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

Panel F

Please circle the correct answers:		

1 · What is the percentage of "Water" in the body weight of an adult?

A · 10 to 20% C · 55 to 75%

B · 80 to 90% D · 100%

Which of the following role(s) does "Water" play in sports?

 $A \cdot Transport nutrients$   $C \cdot Transport oxygen$   $B \cdot Regulate body temperature$   $D \cdot All of the above$ 

Which of the following method(s) can be used to assess body water levels?

A · Measure body weight before and after C · Urine colour test exercise

B · Measure heart rate before and after D · A and C

4 · Which is/are the consequence(s) of "Over-drinking Water"?

A · Cramps C · Death caused by pulmonary or cerebral oedema

B · Hyponatremia  $D \cdot All of the above$ 

5 Which of the following is/are the impact(s) of "Dehydration"?

hot weather

A  $\cdot$  Significant increase of body temperature  $C \cdot$  Heat cramps (Cramps) and heart rate

B · Heat stroke D · All of the above

6 · Which of the following is/are (an) incorrect way(s) of managing Water Consumption before exercise?

 $A \cdot Always$  wait till thirsty to drink water  $C \cdot Take$  in sufficient water and avoid taking alcohol

the day before exercise

B · Drink 200 ml to 300 ml of plain water D · Drink 250 ml to 500 ml of water 20 to 40 minutes every 20 to 30 minutes when exercising in before exercise

7 · Which of the following is/are (an) incorrect way(s) of managing Water Consumption during exercise?

A · Consume salt tablets and undiluted sports C · Drink room temperature water for lowering body drinks temperature and better absorption during exercise

B · Pour water on the body timely during exercise to lower body temperature and reduce water loss

D · Record the difference in weight before and after exercise for reference for water replenishment next time

8 Which of the following type(s) of athletes does sports drink help better?

A · Those who do outdoor activities for over an hour under the blazing sun C · Those who participate in prolonged endurance sports such as triathlon and road racing

 $B \cdot Those$  who participate in long and  $D \cdot All$  of the above intensive training

)	Which of the following is not the symptom or sign	of heat stroke?		
	A · Facial flushing, skin dryness	C · Strong and fast pulse		
	B · Muscle pain	D · Headache, nausea, generalised weakness		
10	Which of the following is not the way to treat heat exhaustion patients?			
	A · Patients should drink plenty of sports drink	C · In serious cases, patients should be delivered to the hospital immediately for treatment		
	B · Patients should be supplemented with water and salt	D · Patients should be moved to well-ventilated places, laid supine with feet elevated and kept warm		
Nan	ne of Student:	Class:		
Date	e:	Score:		