

HONG KONG EXAMINATIONS AND ASSESSMENT AUTHORITY  
HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION

PRACTICE PAPER  
PHYSICAL EDUCATION PAPER 1

(2 hours 15 minutes)

This paper must be answered in English

**GENERAL INSTRUCTIONS**

1. There are two sections, A and B, in this Paper. You are advised to finish Section A in about 35 minutes.
2. Section A consists of multiple-choice questions in this question paper. Section B contains short questions printed separately in Question-Answer Book B.
3. Answers to Section A should be marked on the Multiple-choice Answer Sheet while answers to Section B should be written in the spaces provided in Question-Answer Book B. **The Answer Sheet for Section A and the Question-Answer Book for Section B must be handed in separately at the end of the examination.**

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**INSTRUCTIONS FOR SECTION A (MULTIPLE-CHOICE QUESTIONS)**

1. Read the instructions on the Answer Sheet. After the announcement of the start of the examination, you should first stick a barcode label and insert the information required in the spaces provided. No extra time will be given for sticking on the barcode label after the 'Time is up' announcement.
2. When told to open this book, you should check that all the questions are there. Look for the words '**END OF SECTION A**' after the last question.
3. All questions carry equal marks.
4. **ANSWER ALL QUESTIONS.** You are advised to use an HB pencil to mark all your answers on the Answer Sheet, so that wrong marks can be completely erased with a clean rubber. You must mark the answers clearly; otherwise you will lose marks if the answers cannot be captured.
5. You should mark only **ONE** answer for each question. If you mark more than one answer, you will receive **NO MARKS** for that question.
6. No marks will be deducted for wrong answers.

**SECTION A** (36 marks)

1. Which of the following agencies does the Sports Commission provide advice to ?
  - A. Physical Education Section, Curriculum Development Institute, Education Bureau
  - B. Leisure and Cultural Services Department
  - C. Hong Kong Sports Institute
  - D. Home Affairs Bureau
  
2. Which of the following was the main reason for the Hong Kong government to begin promoting recreation for all in 1967 ?
  - A. Recreation activities would allow youth to release their energy as there were too many crimes at that time.
  - B. Research revealed that youth at that time was physically weak. They should participate in recreation activities to improve their health.
  - C. It was hoped to cultivate expertise in this area through recreation activities.
  - D. Recreation activities would provide opportunities for youth to release their energy as there was a riot in that year.
  
3. Which of the following about the Hong Kong Physical Fitness Association is correct ?
  - A. a member of the Sports Federation and Olympic Committee of Hong Kong, China
  - B. a community sports club
  - C. a member of the Leisure and Cultural Services Department
  - D. a member of the Hong Kong Sports Institute
  
4. Which of the following was the Olympic motto for 2008 Olympic Games in Beijing ?
  - A. One World, One Dream
  - B. Citius, Altius, Fortius
  - C. Peace, Solidarity, Friendship
  - D. Friendship First, Competition Second
  
5. Which of the following was the first Chinese athlete to win a medal in the Olympic Games ?
  - A. Yang Chuan-guang
  - B. Ji Zheng
  - C. Liu Chang-chun
  - D. Lee Wai-tong
  
6. Which of the following games is Hong Kong now eligible to participate in ?
  - (1) Asian Games
  - (2) East Asian Games
  - (3) Commonwealth Games
  - (4) Paralympic Games
  - A. (1) and (2) only
  - B. (3) and (4) only
  - C. (1), (2) and (4) only
  - D. (1), (2), (3) and (4)

7. Which of the following are the economic benefits brought by hosting major sports competitions
- (1) expediting infrastructure development
  - (2) improving transportation systems
  - (3) attracting a large number of visitors to increase the income of the country
  - (4) fostering diplomatic relationships for political propaganda
- A. (1), (2) and (3) only  
B. (1), (2) and (4) only  
C. (1), (3) and (4) only  
D. (2), (3) and (4) only
8. Which of the following are the cultural factors influencing an individual's participation in sport ?
- (1) mass media
  - (2) personal interest
  - (3) race
  - (4) religion
- A. (1), (2) and (3) only  
B. (1), (2) and (4) only  
C. (1), (3) and (4) only  
D. (2), (3) and (4) only
9. Eight teams participate in a single round-robin volleyball competition. How many matches are there in total ?
- A. 8  
B. 28  
C. 35  
D. 56
10. The recreation management process usually includes the following four steps.
- (1) leading
  - (2) controlling
  - (3) organising
  - (4) planning
- Which of the following is the best managing sequence ?
- A. (1)→(3)→(2)→(4)  
B. (1)→(4)→(2)→(3)  
C. (4)→(1)→(3)→(2)  
D. (4)→(3)→(1)→(2)

11. Which of the following are the common sources of income for sport associations in Hong Kong

- (1) Government subsidies
- (2) Ticketing income
- (3) Hong Kong Jockey Club Charity Trust Fund
- (4) Prize money won by athletes in competitions

- A. (1) and (2) only
- B. (1) and (3) only
- C. (2) and (4) only
- D. (3) and (4) only

12. Figure 1 and Figure 2 show the postures of an ordinary press-up and a press-up with knee support respectively.

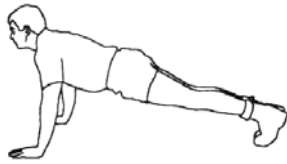


Figure 1

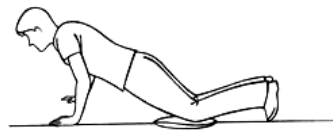


Figure 2

Which of the following descriptions is correct?

- A. The ordinary press-up is more difficult because there is a smaller moment of force and a larger weight to support.
- B. The ordinary press-up is more difficult because there is a larger moment of force and a larger weight to support.
- C. The press-up with knee support is easier because more muscle groups are involved.
- D. The press-up with knee support is easier because there is a larger moment of force.

13. Which planes do abduction and adduction move along?

- |    | <b>Abduction</b> | <b>Adduction</b> |
|----|------------------|------------------|
| A. | sagittal         | frontal          |
| B. | frontal          | transverse       |
| C. | transverse       | frontal          |
| D. | frontal          | frontal          |

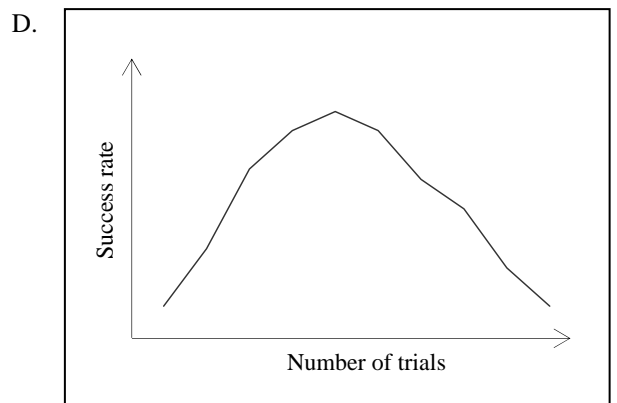
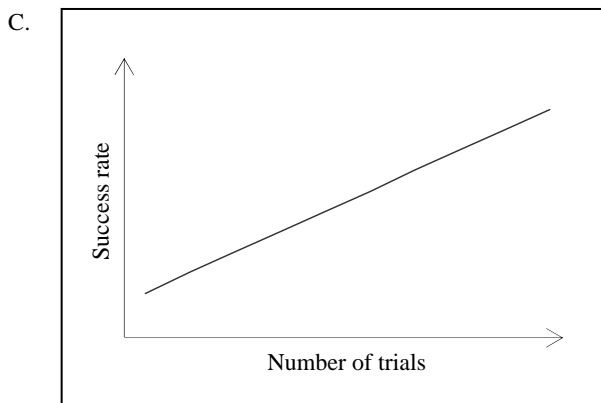
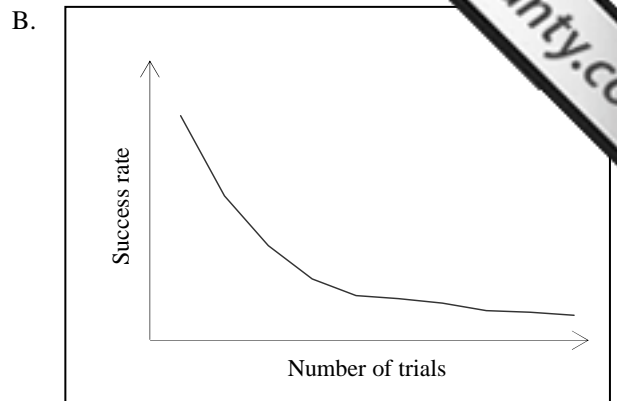
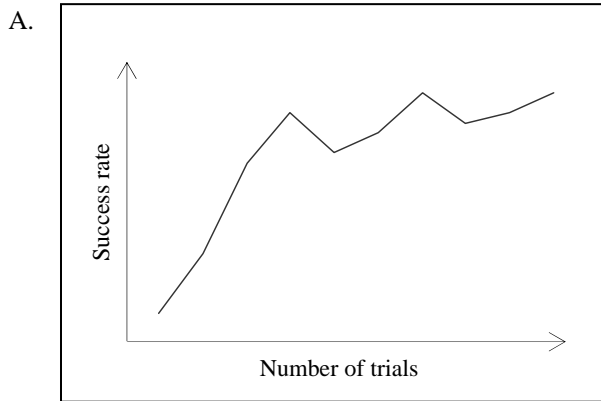
14. Which of the following descriptions about the leverage principle is correct ?

- |    | <b>First Class Lever</b>             | <b>Third Class Lever</b>             |
|----|--------------------------------------|--------------------------------------|
| A. | load lies between fulcrum and effort | effort lies between fulcrum and load |
| B. | fulcrum lies between effort and load | load lies between fulcrum and effort |
| C. | load lies between fulcrum and effort | fulcrum lies between effort and load |
| D. | fulcrum lies between effort and load | effort lies between fulcrum and load |

15. John is 25 years old and his resting heart rate is 75 beats / minute. If the exercise intensity is 50% of the maximum heart rate, using the heart rate reserve method, which of the following is his target heart rate range (beats / minute) ?
- A. 85 to 109
  - B. 97.5 to 136.5
  - C. 135 to 159
  - D. 147.5 to 176.5
16. Which of the following indices best reflects the level of cardio-respiratory endurance ?
- A. Maximal oxygen uptake
  - B. Maximum heart rate
  - C. Resting heart rate
  - D. Blood lactate concentration
17. Which of the following descriptions about interval training are correct ?
- (1) Interval training refers to training with a combination of exercises interspersed with periods of rest.
  - (2) Exercise period normally lasts less than 20 seconds and the ratio of exercise and rest is 1 : 3.
  - (3) Long duration of moderate intensity training can improve anaerobic metabolic capacity.
  - (4) Interval training is suitable for improving anaerobic metabolic capacity.
- A. (1) and (2) only
  - B. (1) and (3) only
  - C. (1), (2) and (4) only
  - D. (2), (3) and (4) only
18. Which of the following training effects should a 400-metre runner achieve ?
- A. increase in the number of slow-twitch muscle fibres
  - B. increase in the lactate threshold
  - C. increase in the number of fast-twitch muscle fibres
  - D. increase in the number of mitochondria
19. Compared with healthy males, which of the following descriptions about healthy females is correct ?
- |    | <b>Body Fat</b> | <b>Flexibility</b> | <b>Bone Density</b> |
|----|-----------------|--------------------|---------------------|
| A. | More            | Lower              | Higher              |
| B. | More            | Higher             | Lower               |
| C. | More            | Higher             | Higher              |
| D. | Less            | Higher             | Lower               |

20. Which of the following are the most suitable ways for a coach to enhance the learning of basketball beginners ?
- (1) providing different external feedback
  - (2) establishing a punishment system
  - (3) setting a goal
  - (4) establishing a learning model
- A. (1) and (3) only  
B. (2) and (4) only  
C. (1), (3) and (4) only  
D. (2), (3) and (4) only
21. Which of the following movements is a closed skill in competition ?
- A. golf swing  
B. basketball pass  
C. volleyball set  
D. wall pass in football
22. A badminton player is going to compete with a player he has never defeated before. Which of the following may assist him to manage the stress ?
- (1) believing he is well-prepared for the competition and focusing on playing to his strengths
  - (2) practising relaxation imagery
  - (3) setting goals
  - (4) forgetting past performances and concentrating on the present
- A. (1), (2) and (3) only  
B. (1), (2) and (4) only  
C. (1), (3) and (4) only  
D. (2), (3) and (4) only
23. Which of the following are the first two stages of skill learning ?
- |    | <b>First Stage</b> | <b>Second Stage</b> |
|----|--------------------|---------------------|
| A. | motor              | cognitive           |
| B. | cognitive          | motor               |
| C. | imitation          | cognitive           |
| D. | cognitive          | imitation           |
24. Which of the following are the characteristics of fast-twitch muscle fibre ?
- (1) slow transmission speed of nerve signals
  - (2) muscle fibre becomes fatigued easily
  - (3) muscle fibre contracts quickly
- A. (1) and (2) only  
B. (1) and (3) only  
C. (2) and (3) only  
D. (1), (2) and (3)

25. Which of the following is a typical learning curve ?



26. Which of the following can produce red blood cells ?

- (1) heart
- (2) bone marrow
- (3) liver
- (4) brain stem

- A. (2) only
- B. (3) only
- C. (1) and (2) only
- D. (3) and (4) only

27. Which of the following is the definition of oxygen consumption ?

- A. The percentage of oxygen in the exhaled air.
- B. The volume of oxygen in the exhaled air.
- C. The difference in amount of carbon dioxide between inhaled air and exhaled air.
- D. The difference in amount of oxygen between inhaled air and exhaled air.

28. Which of the following is correct ?

	<b>bone to bone connection</b>	<b>muscle to bone connection</b>
A.	ligament	tendon
B.	tendon	ligament
C.	ligament	cartilage
D.	tendon	cartilage

29. Which of the following muscles contracts when bending the forearm ?

- A. deltoid
- B. biceps
- C. triceps
- D. trapezius

30. Which of the following is the correct expression of Body Mass Index ? (The unit of weight is kg and the unit of height is m.)

- A. weight / height
- B. weight<sup>2</sup> / height
- C. weight / height<sup>2</sup>
- D. height<sup>2</sup> / weight

31. Peter is 20 years old and his training intensity is 90 – 100% of the maximum heart rate. Which of the following is his target heart rate range (beats / minute)?

- A. 200 – 220
- B. 180 – 200
- C. 160 – 180
- D. 140 – 160

32. Which of the following is correct about the functions of minerals ?

	<b>Muscle contraction</b>	<b>Assists blood in carrying of oxygen</b>
A.	Iodine	Magnesium
B.	Iodine	Iron
C.	Calcium	Magnesium
D.	Calcium	Iron

33. Which of the following is/are the function(s) of fat ?

- (1) as energy reserve
  - (2) protect internal organs
  - (3) store protein
- A. (2) only
  - B. (3) only
  - C. (1) and (2) only
  - D. (1) and (3) only



34. Which of the following is the appropriate order of priority when a first-aider has to deal with injured players in the situations given below ?

- (1) right shoulder deformed but player is able to walk to the players' stand on his own
- (2) ankle is twisted and player feels pain
- (3) forehead is bleeding and player sits on the floor shivering
- (4) player stops breathing after receiving an impact to the chest

- A. (4)→(3)→(1)→(2)
- B. (3)→(4)→(2)→(1)
- C. (3)→(1)→(4)→(2)
- D. (4)→(1)→(2)→(3)

35. Which of the following are the functions of warming up ?

- (1) produce more synovial fluid
- (2) increase viscosity of muscle
- (3) speed up transmission of oxygen
- (4) dilate capillaries

- A. (1), (2) and (3) only
- B. (1), (2) and (4) only
- C. (1), (3) and (4) only
- D. (2), (3) and (4) only

36. Which of the following are the symptoms of heat cramp ?

- (1) headache
- (2) stopping sweating
- (3) muscle fatigue
- (4) thirst

- A. (1) and (2) only
- B. (1) and (3) only
- C. (2) and (4) only
- D. (3) and (4) only

**END OF SECTION A**

HONG KONG EXAMINATIONS AND ASSESSMENT AUTHORITY  
HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION

PRACTICE PAPER  
PHYSICAL EDUCATION PAPER 1  
SECTION B : Question-Answer Book B

This paper must be answered in English

**INSTRUCTIONS**

- (1) After the announcement of the start of the examination, you should first write your Candidate Number in the space provided on Page 1 and stick barcode labels in the spaces provided on Pages 1, 3 and 5.
- (2) Refer to the general instruction on the cover of the Question Paper for Section A.
- (3) Answer **ALL** questions.
- (4) Write your answers to Section B in the spaces provided in this Question-Answer Book. Do not write in the margins. Answers written in the margins will not be marked.
- (5) Supplementary answer sheets will be supplied on request. Write your candidate number, mark the question number box and stick a barcode label on each sheet, and fasten them with string **INSIDE** this book.
- (6) Present your answers in paragraphs wherever appropriate.
- (7) No extra time will be given to candidates for sticking on the barcode labels or filling in the question boxes after the 'Time is up' announcement.

Please stick the barcode labels here.

Candidate Number



**SECTION B** (54 marks)

1. (a) State the difference between recreation activities and sport. Give one example each to explain.

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(2 marks)

(b) Explain **two** roles of private sport associations (e.g. the South China Athletic Association) in promoting sport development in Hong Kong.

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(2 marks)

2. Would professionalisation of athletes in the Olympic Games make the drug doping situation worse? State your standpoint and give **two** arguments to explain.

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(2 marks)

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Answers written in the margins will not be marked.

3. (a) Many people like sport simulation game consoles. Using joysticks, participants can simulate playing sport games, e.g. tennis and golf. State and explain one positive and one negative influence of these game consoles on promotion of sport participation.

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(2 marks)

- (b) Give **three** suggestions to school physical education teachers on how to encourage students to participate more in physical activities.

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(3 marks)

4. There is a substantial relationship between sport and politics. Give **two** examples to explain the mutual influence between them.

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(2 marks)

Answers written in the margins will not be marked.

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5. Using organising a marathon race as an example, state and explain **four** elements that the court should consider in judging the organiser's negligence.

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(4 marks)

6. Data shows that there is an increasing number of people suffering heat stroke when hiking.

(a) State **two** symptoms of heat stroke.

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(2 marks)

(b) State **two** treatments for heat stroke.

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(2 marks)

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7. The picture below shows an athlete throwing a hammer. The athlete spins with the hammer in a circular motion and then releases it.



- (a) The athlete spins 4 turns in 2 seconds. Calculate the average angular velocity of the hammer and show the steps.

(2 marks)

- (b) Explain why athletes with a higher angular velocity in the hammer throw perform better.

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(2 marks)

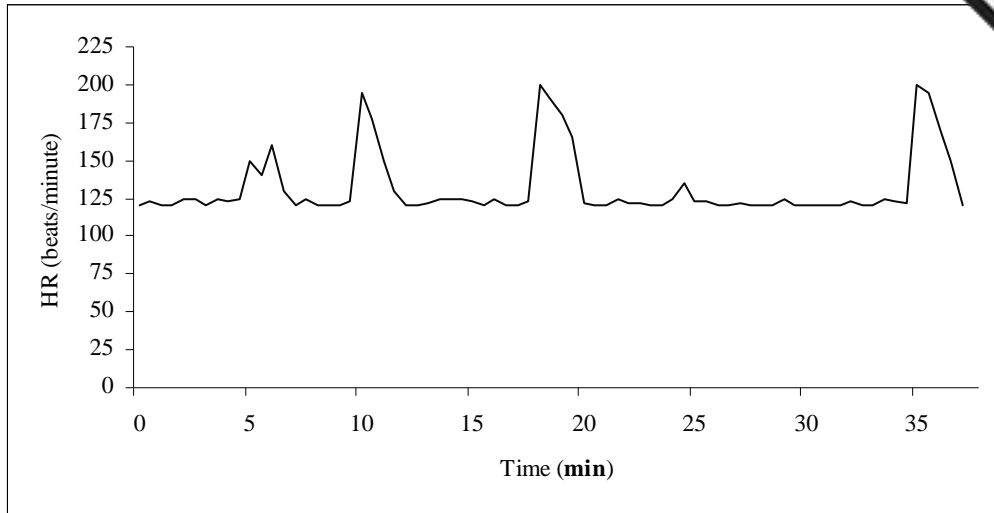
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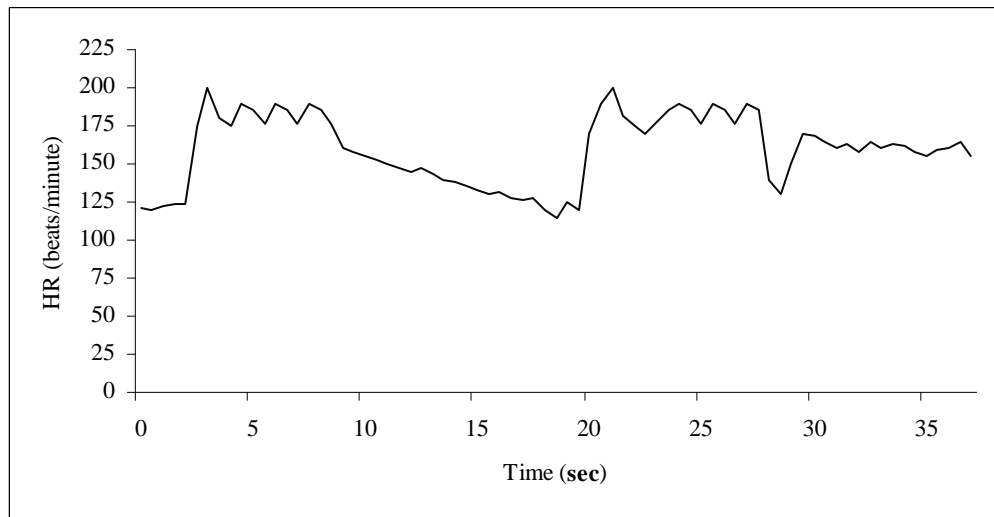
Answers written in the margins will not be marked.

8. The following figures show the heart rate (HR) changes during three different training sessions.

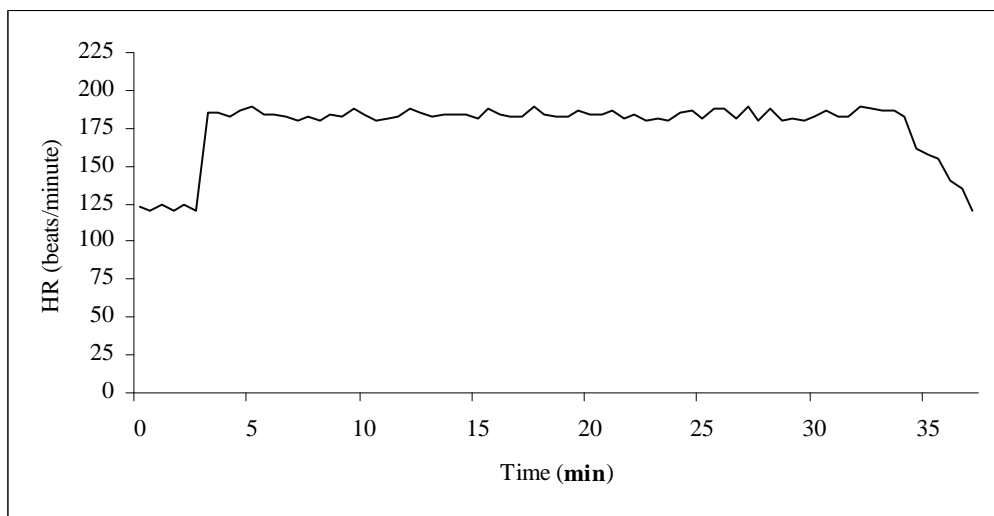
Session A



Session B



Session C



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(a) Describe the training methods employed in the three training sessions.

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(3 marks)

(b) Give one example of training arrangements for each training method answered in (a) °

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(3 marks)

9. Explain **two** considerations in designing training programmes for the elderly.

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(2 marks)

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10. (a) Other than arousal, state and describe **three** psychological factors involved in achieving performance in sport.

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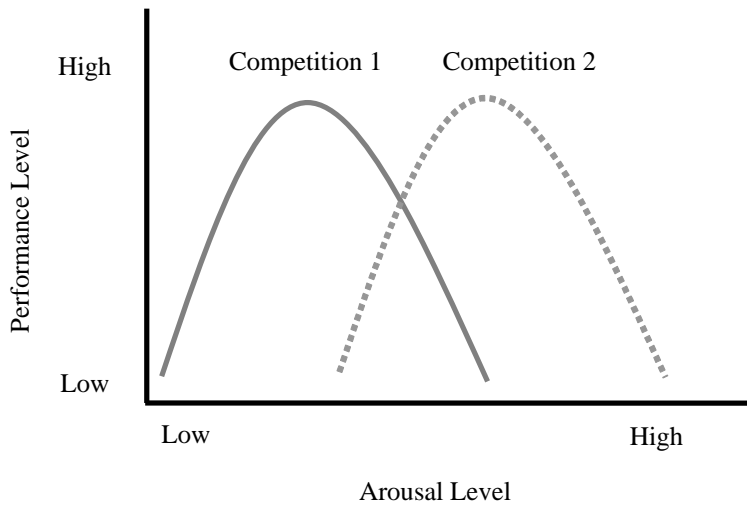
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(3 marks)

(b) The chart below shows the relationship between arousal and performance of an athlete in different competitions.



(i) Give **three** examples to explain why there are different inverted-U hypothesis curves.

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(ii) State **three** methods that an athlete can employ to maintain a high arousal competitions.

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(6 marks)

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11. (a) State **two** functions of the skeleton system in performing sport.

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(2 marks)

(b) In a competition, an athlete hurts his cervical vertebrae only, without hurting his head, but his sport performance is severely affected later. State and explain **two** possible reasons.

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(2 marks)

(c) State and explain why it is more appropriate to breathe through the nose when exercising in an air-polluted environment.

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(2 marks)

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12. Exercise prescription improves physiological function through individualised and systematic activities planning. It can improve illness situation with the aid of other treatments. State and explain chronic diseases that can improve illness situation through exercise prescription.

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(3 marks)

13. State **three** sport-related fitness components and one method of measuring each.

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(3 marks)

Answers written in the margins will not be marked.

**END OF PAPER**

Sources of materials used in this paper will be acknowledged in the *Hong Kong Diploma of Secondary Education Examination Practice Papers* published by the Hong Kong Examinations and Assessment Authority at a later stage.

Answers written in the margins will not be marked.

PP-DSE  
PE  
PAPER 2

HONG KONG EXAMINATIONS AND ASSESSMENT AUTHORITY  
HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION

StudentBounty.com

**PRACTICE PAPER**  
**PHYSICAL EDUCATION PAPER 2**

(1 hour 15 minutes)

This paper must be answered in English

**INSTRUCTIONS**

- (1) There are **THREE** questions in this paper. Answer any **TWO** questions.
- (2) Write your answers in the Answer Book. Start each question (not part of a question) on a new page.

1. The football World Cup has a long history and in 2010, the final round was held in South Africa. 32 teams from different countries and regions participated.
- (a) From sport development and historical point of view, discuss one reason each why South Africa succeeded in its bid for organising the final round of the football World Cup. (2 marks)
- (b) Some citizens objected that the right for broadcasting the football World Cup in Hong Kong was obtained by a pay TV broadcasting company. State and discuss **two** arguments for their objections. (2 marks)
- (c) Due to the fast tempo of football matches, referees may make wrong judgements. Some people suggest using video replay to assist the referees in making judgements. This suggestion has been widely discussed. State your standpoint and discuss **three** supporting or counter arguments. (3 marks)
- (d) Give **two** supporting and counter arguments each to discuss whether the host country can advance automatically to the football World Cup final round. (4 marks)
- (e) Read the article below about an incident in the 2010 football World Cup.

In the match between Holland and Denmark during the World Cup, thirty-six female Holland fans were thrown out of the stadium. FIFA officials accused them of wearing orange skirts to promote an unlicensed beer brand, which was not an official sponsor of the World Cup. FIFA referred the case to the South African police. The police told the media that they would charge these women of ambush marketing, which was illegal in South Africa. However, the women claimed that they were simply supporting their country by wearing dresses in Holland's trademark colour.

Discuss whether it is appropriate to restrict the clothing of spectators inside the match stadium. (3 marks)

Hong Kong football teams achieved remarkable results in the qualifying games of the football World Cup in the 70s and 80s. However, their recent results have not been satisfactory and the standard is far below some strong teams in Asia.

- (f) Give **two** suggestions each for the long-term and short-term development of the Hong Kong football team and discuss how to improve the team's performance. (4 marks)

2. John is a 100m sprinter and Peter is a marathon runner.

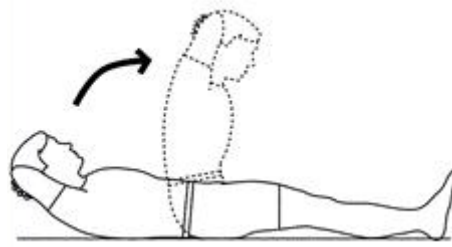
- (a) State and explain the main energy systems they use in their respective events. (2 marks)
- (b) John is at the preparatory phase for competition and wants to improve his performance in the 100m sprint by weight training. Based on the 'FITT' principle, design and explain a weight training programme composed of **three** activity items. (3 marks)
- (c) John did not perform satisfactorily in past competitions because he was always too nervous. State **two** relaxation methods that may help him in controlling his arousal level. Describe briefly how each of the methods is conducted. (2 marks)
- (d) Goal setting is a commonly used psychological skill.
- (i) State the 'SMART' goal setting principle.
- (ii) State and discuss **two** types of goals in physical activities by using marathon training as an example. (4 marks)
- (e) A powerful thrust of the foot on the starting block is always emphasised in the training of the crouch start. Use Newton's Laws of Motion and a force diagram to explain this training point. (4 marks)
- (f) Read the article below about the use of heart rate monitors in training.

Athletic heart rate monitors have existed for several years. They are designed for athletes to wear during strenuous exercise, and serve the purposes of measuring and recording heart rates. The accuracy of heart rate monitors is high. They provide instant feedback on the work load of the heart. Athletes can know their instant heart rate during exercise. The recording function provided in some heart rate monitors allows athletes to have a database of performance throughout different stages of training, such as the heart rate on different laps or at different stages of marathon running.

Discuss how the data captured by the heart rate monitor can help marathon runners to plan their training.

(3 marks)

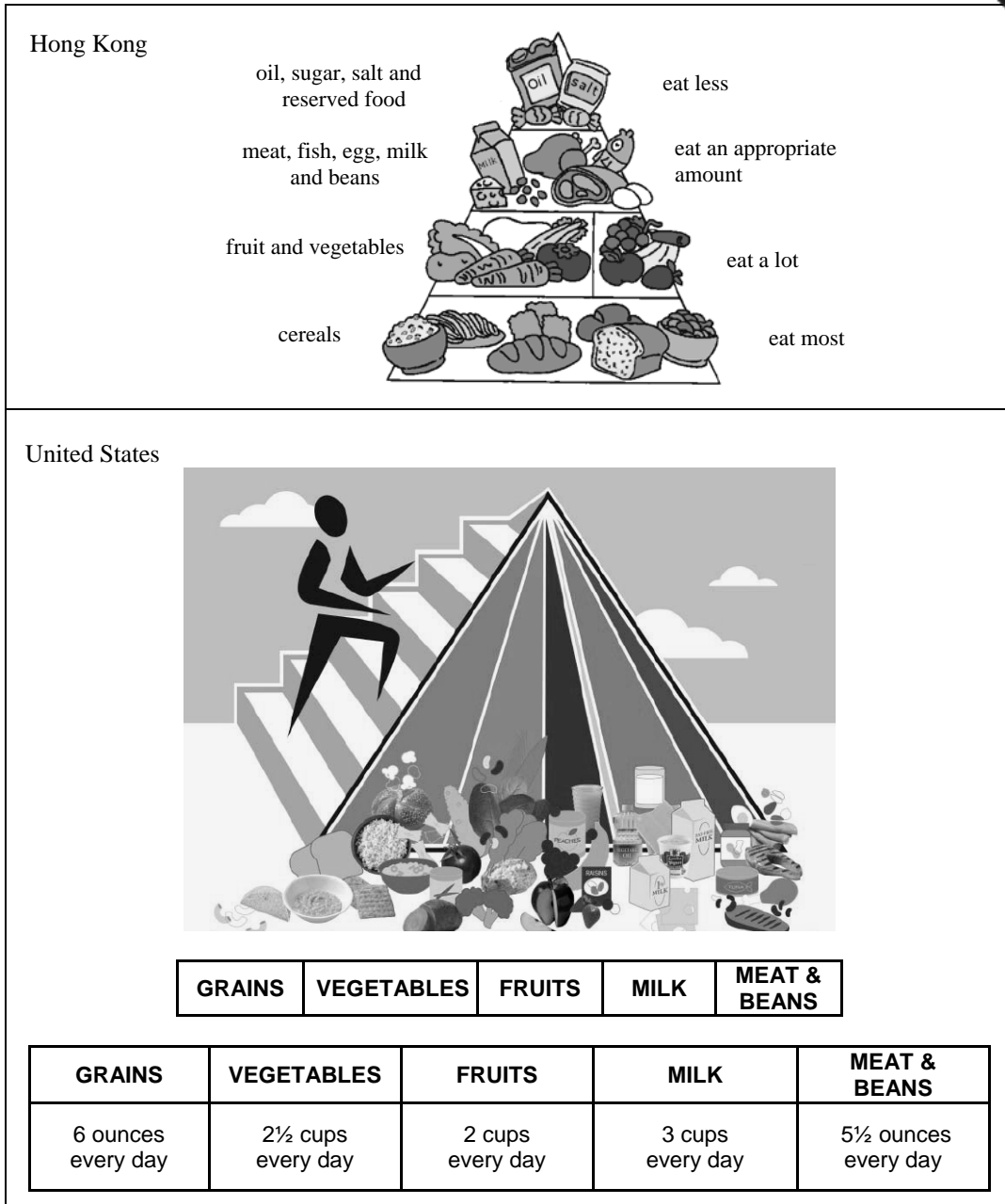
3. David is over-weight and wishes to control his weight through exercise and diet.



- (a) David practises sit-up as shown in the figure above. He feels pain in his lower back and neck.
- (i) Identify **two** mistakes of practising sit-up in this way and suggest the corresponding correct postures.
- (ii) State and explain **two** treatments for his pain. (4 marks)
- (b) David wishes to do some physical exercise to control his body weight. He starts by running, which is around 7 MET. Explain what 7 MET is and its significance in weight control. (3 marks)
- (c) Describe the hip and knee joint movements, and state the muscles involved in the leg movement of running. (4 marks)



(d) Below are two food pyramids used in Hong Kong and the United States in 2010.



- (i) Compare the diet recommendations of the two pyramids. State and discuss **two** similarities and **one** difference between them.
- (ii) Following the guidelines provided in the above two pyramids, David eats a lot of fruits only every day. Discuss **two** implications of this diet habit in weight control and personal health.
- (iii) Explain why the intake of oil and salt should be low.

(7 marks)

**END OF PAPER**

Sources of materials used in this paper will be acknowledged in the *Hong Kong Diploma of Secondary Education Examination Practice Papers* published by the Hong Kong Examinations and Assessment Authority at a later stage.

## 鳴謝

## Acknowledgements

本專輯的試題曾引用下列刊物的資料：

Material from the following publications has been used in question papers in this volume:

MyPyramid	<a href="http://www.mypyramid.gov/downloads/MyPyramid_Anatomy.pdf">http://www.mypyramid.gov/downloads/MyPyramid_Anatomy.pdf</a> <a href="http://www.mypyramid.gov/downloads/MiniPoster.pdf">http://www.mypyramid.gov/downloads/MiniPoster.pdf</a>
Men's Hammer Throw – FINAL	Chris Turner <a href="http://www.iaaf.org/OLY08/news/kind=108/newsid=46791.html">http://www.iaaf.org/OLY08/news/kind=108/newsid=46791.html</a>
World Cup 2010: Fifa detains 36 female Holland fans for 'ambush marketing'	<a href="http://www.guardian.co.uk/football/2010/jun/15/holland-ambush-marketing-fifa-dresses">http://www.guardian.co.uk/football/2010/jun/15/holland-ambush-marketing-fifa-dresses</a>
World Cup 2010: Police arrest women in Dutch orange dresses	<a href="http://www.telegraph.co.uk/sport/football/competitions/world-cup-2010/7830319/World-Cup-2010-Police-arrest-women-in-Dutch-orange-dresses.html">http://www.telegraph.co.uk/sport/football/competitions/world-cup-2010/7830319/World-Cup-2010-Police-arrest-women-in-Dutch-orange-dresses.html</a>
Heart Monitor Training	Alex Sinha <a href="http://www.marathonguide.com/training/articles/HeartMonitorTraining.cfm">http://www.marathonguide.com/training/articles/HeartMonitorTraining.cfm</a>
<a href="http://www.weight-lifting-workout-routines.com">www.weight-lifting-workout-routines.com</a>	<a href="http://www.weight-lifting-workout-routines.com/sit-ups.jpg">http://www.weight-lifting-workout-routines.com/sit-ups.jpg</a>
Diet & Nutrition	<a href="http://www.studenthealth.gov.hk/english/health/health_dn/health_dn_hv.html">http://www.studenthealth.gov.hk/english/health/health_dn/health_dn_hv.html</a>

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