

香港考試及評核局
HONG KONG EXAMINATIONS AND ASSESSMENT AUTHORITY

香港中學文憑考試
HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION

練習卷
PRACTICE PAPER

體育 試卷一及二
PHYSICAL EDUCATION PAPERS 1&2

評卷參考
MARKING SCHEME

(2012年3月19日修訂稿)
(updated as at 19 Mar 2012)

本評卷參考乃香港考試及評核局專為本科練習卷而編寫，供教師和學生參考之用。學生不應將評卷參考視為標準答案，硬背死記，活剝生吞。這種學習態度，既無助學生改善學習，學懂應對及解難，亦有違考試着重理解能力與運用技巧之旨。

This marking scheme has been prepared by the Hong Kong Examinations and Assessment Authority for teachers' and students' reference. This marking scheme should NOT be regarded as a set of model answers. Our examinations emphasise the testing of understanding, the practical application of knowledge and the use of processing skills. Hence the use of model answers, or anything else which encourages rote memorisation, will not help students to improve their learning nor develop their abilities in addressing and solving problems.



Marking Scheme

General Notes for Teachers on Marking

1. This marking scheme has been updated, with revisions made after the scrutiny of actual samples of student performance in the practice papers. Teachers are strongly advised to conduct their own internal standardisation procedures before applying the marking schemes. After standardisation, teachers should adhere to the marking scheme to ensure a uniform standard of marking within the school.
2. The marking scheme may not exhaust all possible answers for each question. Teachers should exercise their professional discretion and judgment in accepting alternative answers that are not in the marking scheme but are correct and well reasoned.
3. The following symbols are used:

/	A single slash indicates an acceptable alternative within an answer.
//	A double slash indicates an acceptable alternative answer.
*	Correct spelling required.
@	Mark for each correct answer. (e.g. @1 means 1 mark for each correct answer)

4. In questions asking for a specified number of reasons or examples etc. and a student gives more than the required number, the extra answers should not be marked. For instance, in a question asking students to provide two examples and if a student gives three answers, only the first two should be marked.

PAPER 1: SECTION A (36 marks) (Suggested Answer Key)

1.	D	10.	D	19.	B	28.	A
2.	D	11.	A	20.	C	29.	B
3.	A	12.	B	21.	A	30.	C
4.	B	13.	D	22.	B	31.	B
5.	A	14.	D	23.	B	32.	D
6.	C	15.	C	24.	C	33.	C
7.	A	16.	A	25.	A	34.	A
8.	C	17.	C	26.	A	35.	C
9.	B	18.	B	27.	D	36.	D

PAPER 1: SECTION B (54 marks) (Outline of Suggested Answer)

Marks

1.	(a)	Recreation: activities for pleasure and relaxation e.g. hiking, yoga	1
		Sport: competitive and systematic matches or games / high level of skills drilling e.g. inter-school basketball competition	1
	(b)	– use resources from the community to serve members with sports facilities and some related arrangements other than those provided by the government	@1
		– some associations cultivate sport elites and actively participate in sports competitions, e.g. the football league	2
Total:			<u>4</u>

2.	Yes	– would make sport more competitive, which would encourage use of drugs to improve performance	@1
		– athletes would be supported by medical professionals who could provide drugs to improve performance	
	– owing to gaining personal reputation and the stress of winning the game, athletes may take drugs (Any 2)		
	//		
	No	– both professionals and amateurs may use drugs	@1
		– strict drug control is in place in competitions, both professionals and amateurs are subject to random sampling	2
Total:			<u>2</u>

3.	(a)	Positive: allow players to have initial knowledge about the sport, which may arouse interest	1	
		Negative: playing with game consoles is more convenient, which may become a substitute for participating in real sport	1	2
	(b)	– to set up award system for physical ability improvements	@1	
		– to organise inter-class sport competitions		
		– to provide information on different sport activities		
		– to subsidise students to take part in sport activities outside school (Any 3)		3
Total:				<u>5</u>

4.	–	sport influencing politics: China and the United States (US) started diplomatic activities in 70s via table tennis. Table tennis became a means for the two countries officially starting their political conversation.	@1	
	–	politics influencing sport: The United States (US) & Union of Soviet Socialist Republics (USSR) did not take part in the Olympic Games in 80s due to political reasons. Since the US did not agree with the military action of the USSR in Afghanistan, therefore boycotted the 1980 Olympic Games hosted in Moscow. As revenge, the USSR and some other countries boycotted the 1984 Olympic Games hosted in Los Angeles.		2
Total:				<u>2</u>

5.	–	duty of care owed The organiser has the duty of care to set up adequate water stations along the running course to provide sufficient water to athletes.	@1	
	–	exercise of duty of care The organiser did not set up adequate water stations along the running course on the race day.		
	–	actual damages or proximate causation of damages The act of organiser leads injuries to athletes. Owing to adequate water stations, athletes may suffer from dehydration and heat stroke.		
	–	extent of damages The athlete dies during the race because of prolonged dehydration and heat stroke.		4
Total:				<u>4</u>

6.	(a)	<ul style="list-style-type: none"> - stop sweating - hot and dry skin - breath rate increases - body temperature rises quickly (Any 2)	@1	2
	(b)	<ul style="list-style-type: none"> - move the patient to a cool place - use wet towel or water to lower body temperature - give a small amount of water to the patient if he is conscious (Any 2)	@1	2
Total:				<u>4</u>

7.	(a)	$= 2\pi \times 4 / 2$ $= 4\pi \text{ rad/s}$ / $= 360 \times 4 / 2$ $= 720 \text{ degrees/s}$ / $= 4 / 2$ $= 2 \text{ revolutions/s}$	1 1	2
	(b)	<ul style="list-style-type: none"> - higher angular velocity results in a higher speed - larger force has been acting on the hammer 	@1	2
Total:				<u>4</u>

8.	(a)	A: Fartlek training <ul style="list-style-type: none"> - Fartlek training requires to complete an interspersion of sprinting and jogging within a specific time frame B: interval training <ul style="list-style-type: none"> - a training with high-intensity exercises interspersed with rests C: continuous training <ul style="list-style-type: none"> - a training that lasts long and involves majority of muscle groups 	@1	3
	(b)	A: 50m sprint → 100m jog → rest → 100m sprint → 50m jog B: 3 times: 100m sprint → 100m jog → 100m sprint → 100m jog C: jog for 30 mins with heart rate at 160 bpm	@1	3
Total:				<u>6</u>

9.		<ul style="list-style-type: none"> - lower exercise intensity due to weaker muscle strength and reduced joint mobility - short exercise duration due to lower muscular endurance - choose types of sports with lower exercise amount due to weaker muscle strength and muscular endurance as well as immobility in joints (Any 2)	@1	2
	Total:			

10.	(a)	– motivation and confidence Motivation is related to the direction, duration and intensity of an effort. Good motivation will help to exert extra effort. Confidence refers to one's belief in one's ability to perform desired behaviour. It is developed through successful experience. Confidence affects one's motivation to participate and practise in physical activities.	@1	
		– goal setting Setting up appropriate goals can help an athlete to concentrate and raise confidence.		3
		– assertiveness Assertiveness allows athletes to play with high intensity and emotion.		3
	(b)	(i) – different importance of the matches have different inverted-U curves at different arousal levels – when facing low level opponents, a low arousal level is sufficient for a better performance – when facing high level opponents, a high arousal level is needed for a good performance	@1	3
	(ii) – self encouragement with phrases such as “keep up” and positive cues such as “I can do it” – taking short and deep breaths to activate the mental state – warming-up to boost energy levels of the athlete – listening to fast-tempo and energetic music – practising energising imagery (Any 3)	@1	3	
Total:				<u>9</u>

11.	(a)	– provide attachment surface for muscles – bear the forces exerted by muscle contraction	@1	2
	(b)	– central nerve is injured and transmission of nerve signals from the brain is blocked – range of movement is limited	@1	2
	(c)	– dust is caught by the hairs in the nose and so does not enter the lungs – dust is caught by fluid in the nasal cavity and so does not enter the lungs	@1	2
Total:				<u>6</u>

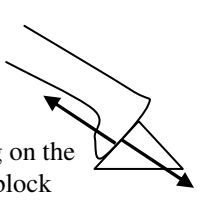
12.	<ul style="list-style-type: none"> - Diabetes: consume glucose and control body weight - Hypertension: lower blood pressure and reduce risks of complications such as stroke - Degenerative joint disease / arthritis: mobilise the joints and improve blood circulation 	@1
Total:		<u>3</u>

13.	<ul style="list-style-type: none"> - Speed: 50m dash - Agility: zig-zag run - Balance: stand with a single leg and eyes closed - Power: vertical jump (Any 3) 	@1
Total:		<u>3</u>

PAPER 2 (Outline of Suggested Answer)

1.	<p>(a) Historical: first time held in Africa Sport development: FIFA emphasizes football development in different areas of the world</p> <p>(b) – low-income citizens cannot afford the charges of pay TV / do not have pay TV installed, therefore miss the chance to view the game // since international events should be shared among people, it is unfair for those who cannot pay to watch the game – lack of competition may influence the quality of the broadcasting e.g. too many advertisements, unsatisfactory comments</p> <p>(c) Supporting: – reduce wrong judgements which makes the game fair – enhance spectators’ confidence on the game through wise use of technology – reduce fans’ grievances towards judgements – the game becomes more objective (Any 3) // Counter: – competition flow is not smooth – would affect fans’ emotion and sense of engagement – would affect referee’s professional image</p> <p>(d) Supporting: – motivate countries to host the event – enhance citizens’ attention to the event Counter: – if the skill level of the host country is too low, it influences the attractiveness of the game – if the host country is not needed to participate in the qualifiers and goes straight into the final round, it will comparatively create unfairness to other participating countries</p> <p>(e) Assessment Criteria: – deep understanding and accurate mastery of the issues – analytical and comprehensive discussions – a clear discussion with supporting arguments (3 marks) – general understanding and partial mastery of the issues – discussions related to the issues – the majority of discussions are clear, and some are supported by arguments (2 marks) – elementary understanding of the issues – simple discussions – discussions are not clear and lack of supporting arguments (1 mark) – not meeting the requirements of 1 mark (0 mark)</p>	<p>@1 2</p> <p>@1 2</p> <p>@1 3</p> <p>@1 4</p> <p>3</p>
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	<p>(f) Long-term: – establish football schools to enhance training for youth, cultivate players of the future</p> <p>– enhance district football promotion and subsidise district teams to join football leagues of various levels</p> <p>– build more standard football pitches to provide better hardware support (Any 2)</p> <p>Short-term: – enhance the competitiveness of the local leagues by including football teams from China or employing overseas players appropriately</p> <p>– subsidise the Hong Kong team to train and compete overseas</p> <p>– employ outstanding coaches to teach the Hong Kong team (Any 2)</p>	<p>@1</p> <p>4</p> <p><u>18</u></p>
Total:		

2.	<p>(a) Sprinting – ATP-PC system: this system provides energy over a short period of time Marathon – aerobic system: this system provides energy for long periods of time</p> <p>(b) Should include upper body (e.g. chinning), body trunk (e.g. sit-up), lower limbs (e.g. knee extension) + reasonable FITT design</p> <p>e.g. half-squat weightlifting: 20kg, 10 times 3 sessions; 2 minutes of rest between sessions; 3 times a week; 1 hour in total</p> <p>(c) Progressive relaxation – tensing and relaxing specific muscle groups Meditation – concentrating thoughts to some objects</p> <p>(d) (i) Specific + Measureable + Achievable + Realistic + Time-bounded</p> <p>(ii) – outcome goals goals setting based on competition results, e.g. setting as to be the first to complete each training test</p> <p>– process goals goals setting based on making effort, e.g. setting as to maintain a modest intensity in completing each training</p> <p>– performance goals goals setting based on meeting standards, e.g. setting as to complete each training within a specific time frame</p> <p>(e) Newton’s third law of motion – for every force applied by one body on another, there is an equal but opposite-direction force reacting on the body itself</p> <div style="text-align: center;">  </div>	<p>@1</p> <p>2</p> <p>3</p> <p>@1</p> <p>2</p> <p>2</p> <p>@1</p> <p>4</p> <p>2</p> <p>2</p> <p>4</p>
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	<p>(f) Assessment Criteria:</p> <ul style="list-style-type: none">- deep understanding and accurate mastery of the issues- analytical and comprehensive discussions- a clear discussion with supporting arguments <p>(3 marks)</p> <ul style="list-style-type: none">- general understanding and partial mastery of the issues- discussions related to the issues- the majority of discussions are clear, and some are supported by arguments <p>(2 marks)</p> <ul style="list-style-type: none">- elementary understanding of the issues- simple discussions- discussions are not clear and lack of supporting arguments <p>(1 mark)</p> <ul style="list-style-type: none">- not meeting the requirements of 1 mark <p>(0 mark)</p>	3
Total:		<u>18</u>

3	(a) (i)	– straightening the legs → bend the knees to 90° – placing the hands behind the neck → cross hands on the chest	@1	2
	(ii)	– applying ice: reduce pain – taking rest: prevent the injured area from getting worse	@1	2
	(b)	– MET is the rate of energy consumption of a healthy adult when sitting still – 1 MET is 1 kg of weight to use 1 kcal in one hour, 7 MET is seven times the energy consumption of 1 MET – MET can be used for indicating food consumption for weight control	@1	3
	(c)	Hip: extending, bending Knee: bending, extending	@1	
		Hip: gluteus maximus / iliopsoas Knee: quadriceps / hamstring	@1	4
	(d) (i)	Similarity: – both the US and HK versions use a pyramid to suggest the amount of consumption of each type of food – both the US and HK versions have the same grouping of foods for consumption suggestion: meat, milk, vegetables and grains – both versions suggest to have highest intake of grains and cereals (Any 2)	@1	
		Difference: – the US version has a concrete suggestion on the absolute amount, but there is no concrete suggestion in the HK version – there is intake suggestions on oil, sugar, salt and reserved food in the HK version, which is not available in the US version (Any 1)		3
	(ii)	– it is not a balanced diet which lacks the nutrients required by the body, it will affect health – eat too much fruits will result in too much intake of sugar and this diet habit is difficult to sustain	@1	2
	(iii)	– too much salt may lead to hypertension / affect kidney functioning – too much oil may lead to too much intake of fat, affecting the cardiovascular system and leading to obesity	@1	2
	Total:			