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 and Multiple Intelligence Development; Sports and Stress Management **Question Sheet**

Panel B

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μ	LAGGA	CITC	e t	he.	correct	answer:
1	rease		ι	\mathbf{n}	COLLCC	answer.

A. Exercising B. Gambling

Please circle the correct answer:	
1. In which year did Howard Gardner of human intelligences?	, a psychologist from the Harvard University, propose the eight types
A. 1981	C. 1982
B. 1983	D. 1984
2. Which of the following is not incl Gardner?	uded in the eight types of human intelligences proposed by Howard
A. Spatial intelligence	C. Naturalist intelligence
B. Human intelligence	D. Intra-personal intelligence
3. By what means can intelligence be i	improved?
A. Learning	C. Training
B. All of the above	D. None of the above
4. Which of the following intelligence	(s) is/are related to the enhancement of sports performance?
A. Musical intelligence	C. Intra-personal intelligence
B. Spatial intelligence	D. All of the above
5. Which of the following is/are the so	urce(s) of pressure?
A. Family and personal	C. Body changes in physical growth and peers
B. Studies and social environment	D. All of the above
6. What can be the result of moderate	pressure?
A. Lack of motivation	C. Overstress
B. Improved performance	D. Boredom
7. Which of the following physiologic	al reactions is <u>not</u> caused by excessive pressure?
A. Peace of mind	C. Tiredness
B. Failure in co-ordination of the limbs	D. Absent-mindedness
8. Which of the following is not a pres	sure reduction method proposed on the panel?
A. Exercising	C. Making friends

D. Taking a rest

9. Benefit(s) of exercise:					
A. Making more friends	C. Contributing to a healthy body and				
	increasing self-confidence				
B. Reducing pressure	D. All of the above				
10. Which of the following is <u>not</u> a reason why exercise helps reduce pressure?					
A. Easing anxiety	C. Increasing metabolism and contributing				
	to a healthy body				
B. Building a good self-image	D. Venting anger				
Name of student:	Class:				
Date:	Score:				