## Jointly organised by the Education Bureau and the Leisure and Cultural Services Department Co-organised by the Chinese University of Hong Kong and the Hong Kong Baptist University School Sports Programme – Sport Exhibitions

Sports & Health, Values of Sports, Sports & Nutrition and Sports Injuries Question Sheet

1 •	How many advantages of exercise are mentioned on the panel?			
	Α ·	6	c .	8
	В·	7	D·	9
2 ·	Which of the following bodily functions should be improved for better physical fitness?			
	Α •	Cardiopulmonary functions	C ·	Muscular strength and muscular enduran-
	В·	Joint flexibility	D·	All of the above
3 ·	Which of the following is an advantage of exercise?			
	Α ·	Increase fat accumulation	C ·	Help relax the body and mind
	В·	Increase life stresses	D·	Increase the risk for children to develop serious illnesses when they reach adultho
4 ·	Which of the following is not a value of sports in modern days?			
	Α ·	Survivability	С •	Personality development
	В·	Political and economic functions	D·	Entertainment for the body and mind
5 ·	What is/are the function(s) of sports?			
	Α ·	Strengthen the cardiovascular system	С •	Education and personality development
	В·	Entertainment	D·	All of the above
6 ·	What is/are the primary function(s) of water in the body?			
	A •	Supply energy	$_{\mathrm{C}}$ .	Regulate physiological systems
	В·	Act as an insulator	D·	Repair muscles
7 •	To which level in the Food Guide Pyramid do fruits belong?			
	A ·	The top level	$_{\mathrm{C}}$ .	The third level
	В·	The second level	D·	The bottom level
8 ·	Which of the following are the illnesses caused by iron deficiency?			
	A •	Headache, hair loss	С·	Nausea, cramps
	В·	Anaemia, retarded growth	D·	Oedema, high blood pressure
9.	Which of the following is not a way to handle strains?			
	Α ·	Apply ice	C ·	Elevate the injured area
	В·	Rest	D·	Stretch the muscles in the injured area
10 •	Which of the following is not a preventive measure for sports injuries?			
	A ·	Overeat before exercising	C ·	Concentrate and play according to one's
				capability
	В·	Replenish water	D·	Do sufficient warm-up and cool-down exercises
e of S	tudent:		Class:	
e:	=		Score:	