

PHYSICAL EDUCATION PAPER 2

(Sample Paper)

Time allowed: 1 hour 15 minutes

This paper must be answered in English.

INSTRUCTIONS

- (1) There are **THREE** questions in this paper. Each carries 18 marks.
- (2) Answer any **TWO** questions.

Not to be taken away before the
end of the examination session

1. The 29th Olympics Games is hosted by Beijing in 2008. Being widely recognized as the most sports event in the world, the games attract thousands of athletes from hundreds of countries to participate. China is the third country in Asia to host the game and has made a huge investment to renovate the infrastructure and sports facilities to prepare for the games.
- (a) (i) State TWO Asian countries which have hosted the Olympics Games and also the city and the country which hosted the 1st Olympics Games in 1896.
(ii) State and explain TWO reasons why the performance of the athletes from China improves significantly in recent Olympics. (4 marks)
- (b) Discuss the THREE Olympics spirits and how the abuse of drugs in sports violating the Olympics spirits. (5 marks)

There are many functional departments under the Beijing Organising Committee for the Games. Marketing and Olympics Village are two of these departments in charge of the fund-raising and Olympics hostel and catering management, respectively.

- (c) State THREE means of fund-raising activities. Explain with examples the target commercial partners of these three activities. (3 marks)
- (d) State and explain TWO factors the Olympics Village department has to consider in providing catering services to the athletes. (2 marks)

The equestrian event of the 2008 Olympics Games is hosted by Hong Kong. The equestrian committee has a volunteer recruitment exercise and the volunteers perform a variety of roles in the game.

- (e) (i) State and explain TWO favourable factors of Hong Kong in organising this event.
(ii) Discuss TWO reasons why many people are interested in volunteering in the event. (4 marks)

2. Long distance running has become more popular in Hong Kong. Joe, a 16-year-old student, is in his first 10km run. He is a beginner in long distance run and wants to improve his performance through systematic training.

(a) State TWO changeable and unchangeable physiological factors each that influence Joe's performance in 10km run. (2 marks)

(b) Joe designs an 8-week training programme to improve his physical fitness, and ultimately his endurance. Design a training programme for Joe and justify the TWO training methods that have been used in the programme. (4 marks)

Imagery is frequently used by athletes frequently to prepare races. Athletes try to create an experience in the mind to imagine how they are going to perform.

(c) State and explain THREE reasons why imagery can help Joe in preparing for the race and explain THREE stress management strategies. (6 marks)

Joe participates in an Open 10km run race. He is under stress on the day before the race and he accidentally twisted his left ankle and strained during the race.

(d) From movement analysis point of view, explain how injury is occurred when Joe twisted his ankle and how the understanding of movement analysis can reduce the chance of injury. (6 marks)

3. Jenny is a 30-year-old office lady who lives in a physically inactive lifestyle. She is obese with a BMI index 30. And she has an unhealthy eating habit. Recently, she attends a programme organised by a physical fitness centre. This programme aims at improving participants' physical fitness by means of aerobic exercises and balanced diets.

(a) State FOUR health-related physical fitness elements and state ONE test for assessing each of them. (4 marks)

(b) State and explain FOUR dietary habits that are regarded as unhealthy. (4 marks)

Jenny accidentally falls on the ground during exercising. She suffers great pain in her ankle and cannot even stand. She has sprained her ankle and the injured ankle grows red swells.

(c) State and explain FOUR immediate measures to cure Jenny and explain THREE reasons why red and swelling are common in sprained ankles. (7 marks)

(d) The physical fitness centre is obligated to provide a safe exercise environment to participants. State and explain THREE precautions the centre has to take to minimize the chance of sports accidents. (3 marks)

END OF PAPER