**Part 4 References by Chapter**

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| **Part** | **Topic and References** |
| **A** | **Components of health*** Are you a fully functioning person? (Hong Kong Sports Institute)

<http://www.hksi.org.hk/hksdb/front/e_ts1_ets2_20131213.html> |
| **B** | **Definition of fitness*** Understanding your physical activity level (Leisure and Cultural Services Department and Physical Fitness Association, Hong Kong China) <http://www.lcsd.gov.hk/specials/sportforall/pdf/leaflet_c.pdf>
 |
| **C** | **Components and measurement of health-related fitness*** Physical Fitness Training (Chinese University of Hong Kong)

<http://www.pe-web.org/theory/theory.php?index=6>* Self Test (Chinese University of Hong Kong)

<http://www.pe-web.org/selftest/test.htm> * ACSM’s Guidelines for Exercise Testing and Prescription (8th ed.). (American College of Sports Medicine)

<http://www.workhab.com/Online%20Articles/8acsm.swf> |
| **D** | **Components and measurement of sport-related fitness*** ACSM’s Guidelines for Exercise Testing and Prescription (8th ed.). (American College of Sports Medicine)

<http://www.workhab.com/Online%20Articles/8acsm.swf> |
| **E** | **Food and nutrition*** **Food Nutrient Calculator (Centre of Food Safety)**

<http://www.cfs.gov.hk/english/nutrient/fc-resultpage.php>* **Eatsmart@restaurant.hk** (Department of Health, Hong Kong)<http://restaurant.eatsmart.gov.hk/eng/home.asp>
* **Eatsmart@school.hk** (Department of Health, Hong Kong)<http://school.eatsmart.gov.hk/eng/template/home.asp>
* **British Nutrition Foundation**<http://www.nutrition.org.uk/>
* **Choose my plate (United States Department of Agriculture)**

<http://www.choosemyplate.gov/>* **Sport Nutrition Education Series** (Hong Kong Sports Institute)

<http://www.hksi.org.hk/hksdb/front/e_pub1_ep2_nutrition3.html>* Global Strategy on Diet, Physical Activity & Health (**World Health Organization)**

<http://www.who.int/dietphysicalactivity/en/> * “Why Move for Health” (**World Health Organization)**

<http://www.who.int/moveforhealth/en/> * Hong Kong dietitians Association Limited

http://www.hkda.com.hk/index.html |
| **F** | **Weight control*** Two Plus Three is the Way (Department of Health, Hong Kong)

<http://www.cheu.gov.hk/b5/info/2plus3_14.htm>* Exercise Intensity (**World Health Organization)**

[http://www.who.int/dietphysicalactivity/physical\_activity\_intensity/en/](http://www.who.int/dietphysicalactivity/physical_activity_intensity/en/%20) * Exercise Prescription (Department of Health, Hong Kong)<http://exerciserx.cheu.gov.hk/>
* The benefits of physical activity (Centers of Disease Control and Prevention, United States)

<http://www.cdc.gov/physicalactivity/everyone/health/index.html>* How to lose weight the healthy way (Health Promotion Board, Singapore)

<http://www.hpb.gov.sg/HOPPortal/health-article/8808> |
| **G** | **Healthy living habits*** Understanding your physical activity level ((Leisure and Cultural Services Department and Physical Fitness Association, Hong Kong China) <http://www.lcsd.gov.hk/specials/sportforall/pdf/leaflet_c.pdf>
 |
| **H** | **Role of physical activity in the prevention of non-communicable diseases*** What is heart disease (American Heart Association)

<http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_001087_SubHomePage.jsp>* Health Zone (Department of Health, Hong Kong)

<http://www.cheu.gov.hk/eng/index.asp>* Sport and Health (Chinese University of Hong Kong)

<http://www.pe-web.org/theory/theory.php?index=4> |