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 Self-understanding; Sports and Weight Management <u>Question Sheet</u>

Dlag	se circle the correct answers:			
				Panel C
1 •	Which of the following is/are the benefit(s) of self-understanding?			<u></u>
	A · Develop potentials		Able to face pressure	
	$B \cdot Deal with adversities$	D・	All of the above	
2	Adventure games are usually fun, exc following is an adventure game?	iting, 1	thrilling and highly difficult. Which of the	
	A \cdot Table tennis	С·	Whitewater canoeing	
	B · Football	D・	Basketball	
3	Which of the following is not a proces			
	A · Personal experience		Formation of abstract concepts	
	$B \cdot Observation and reflection$	D۰	Target setting	
4 ·	When there is a loss of balance between intake and consumption of energy, what will the extra energy intake be converted into for storing in the body?			
	A · Muscles	С·	Bones	
	B · Fat	D·	Hair	
5	What is the chronic disease related to		-	
	A · Diabetes		Liver disease	
	$B \cdot Low blood pressure$	D・	Cough	
6 ·	Which of the following chronic diseases is not directly related to obesity?			
	A \cdot Heart disease	С·	High blood pressure	
	B · Down syndrome	D۰	Stroke	
7 ·	Which of the following symptoms is caused by being severely underweight?			
	A \cdot High blood pressure	С·	Diabetes	
	B · Low blood pressure	D・	Fever	
8	What is the definition of being underweight?			
	A \cdot Less than 99 % of normal weight	•		
	$B \cdot Less than 90 \% of normal weight$		-	
0	What is the ideal body fat composition for female in terms of body fat percentage?			
9	• •			
	$A \cdot 5\% - 14\%$ B · 25% 20%		15% - 24% 30% - 40%	
	B · 25% - 29%	D ·	30% - 40%	
10	About how many calories of energy are basically needed by a 100kg male every day?			
	A · 1 200	С·	1 800	
	B · 2 400	D・	3 000	
Nam	e of student:	_ Cla	lss:	
Date		Sco	ore:	