schools and the public
  - c. The organization of recreation and leisure programmes in school and outside school
  - d. Professional preparation programmes for physical education teachers, coaches and recreation officers. Other educational and in-service training programmes in these areas
  - e. Limiting factors in the delivery of physical education, recreation and sport programmes in Hong Kong
  - f. Role of major sport associations in Hong Kong.
  - g. International competitions and major games e.g., the Olympics, the Asian Games, the All China Games and the Commonwealth Games
  - h. Future development opportunities in the delivery of physical education, recreation and sport programmes in Hong Kong.
3. Role and Value of Physical Education (5%)
  - a. Philosophy of education
  - b. Basic concepts and roles of education
  - c. Philosophy of physical education
  - d. Basic principles of physical education
  - e. Role of physical education in education