

HKDSE PE Practice Paper

Research Test Briefing Seminar

22.2.2012



香港考試及評核局

Introduction

- ✦ Background of HKDSE practice papers
- ✦ Purpose of the research study
- ✦ Limitation of the research study
- ✦ Acknowledgements
 - Principals, Teachers & Students
 - All markers
- ✦ Aim of the seminar
 - Assessment requirements
 - Student performances
- ✦ The use of the exemplars

Introduction

- ✦ Procedures (**P.2 of the Marking Scheme*)
 - Collection of scripts from schools
 - Training of markers
 - ✦ Markers' Meeting
 - Standardization of the marking criteria
 - Fine-tuning of the marking schemes
 - Compilation of the examiner's report & Selection of samples
 - ✦ Markers' inputs

Accessible Information

✦ Practice Papers & the Provisional Marking Schemes

– Chinese Version

✦ http://www.hkeaa.edu.hk/tc/HKDSE/hkdse_subj.html?A2&2&19_14

– English Version

✦ http://www.hkeaa.edu.hk/en/HKDSE/hkdse_subj.html?A2&2&19_14

Facts & Figures

- ✦ 2012 Candidature (Provisional)
 - 706
- ✦ Scripts collected for the research study
 - 102 (from 18 schools)
 - 90C + 12E
- ✦ Markers
 - 18

Paper 1A (1/2)

- ✦ 36 MC Questions
- ✦ Average Score
 - 21/36 (58%)
- ✦ Performance Analysis

<u>Percentage of candidates who answered the item correctly</u>	<u>No. of Items</u>
0-39	8
40-59	10
60-79	10
80-100	8

Paper 1A (2/2)

- ✦ 6 items that candidates performed best
 - Q6, Q24, Q20, Q34, Q21, Q31
- ✦ 6 items that candidates performed worst
 - Q4, Q32, Q8, Q5, Q1, Q3

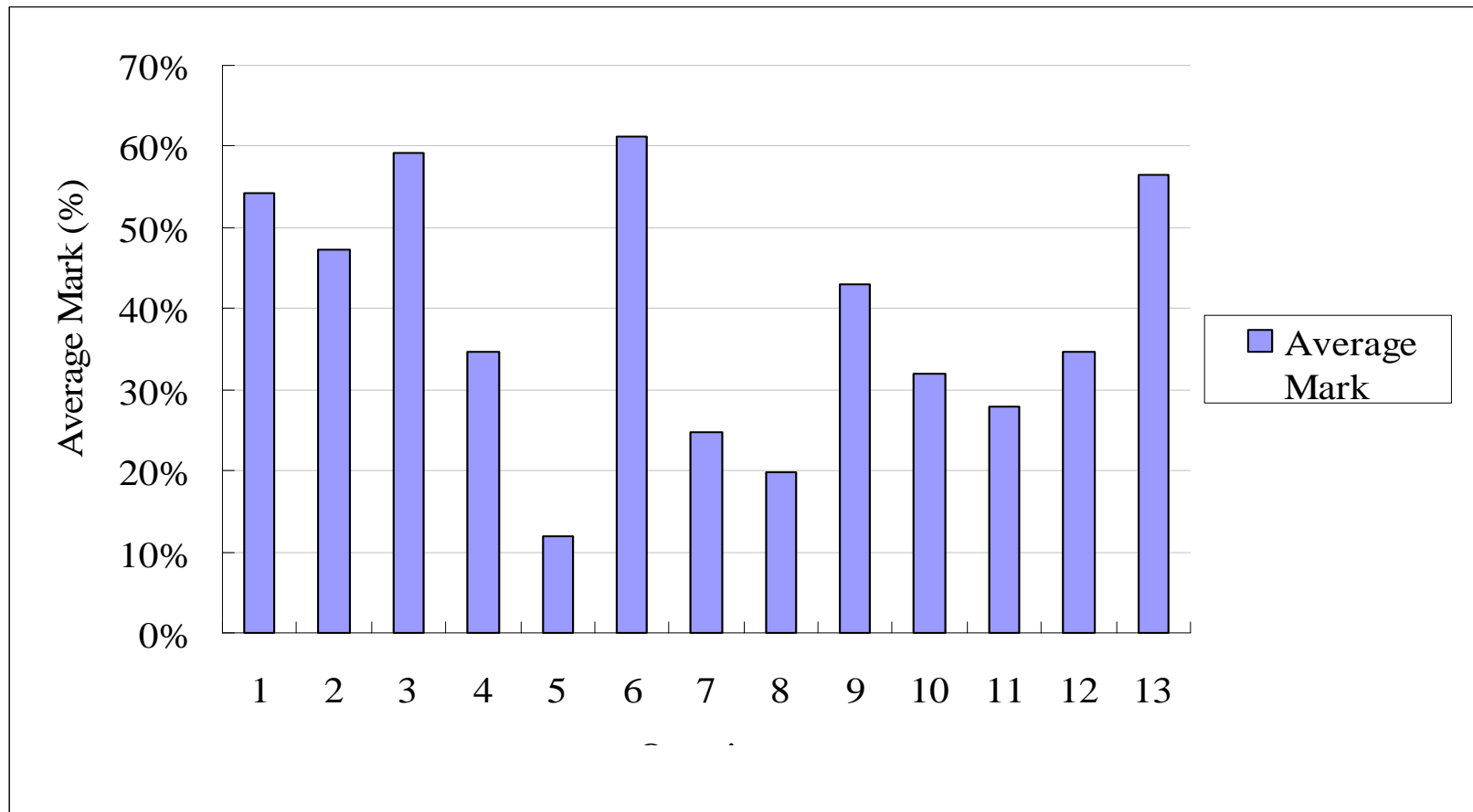
Paper 1B (1/23)

✦ 13 Short Questions

<u>Question</u>	<u>Average Mark</u>	<u>Question</u>	<u>Average Mark</u>
1	54%	8	20%
2	47%	9	43%
3	59%	10	32%
4	35%	11	28%
5	12%	12	35%
6	61%	13	56%
7	25%		

Paper 1B (2/23)

✦ 13 Short Questions



Paper 1B (3/23)

✦ Q.1

(a) 試指出康樂活動與運動的差異，並各舉一個例子加以說明。

康樂活動以消閒，保持心境放鬆為目的。例如閱讀，
是用來消磨時間，放鬆精神的。
運動以強身健體，鍛煉體能和学习運動技巧為目的。
例如乒乓球，是可以鍛煉體能和学习運動技巧的。

Paper 1B (4/23)

✦ Q.1

(b) 試說明私營體育會（例如：南華體育會）在推動香港運動發展所扮演的**兩個**角色。

私營體育會可以幫助香港發掘有潛質的
運動人才；另外，又可以培訓本地的運動
精英。

Paper 1B (5/23)

✦ Q.2

奧運會職業化會否令運動員濫用藥物的情況惡化？試指出你的立場，並提出**兩個**論點加以說明。

我認為奧運會職業化會令運動員濫用藥物的情況惡化。因為奧運會職業化代表着運動員更重視成績和名譽，認為取得獎牌才是參加奧運會的目的。因此令運動員濫用藥物。而且在職業化下，比賽水平越來越高。面對頂尖選手的壓力下，運動員嘗試濫用藥物，以求突破。

令更多 (2分)

Paper 1B (6/23)

✦ Q.3

- (a) 很多人都喜歡模擬運動的遊戲機。使用遊戲機操縱桿，參與者可模擬進行各類運動，例如打網球及高爾夫球。試指出並說明此類遊戲機對推廣運動參與的正面及負面影響各一個。

□ □

能使運動普及化，因該遊戲機能^{放在家中便}隨時隨地
 男女老幼都能接觸該運動。
 該遊戲機是模擬運動，只供娛樂，未能與真
 實運動中鍛煉体能，^{沉迷}遊戲機而疏忽了真實
 運動，這(一樣能)便是本末倒置，令人減少參與真實運
 動。(2分)

Paper 1B (7/23)

✦ Q.3

(b) 試就學校體育老師如何鼓勵學生多進行體育活動提出**三項**建議。

成立運動獎學金，精英計劃，培訓有潛質的運動員，加入校隊訓練。

舉辦學校運動會，讓同學多實踐，讓他們感受比賽的氣氛。

讓同學們玩更多不同種類的運動，多變化，令同學們產生興趣。

Paper 1B (8/23)

→ Q.4

運動與政治有相當的關係。試舉出**兩個**例子說明兩者之間的相互影響。

- ① 在美國與中國曾透過乒乓友誼賽打破兩國之僵硬關係，稱之為「乒乓外交」。
- ② 莫斯科奧運會時，美國、德國等其他國家因不滿當時蘇聯漠視聯合國出兵攻打阿富汗，而集休杯葛是次奧運會；到了下一屆到美國主辦奧運，就到蘇聯、東歐各國等杯葛該奧運會。

(2分)

Paper 1B (9/23)

✦ Q.5

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

consider in judging the organiser's negligence

The organiser has the duty of care ^{to the athletes}. The organiser has the duty to set up water station along the road of the race and provide ^{enough} water to athletes to drink.

The organiser break the duty of care. The organiser did not provide enough water for athletes. ^{set up water stations and did not}

The act of organiser lead to ^{actual or proximate} damage to athletes. Due to dehydration, some athletes suffer from heat stroke.

The athletes have extent of damage ^{due to the act of organiser}. Athletes dead due to dehydration and heat stroke.

Paper 1B (10/23)

✦ Q.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.

$$\begin{aligned} & \text{Average angular velocity} \\ &= \frac{4(2\pi)}{2} \\ &= 4\pi \text{ rad s}^{-1} \end{aligned}$$

Paper 1B (11/23)

✦ Q.7

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

A higher angular velocity means that ~~it~~ it has a greater acceleration. \therefore acceleration is proportional to force dissipated. \therefore when the hammer is in high acceleration, \therefore the force dissipated ~~is~~ for throwing the hammer will be greater. Then, ~~it can~~ ~~he~~ he can throw the hammer far more.

Paper 1B (12/23)

✦ Q.8

下列圖表顯示三個不同訓練時段的心率變化。

(a) 描述這三個訓練時段所採用的訓練方法。

首先，A所採用的訓練方法應該是循環訓練，運動員會在循環的訓練中過輕中樞心率的相對比較頻密。

其次，B所使用的是間歇訓練，運動員在運動與休息的比例是1:2-3，所以運動時的心率比休息時的心率為低，而且每段運動的組數和次數都是一樣。

另外，C是持續訓練，運動員需要在長時間內作中強度的訓練，因此心率維持在燃燒脂肪區域，是訓練有氧適應。(3分)

Paper 1B (13/23)

✦ Q.8

下列圖表顯示三個不同訓練時段的心率變化。

(b) 就 (a) 答案的每一種訓練方法，舉出一個訓練安排的例子。

循環訓練：

間歇訓練：運動與休息的比例為 1:2-3，期間以緩步跑為
~~100 米短跑~~ 100 米短跑，休息時間為 30 秒

持續訓練：以低強度去完成 5000 米長跑，期間沒有
 休息，直至完成訓練。

總故籍

寫於邊界以外的答案

Paper 1B (14/23)

✦ Q.9

試解釋在設計長者訓練計畫時的**兩項**考慮因素。

第一，要考慮設計的訓練之強度，因為長者的肌力和心肺功能已經退化，他們並不能夠承受過高的運動強度。第二，要考慮設計休息的時間，因為長者的心肺耐力和運動能力下降，易疲勞，因此要設計足夠的休息時間。

Paper 1B (15/23)

✦ Q.10

(a) 除喚醒外，試指出並描述能達至運動最佳表現的**三個**心理因素。

進取心，有進取心的話，運動員會為比賽而拼盡全力。

有信心，有信心高的話，運動員會對自己的實力有肯定，並就算遇到強敵，也有信心能擊敗他們。

適當地處理壓力，正面的態度能令壓力轉為動力，避免焦慮和恐懼。

Paper 1B (16/23)

✦ Q.10

(b) 下圖顯示一運動員在不同比賽中的喚醒與表現關係。

(i) 試舉出**三個**例子解釋為何出現不同的倒 U 假設曲線。

比賽的類型，如籃球比賽和羽毛球比賽就有所分別，因為一項需身體接觸，另一項則不用，相對地則需更高的喚醒水平。

比賽的對手，若對手較強，相對地則需更高的喚醒水平來應付。

比賽的重要性，若比賽是國際性的，相比地區性的則需求更高的喚醒水平，因為壓力較大。

Paper 1B (17/23)

✦ Q.10

(b) 下圖顯示一運動員在不同比賽中的喚醒與表現關係。

(ii) 試指出運動員在比賽中可用作保持高喚醒水平的**三種**方法。

只專注現在,不理會未來,享受。

對自己說一些激勵性的說話,如「我一定可以做到」來鼓勵自己。

在休息時間進行激烈的表象訓練。

Paper 1B (18/23)

✦ Q.6

有資料顯示在遠足時中暑人數有上升。

(a) 試指出中暑的**兩項**症狀。

中暑的兩項症狀，包括暈嘔、肌肉軟、月克水

(b) 試指出中暑的**兩種**處理方法。

中暑的兩種處理方法包括，帶患者去一些陰暗的
地方，如患者穿太多的衣服，可以替患者脫除多餘的
衣服，此外，給患者水，讓他保充足水份。

Paper 1B (19/23)

✦ Q.11

(a) 試指出骨骼系統在運動進行時的**兩個**功能。

一、支撐身體 ~~骨骼~~ 二、骨骼能幫助抵擋 ~~因~~ 地心吸力向產生的向下拉力，使我們能站得穩。—— 在運動時。

二、~~關節~~ 活動：骨 ~~末~~ 端與骨末端之間—— 也就是關節。韌帶附在其附近的韌帶，肌腱使我們在運動時能自如地做出各種動作。

(2分)

Paper 1B (20/23)

✦ Q.11

- (b) 某運動員在比賽中只傷及頸椎而沒有傷及頭部，但他日後的運動表現卻受嚴重影響。試指出並解釋**兩個**可能的原因。

- 一. 傷及神經線：該運動員可能因傷及頸椎內的神經線，影響中樞神經系統，可能自導致動作指令未能及時傳達或不能傳達，活動能力大受其影響，甚或有機會變成「植物人」。
- 二. 關節受損：頸椎內的滑液關節可能受損，~~不能~~頭部不能進行太大範圍之動作。

Paper 1B (21/23)

✦ Q.11

(c) 試指出並解釋為何在空氣污濁的環境下運動，較適宜使用鼻呼吸。

因為當空氣污濁，~~空氣~~空氣中的塵浮粒子比較多，如果用口呼吸，會把
粒子直接吸入氣管，會引致不適。如果用鼻呼吸，那些粒子會給鼻毛和裡面
的液体黏著不用吸入氣管。

(2/3)

Paper 1B (22/23)

✦ Q.12

運動處方是透過個人化及有系統的運動計畫去改善生理功能。在其他治療方法幫助下，運動處方可改善病情。試指出並解釋可透過運動處方改善病情的**三種**慢性疾病。

第一，癱肥。癱肥的人士可透過一些帶氧運動，如游泳，踏單車等，來燃燒過多的脂肪，以健康地下降體重至正常水平。第二，糖尿病。糖尿病病人可透過強度不大，適量的運動例如緩步跑，來穩定血米糖水平以改善病情。第三，心臟病。心臟病的患者通常因患病而不敢做運動，但其實做一些低強度的運動如太極，便有助保持一定的心肺功能，盡量保持心臟健康，預防病發。

(11)

Paper 1B (23/23)

✦ Q.13

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

Firstly, balance, it can be measured by the time standing on stabilometer before falling.

Secondly, agility, it can be measured by the time needed to finish a zig-zag run.

Thirdly, power, it can be measured by verticle power jump.

Intermission

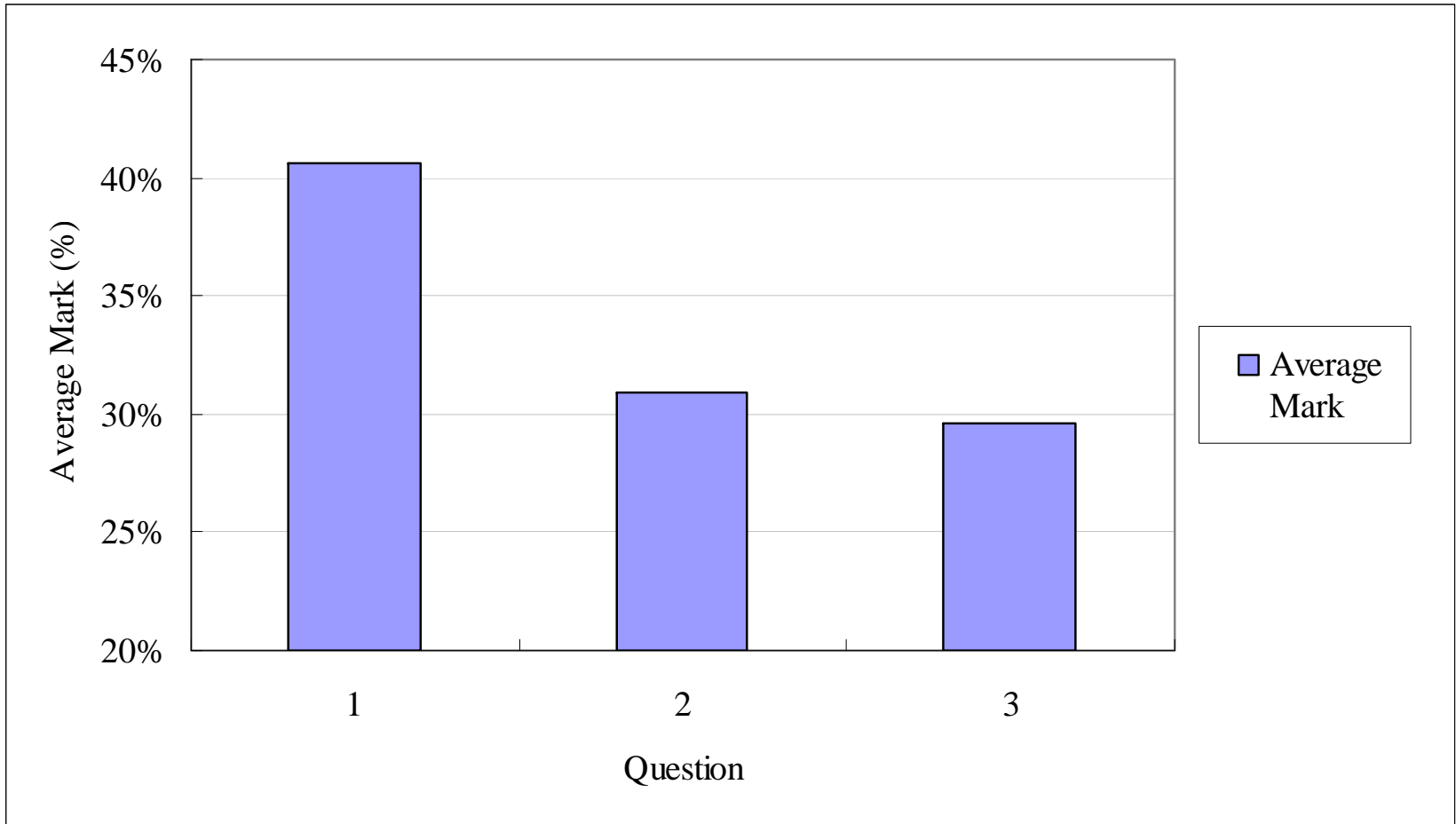
15 minutes

Paper 2 (1/29)

- ✦ 3 Long Questions
(Choosing 2 Only)

<u>Question</u>	<u>Popularity</u>	<u>Average Mark</u>
1	79%	41%
2	60%	31%
3	61%	30%

Paper 2 (2/29)



Paper 2 (3/29)

✦ Q. 1 (a)

1. The football World Cup has a long history and in 2010, the final round was held in South Africa. A total of 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.

Paper 2 (4/29)

From sport development view, South Africa succeeded in bid for organizing the final round of the football World Cup because the FIFA want to promote football to all over the world and spread the idea of sport.

From historical point of view, it is the first time for the African countries organising the final round of the football World Cup in its long history. It is also the first time of the football World Cup held in the Africa continent. After the success of South Africa, World Cup has been held in all five continents. Thus, South Africa succeeded in its bid for organising the final round of the football World Cup.

Paper 2 (5/29)

✦ Q. 1 (b)

- (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.

Some citizens objected it because they think that sports should share to everyone, especially international events. Some of the poor people could not watch the game because they cannot afford to pay for the pay TV. Moreover, they think that it gives a chance for the pay TV broadcasting company to earn profit through sport. They think that is not an appropriate act. Thus, they objected the right for broadcasting the football World Cup in Hong Kong was obtained by a

E

Paper 2 (6/29)

✦ Q.1(c)

- (c) 由於足球賽事節奏快，裁判員可能會誤判。有人建議利用錄像重播，來幫助裁判員作判決，此建議已被廣泛討論。試指出你的立場，並提出**三個**支持或反對的論點，並加以討論。

我支持此做法。首先，利用錄像重播可更準確地判斷，減少誤判，使賽事更公平。此外，這可避免球員因誤判而引起的衝突，特別是球員與裁判員。最後，這使賽事變得較喜歡，裁判員的判決含主觀成份，但利用錄像重播可反映事實真相，較

Paper 2 (7/29)

✦ Q.1(d)

- (d) 試就世界杯足球賽的主辦國可自動晉身決賽週，提出支持及反對的論點各**兩個**，並加以討論。

Paper 2 (8/29)

支持主辦國可自動晉身決賽週的原因：
讓主辦國自動晉身決賽週是尊重的表現，
重視它為主方，像是主辦國邀請其他國家
與賽事，齊於運動上建立友誼，體現運動精神。
此外，賽事於主辦國常辦，如缺乏主辦國
的代表隊伍，皆國的人們未必願意參與，
因此，讓主辦國自動晉身決賽週能吸引支持
者和觀眾，是推廣足球的途徑之一。

反對主辦國自動晉身決賽週的原因：
賽事應透過公平競爭而決定出強者參與
決賽，否則，這對其他國家不公平。
加上，主辦國的隊伍實力未必能與決賽隊
抗衡，這會使賽事失去公平性和

Paper 2 (9/29)

✦ Q.1 (e)

(e) 細閱下列有關 2010 年世界杯足球賽期間發生的事件的一篇報導。

在世界杯荷蘭對丹麥的比賽中，有三十六名荷蘭的女球迷被逐離球場。國際足協的職員指控她們穿著橙色裙為一款不是世界杯指定贊助商的啤酒品牌作推廣。國際足協將事件轉介給南非警方。警方向傳媒解釋這些婦女的「突擊市場推廣」在南非是不合法的，將會控告她們。然而這些婦女聲稱她們只是穿著代表荷蘭顏色的衣服去支持她們的國家隊。

試討論在比賽場地內限制觀眾的衣著是否恰當。

Paper 2 (10/29)

✦ Q.1(e)

我认为在比博(賽)地限制观众的衣着不恰当。

首先,因为球迷有穿着衣服的自由和权利,不应被别人管轄,这削弱了球迷应得的权利。

此外,球迷是给予金钱然后进入观赏,如果連衣着也给限制,这不太合理,相信入场观看的人数会受到影响。

最后,世界杯是普天同庆的大型赛事,不应因衣着而被限制不能参与,这与人人享有参与运动的自由的原意违背。

Paper 2 (11/29)

✦ Q.1 (f)

香港足球隊在七、八十年代曾經在世界杯足球外圍賽中取得優異成績，但近年成績欠佳，大大落後於一些亞洲強隊的水平。

(f) 試為香港足球隊提出長期及短期的建議各**兩個**，討論如何改善球隊的表現。

Paper 2 (12/29)

長期來說，政府應撥款資源發展青少年精英足球項目，讓足球隊有傳承，為香港足球未來提供新力軍。此外，政府也可興建更多的足球設備，如足球場，讓更多人參與足球，推行足球普及化，為足球隊提供和訓練有潛質的足球員。

至於短期，香港足球隊可嘗試輸入外國的出色球員加盟港隊，提升整體實力，以改善球隊的表現。又或者，聘請國際出色教練任教香港足球隊，提供高水平訓練，改善球隊

Paper 2 (13/29)

✦ Q.2(a)

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.

a) Main energy system used by John is ATP-PC System. Since the duration of 100m is about 10 - 12 seconds.

Main energy system used by Peter is aerobic system. Since the duration is a long period, about 1 hour and involve moderate intensity. Body can uptake ^{enough} ~~other~~ oxygen.

Paper 2 (14/29)

✦ Q.2(b)

- (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.

For a week program, John can do as follows =

- 1) Hamstring weight-lifting on Monday, Wednesday and Friday. Lift 10 kg for 10 times, rest 2 minutes and repeat again, last for 1 hour.

This can fulfil the principle of frequency and intensity.

- 2) Knee extension on Tuesday and Thursday - 1 hr and last for an hour. This can fulfil

Paper 2 (15/29)

✦ Q.2(c)

- (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.

Imagery relaxation... Try to image a comfortable place and John ^{is} standing in this place. This can help forget the nervous and have mental relax, thus control arousal level.

Self-directed relaxation. Try to reducing breathing rate and using deep breath, and relax muscle group, this can help physical.

Paper 2 (16/29)

✦ Q.2(d)

- (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.

Paper 2 (17/29)

d) (i) 'S' refers to specificity, which means ~~goal~~ must be concentrate on one or few ~~goal~~ objectives.

'M' refers to measurable ... with performance indicator and target therefore you can know

whether the goal is achieve or not.

'A' refers to agreed. The goal must be agreed by others.

'R' refers to realistic. The goal must be ~~be~~

Challenge but achievable.

'T' refers to time phased. Goal must set a limited

f

Paper 2 (18/29)

(ii) Outcome goal. For example, winning the champion. The goal is concerned the final result, and consider the performance and ability of competitors. For example, whether there is other team able to win the champion.

Performance goal. For example, maintaining a constant speed in the whole process. This goal is concern more about the process and does not consider competitor's performance. It may take own previous performance for reference. For example,

Paper 2 (19/29)

✦ Q.2(e)

- (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.

According to the Action and Reaction law, a person would receive the same force as he exerts.

This training is to train the athletes exert greater force to start. Then, he will have greater reaction force to help him run. It shows in the following diagram =



Paper 2 (20/29)

✦ Q.2(f)

- (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.

Paper 2 (21/29)

f). Heart rate monitor can measuring and recording heart rate of an athlete during running.

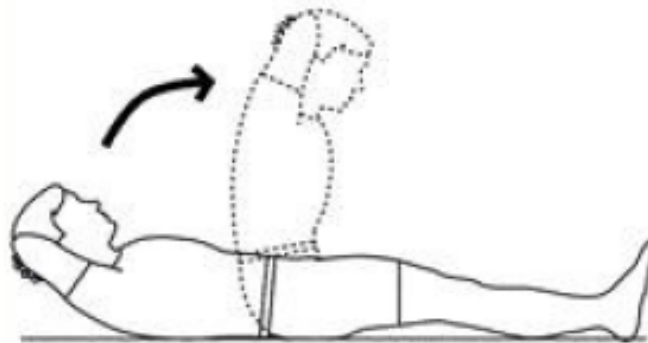
To plan the intensity of training, athlete can decide a intensity, then using Heart rate reserve method to find out the relative target heart rate.

During the running, athlete can see whether they can achieve the desired intensity by refer to the heart rate given by heart rate monitor.

Paper 2 (22/29)

✦ Q.3(a)

大偉超重，並希望透過運動及飲食控制體重。



- (a) 上圖顯示大偉進行仰臥起坐，他的腰背及頸部感到疼痛。
- (i) 試指出用此方法進行仰臥起坐的**兩個**錯誤，並建議相應的正確姿勢。

Paper 2 (23/29)

✦ Q.3(a)

第一，大偉的雙手^{不應}放了在頭後邊，他的雙手^{交叉}應該放在胸口。
 第二，他的雙腳~~不應~~伸直，而應該~~伸~~屈曲。
 首先，他可以進行伸屈活動，讓^{膝關節}腰背和頸部的肌肉得到放鬆，減輕痛苦。
 其次，他可以應用~~用~~冷敷，敷著~~的~~腰背及頸部疲痛的~~的~~位置，讓肌肉消腫和鎮痛。

Paper 2 (24/29)

✦ Q.3(b)

- (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.

MET stands for 'Metabolic Equivalent Task'. When a person is sitting at rest, which is about 1 MET. 7 MET means the energy expenditure is seven times of that of sitting at rest.

Running is around 7 MET, which means it needs great energy expenditure. With greater energy expenditure, once energy is expended, it helps in weight control.

Paper 2 (25/29)

✦ Q.3(c)

(c) 描述跑步時髖部及膝部關節的動作，並指出腿部動作所涉及的肌肉。

跑步時，髖關節會前後擺動，膝關節會向前後伸展。
而腿部動作則涉及四頭肌，腿後肌。
四頭肌在抬腳時會進行離心收縮，因其長度在收縮時縮短了，而
腿後肌則在進行向心收縮。
而他們在踏步時，所進行的收縮類型便會相反，則四頭肌
進行向心收縮，但腿後肌進行離心收縮。

Paper 2 (26/29)

✦ Q.3(d)

- (d) 以下是2010年香港和美國採用的兩個食物金字塔。
- (i) 比較兩個金字塔中飲食建議，試指出並討論它們的**兩項**相同及**一項**相異之處。
 - (ii) 根據上面兩個金字塔的指引，大偉每天只吃大量水果。討論他的飲食習慣對體重控制和個人健康的**兩個**影響。
 - (iii) 試解釋為何應吃較少油和鹽。

Paper 2 (27/29)

✦ Q.3(d)(i)

首先相同之處有兩個食物金字塔都把食物分類，香港和美國的金字塔都有穀類、蔬菜、水果、奶類、肉和豆類。

其次，兩個食物金字塔都建議我們攝取和吃最多的五穀類和蔬菜類。例如每天6安士的穀類和每天2杯半蔬菜類和每天2杯水果。

不過，它們也有相異之處。香港^{食物}金字塔有由糖鹽和加工食品，建議人們吃最少，不過美國的就沒有提及。

Paper 2 (28/29)

✦ Q. 3(d)(ii)

對於體重控制，大偉每天只吃水果，使他攝取的脂肪和碳水化合物^和能量不足，所以他的體重會不斷減輕，難以加重和增肥。

對於個人健康，~~大偉~~人的健康要攝取七種營養素維持，不可以單靠一樣，否則便會失去平衡。大偉也會缺乏足夠的能量使他日常的活動，他會容易疲倦。

另外，因為他攝足不足的蔬菜，纖維素，使他難以消化和排毒。

Paper 2 (29/29)

✦ Q.3(d)(iii)

因为油和鹽是飽和脂肪，令累積在血管中。
假如大量攝進食，很容易引起~~心臟~~冠心病、高血
壓和糖尿病等慢性疾病。我們為了保持一個更健
康的身體，應該要減少吃油和鹽。

另外，鹽^{煙燻}煙燻食品會破壞我們的味覺，影響了
日後進食的食慾，從而影響身體去吸收營養。

General Comments (1/3)

- ✦ Lack of care in reading questions
 - Identify key terms stated in the question
 - Interpret key terms carefully
 - Pay attention to the number of answer points required

General Comments (2/3)

- ✦ Substandard writing
 - Fail to write correctly the key terms used in PE
 - ✦ Need effort to understand all the key terms and be able to write them correctly
 - Poor handwriting
 - ✦ Time management
 - appropriate balance between the legibility of written answers and the time constraint of the exam
 - ✦ Think & Plan before Writing
 - Minimize the time spent on crossing out unwanted answers

General Comments (3/3)

- ✦ Substandard writing
 - Answers are too short / inadequate
 - ✦ Think/Plan before Writing
 - Understand the requirement of the question
 - Key ideas followed by appropriate amount of elaborations
 - Uninformed/Misinformed arguments
 - Lack of logic and coherence in presenting arguments
 - ✦ Basic understanding of logic (e.g. induction)
 - ✦ Sequence in presenting proposition, arguments and examples

Thank you!