

**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**  
**Learn about Physical Fitness Question Sheet**

Panel D

Please circle the correct answers:

- 1 Which of the following is not an element of physical fitness?  
A · Cardiorespiratory endurance      C · Flexibility  
B · Response time      D · Body composition
  
- 2 Which of the following is included in cognitive health?  
A · Social ability      C · Immunity  
B · Comprehensive ability      D · All of the above
  
- 3 Which element of physical fitness does “the maximum strength produced by muscles at one go” refer to?  
A · Muscular endurance      C · Muscular strength  
B · Cardiorespiratory endurance      D · Agility
  
- 4 Cardiorespiratory endurance is the ability of the cardiorespiratory system to supply which of the following to different parts of the body?  
A · Hormones      C · Oxygen and nutrients  
B · Fat and protein      D · White blood cells
  
- 5 The muscular strength of which part of our body can be measured by a standing long jump?  
A · Hands      C · Back  
B · Legs      D · Waist
  
- 6 Skinfold measurements can assess the percentage of fat in the body by using a calliper to measure the skinfold thicknesses of calves and which part of the body?  
A · Inner thighs      C · Biceps  
B · Back muscles      D · Triceps
  
- 7 If the skinfold of a girl measures 20mm, what is the level of her percentage of fat in the body?  
A · Low      C · Moderate  
B · Slightly high      D · High
  
- 8 Which of the following will cause neuromuscular tension?  
A · Being optimistic      C · Insomnia  
B · Adequate rest      D · Handling pressure effectively
  
- 9 Which of the following can test our flexibility?  
A · Sit-and-reach test      C · Standing long jump  
B · Skinfold measurements      D · Push-ups
  
- 10 Good physical fitness helps us improve our health, including which of the following?  
A · Sound development of intelligence      C · Good interpersonal relationships  
    and emotional quotients  
B · Dealing with pressure in daily life      D · All of the above

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_  
Date: \_\_\_\_\_ Score: \_\_\_\_\_