

The Education University of Hong Kong
 Department of Health and Physical Education
 Bachelor of Science (Honours) in Sports Science and Coaching and
 Bachelor of Education (Honours) (Physical Education)

Guidelines for Physical Fitness Test

Physical Fitness Test Items

1. Sit-ups (1 minute)
2. Pull-ups (M) / Flexed Arm Hang (F)
3. Sit and Reach
4. Swimming Test[#]
 - Candidates should be able to swim 25 meters front crawl and 25 meters breaststroke.
 - Females should wear one-piece swimsuits. Males must wear trunks.
 - Bring your own swimming cap, goggles and slippers into the pool.

[#]Subject to onsite verification by the Admission Officer, exemption from swimming test will be given to:

- Holders of a valid lifesaving bronze medal (or above) certificate issued by the “Hong Kong China Life Saving Society”; or
- Holders of a ranking or standard certificate issued by the “Schools Sports Federation of Hong Kong, China”.

Scoring Table

Rating (Conversion Score)		Excellent A (100)	Good B (80)	Satisfactory C (60)	Acceptable D (40)	Poor E (20)	Unsatisfactory F (0)
Sit-ups (Reps)	M	≥ 54	49 – 53	45 – 48	41 – 44	35 – 40	≤ 34
	F	≥ 50	45 – 49	41 – 44	37 – 40	26 – 36	≤ 25
Pull-Up (Reps) Flexed Arm Hang (second)	M	≥ 10	6 – 9	4 – 5	2 – 3	1	0
	F	≥ 20	13.0 – 19.9	8.0 – 12.9	4.0 – 7.9	1.0 – 3.9	≤ 0.9
Sit and Reach (cm)	M	≥ 44	40 – 43	36 – 39	32 – 35	25 – 31	≤ 24
	F	≥ 45	41 – 44	38 – 40	35 – 37	29 – 34	≤ 28
Swimming		Excellent	Good	Satisfactory	Acceptable	Poor	Unsatisfactory
Total Score (Sum of All Conversion Score)		90-100	80-89	60-79	40-59	20-39	19 or below
		Excellent	Good	Satisfactory	Acceptable	Poor	Unsatisfactory

Note: The Scoring Table is for reference only. Candidates should pass both the Physical Fitness Test and Interview to be eligible for admission.

Important Notes

- Candidates should put on appropriate sportswear for the Physical Fitness Test.
- During the Physical Fitness Test, certain adverse changes may occur to candidates with cardiopulmonary disease. These candidates may not be suitable for taking the Test.
- Please submit the completed and signed **PAR-Q** (see next page) when you report for the interview. For candidates aged under 18, the PAR-Q should also be signed by their Parents/Guardians.
- Candidates who wish to apply for exemption from the swimming test must present **true copies** of the concerned documents for verification on the day of the test, and bring swimsuits in case exemption is not granted.

Physical Activity Readiness Questionnaire (PAR-Q)

When we do physical activity, the body's response to exercise is unique and distinct. Especially some strenuous physical activity can cause adverse changes or discomfort that a person may not be able to cope with. The Physical Fitness Test for PE Subject Interview arranged by the Department of Health and Physical Education at The Education University of Hong Kong involves some strenuous physical activity which is safe for most people. However, some people should seek their doctor's advice before becoming much more physically active.

If you are planning to participate in this Physical Fitness Test, please answer the following seven questions in the box below. The PAR-Q will tell you if you should check with your doctor before you start.

Please read the questions carefully and answer each one honestly: check YES or NO.

YES (✓) No (×)

1. ☐ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by doctor?
2. ☐ Do you feel pain in your chest when you do physical activity?
3. ☐ In the past month, have you had chest pain when you were not doing physical activity?
4. ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?
5. ☐ Do you have bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
6. ☐ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. ☐ Do you know of any other reason why you should not do physical activity?

If you answered:

YES to one or more questions: Talk with your doctor by phone or in person BEFORE you have the Physical Fitness Test. Tell your doctor about the PAR-Q and that questions you answered YES.

NO to all questions: If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can take part in the Physical Fitness Test.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above question, tell your doctor. Ask whether you should attend the Physical Fitness Test.

Informed Use of the PAR-Q:

The Department of Health and Physical Education, The Education University of Hong Kong assumes no liability for persons who undertake the Physical Fitness Test, and if in doubt after completing this questionnaire, consult your doctor prior to the Physical Fitness Test.

(Note: Candidate should complete the PAR-Q before the Physical Fitness Test, this section may be used for legal or administrative purposes.)

NAME: _____

HKID/PASSPORT NO.: _____

SIGNATURE: _____

DATE: _____

WITNESS : _____

SIGNATURE OF PARENT or GUARDIAN (for participants under 18 years) : _____

香港教育大學
健康與體育學系
運動科學及教練榮譽理學士及體育教育榮譽學士（五年全日制）

入學體能測試指引

體能測試項目

1. 仰臥起坐（一分鐘）
2. 引體上升（男）／曲臂懸垂（女）
3. 坐地體前屈
4. 游泳測試[#]
 - 考生能游畢 25 公尺捷泳和 25 公尺蛙式。
 - 女生泳衣須為一件頭式；男生須穿上泳褲。
 - 自備泳帽，泳鏡，拖鞋進入池面。

[#]持有以下證書者，經場內考官核實其證書正本後，可獲豁免參與游泳測試：

- 持有由「中國香港拯溺總會」發出之有效拯溺銅章或以上證書；或
- 持有由「中國香港學界體育聯會」發出之名次或達標證書

評分表

評級 (換算分數)		優異 A (100)	良好 B (80)	滿意 C (60)	尚可接受 D (40)	欠佳 E (20)	劣 F (0)
仰臥起坐 (次)	男	≥ 54	49 – 53	45 – 48	41 – 44	35 – 40	≤ 34
	女	≥ 50	45 – 49	41 – 44	37 – 40	26 – 36	≤ 25
引體上升 (次)	男	≥ 10	6 – 9	4 – 5	2 – 3	1	0
屈臂懸垂 (秒)	女	≥ 20	13.0 – 19.9	8.0 – 12.9	4.0 – 7.9	1.0 – 3.9	≤ 0.9
坐地體前屈 (厘米)	男	≥ 44	40 – 43	36 – 39	32 – 35	25 – 31	≤ 24
	女	≥ 45	41 – 44	38 – 40	35 – 37	29 – 34	≤ 28
游泳		優異	良好	滿意	尚可接受	不及格	劣
總成績 (各項換算分數總和)		90-100	80-89	60-79	40-59	20-39	19 或以下
		優異	良好	滿意	尚可接受	欠佳	劣

註：此評分表僅供參考；考生須在體能測試及面試均取得及格成績，方合資格獲本系考慮錄取

注意事項

- 考生應穿著適當運動服裝參加測試。
- 是項體能測試對人體心肺系統造成一定負荷及壓力，不適宜患有心肺系統疾病之考生參加。
- 請填妥及簽署後頁之「運動適應能力問卷」，並於面試報到時交回。未滿十八歲之考生，應由其家長或監護人簽署。
- 申請豁免游泳測試之考生，必須於測試當天出示相關證書正本以作核實，並須帶備游泳服飾作準備。

香港教育大學健康與體育學系示

運動適應能力問卷 (PAR-Q)

當我們運動時，身體各部份系統的反應是因人而異的。特別某些劇烈的運動項目可令人感到不適或應付不來。香港教育大學健康與體育學系所安排的體育選科技能測試，包括一些對身體要求較高的劇烈運動。對多數人來說，這些劇烈運動是安全的。不過，有些人在參與劇烈運動前，應先徵詢醫生的意見。

如果你準備參與此次的體育選科技能測試，請先回答下列 7 條問題。這份運動適應能力問卷會告訴你應否在開始前諮詢醫生。

請仔細閱讀下列問題，然後誠實回答：請答「是」或「否」

是(✓) 否(X)

1. ☐ 醫生會否說過你的心臟有問題，以及只可進行醫生建議的運動？
2. ☐ 你進行活動時是否感到胸口痛？
3. ☐ 過去一個月內，你曾否在沒有進行運動時亦感到胸口痛？
4. ☐ 你曾否感到暈眩而失去平衡，或曾否因進行運動時失去知覺？
5. ☐ 你的骨骼或關節是否有毛病，且會因進行運動時而惡化？
6. ☐ 醫生現時是否有開血壓或心臟藥物(例如：water pills)給你服用？
7. ☐ 是否有其他理由令你不應進行運動？

如果你的答案是：

一條或以上答「是」：

參與此技能測試前，先致電或親身與醫生商談，告訴醫生這份問卷，以及你答「是」的問題。

全部答「否」：

如果你對運動適應能力問卷的全部問題誠實地答「否」，你可合理地相信你可以參與此次的技能測試。

註：如因身體健康情況轉變而在上述其中一項或以上的答案屬「是」，便應請教醫生的意見是否適宜進行這次技能測試。

適當使用運動適應能力問卷：

香港教育大學健康與體育學系不須為進行此技能測試的人承擔責任。如填妥問卷後有任何疑問，請先徵詢醫生的意見，然後進行技能測試。

(註：考生必須在進行技能測試前填寫運動適應能力問卷，本部份可作法律或行政用途。)

姓名：_____ 身份證/護照號碼：_____

簽署：_____ 日期：_____

見證人：_____

家長或監護人簽署 (適用於 18 歲以下的參加者)：_____