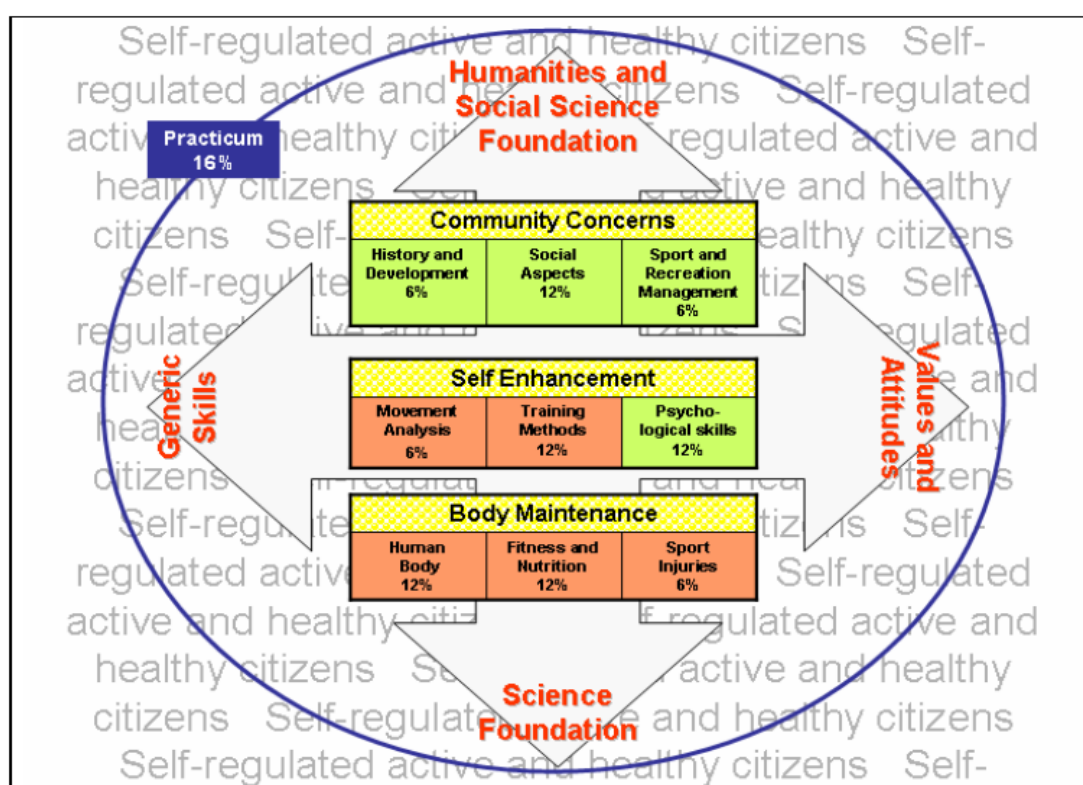


St. Paul's College
Department of Physical Education

New Senior Secondary Curriculum – Physical Education

A) Proposed schedule of topics

Four major learning areas have been identified for the PE Elective. These are (a) Science Foundation, (b) the Humanities and Social Science Foundation, (c) Generic Skills, and (d) Values and Attitudes.



At the beginning of the course (Form 4), students will be introduced to the definitions, terminology, history and recent development of the subject. Starting from Form 5, students with the guidance of teachers will choose two physical activities in which they would like to participate in regularly, and reflect on the experience as part of an active and healthy life. The curriculum content and the connections among them are described below.

Part I Physical Education, Sport, Recreation, Leisure and Wellness: History and Recent Development:

This Part gives students a general picture of the scope of PE and its relationship with sport, recreation and leisure. The terminology, general concepts and the knowledge of the history and recent developments in the area help students to understand the contexts of PE, sport and recreation,

and support them in studying the other topics in the PE curriculum.

Part II Human Body: This Part helps students to build sound foundations in PE through familiarising them with the human body and its systems, and prepares them for the study of movement analysis (Part III), fitness and health (Part IV), training methods (Part V), sports injuries (Part VI) and psychological skills (Part VII).

Part III Movement Analysis: This Part covers the basic elements in human movement and is linked to the discipline of physics. It guides students to understand the scientific basis of movement and to apply this knowledge, together with the psychological skills they acquire in Part VII for enhanced performance or participation (Part X) in PE, sport and recreation. It also helps students to understand the causes of some common sports injuries (Part VI).

Part IV Fitness and Nutrition for Health and Performance in Physical Activities: This Part helps students to explore the concepts of physical fitness and sport-related fitness, the nutritional components and diet related to physical performance, and the interlocking relations among exercise, physical fitness, diet, health and chronic disease. Such knowledge will enable them to recognise the importance of an active and healthy lifestyle and understand the concept of wellness mentioned in Part I. They can be linked to the discussion of factors affecting participation in sport and recreation (Part VIII).

Part V Physiological Basis for Exercise and Sports Training: This Part equips students with knowledge about physical performance and sports training. It enables students to understand the general principles and the effects of physical training which are fundamental in exercise and acquisition of physical skills. They should be referred to from time to time when students are carrying out the practicum (Part X).

Part VI Sports Injuries, Treatment and Precautions: This Part covers safety measures in sports and physical activities. Building on students' previous knowledge of the human body and movement (Part II and Part III) and exercise and training methods (Part V), it heightens their awareness of common sports injuries and helps them to apply this knowledge to treatment and preventive measures. It also contributes to the understanding of programme organisation and legal issues in PE, sport and recreation (Part IX).

Part VII Psychological Skills for PE, Sport and Recreation: This Part helps students to understand the psychological aspects of PE, sport and recreation, and covers theories of motor learning, factors affecting sport performance and stress management. Building on knowledge gained in previous Parts, it helps students to explain, regulate and enhance the processes involved in learning and performing daily physical skills. This Part is directly linked to the practicum (Part X).

Part VIII Social Aspects of PE, Sport and Recreation: This Part allows students to investigate a wide range of issues in PE, sport and recreation in relation to society. It helps them to gain a deeper understanding of the roles and values of PE and sport (Part I) from a socio-cultural perspective. It also nurtures students' higher-order thinking skills by engaging them in debating current issues, critical analysis of incidents and role play. Facts and findings derived from previous Parts form a basis for the discussion of the issues identified in this Part.

Part IX Sport and Recreation Management: This Part introduces the basic concepts of sport management and programme organisation. It aims at equipping students with knowledge which will be useful in performing school and community services, particularly the organisation of different physical activity events. The knowledge acquired in previous Parts, particularly Part VIII "Social Aspects of PE, Sport and Recreation", forms the basis for considering relevant administrative measures and initiatives.

Part X Practicum: This practical Part provides an opportunity for students to apply the theories learnt from Parts I to IX through practising an active and healthy lifestyle. It requires them to integrate different aspects of the knowledge they have gained to address issues related to body maintenance, self enhancement and community concerns. It also develops students' personal qualities by enabling them to recognise their role in PE-related school and community services.

