

SECTION B (54 marks)

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

Recreation activities are the activities that keep body move and do not need high intensity. Walking after dinner is an example. ✓

Sport means activities that required a better body condition, it may involves competition. Running marathon is an example. ✓

(2 marks)

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

Private sport associations provide more chances to the public to participate in sports other than the governmental organizations. ✓

Besides, it provides a better learning opportunity. Private sport associations may have more capital to hire more professional coaches to teach. ✓

(2 marks)

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乙部 (54 分)

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。

康樂活動是閒暇時的娛樂活動；而運動則是強身健體或訓練技巧的活動。運動的強度比康樂活動大，消耗的能量亦較多。康樂活動可能是父子在公園中追逐玩耍；而運動可以是踢足球的小型比賽。

(2分)

- (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。

(2分)

寫於邊界以外的答案，將不予評閱。

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乙部 (54 分)

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。

康樂活動是娛樂性的休閒活動；運動是須
要高作適能 ~~支持~~ 支持的活动。

(2分)

- (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。

培育精英運動員及發掘有潛質運動員。
提升香港運動水平，為香港比賽爭取
較高國際聲名。

(2分)

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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}隨時隨地，^{能即時}讓大老幼都能接觸該運動。
 該遊戲機是模擬運動，只供娛樂，不能與真實運動中鍛煉体能，^{在該}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)

- (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。

以學生感興趣的教學方式吸引學生進行各種體育活動、設計一個獎勵計劃，獎勵一些積極進行體育活動學生、資助學生參與其感興趣的各種體育活動。

(3分)

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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。

正面：

• 可讓體育運動以普及形式推廣，讓更多人了解不同類型的運動。

負面：

• 讓玩家誤解運動的正確取向，減低市民投入真正真實運動的興趣。

(2分)

- (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。

• 多進行以不同單位組合的運動比賽。

• 常以遊戲的形式來進行熱身或其他運動。

• 增加運動項目的種類給予同學們選擇。

(3分)

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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。

正面：可以在此類遊戲機對推廣運動參與的正面是可以帶動參與者對不同運動的認識，推測市民參與運動的興趣。
負面：真正的運動與遊戲機中的運動在體能上、動作上都有很大的差異。

(2分)

- (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。

學校體育老師在上課時要加入一些新的體育元素（例如接力運球）。
多一些給學生內在回饋。多一些在假期舉行遠足或球類比賽。

(3分)

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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。

- 1) 停止出汗 ✓
- 2) 口渴 ✓

(2分)

(b) 試指出中暑的兩種處理方法。

- 1) 將傷者盡量移到天氣陰涼通爽之處 ✓
- 2) 將傷者身上緊扣的衣服或皮帶解開 ✓

(2分)

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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。

中暑人士出現頭暈症~~狀~~；身體過熱，高於正常體溫。

(2分)

(b) 試指出中暑的兩種處理方法。

一、扶中暑人士到陰涼的地方休息^{及補充水份}；二、嚴重者須打電話報警求助。

(2分)

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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。

1) 頭痛及頭暈 ✓

2) 口汗

(2分)

(b) 試指出中暑的兩種處理方法。

1) 飲水，補充失去的水份

2) 帶中暑的人離開有太陽及日曬的地方，帶他到陰涼的地方休息。 ✓

(2分)

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(a) 描述這三個訓練時段所採用的訓練方法。

時段 A, 所採用的為~~超負荷~~漸進訓練法, 每次訓練強度遞增, 休息時間不斷增加。

時段 B 為間歇訓練法, 數組運動與休息相關的訓練。
 時段 C 為持續訓練法, 在一定時間內不停進行中等偏強的運動。

(3分)

(b) 就(a)答案的每一種訓練方法, 舉出一個訓練安排的例子。

漸進訓練法: 舉啞鈴由第一組開始, 負荷重量不斷上升, 每次休息時間也增加, 維持五組。

間歇訓練法: 以短跑 100 米為例, 完成一次後, 以成紋的三倍時間作為休息, 之後再進行一次, 以 1:3 的比例, 進行五組。

持續訓練法: 以均速跑足球場五個圈, 維持一定跑速。

(3分)

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(a) 描述這三個訓練時段所採用的訓練方法。

A 時段 = 間歇式訓練。

B 時段 = 力量訓練

C 時段 = 持續訓練

(3分)

(b) 就(a)答案的每一種訓練方法，舉出一個訓練安排的例子。

間歇訓練：例如訓練想要提升帶氧運動的表現，可以選擇 1500米跑。休息比例是 4:1，即是完成 1500米跑後，休息 4 個 1500米所完成的時間，要完全休息，然後再進行 1500米跑。

力量訓練：可以利用器械或啞鈴進行訓練。

持續訓練：是用以訓練提升帶氧運動的表現。可以進行中等強度，長時間的訓練。例如 5000米跑。

(3分)

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(a) 描述這三個訓練時段所採用的訓練方法。

漸進原則

超負荷原則

循環訓練

(3分)

(b) 就(a)答案的每一種訓練方法，舉出一個訓練安排的例子。

漸進原則：漸漸加強運動的強度

超負荷原則：加強訓練強度，使訓練能夠超出負荷。

循環訓練：循環地每次進行同一種的訓練。

(3分)

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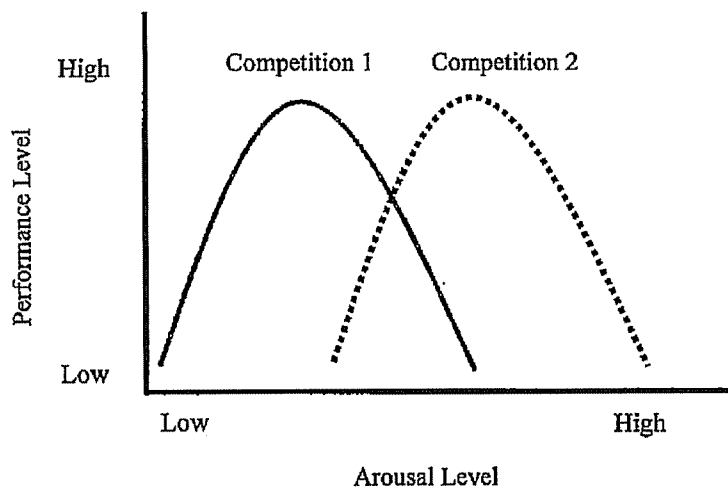
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10. (a) Other than arousal, state and describe three psychological factors involved in achieving best performance in sport.

Self-confidence, assertiveness, think positive
 Self-confidence gained by the previous success experience of
 can help to execute their skills effectively and efficiently.
 Assertiveness means athletes are assertive but didn't inflict
 harm to each other important in team sports like football.
 Think positive can reduce stress and anxiety it can help
 athletes to focus. (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.

The importance of the competition, competition 2
 may be more important than competition 1 so this
 may lead to different inverted-U hypothesis curves.
 The personality, the athletes may be easily change
 an emotion that the arousal level in competition 2 is
 higher than ~~competition~~ competition 1. The competitors, the
 competitors in competition 2 he has been won before but
 the competitors in competition 1 he never met before. This may
 also affect the curve.

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

listen to energised music before the match, ✓
practise positive imagery and also the athlete
can think positive words like "Go, Go, Go" to encourage
themselves. ✓

(6 marks)

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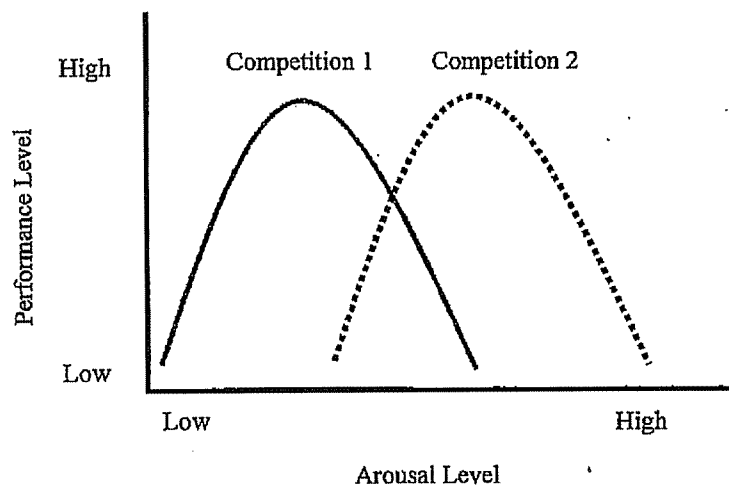
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10. (a) Other than arousal, state and describe three psychological factors involved in achieving better performance in sport.

Firstly, self-confident. Athletes with better self-confidence can perform better because they trust in themselves and know they can do well.
 Secondly, anxiety. Athletes should keep themselves away from anxiety as it may make them nervous and make wrong judgement.
 Thirdly, concentration. Athletes with high concentration helps to focus in the game and perform better.

(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.

Firstly, it may be due to the ~~can~~ difference between two competitions, as the difference between two competitions may lead to different arousal levels.
 Secondly, it may be due to the anxiety of the athlete, as he is nervous and the ~~are~~ inverted-U ~~by~~ curves will be different to his optimal arousal level. Thirdly,

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

Firstly, athlete should listen to energetic music everytime before competitions, as it can help him to stay excited and get to a high arousal level. Secondly, athlete should practice game mood, in order to lead them suit the competitions mood in training. Thirdly,

(6 marks)

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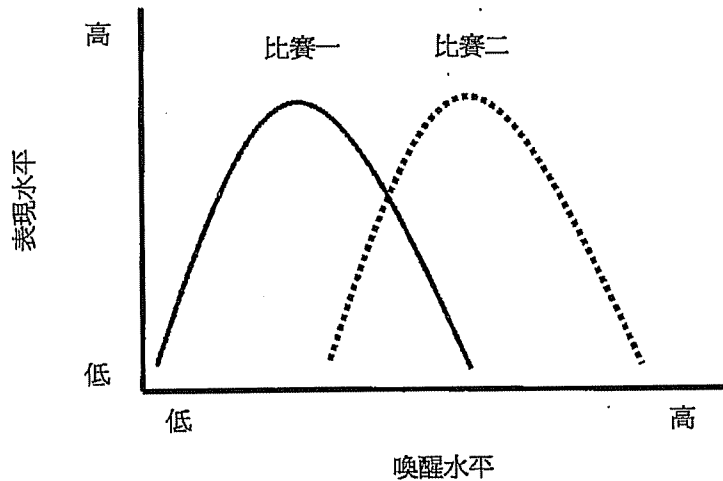
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10. (a) 除喚醒外，試指出並描述能達至運動最佳表現的三個心理因素。

自我談話、對自己一些鼓勵性談話是我最好的、外在回饋，教練對於運動動作正確指示、內在回饋，肌肉觸覺錯誤動作後，作出提示信息，使動作得以調整。

(3分)

(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。

不同時候會有不同喚醒水平及表現水平，如比賽前喚醒水平及表現水平，會較比賽中的低。

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寫於邊界以外的答案，將不予評閱。

(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。

拍掌提助醒自己更投入比賽中。自己談話對
自己作檢討性說話使下一回合加快速度。

(6分)

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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 ~~運動~~：骨骼能幫助抵擋 ~~由~~ 地心吸力向表
面的向下拉力，使我們能站得住。——在運動時。

二、~~關節~~ 活動：骨 ~~頭~~ 末端與骨末端之間——也就是關節
牢固附在其附近的韌帶，肌腱使我們在運動時能自如地做
出各種動作。 (2分)

(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，活動能力大受影響，甚有來自變成植物人

二、關節受損：頸椎內的滑液關節可能受損，~~而~~ 頭部不能
進行太大 ~~自~~ 幅度之動作。 (2分)

(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。

在空氣污濁的環境下運動時，以鼻呼吸將透過鼻腔內的
~~和~~ 液體和鼻毛阻擋空氣中的塵埃浮粒子，吸入較新鮮
空氣，避免用口以 ~~直~~ 氣管直接呼吸因致不適，影響體能和
運動表現。 (2分)

寫於邊界以外的答案，將不予評閱。

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11. (a) 試指出骨骼系統在運動進行時的兩個功能。

第一，運動功能。肌肉收縮使骨骼作出相應的動作，支持身體的運動。
 第二，支持作用。骨骼支持人體的姿勢和重量。

(2分)

(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。

第一，脊椎附有很多神經線，是神經的中樞。傷及脊椎很可能也傷及神經線，令動作的訊息不得傳遞，不能產生動作。
 第二，他傷及的是頸椎。若果神經線從頸椎開始斷，即意味着該名運動員由頸部以下均不能活動。因此頸椎受傷令他不能再運動，即便有康復的機會，運動功能亦大不如前。因此其運動表現會受到嚴重影響。

(2分)

(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。

因為鼻的構造中能替我們過濾空氣中的塵埃，鼻毛在空氣污濁的環境下能發揮其過濾的作用，令我們吸入的空氣較為潔淨。相反，口腔沒有過濾塵埃的構造，用口呼吸會吸入含大量污濁物的空氣。

(2分)

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11. (a) 試指出骨骼系統在運動進行時的兩個功能。

保護內臟。

幫助肌肉產生較大的力量。

(2分)

- (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。

心理受影響，害怕再次受傷，運動時不敢運用曾經受傷的部分。

害怕被人笑，不想運動。

(2分)

- (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。

用口呼吸的話，會把污濁的空氣吸到鼻腔中，令呼吸不暢順，影響運動表現。

(2分)

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(a) 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.

(b) 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 pay TV broadcasting company.

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(c) I support using video replay to assist the referees in making judgements.

Firstly, video replay could maintain the fairness of sports. Every match is decisive, a wrong judgement could make any team to lose the game or even a champion. Take 2010 South African World Cup, a match of England vs Germany as an example. A player of England shot a goal which is inside the white line, which should counted as a goal of England. However, the speed of the ball is too fast, no referees could see. Thus, England lose the chance and lost the game lastly. From this, we can see that how important video replay is.

Secondly, some people said that video replay would affect the match progress. But, nowadays, tennis, basketball these competitions had introduced high-technology system to help the judgement. Football as one of the most popular sports in the world should set a role model also.

Thirdly, it could avoid violence in the football match. Any unfair judgement would affect the performance or emotions of the athletes. Fights or arguments are easily seen between players or players and referees. Video replay could let referees correct his a judgement and thus avoid violence.

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(d) There are two reasons to support the host country can advance automatically to the football world cup final round. Firstly, it can be treated as a reward to the host country. The host country need to plan for a World Cup for a long time and need to put much resources to it. Thus, the host country can advance automatically to the football world cup final round can be a reward to them. Secondly, it could attract more people to watch the match, especially the people in host country. They may not know football, but they would like to support their country as they know that it is very hard to get into football world cup final round.

Nevertheless, there are two arguments that host country should not advance automatically to the football world cup final round. The first reason is it may lower the excitement of the match. As the host country may not be a strong team, people may feel boring with the weak team. The second reason is unfairness. The host country did not play the preliminary round, but go to the final round directly. The competitiveness of the other countries will be more intense.

(e) I don't think it is appropriate to restrict the clothing of spectators inside the match stadium. It is the freedom of the fans to choose what to wear to support their team. Though the World Cup is partly sponsored by the enterprises, we cannot make the rules

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of the enterprises is the first priority. Any restrictions on to the spectators would reduce their interest to watch the match or supporting their teams. It will be a lose-lose situation.

(f) For the long term development, the government promote the idea 'athletes can be successful'. The society now are not encouraging people to engage into the sports. Children getting the fully support from their parents could increase the number of people playing football. Thus, Hong Kong football team could find potential football players from a lot of people.

Moreover, the training for the youngsters must be well prepared in a long term. In other countries, such as Germany and Spain, 5-6 years old children will start to play football. We can see there are many famous players come from Germany and Spain and they are only 19-20 years old. As long as Hong Kong get well prepare for the youngsters, there will be more potential players in the football team.

For the short term development, Hong Kong football team should invite famous international player or coach to Hong Kong to teach the skills, pass experiences to the local players. It will let the local players learn more and have a better training method by following the foreign styles.

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Furthermore, Hong Kong government should subsidize the Hong Kong football team by sending players to the European countries for training. It is a valuable experience for the local players. Hong Kong football team should also develop partnership with the European clubs for skills exchange. Thus, the level of the player will enhance and could improve the team's performance. These are the suggestions for the long-term and short-term development of the Hong Kong football team.

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a) 運動發展：南非近年來的運動發展起飛，有能力舉辦大型型的國際賽事，因此能成功爭取。
歷史角度：南非向來都強攻足球，曾在世界杯足球賽中奪得佳績，因此南非成功舉辦也存着紀念性和代表性。

b) 第一，香港的電視台不是每個都有能力爭取轉播權，由於足球賽事的轉費高昂，並不是所有電視台，尤其免費電視台能付擔。因此只有一個收費電視台得到轉播權，在市場上是最公平的。

第二，若多於一個收費電視台獲得轉播權，便可能令電視台之間價格競爭，受他的費用會越來越便宜，直到電視台賺不到利潤時，他們便可能考慮放棄轉播，最終電視轉播球賽便會消失。

c) 第一，增加公平性。裁判員始終是人，判決當中可能有誤判出現，例如裁判所站的位置與角長令不同的裁判有不同的判決。利用錄像重播便再無爭拗了，剛過去球員在場上的一舉一動通通都被拍下，而裁判決中有力和客觀的證據。

第二，減少「黑哨」問題，有些裁判員可能因受賄而偏心一方執法，但利用錄像重播便沒有偏執之嫌了，裁判也不能輕易徇私。

第三，加強賽果的說服力，球場之中減少裁判與球員之間磨擦，而且球迷更信服賽果，增強比賽中的公平性。相反利用錄像重播可能要在很多不同國家的國際場地添置錄影機，花費大量金錢。由於要客觀地拍下轉

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到比賽中的每一瞬間，所用的錄影機需遍佈球場，而且質素很高，才能精細地慢鏡重播作用最公平的判決。所以比賽須耗上大量金錢。
其次，裁判員會被錄影機取替，令裁判員的功能漸漸削弱，裁判員的存在意義大大降低。
最後錄影機設立后，可能令比賽中耗上大量時間去慢鏡重播作判決，令比賽的重點轉移在每一次疑似犯規的事件上，令比賽失色，球迷感到悶。

d) 支持方面，我認為世界杯是比賽的主辦國可自動晉身決賽週，對主辦國來說十分有利，令主辦國的球隊享盡優勢，直接晉身決賽，省下運動員在初賽所耗的體力。

而且這也是給予主辦國的一個優惠，他們付出自己去舉辦國際級的體育盛事應讓他們有所優惠，而且該主辦國所做出的成績應更理想，這樣便能增加其國民和球員對此的投入程度。

反對方面，我認為這樣做對其他參賽國家有欠公平，因為晉身決賽與否應以球隊的賽果和實力衡量。

另外，若主辦國的球隊能以實力晉身決賽的球隊實力懸殊，便會大大減低了比賽的觀賞性。

e) 我不認同比賽場地內限制觀眾的衣着。因為觀眾有穿他們所喜歡的衣服的权利，而且觀眾的衣着有時是為了支持自己愛的隊伍，這應給予觀眾自由去穿衣。

f) 長期方面，港隊應在不同區份設立區隊，以選拔人才。另外，也應請港隊成員到中小學進行交流，推廣足球以為業。

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來培育人才作準備。
短期之內：球隊可聘請國外的著名教練，以在短期內提升球隊水平。
第二，亦可考慮請外援加入，令球隊水平即時提升。

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10. 南非能成功爭取舉辦世界杯足球賽決賽週的原因，是
由於南非多年來都有不少強隊打進過世界杯決賽，而且南
非本土的足球事業興盛，造成南非觀看足球賽的盛氣，而南非
這足球強國，在足球設備上有着不少的基礎。而南非的盛氣，亦能
吸引到不少人去觀看，而幫助推動足球事業的發展。

11. 反對，是由於由一個收費電視台奪得世界杯足球賽的轉播權，是由
於由收費電視台奪得，要觀看世界杯的人就必須申請收費電視台，繳付
高昂的收費才能觀看賽事。而因收費電視台的關係，足球賽事透過轉播而推廣
足球運動的效率亦相對減少，因為不是由免費電視台轉播，本身借
大眾都能接觸的免費電視台而推廣足球的普及便因此失去。

12. 反對，由於裁判員的責任是判定比賽中的犯規入球等，如果透過
錄像重播而判定，那這樣便不需聘請球證，因為早經錄球證，是認為
球證有着公正和公平的判定，另外，如果每次判定時都須看錄像，這
樣會減慢足球賽的節奏，從而導致觀眾厭倦而失去氣氛。

13. 反對，如果主辦國便能自動晉身決賽週，便造成失去整個比賽的意
義，因為晉級制是根據有實力的一方才能晉級，另外，亦會對其他國家
造成不公平。

支持，是因主辦國是沒有收取任何國家的費用而舉辦賽事，另外，由
主辦國舉行的比賽，所以由主辦國進行的比賽才在國內吸引，才會造成盛
觀的氣氛。

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10) 是平常的，因為她們不是指定的品牌人員，在場內作推廣，這樣便減少贊助商的利潤，便因此造成商業風波，令贊助商取消贊助，便令賽事有機會取消，影響全國，而友誼球隊，可以穿著其他代表球隊的顏色。

19) 短期內，可透過聘請其他外籍球員以提升球隊水平，亦可透過其他國家的訓練以提升本地球員水平。

長期期，可透過精製化計劃培育新一代的球員，以提升日後的水平，另外亦可推行資助計劃，以發掘因各種因素而不能得到適合發揮或成名的球員，以長時~~期~~作為長期改善球隊的表現。

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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} oxygen for carry out aerobic system.

b) For 'Type', 1) Sprinting must involve hamstring, quadriceps, gastrocnemius and gluteus maximum and arm muscle. So weight training must focus on arm and leg. Three activity items include hamstring curl, leg press, biceps curls.

For 'Frequency', ^{weight training} with about 4 RM each time. Do at least ten times ^{for} per each training. ~~Five~~ Five day training ~~in one~~ week.

For 'Intensity', about 80% intensity, and about ~~70~~ 80-90% of maximum heart rate.

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'Time' Each training will last for 45 minutes.

c) 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 relax thus control arousal level.

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

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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 ~~an~~ challenge but achievable.

(T) refers to time phased. Goal must set a limited time to achieve.

(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 championship.

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, finishing time is shorter than last time.

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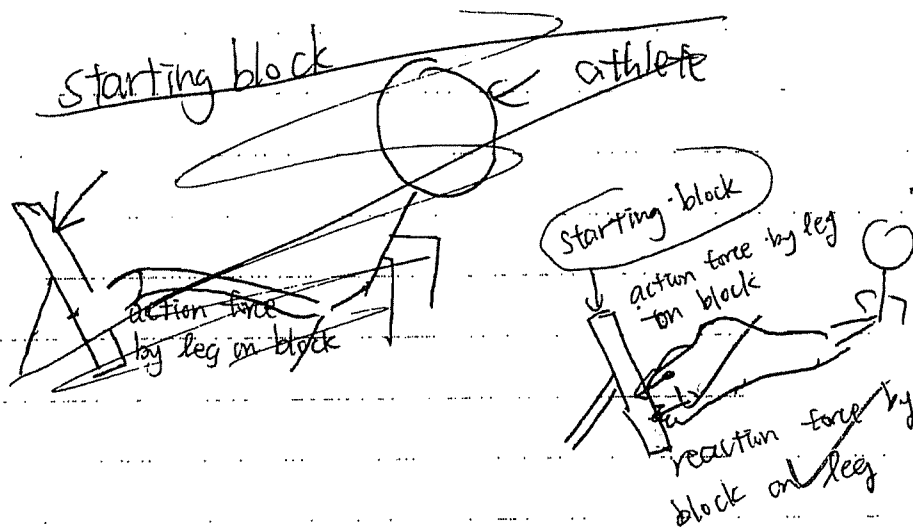
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e) It involve the Newton's Third law of motion 'action and reaction'.
According to this law, ^{two} action with same force, different direction and acting on different bodies is called 'action and reaction' force.

The ~~leg~~ ^{feet} exert great force on the starting block, this is action force.

The starting block give same force but different direction to push the athlete, this is reaction force.



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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.

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Q2

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2(b) 約翰在進行一百米短跑時，運用了ATP-PC系統，運動時間~~約~~大約是十至二十秒，運用了磷酸能。
 彼從在跑馬拉松時則運用了有氧系統，運動時間超過30分鐘，是有氧代謝。

~~此數小，強度高，~~

(b) 根據FITT原理，約翰為了改善一百米短跑表現而制的主業訓練必須符合「次數小，強度高，時間短」三個準則才能最大程度的鍛煉其爆發力。以下是我設計，由三項活動組成的主業訓練計劃。

一. 大腿負重練習：我建在約翰大腿上繫上一些有相當重量的重物，約翰需在限時內完成短距離的來回跑，例如每一分鐘三十米來回跑十次來回跑，藉以^以提升其大腿，以至整個腿部的「快肌纖維」，加強爆發力。

二. 仰臥起坐：約翰必須手持一個大藥球，完成一鐘分鐘仰臥起坐練習，此練習可加強其小腹肌肉，提升起跑，^近提腿速度。

三. 掌上壓：建議約翰一分鐘內完成二十五掌上壓，拉近上肢肌肉和下肢肌肉的差距，加快「揮手」的速度。跑動

以上三個訓練可以「循環訓練」模式完成，並逐次降低強度。

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(c) 以下是兩個可幫助約翰控制喚醒水平之放鬆方法：

- 一 在比賽前聆聽節奏緩慢、舒緩的音樂：透過聆聽節奏緩慢的音樂，約翰將能夠放鬆自己，從而控制喚醒水平。
- 二 對着鏡子微笑，對自己進行心理暗示：約翰透過觀察自己微笑的映像和給予自己例如「加油，放鬆！你一定行！」的心理暗示，將能放鬆自己。

(d) (i) 透過設置目標，有系統地^{循序}漸進地提升表現。

和小型

(ii) 一 以勝利為目標：此目標很在乎其餘參賽者的實力，例如在業餘馬拉松中，選手跑出一小時三十分鐘就能奪冠；但在大型國際馬拉松中，一小時三十分鐘只能奪得中的位置，因此以勝利為目標的人的馬拉松訓練須以比賽的難度及挑戰性作準。

二 以自己能改善表現為目標：此目標不在乎他人之表現，只在乎自己能否表現最好。在馬拉松訓練中，以此為目標的運動員會盡力盡所能地全力鍛煉自己的能力就可以。

(e) 根據牛頓的~~第三定律~~「作用力與反作用力」的第三定律，~~跑手~~跑手用腳蹬在起跑器時必須有另一~~力量~~力量值相同方向相反的力量作用在跑手身上再根據牛頓的「加速度」第二定律，力能使物件加速，因此該反作用力必然會使跑手身體加速，產致快速起跑之用。

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2a) 在比賽前進行100米時，主要利用磷酸能系統。
恢復進行馬拉松時，主要使用有氧系統。

2b) 每3至4日兩次 12m 的 100米短跑。
第1至2日 ~~12m~~ 5組為 5Rm 的 60米短跑。
第1至2日 1次 3至4日為 70Rm 的 30米短跑。

2c) 表象法，透過自己在想像比賽的情況，作預習，而放鬆。
觀看錄影帶或別人，想像自己的動作是否正確，而放鬆赛前壓力。

2d) (SMART) 目標必須具備具體/有時限/合理可達成的。

1) 在一個月內把 10km 的馬拉松由五十分鐘減至四十分鐘。
在一個月內把 40分鐘跑的 9km 增至 9.5km

2e) 根據牛頓第二定律 $F = ma$ ，由於運動員自己的質量是不變時，若要提高起跑的加速度 a ，就必須提高起跑給予起跑器上的力，而提高起跑器帶來的反作用力。

2f) 運動員可透過運動心電監警器，而讓心率維持在同一水平下的運動。

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(a) (i) His hands were put behind the head and the legs
lited straight.
The correct posture should be crossing his arms on his
shoulders and bending his knees and forms a triangle with
the floor.

(ii) To apply cold pack onto the pain areas for 5 mins
within 15-20 mins. This method can only be used in the
first two day. mild
Secondly, he can do some stretching to release muscle
tension and increase flexibility. which lower the risk of
getting injury. Stretching helps remove lactic acid also.

b) MET stands for 'Metabolic Equivalent Task'. when a
people 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
exceed energy consumption, weight is lost.

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(c) Hip joint is a ball-and-socket joint which allow full range of motion, that is many plane of movement. Knee joint is a hinge joint which allow one planes of movement.

When we are running, hamstring, quadriceps, calf and hip muscle (glutius are involved to bring about leg movement. ^{maximus})

(d) (i) Both pyramids show different type of food a person should eat a day. Second, both pyramids have show the proportion of particular type of food we should eat a day.

However, the pyramid of United States has a staircase along the pyramid while the one of Hong Kong does not. The man walking the staircase means healthy life should include regular exercise.

(ii) Fruits are food with low energy value. Although David eats many fruit every day, his energy intake cannot meet the demand of energy expenditure. When energy expenditure is greater than that of energy intake, weight is lost.

Secondly, although fruits contain many vitamins, dietary fibres, which are good for health. However, it lacks macronutrients.

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for examples, protein, carbohydrates and fats. Without protein, David's growth will be hindered and the immune system will be weak. Thus, the personal health is poor.

(iii) Oil and salt have little nutrition value only. Moreover, oil contains a lot of fat, excess consumption fat will lead to high cholesterol level, obesity etc. Seriously, it leads to coronary heart disease and death.
Excess consumption of salt leads to hypertension and kidney failure.
To conclude, for health sake, the intake of oil and salt should be low.

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(ai). His leg didn't up curl and his hand didn't put across his chest. The correct posture is cause flexion to his leg cause like a 90° angle up curl. Then put across his hand then put on the chest
~~This may~~

(aiv). He must take rest and compress with ice. First of all he must stop doing sit ups or other exercise until he didn't feel pain any more otherwise he may get injured easily again. Second, he must compress his lower back and neck in form of ice pack to reduce the nitral tissue bleeding.

Apply the above two methods can reduce his pain.

b). ~~the shorter run~~ For control body weight he should run at a maximum heart rate 60-70% for 3 times per week each time last for at least 35 minutes. But he shouldn't lose weight more than 1kg in 1 week. So to control the body weight, he also need to have balanced diet.

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c). The hamstring, quadricep muscle group, calf, thigh are all involved in the leg movement of running. ~~It~~ Because the hip and knee joint is kind of hinge joint not kind of ball and socket joint it can't generate a lot of movement ~~so that~~

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d). The two similarities are both pyramids encourage people to eat more food that include large amount of carbohydrates such as rice and bread. The other similarities are the both pyramids encourage people to eat less food that include lots of sugar, salt and oil. The only difference is in they long. The pyramid encourage us to eat more vegetables rather than meat. But in the United States the pyramid encourage people to take in more meats rather than vegetables.

ii). If David only eats a lot of fruits every day is not enough for him.

First of all, for a balanced diet both pyramid encourages us to eat a large range of food from cereals to meat every kind of foods have different kind of nutrient. For human body, we need to absorb different nutrient for daily to grow, weight control and personal health. For David only eat a lots of fruits may cause the health problem of too slim and thin. He may be 'over slim' it is not a healthy condition. He may lost his weight more than 1kg per week. also he may also be sick easily. This may cause bad personal health to him.

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In order to improve this condition, David should have balanced diet, take in more carbohydrates food to gain back weight. Otherwise, he may suffer from the health problem caused by 'Over slim', he must have balanced diet not only fruit.

(ii) It is because of human being take in too much oil and salt this may cause health ~~the~~ problem. ~~It~~ Those may ~~increase~~ ~~the~~ ~~one~~ ~~the~~ cholesterol intake and too much cholesterol in human body and too much salt and oil will increase the chance of having heart diseases such as high blood pressure, heart attack. We should try our best to take in less salt and oil in order to maintain healthy lifestyle and healthy body condition.

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a)	手臂應交叉放在胸前，雙腿也應微彎。	1
a ii)	按摩，拉根，因為按摩能舒緩肌肉疼痛，拉根則能使根得以放鬆。	0
b)	7 MET 則是 7 分鐘的持續跑，而 7 分鐘能夠有效燃燒體內脂肪。	0
c)	髖部保持水平，盡量保持穩定，而膝部則向上屈曲及伸展，達至前進效果。跑步時會涉及腿部的大腿後肌及小腿後肌的肌肉。	1
d i)	相同的建議就是要多吃五穀類食物和吃些蔬果類食品，而不相同的，就是英國的金字塔中建議吃多些薯片類製品，香港的則是適量就可以。	1
ii)	每天只吃水果會使大偉的體重下降，而且愈來愈瘦及輕，因為水果容易消化，但 不能 不足以交付人類每天需要的能量供應。	
	而在個人健康方面，每天吃水果不足以有足夠的能量應付所需，使身體不強壯，四肢無力。因為水果沒有鈣，沒有脂肪質。	0
iii)	油和鹽對身體沒有營養價值，還會造成一些隱性疾病，如癌症，而且油鹽不容易消化，會積聚體內，影響健康。	0