

## HKDSE Physical Education

### Practice Papers

### Subject Report

Since only around 100 samples have been collected for the research test of the Practice Papers of HKDSE Physical Education, the comments on the general performance of the candidates below may not reflect the overall picture, which should include all the candidates of the subject. Nevertheless, it is worthwhile to point out the strength and the weakness that have been spotted out in the research test so as to let teachers and students have a better understanding on the performance of the candidates (note: candidates refer to those students whose scripts have been marked in this research test conducted by the HKEAA).

#### Paper 1A: Multiple-choice Questions

This section consisted of 36 multiple-choice questions. The mean score was 21. 8 questions produced facility values of 80% and 10 questions had facility value between 60-80%. Some comments on candidates' performance are as follows:

#### 1. Q.4

Which of the following was the Olympic motto for 2008 Olympic Games in Beijing ?

- |     |                                      |       |
|-----|--------------------------------------|-------|
| A.  | One World, One Dream                 | (80%) |
| B.* | Citius, Altius, Fortius              | (17%) |
| C.  | Peace, Solidarity, Friendship        | (3%)  |
| D.  | Friendship First, Competition Second | (0%)  |

In the above item, around 80% of candidates incorrectly thought that "One World, One Dream" was the Olympic motto, which was actually the slogan of the 2008 Olympic Games.

#### 2. Q.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                                  | (17%) |
| B.  | Iodine                    | Iron                                       | (49%) |
| C.  | Calcium                   | Magnesium                                  | (10%) |
| D.* | Calcium                   | Iron                                       | (24%) |

In the above item, many candidates knew that Iron assisting blood in carrying oxygen. However, many of them wrongly thought that Iodine is for muscle contraction.

3. Q.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 (30%)
- B. (1), (2) and (4) only (23%)
- C.\* (1), (3) and (4) only (31%)
- D. (2), (3) and (4) only (16%)

Many candidates were weak in identifying cultural factors that influencing sport participation.

4. Q.5

Which of the following was the first Chinese athlete to win a medal in the Olympic Games ?

- A.\* Yang Chuan-guang (32%)
- B. Ji Zheng (12%)
- C. Liu Chang-chun (48%)
- D. Lee Wai-tong (8%)

In this item, around half of the candidates mistakenly thought Liu Chang-chun was the first Chinese athletes to win a medal in the Olympic Games.

5. Q.1

Which of the following agencies does the Sports Commission provide advice to ?

- A. Physical Education Section, Curriculum Development Institute, Education Bureau (20%)
- B. Leisure and Cultural Services Department (38%)
- C. Hong Kong Sports Institute (7%)
- D.\* Home Affairs Bureau (35%)

In this item, many candidates wrongly pointed out that the Sports Commission provides advice to the Education Bureau or the Leisure and Cultural Services Department, but not to the Home Affairs Bureau.

**Paper 1B: Short Questions**

<b>Question</b>	<b>Performance in General</b>
1	<p>This question was well answered.</p> <p>(a) Most candidates were able to identify the differences between sport and recreation. But a few of them provided non-sport examples which were not accepted.</p> <p>(b) Most candidates could list out the role of private sport club which was to nurture potential or elite athletes. But they were unable to point out that private sport club was also one of the providers of sport facilities to the public.</p>
2	<p>This question was well answered. Majority of candidates supported that drug doping would become more serious due to professionalisation of athletes. But some of them could provide only one reasonable justification.</p>
3	<p>This question was well answered.</p> <p>(a) Some candidates did not aware the influence on “promotion of sport participation”.</p> <p>(b) Most candidates gave correct suggestions to encourage students to participate more in physical activities.</p>
4	<p>This question was satisfactorily answered. Most candidates used the table tennis diplomatic incident between China and the US as an example.</p>
5	<p>This question was poorly answered. Most candidates failed to address this question correctly. They were not able to list out the four elements of negligence before using marathon race as an example for elaboration.</p>
6	<p>This question was well answered.</p> <p>(a) Some candidates listed out the symptoms of heat injury, but not specific to heat stroke.</p> <p>(b) Some candidates mentioned giving water to the patient without providing information about patient’s consciousness. The amount of water to be provided and the function of giving water were not mentioned as well.</p>
7	<p>This question was poorly answered.</p> <p>(a) Many candidates failed to attempt which indicated the lack of understanding on the concept of angular velocity. Some candidates mixed up the meaning of “higher angular velocity” and “larger angle”.</p> <p>(b) Most candidates failed to give explanations why higher angular velocity in hammer throw produces better results.</p>

- 8 This question was poorly answered.
- (a) Most candidates were able to describe “continuous training” and “interval training” only.
  - (b) Many candidates failed to give examples of training arrangements for the training methods answered in (a).
- 9 The question was satisfactorily answered. Some candidates could explain and give reasonable considerations in designing training programmes for the elderly.
- 10 This question was satisfactorily answered.
- (a) Many candidates were able to describe a few psychological factors involved in achieving best sporting performance but not many of them could describe three factors in total.
  - (b)
    - (i) Many candidates could give different types of sport as an example and explain the different inverted-U hypothesis curves but only few of them were able to list three examples as required.
    - (ii) Many candidates could state three methods to maintain a high arousal level in competitions.
- 11 This question was poorly answered.
- (a) Many candidates considered only the general functions of skeleton system rather than specifically discussing its role in performing sport.
  - (b) Many candidates failed to comprehend the scenario provided in the question. They did not fully understand the injury situation.
  - (c) Many candidates pointed out the function of the hairs in the nose, but neglected the function of the fluid in the nasal cavity.
- 12 This question was satisfactorily answered. Many candidates could list three chronic diseases. However, they failed to explain how exercise prescription could help in improving the illness situations.
- 13 This question was well answered. Most candidates could list the sport-related fitness components and their corresponding measuring methods.

## Paper 2: Long Questions

## Question

## Performance in General

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- 1 This question was satisfactorily answered.
- (a) Most candidates were not familiar with the historical development of football in South Africa. They failed to give account why South Africa succeeded in bidding the football World Cup.
  - (b) Most candidates were able to point out that it was unfair for a pay TV to obtain the right for broadcasting the football World Cup. Many of them also mentioned people's right to watch major sport events.
  - (c) Most candidates had provided justified answers to support using a recording system in football matches. A few careless candidates provided both the supporting and the counter arguments.
  - (d) Most candidates were able to provide both the supporting and the counter arguments for the host country to automatically advance to the final round of the football World Cup. The arguments provided were mostly convincing.
  - (e) Many candidates pointed out that it was unfair to expel those girls wearing orange clothes out of the stadium. They discussed from the perspective of people's right.
  - (f) Many candidates were able to list out both long-term and short-term suggestions to improve the performance of Hong Kong Football Team.
- 2 This question was poorly answered.
- (a) Most candidates could state the main energy systems but few of them did not give explanations.
  - (b) Most candidates could not provide a reasonable weight training programme composed of three activity items with reference to the 'FITT' principle.
  - (c) Many candidates could list the relaxation methods. However, some of them did not provide description for the methods listed.
  - (d) (i) Most candidates could not state the 'SMART' goal setting principle accurately and were able to list only one or two.  
(ii) Most candidates could state two types of goals but some did not give appropriate examples to support their use in marathon training.
  - (e) Many candidates could not apply Newton's Laws of Motion to explain the function of a powerful thrust of foot on the starting block. And some of them failed to use an appropriate force diagram to explain.
  - (f) Some candidates could not fully discuss the related issues in using heart rate monitors in the planning of training. Some of them failed to provide examples and supporting arguments to illustrate their discussion.

- 3 This question was poorly answered.
- (a) (i) Many candidates were able to point out the mistakes shown in the diagram provided. Many of them were able to state the correct postures as well.
  - (ii) Some candidates mistakenly thought that the pain was due to accumulation of lactate, and therefore provided incorrect answers such as massage and stretching. The acceptable answers should be based on the “RICE” principle.
  - (b) Most candidates were not familiar with “MET” and therefore failed to give account for its significance in weight control.
  - (c) Many candidates failed to state the hip and knee joint movements in running. Many of them were not familiar with the names of hip muscles.
  - (d) (i) Many candidates could give one similarity and one difference between the two food pyramids given. However, many of them failed to give the second similarity or provide two similarities of the same nature.
  - (ii) Many candidates pointed out that the energy provided by fruits were limited and therefore were helpful in weight control. However, they failed to consider that sugar also exists in fruits, which may hinder weight control effort.
  - (iii) Many candidates considered oil and salt were very similar. They failed to state the harm brought by oil and salt individually.

#### **General Comments on Papers 1B & 2:**

Quite a number of candidates did not read the question carefully. They did not address the issues as required. Therefore it is suggested that candidates should spare some time and effort to study the questions before writing answers. They also need to pay attention in the realm of addressing the questions wisely. A few minor weaknesses of candidates were also identified, which included poor handwriting, providing answers more than required, and not able to elaborate properly.