Physical Education (HKDSE)

Part VIII Social Aspects of PE, Sport and Recreation

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Contents

	Page
Learning objectives	2
Glossary	3
Essential concepts and theories	
A. Olympic Movement and Olympism	6
B. International organisations, major games and major international competitions	14
C. China's sporting culture	17
D. Sport and society	19
E. Factors influencing participation in sport and recreation	28
Examples of enquiry activities	30
References for teachers	38
References for students	40
Related websites	41

Learning Objectives

This part allows students to investigate a wide range of issues in PE, sport and recreation in relation to society. It helps students 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, role-plays, etc. Knowledge gained in previous parts will provide useful information and findings for discussing the issues identified in this part.

Expected learning outcomes: Students will be able to

1. explain the relationship between Olympism and healthy living with appropriate examples;
2. evaluate the impact of major international sports organisations and events on society from different perspectives;
3. compare the sports cultures in Mainland with those of Hong Kong, and highlight their differences and similarities; and
4. discuss the factors affecting Hong Kong people's interest and habits of participation in sport and exercise; and make recommendations on how to promote community sport.

Glossary

	Term	Description
1.	Amateur 業餘	To describe an individual who competes in sport on the basis that he/she will not receive any monetary reward for his/her involvement. This term originated from the ideal of putting fair play and team spirit high above any material objectives.
2.	Baron Pierre de Coubertin 皮埃爾．德．顧拜旦	A French educator who was the advocate and founder of the modern Olympic Games. He was honoured as "the Father of the Modern Olympic Games".
3.	Communication media (the media) 傳播媒體 (傳媒)	A variety of communication tools such as movies, television, radio, books, magazines, newspapers, etc.
4.	Culture 文化	Commonly refers to a) sport and physical activities, arts, languages and humanities, etc. b) the beliefs, behaviour, thought, attitudes, values, goals and practices that characterise an institution or a group.
5.	Elite 精英	A minority group of people with outstanding personal abilities, intellect, wealth, specialised training / experience or other distinctive attributes.
6.	International Olympic Committee (IOC) 國際奧林匹克委員會(國際奧委會)	An international, non-governmental and non-profit making organisation, of unlimited duration, in the form of an association with the status of a legal person, recognised by the Swiss Federal Council. Its headquarters is in Lausanne (Switzerland); its object is to fulfil the mission, role and responsibilities assigned to it by the Olympic Charter.

	Term	Description
7.	IOC members 國際奧委會成員	The IOC comprises the following four types of persons: a) Active athletes (number not exceeding 15); b) Persons holding senior leadership positions in International Federations (IFs), associations of IFs or other organisations recognised by the IOC (number not exceeding 15); c) Persons holding senior leadership positions on National Olympic Committees (NOCs), or world or continental associations of NOCs (number not exceeding 15); and d) Independent individuals (number not exceeding 70).
8.	Olympic Charter 《奧林匹克憲章》	It is the codification of the fundamental principles of Olympism, and the rules and bye-laws adopted by the IOC. It governs the organisation, actions and operation of the Olympic Movement and sets out the conditions for the celebration of the Olympic Games.
9.	Olympic Movement 奧林匹克運動	The concerted, organised, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism. It covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival - the Olympic Games. Its symbol is the five interlaced rings.
10.	Olympism 奧林匹克主義	According to the Olympic Charter, it is a philosophy of life exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example and respect for universal fundamental ethical principles.

	Term	Description
11.	Philosophy 哲學	A discipline exploring how to live (ethics), what exist and their nature (metaphysics), what true knowledge is (epistemology), and what the correct principles of reasoning are (logic).
12.	Politics 政治	The process by which groups of people make decisions. It is prevalent in the international political arena and in government, business, academic, religious and other institutions at different levels.
13.	Racial discrimination 種族歧視	The differences in treatment of people on the basis of characteristics which may be classified as racial discrimination, including skin colour, cultural heritage and religion.
14.	Society 社會	A group of humans or other organisms of a single species that is delineated by the bounds of cultural identity, social solidarity, functional interdependence, etc.
15.	Socio-economic status 社會經濟地位	It is the "standing", the honour or prestige attached to one's position in society. Social status is influenced by the social position. One can have several social positions, but only one social status.
16.	Solidarity 團結	Unity or agreement of feeling or action, especially among individuals with a common interest.
17.	Sport for all 普及運動	A movement promoting the Olympic ideal that sport is a human right for all individuals regardless of race, social class or gender.

Essential Concepts and Theories

A. Olympic Movement and Olympism

i) Philosophical foundations, history and development of the Olympic Games

Ancient Greece was composed of different city states. Years of fighting among cities were common because of conflicts of interests. However, during the Olympic Games, the whole of Greece was under a state of "sacred truce", allowing all the Greek athletes and people to be free from the threat of war and to enjoy the athletic contests peacefully and joyfully. The concept of "harmony through sport to promote human development" advocated in Olympism long existed in the ancient Olympic Games, and the practice of a "sacred truce" had a far-reaching impact on the modern Olympic Games.

At the end of the 19th century, Pierre de Coubertin, a French aristocrat who was fond of sport and very approving of the ancient Olympic Games, promoted the idea of enhancing the quality of education through sport and providing an opportunity for the youth of different nations to meet in a game that promoted mutual understanding, friendship and world peace. He travelled around Europe and the United States to lobby for this and finally, against all odds, set up the International Olympic Committee (IOC) in 1894. The first modern Olympic Games took place in 1896 in Athens. Subsequent Olympic Games have been held every four years. Three Olympic Games (1916, 1940 and 1944) were delayed for four years because of wars. The Olympic Games transcend the barriers of politics, religion, colour, race and language. Olympism promotes peace and harmonious development.

ii) Olympic Movement and Olympism

Olympic Movement – According to the "Olympic Charter", Olympic Movement is the concerted, organised, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism. It covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games.

Olympism – The term Olympism was first used by Pierre de Coubertin but he never provided a clear definition of it and people interpreted the term in different ways. In 1974, the International Olympic Committee proposed giving a clear definition for the term and incorporate it in the "Olympic Charter".

After more than 10 years' discussion, the following first official definition of Olympism was included in the "Olympic Charter" with effect from 16 June 1991:

> Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example and respect for universal fundamental ethical principles.
>
> (IOC, 2014, pg 16)[1]

The Olympic symbol – the five rings – The Olympic symbol consists of five interlaced rings. It was designed by Pierre de Coubertin, the father of the modern Olympic Games. The colours of the five interlaced rings, from left to right, are blue, yellow, black, green and red. The symbol represents the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games.

The Olympic motto "Citius, Altius, Fortius" – The motto was proposed by a friend of Pierre de Coubertin, Henry Martin Didon, who set up a sports school in Paris in 1891 and used the motto to encourage his students on a games day in 1895. Pierre de Coubertin liked this very much and kept the motto in mind for the Olympic Games. In 1920, the International Olympic Committee adopted "Citius, Altius, Fortius" ("Faster, Higher, Stronger") as the Olympic motto. The motto fully expresses the athletes' spirit of commitment, continuous improvement and striving for excellence in competitions and training. In July 2021, IOC approved to add "—Communiter" ("— Together") in the Olympic motto. The new Olympic motto is "Faster, Higher, Stronger — Together".

The Olympic flame and torches - The Olympic flame is "a manifestation of the positive values that Man has always associated with the symbolism of fire."[2]. The Torch Relay helps "herald the Olympic Games and transmit a message of peace and friendship to people along the way"[2].

The Olympic oaths - In 1920 Olympic Games, the swearing-in ceremony for the athletes was introduced. The oath (athletes) reads, "In the name of all the competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams".

The Olympic anthem – In 1896, at the opening ceremony of the first Athens Olympic Games, King George I of Greece announced the opening of the Olympic Games and a choir sang the "Olympic Anthem", but the song was not designated as the song for the Olympic Games at that

[1] International Olympic Committee. (2014). Olympic Charter. Lausanne: DidWeDo S.à.r.l
[2] International Olympic Committee. (2013). The Olympic Flame and Torch Relay. Lausanne: The Olympic Museum.

time. Subsequently, there was no regular song for the Games, and the host country made the decision each time. In the 1950s, it was suggested that a new Olympic song should be composed for permanent use, but no satisfactory song was produced. Then, the International Olympic Committee meeting in Tokyo in 1958 confirmed that the "Olympic Anthem" would be used. Its score is stored in the International Olympic Committee headquarters.

Other features in Olympic Games

a. **The Olympic emblems** - The emblems of the Olympic Games not only embody the Olympic spirit but also reflect the characteristics of the host countries as well as the host cities. For example, the Beijing 2008 Olympic Games emblem, "Chinese Seal, Dancing Beijing", is filled with Beijing's hospitality and hopes, and conveys the city's commitment to the world.

b. **The Olympic mascots** - Although there are no specific provisions for them, the Olympic mascots are the most influential hallmarks of each Olympic Games.

c. **The Olympic Cultural Festival** – The idea of holding a culture and art festival within the Olympic Games celebration is embedded in the very foundations of the Olympic Movement. Nowadays, cultural and art events taking the form of exhibitions and festivals have become an integral part of every Olympic Games.

iii) China's involvement in the Olympic Movement

China's involvement in the Olympic Movement has reflected the nation's rise and fall in the different periods. In the early years, under the nation's policies of self-isolation and ignoring sport, China distanced herself from the Olympic Movement. Starting from the beginning of the 1980s, under the "reform and opening up" policy, China has become a new force in the world's political and economic arenas. Great advances in the development of sport have also been seen.

Dates	Important Events
1894	The Qing Government declined an invitation from the Greek prince and Pierre de Coubertin to send athletes to the first modern Olympiad due to unfamiliarity with sports events.
1910	The first Chinese national sports meet was held as part of an effort to participate in and host the Olympic Games.
1913 - 1934	The Far Eastern Championship Games (originally called the Far East Olympics) were held and as one of the founders, China participated in all 10 Games held during this period.
1915	The IOC recognised the Far Eastern Championship Games and invited China to join the next Olympics and attend the IOC meetings.
1922	Wang Zhengyan was elected as the first Chinese IOC member.
1931	The IOC formally recognised the All-China Athletic Association.
1932	A six-member delegation was sent to the tenth Olympics in Los Angeles. Sprinter Liu Changchun became China's first Olympic athlete.
1936	A delegation with 69 Chinese competitors and some demonstrators of traditional martial arts was sent to the Berlin Games.
1950	The Amateur Athletic Federation of Hong Kong (AAFHK) was established. In 1951, the AAFHK was renamed as "The Amateur Sports Federation & Olympic Committee of Hong Kong", which became recognised as a member of the IOC. Hong Kong has competed in every Games since 1952.
1952	Some Chinese Olympic committee members went to Taiwan with the overthrown Kuomintang Government following the establishment of the People's Republic of China (PRC). These committee members claimed that they should represent China at the Olympics. The IOC invited only athletes from the PRC.
1955	The Chinese Olympic Committee (COC) claimed that the Taiwan sports organisations were illegal and that they should not be recognised by the IOC.
1956	Taiwan was invited to participate independently. The COC lodged a protest and withdrew from the Melbourne Games.
1958	The COC suspended all relations with the IOC.
1960	Yang Chuanguang, representing Taiwan, became the first Chinese medallist taking a silver medal in the decathlon at the Rome Olympics in 1960.
1968	Ji Zheng became the first female Chinese medallist, taking a bronze medal in the 80m hurdles in Mexico.

Dates	Important Events
1970	Taiwan Olympic Committee was recognised as a National Olympic Committee. Up to this point, Taiwan had participated in five Summer Games.
1979	The COC successfully applied to the IOC for reinstatement. The Olympic Committee of the Taiwan region could only use the name "Chinese Taipei".
1980	China took part in its first Winter Games at Lake Placid. China withdrew from the Summer Games in Moscow in protest against the invasion of Afghanistan by the former Soviet Union.
1982	The Chinese Taipei Olympic Committee became a member of the Asian Olympic Council.
1984	Shooter Xu Haifeng became China's first gold medallist at the Los Angeles Games. Altogether, China took 15 gold, 8 silver and 9 bronze medals, finishing fourth in the gold medal tally. Chinese Taipei won 2 bronze medals. It was the first time that both China and Chinese Taipei attended the Games since 1948.
1992 – 2000	China sent large delegations to all Summer Games and always finished in the top four in the medal table. Windsurfer Lee Lai-shan won Hong Kong's first gold medal at Atlanta in 1996. In 2000, Yu Zaiqing became the seventh Chinese in history to be elected as an IOC member.
1999	The Amateur Sports Federation & Olympic Committee of Hong Kong (ASF&OC) was formally renamed as the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC). It is a member of the IOC.
2001	Beijing beat off competition from nine other cities to win the right to host the 29th Summer Games in 2008.
2002	Short-track speed skater Yang Yang won two gold medals at the Winter Games in Salt Lake City. It was China's first gold medal at the Winter Games.
2004	China finished second in the medal table at the Athens Games. Chinese Taipei won two gold medals. Mr. Li Ching and Mr. Ko Lai-chak of Hong Kong won a silver medal in the men's table-tennis doubles.
2008	China hosted her first Olympic Games, topped the medal table with 51 gold medals.
2012	China got 38 gold medals at the Olympics in London, United Kingdom and ranked 2nd in the medal table with 88 medals in total. Hong Kong cyclists, Ms. LEE Wai Sze won a bronze medal in Track Cycling (Women's Keirin).
2016	China got 26 gold medals at the Olympics in Rio, Brazil. China got one medal less than the United Kingdom and ranked 3rd in the medal table.

Dates	Important Events
2020 (Postponed to 2021 due to the COVID-19 pandemic)	China got 38 gold medals at the 2020 Olympics in Tokyo, Japan. China got one gold medal less than USA and ranked 2nd in the medal table. The Hong Kong, China delegation achieved the remarkable feat of winning six medals including one gold, two silvers and three bronzes. Mr. CHEUNG Ka-long won the gold medal in the Fencing Men's Foil Individual event, Ms. Siobhan Bernadette HAUGHEY won the silver medals in the Swimming Women's 200m and 100m Freestyle events, Ms. DOO Hoi-kem, Ms. SOO Wai-yam and Ms. LEE Ho-ching won the bronze medal in the Table Tennis Women's Team event, Ms. LAU Mo-sheung won the bronze medal in the Karate Women's Kata event and Ms. LEE Wai-sze won a bronze medal in the Track Cycling Women's Keirin event.
2024	China won a total of 40 gold medals, 27 silver medals, and 24 bronze medals at the Paris Olympics. The number of gold medals surpassed the totals from the 2012 London Olympics (39 golds) and the 2020 Tokyo Olympics (38 golds), marking the best performance for the China delegation to win the most gold medals at a Summer Olympics held outside the country. The Hong Kong, China delegation also achieved historic results in winning 2 golds and 2 bronzes. Mr. CHEUNG Ka-long defended his title and won the gold medal again in the Men's Fencing Foil Individual event while Ms. KONG Man-wai won her first gold medal in the Women's Fencing Epee Individual event. Ms. Siobhan Bernadette HAUGHEY won two bronze medals in the Women's Swimming 200m and 100m Freestyle events. Together with her two silver medals from the Tokyo Olympics, she has accumulated a total of four medals.

Table 8.1 History of China's involvement in the Olympic Movement

iv) Challenges to the Olympic Movement and Olympism

Political interference - The foremost challenge to the independence of the Olympic Movement comes from political interference. For example, in the 1970s and 1980s, the Olympic Games faced large-scale political boycotts, rooted in the conflict between the East and the West as well as the conflict among countries in Southern Africa over racism.

Conflict among the three pillars - The International Olympic Committee, International Sports Federations and National Olympic committees together make up the cornerstone of the Olympic Movement. Their concerted collaboration is of paramount importance. At present, the relationships among these three pillars are on the whole good. However, there are some

potential problems, mainly concerning the distribution of power and economic interests. For example, the International Olympic Committee considers the selection of the host city for the Olympic Games to be its exclusive right but the International Sports Federations and National Olympic committees want to change the status quo and be involved in the voting process.

Commercialisation - Commercialisation enables the Olympic Movement to overcome economic difficulties but also affects the normal operation of the Olympic Movement. For example, at the Seoul Olympic Games, many events that should have taken place in the afternoon or evening were shifted to the morning sessions at the request of the American Broadcasting Company to match with the TV prime time in the eastern regions of the United States. This arrangement obviously affected the performance of the athletes.

Professionalism - Amateur status was once a basic principle of the Olympic Movement and regarded as one of its vital elements. However, athletes must devote much effort and time to training to achieve a high level of performance, and the cost of long-term training can come only from national or corporate sponsorships. Apart from this, demanding amateur status would mean the exclusion of many good athletes from the Olympic Games. This would not be conducive to the enhancement of performance and would hinder the development of the Olympic Movement. Afterwards, the International Olympic Charter abolished the “amateur” requirement. However, professionalism may prompt athletes to care more about financial benefits and limit the participation of non-professionals. This topic is worthy of careful consideration.

Challenges of Anti-doping - Using drugs to enhance performance makes a mockery of the Olympic motto of “**Citius, Altius, Fortius – Communiter**”. Doping is now firmly banned by the International Olympic Committee and the punishment for violations is increasing. For example, there was an investigation into allegations against the Government of Russia at the 2014 Winter Olympics in Sochi. Despite repeated denials by Russian, the report found evidence of "the systemic manipulation of the anti-doping rules and system" which backed up previous allegations of the government involvement in cheating. As a result, Russia was banned from competing at 2018 Winter Olympics in Pyeongchang by the International Olympic Committee. Individual Russian athletes could still compete if they could pass a screening process and demonstrate that they had not violated doping rules. And those who did pass the screening process would be allowed to compete as neutral “Olympic Athletes from Russia.” However, as doping methods become more and more subtle, detection is a very challenging task.

Ultra-large scale - Prior to World War II, fewer than 50 countries and regions took part in the Olympic Games. The number of athletes and countries increased rapidly after the War. For the 2004 Athens Olympic Games, the number of participating countries and regions was 202. The coaches, referees, journalists, security personnel and service personnel accounted for more than 70,000 participants, along with hundreds of thousands or even millions of tourists gathered in the host city. Such a scale is bound to impose a heavy burden on the host city and makes many countries and regions hesitant about bidding to host the Olympic Games.

B. International organisations, major games and major international competitions

i) International Olympic Committee, International Sports Federations and National Olympic Committees

The International Olympic Committee, International Sports Federations and National Olympic committees together make up the cornerstone of the Olympic Movement.

The International Olympic Committee (IOC) serves as an umbrella organisation of the Olympic Movement and oversees the running and organisation of all Olympic Games. Its headquarters is in Lausanne (Switzerland). The IOC comprises the following four types of persons (number not exceeding 115 in total): a) active athletes; b) persons holding senior leadership positions in international federations (IFs), associations of IFs or other organisations recognised by the IOC; c) persons holding senior leadership positions on the National Olympic Committees (NOCs), or the world or continental associations of NOCs; and d) other independent individuals.

An international sports federation (IF) is the world governing body for a particular sport. Examples of IFs include the Fédération Internationale de Football Association (International Federation of Association Football, FIFA), Fédération International de Basket-ball (International Basketball Federation, FIBA) and the World Aquatics. All these organisations establish participation and eligibility rules; set schedules for events; liaise with sponsors and the media; and select referees, judges and other officials to run their respective international competitions.

The National Olympic committees are responsible for the local development of Olympic movement at their places. For example, the Sports Federation and Olympic Committee of Hong Kong, China, promotes the public interest in sports participation in Hong Kong, and selects and sends Hong Kong, China delegations to various international multi-sport Games, including the Olympic Games, the Asian Games, and the East Asian Youth Games, etc.

ii) Olympic Games and other major games / international competitions

- **The Olympic Games** - The Olympic Games are international multi-sport events comprising the Summer Games and Winter Games. The Summer Games and Winter Games are each held every four years. Prior to 1992, the two Games were held in the same year. Since then, they have been staged two years apart. Fewer countries compete in the Winter Games due to weather restrictions. For example, in the Beijing 2008 Olympic Games, 204 countries or regions competed in 302 events in 28 sports, whereas in the 2010 Winter Olympics, only 82 countries competed in 86 events of 7 sports.

- **The Paralympic Games -** The Paralympic Games are held for athletes with an impairment by the International Paralympic Committee (IPC). The IPC organises the Summer Paralympic Games and Winter Paralympic Games. The first Games were held in 1960. The Games have always been held in the same year as the Olympic Games. The Games have taken place in the same city as the Olympic Games after the 1988 Seoul Summer Games and the 1992 Albertville Winter Games. Since 2001, the practice of "one bid, one city" has been confirmed so the staging of the Paralympics Games is automatically included in the bid for the Olympic Games.

- **The Youth Olympic Games (YOG) -** The first summer YOG was held in Singapore in August 2010 while the first winter YOG was held in Innsbruck, Austria in January 2012. The age limitation of the athletes is 15 to 18, the purposes of YOG including to inspire the youth around the world to participate in sport and to encourage them to adopt and live by the Olympic values and to become ambassadors of Olympism. The YOG includes a series of educational activities with three areas of focus: protecting the athletes, working on performance, and assisting the athletes outside sport.

- **The Asian Games -** The first Asian Games were held in New Delhi in 1951. This event is currently run by the Olympic Council of Asia (OCA) and is held every four years. The Games aim to promote cultural exchange, and to develop friendship and harmonious neighbourhood relationships among Asian countries.

- **The East Asian Games and The East Asian Youth Games -** The East Asian Games Association Council is responsible for selecting countries to host the event. The historical first-ever East Asian Games took place in Shanghai, China in May 1993. Since then, the East Asian Games have been held every four years to promote sport and cultivate friendship in the East Asia region. After the last East Asian Games took place in Tianjin, China in October 2013, the East Asian Games Association decided to change the event into a youth competition, the East Asian Youth Games, in 2019 to enable more young athletes to take part in regional games.

- **The Commonwealth Games -** The Commonwealth Games are organised by the Commonwealth Games Federation and were held for the first time in 1930 in Canada. Hong Kong sent a team to the Commonwealth Games for the first time in 1954 and sent its last team to the Games in Victoria, Canada in 1994. The aims are to encourage and support member countries in improving the health of their citizens, and to motivate young people to strive for excellence in their achievements.

- **International events -** The International Federations also regularly organise large-scale international events, such as the World Cups and the World Championships.

iii) The benefits of organising major international competitions

Organising major international competitions may have political, economic and cultural benefits.

Examples of political benefits:

- The host countries can demonstrate their strengths, arouse international attention and recognition through organising major international competitions.
- With diplomatic strategies, they can promote political propaganda and foster cooperation.
- They can arouse the national identity and strengthen the sense of belonging and cohesion of their people.
- They can distract the focus in the countries from dissatisfaction on economic, social and political items to major international competitions.

Examples of economic benefits:

- The host countries can attract a large number of visitors and consumers, so several sectors such as tourism industries, advertising and marketing companies, hotels and restaurants will benefit.
- They can create opportunities to expedite the city's infrastructure like improving transportation, communication and environmental hygiene.
- They can create a "brand image" for the host cities to attract foreign expertise and capital.

Examples of cultural benefits:

- The host countries can promote active and healthy lifestyles by improving sports facilities and facilitating more citizens to participate in physical activities.
- They can construct many new sports facilities for major sports competitions and some of these will become the landmarks of their cities.
- They can introduce their cultural heritage to the world through the mass media.
- They can develop elite sport and promote sport in the community and across different countries.

C. China's sporting culture

i) China's sporting culture

The General Administration of Sport of China (GASC) - The organisation of sport in China stems from the Central People's Government. Working directly under the State Council of the Government, the GASC manages the sports affairs for the whole country. GASC works in tandem with the All-China Sports Federation to ensure that the needs for sport and recreation of the population are met. The Chinese Olympic Committee (COC) also works with these two organisations and performs similar duties in China, as comparable to the SF&OC in Hong Kong.

- **National Fitness Program** - In June 1995, the government announced "An Outline of the National Fitness Programme of China" and set targets for nationwide health promotion and developed a sports system with Chinese characteristics. In October of the same year, the Sports Law was implemented providing guidelines to direct the development of community sport, school sport, competitive sport, etc. of the nation. In 2016, the government further announced "The National Fitness Program" for 2016-2020. It is believed that sport should be integrated with different industries such as education, medical culture and tourism. Up to 2020, the target of the programme is to have 700 million citizens to take part in physical exercises at least once a week, among them 435 million regular practitioners. Besides, the total consumption of sport is expected to reach 1,500 billion RMB in 2020. In August 2021, the National Fitness Plan (2021-2025) was announced and it is expected that about 38.5% of Chinese will exercise frequently. There will be 2.16 social sports instructors for each thousand people and the total consumption of sport is expected to reach 5 trillion in 2025.

- **Care for the elite athletes** - There is a policy of nurturing elite athletes in China. These athletes receive allowances and support in training, studies and living so that they can focus on striving for excellence in sport. When the athletes achieve good results, their coaches and their training units are also rewarded. Their livelihood after retirement are also well taken care of.

- **Traditional sport -** Traditional sport also form a very important part of China's sporting culture. Many of the traditional sports activities are not only beneficial for health, but also have high artistic value, as well as rich recreational and educational functions. Such sports activities include Mongolian wrestling, Tibetan yak racing, Manchu skating, etc.

- **International sport -** The emergence of China as a nation with a powerful and thriving economy in the latter part of the 20th Century has paved the way for international sport such as basketball, football and baseball to gain footholds in the Mainland. Sports

franchises and multinational clothing companies began to investigate means of tapping into the new international sporting culture that was evolving amongst many of the younger Chinese generation. The success of Chinese athletes such as Yao Ming (basketball) and Liu Xiang (athletics) in international sport has resulted in increased interest and participation in those sport. Furthermore, the hosting of major international sports events like the Olympics, the East Asian Games, the Tennis Masters, etc. has deepened the understanding of the general public about the important role of China in the global sports community.

ii) The National Games of the People's Republic of China

The National Games of the People's Republic of China (The National Games of China) is the premier sports event in China at the national level. The All-China Games is organised by the General Administration of Sport of China. The Games also serve as an ideal opportunity for the national coaches to identify athletic talents and build up national teams for the Olympic Games and world championship events. They have gone from being held at 10-year intervals to 5-year intervals and currently take place every four years. With the huge interest in sport generated by the hosting of the Olympics in 2008, the All-China Games are expected to continue to grow in popularity in the years ahead.

- The 13th National Games of China (13th National Games) was held in Tianjin City in 2017. It was the first time that the medal standing was cancelled and the teams did not need to compete with the number of medals awarded. The athletes could further enjoy the process of competitions rather than focusing only on the competitions results. A new entry category was introduced in the 13th National Games to allow cross-team participation in the competitive sports events with teams consisting of four or less members. Top Chinese athletes from around the world and overseas Chinese athletes were also invited to participate in the events. To keep with the theme of "National Games for a Healthy China", in addition to the existing competitive sports events organised for the athletes, events for the general public were also introduced to promote the participation of the public and organisations in sport on a voluntary basis.

- The 15th National Games (15th NG) jointly hosted by Guangdong Province, the Hong Kong Special Administrative Region, and the Macao Special Administrative Region. The event took place from 9 to 21 November, 2025, across these three locations. Hong Kong organised eight competitive events, namely, Basketball (men U22), Track Cycling, Fencing, Golf, Handball (men), Rugby Sevens, Triathlon and Beach Volleyball, as well as one mass participation event, Bowling.

D. Sport and society

Nowadays, sport and society have a very close relationship. The followings are some topics worth exploring:

i) **"Sport for all" and "Developing elite athletes"**

- "Sport for all" aims to:

(1) promote a healthy lifestyle among citizens;

(2) foster a sporting culture in the community;

(3) enhance citizens' sport participation and their quality of life; and

(4) reduce the pressure on Hong Kong's public health care system

- "Developing elite athletes" aims to:

(1) enhance the international status of a country or district through winning in the international sporting arena;

(2) demonstrate its strengths in sports and scientific development;

(3) give opportunities to the potential talented to excel in specific sport;

(4) nurture sports identity in citizens and strengthen their national identity; and

(5) create role models for youngsters to pursue excellence.

"Sport for all" and "Developing elite athletes" are mutually complementary. If sport for all is prevalent, more participants will play various sport, and thus providing a broad base for sports development. Then more talented players will be identified for elite training. If they win medals or show outstanding performance in major competitions such as the Olympic Games, the Asian Games and World Championships, more young people will believe in the spirit "Yes, I can" and will be consequently inspired to excel in sport. Therefore, these two sports promotion strategies are mutually beneficial to each other, and should not be considered as rivals.

ii) Amateurs and professionals

- The definitions of "Amateur" and "Professional"

  The criterion used previously to differentiate between amateurs and professionals in sport is that amateur athletes make no money for their athletic performance or in connection with their status.

  The Ancient Olympic Games allowed all Greek citizens except women to participate and compete in the Games. There was no differentiation between amateurs and professionals in sports contests. Professional athletes emerged later because of the considerable rewards and status gained from winning. The revival of the modern Olympic created a new rule to protect the wealthy aristocrats and favour the athletes from the wealthy families, and exclude those athletes who earn their living by their sports skills. Therefore, the amateurism in sports development was in dispute.

- Fairness in sport

  "Fairness in sport" can be interpreted as "playing within certain rules which are based on the principle of justice" and "games are fair if the rules do not discriminate against any of the participants while giving each the same role and the same opportunities. Games are fair if the positions of the players are interchangeable from the very beginning".

  Taking fairness in sport into consideration, the argument has been shifted to how costly it is to nurture an elite athlete at international level. This is also a form of unfairness due to the unbalanced development between developing and developed countries.

- Conflict between "Amateur" and "Professional" athletes in Olympics

  In ancient Olympics, there was no differentiation between the two, so no comparison could be made. In '80s of the last century, the performance between the two became huge, for instance, the levels between the NBA Basketball or ATP Tennis and amateur competitions were not comparable.

  Owing to the grey area within this definition, the Eastern Bloc communist countries employed the armies to cover up the professional status of their athletes in the Olympic Games.

  Obviously, the IOC could not come up with a proper solution to tackle this issue. In the 1992 Barcelona Olympic Games, the long-time controversial 'amateur' and 'professional' issue in sport was terminated by allowing all professional athletes to compete in the Olympics except the boxing and wrestling events.

  Nowadays, the advancement of sports science gives tremendous support to sports training, recovery and competition preparation. Further investment in various aspects, making a great difference to the performance between amateurs and professionals.

iii) Competitions

- Functions of a sports competition may include:
  It is believed that competition is a natural and fair way to allocate rewards in the real world. Only those individuals who are capable and hard-working can reach the top and deserve the rewards. Sports competition is the venue and process to identify the best and to produce and/or reproduce the elite in society. The above statements are based on the assumptions that rules and regulations are fair and the opportunities are open to all.

- Principles to develop rules and regulations in sports competitions:
  i) Fairness;
  ii) Universality;
  iii) Firmness;
  iv) Transparency;
  v) Consistency;
  vi) Specificity;
  vii) in line with the latest development of sports science and the technology;
  viii) based on the nature of the sport and the needs of players and spectators.

In general, people view sports competitions as the venue and process to recognise their competence, advancement and achievement. Consequently, the following phenomena may happen:

i) The demand for more elite training programmes and facilities are always connected with sports competitions.
ii) Winning of medals and supremacy of performance are common guiding principles.
iii) Measurable outcomes are emphasized to determine whether or not to participate
iv) Fun element in sport is devalued and excellence is highly valued. The polarization of these two elements in sport emerges and becomes obvious.
v) Sport become highly structured, controlled by adults and centrally governed.
vi) More sports injuries are implied.

iv) Drugs in sport

- Reasons of athletes to use drugs:

  Generally speaking, the mentality of winning at all cost, and the fame and financial rewards brought about by winning are the most common and obvious causes for the athletes to use drugs.

  However, sports sociologists find a more in-depth reason behind this phenomenon. They suggest that this can go beyond the winning pressure and the materialist rewards. Researches show that some of the drug users in sport are highly committed and hardworking. They just indiscriminately follow the norms of the sports culture to use performance-enhancing drugs. They attempt to create and maintain their sports identity with high recognition and respect among their peer athletes and/or their fans. This is particularly true for the modern high-performance sport.

- The major reasons for banning the use of drugs in sport under Olympism are:
  - A true competition should be a comparison of the natural ability between athletes without involving any external assistance.
  - Fair play will no longer exist if sport become a competition of medical technology and pharmacology.
  - It is also a matter of ethics. The notion of "sport build character" will be ruined.
  - The health of athletes is another concern because the side effects of drugs in sport are not fully understood and monitored.
  - It may create an unfair competition because of the great differences between the developing and developed countries in level of sports sciences and technology support, and the ability to cope with the financial burden behind.

  Therefore, the IOC and the World Anti-doping Agency (WADA) have invested sizable resources and effort to tackle drug usage in sport since November 1999.

- Difficulties in implementing an anti-drug programme:

  (1) There is a lack of comprehensive drug education programmes for all stakeholders including athletes, coaches, trainers, parents, sports administrators and business managers.

  (2) There is also a lack of clear health-based guidelines and code of ethics for the reference of sports scientists, medical professionals, pharmacologists, coaches and trainers who help athletes to face drug issues.

  (3) The penalty is not heavy enough to deter athletes from taking drugs illegally due to the attractive rewards, peer-identity and over-conformity to the drug culture in sport.

  (4) The influence of commerce sector on competitive sport is huge as great sports performance is often used in commercial advertising. This may also give rise to drug

abuse in sport.

(5) The illegal drug production industry is well developed.

- The influences on society if outstanding athletes are found using prohibited drugs:
  (1) The "Great Sport Myth" that sport build good character will be ruined;
  (2) The role model effects will be diminished;
  (3) The traditional values of sport to society and the relevant beliefs will be questioned;
  (4) The wrong belief is reinforced that it is acceptable to take drugs because a great athlete like Lance Armstrong also did so.

v) Violence in sport

- Violence in sport:
  Sports violence exists throughout the human history. There are different types of sports violence:
  (1) On the field;
  (2) Off the field;
  (3) Violence among players;
  (4) Violence among spectators;
  (5) Terrorism in sport, for example, the incident of attacking athletes during the 1972 Munich Olympic Games.

  Sports violence has two folds:
  First fold: Being dissatisfied with the performance or administration of a sports club.
  Second fold: A reflection of social problems like unemployment, poverty, the gap between rich and poor, racial discrimination, political and historical factors, etc.

- Attitudes of athletes, judges, spectators and the media towards violence in sport:
  - Athletes sometimes resort to violence to:
    (1) establish his/her status in the team;
    (2) reaffirm his/her identity in the sports culture; or
    (3) demonstrate his/her power to dominate or control the opponents.

  - Referees and judges
    Execute the established rules and regulations to strike a balance between athletes' acceptable level of violence and ensure the safety and flow of sports competitions.

- Spectators
  (1) perceive sports violence as entertaining and exciting;
  (2) expect sports violence in certain sport like ice-hockey, boxing and mixed martial arts; and
  (3) express and reflect their feelings through sport.

- Media
  (1) blame or glorify sports violence;
  (2) focus on and amplify sports violence through replay or high-definition slow motion; and
  (3) treat it as part of their roles and functions to narrate violent incidents in sport.

- Measures to reduce violence in sport:
  (1) set or modify sports rules to protect the athletes and spectators;
  (2) impose heavy penalties on those athletes and spectators who use violence;
  (3) reduce the attraction of sports violence to spectators so as to lower its commercial value;
  (4) deny the saying that violence can improve sports performance;
  (5) educate the athletes and spectators about moral values to urge them to reject violence in sport;
  (6) promote and pay more respect to those outstanding athletes who adhere to fair play; and
  (7) tackle and resolve the underlying social problems.

vi) Politics and sport

Meaning of "politics": "Politics" refers to the process of using social power to make decisions that affect people's lives.

- Relationship between sport and politics:
  There is a long-standing relationship between sport and politics in the Olympic history such as the Olympic truce and Olympic boycott.

- Political functions of sport:
  (1) increase nationalism;
  (2) use sport for political propaganda;
  (3) encourage national integration;
  (4) alleviate existing social conflicts;
  (5) act as vehicles for socialization;
  (6) serve as political ambassadors of international goodwill;
  (7) enhance the international status of the country or region.

- The political actions below may bring positive impact on sports development:
  (1) Balance the interests of different stakeholders in the sports world;
  (2) Ensure more transparent processes and reasonable outcomes in sports development;
  (3) Involve more people from different stakeholders in the decision-making process.

vii) Media and sport

- The guiding principles for the media in reporting sports events and their development:
  (1) Precision and factual;
  (2) Scientific and objective;
  (3) Any approach driven by personal agenda or over-subjective reporting should be avoided.
- The role of media on sports development is supposed to:
  (1) provide accurate and timely sports information to spectators;
  (2) provide aesthetic experience in sport to spectators;
  (3) provide vicarious excitement to spectators;
  (4) reflect the cultural values of particular sport in different countries;
  (5) create a mass sports culture;
  (6) provide sponsorship through broadcasting rights; and
  (7) promote sport.

The media has great impact on sports competitions because of the financial and/or exposure dependence of certain sport on it, the form of competitions, rules and regulations and competition schedules of sports have been changed to facilitate the live broadcast (TV rating and commercial advertisement breaks). For example:

- ✧ Sudden death for tie games in tennis and volleyball to control the competition time for commercial breaks and easier TV programming;
- ✧ Encourage more record-breaking attempts and/or offensive play in competitive sport by changing the rules (e.g. football, basketball). As a result, sports competitions become more exciting and spectacular;
- ✧ Change the scoring system from "Side-out Scoring System" (only the serving team can score points) to "Rally Point Scoring System" (both serving and receiving team can score points), e.g. volleyball, badminton;
- ✧ Reschedule the competition date and/or time in the Olympic Games to boost the TV rating in certain countries as required by sponsors, e.g. Beijing 2008 swimming finals;
- ✧ Package and/or repackage sports competitions like X Games, Dragon Boat competitions, etc. turning them into carnival-style sporting events.

Nowadays, the media has a more dominant influence on sports development because of the financial benefits and the exposure rate that it may bring. Their mutual impact is unbalanced.

viii) Sport and Gambling

According to Interpol figures, global sports betting amounts to $1 trillion each year and 70% of which comes from football. In the USA, the UK, and certain parts of Asia, betting in some popular sport is legal and is regulated by the government or governing bodies, for example the NBA & NCAA basketball, American football, baseball, hockey and horse racing. Although some sports gambling is legal and helps to raise money for sports facilities, buildings and sports programmes, most sports gambling is illegal. Sports gambling becomes an international organised crime as it involves huge profits.

- The reasons made gambling popular in sport:
  (1) Sports gambling is attractive to spectators. It can increase the spectators' involvement.
  (2) People usually believe that they can make money in sports gambling.
  (3) New media technology like the development of internet, betting charts, live satellite broadcast, the analysis of expert commentaries, etc. further facilitates the development of the sports gambling industry.

- The consequences of gambling in sport include:
  (1) Sports gambling undermines integrity in sport and the Olympic values.
  (2) Match-fixing becomes popular in some sport like football, basketball, cricket and sumo.
  (3) Match-fixing will lead to a loss of spectators and a decline of the relevant sport because essential elements in sport such as fairness, unpredictability and excitement are gone.
  (4) More and more outsiders approach the athletes and referees to get insider information and to manipulate the match results.

- In Hong Kong, the Home and Youth Affairs Bureau is responsible for formulating gambling policy and monitoring its implementation. The influences of legalising football betting on society are:
  - Positive effects:
    (1) Football betting can help control the number of illegal bookies and raise money for Hong Kong social services;
    (2) Provide an attractive activity for citizens and reduce organised crime;
    (3) Open up a source of profits for the sports industry;
    (4) Increase the TV ratings and promote the popularity of sport;
    (5) Maximise the excitement of sports and provide decision-making experiences.

  - Negative effect:
    (1) Undermine integrity in sport on the whole;
    (2) Increase the possibility of match-fixing;
    (3) The control of the sports development may shift to those international enterprises which control sports gambling;
    (4) Establish negative role models for young athletes;
    (5) Damage sports development and Olympism.

(Further reading:
https://www.hyab.gov.hk/en/policy_responsibilities/District_Community_and_Public_Relations/gambling.htm)

E. Factors influencing participation in sport and recreation

The following are possible factors affecting personal participation in sport and recreation.

i) Personal factors:

- **Personality and interest** - Personality may affect one's initiative, choice of activities, dedication, etc. in sport and recreation.
- **Physique and physical fitness** – Some people consider themselves as "not being the sporty type" and therefore are reluctant to participate in sport and recreation.
- **Previous physical experience** – Some people may have accumulated some uneasy experience in sport and recreation due to a lack of basic knowledge or skills.
- **Occupation** - Too lengthy working hours may prevent one from participating in sport and recreation.
- **Socio-economic status –** People with higher socio-economic status tend to participate more in sport and recreation.
- **Education level** – People with a higher education level tend to participate more in sport and recreation.

ii) Family factors:

- The socioeconomic status, family tradition, parental and sibling influence, etc. determine the interest, opportunities and patterns of participation in sport and recreation activities to a great extent.

Fig. 8.1 Family factors influence the interest, opportunities and patterns of participation in sport and recreation activities

iii) Social factors:

- **Expectations on gender** – With different social expectations, men and women make different choices when choosing physical activities, investing resources, setting goals, etc. For example, in Hong Kong, the participation patterns of men and women in football (being considered as more masculine) and dance (being considered more feminine) are very different.

- **Peers** – To meet friends or make friends is an important motive for participating in sport and recreation activities.
- **Social climate** – One tends to participate more in sport and recreation when TV, newspapers, magazines and people around are talking about health and physical fitness, or when they encounter related promotional slogans.

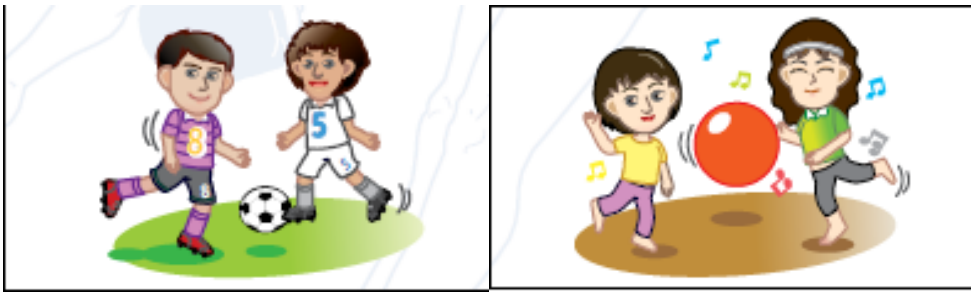

Fig. 8.2 Gender influences the choices of physical activities

iv) Cultural factors:

- **Mass media** – TV, radios, newspapers and magazines, internet, etc. all play an important role in promoting sport and recreation activities. Through them, the information of sport and recreation activities can permeate through all sectors of society. It can also create a mass campaign for sport and recreation through the effects of celebrity promotion.
- **Races, religions, cultural traditions, social systems** – People have different values because of differences in races, religions, cultural traditions, social systems, etc. They will also have different attitudes and show support for various sport and recreational activities accordingly.

v) Political factors:

- Depending on its ideologies, policies, political considerations, etc., the government determines the way how sport and recreation are promoted in society, including the financial support and the mode of development, and these factors directly affect the participation of sport and recreation among citizens.

vi) Environmental factors:

- **Location, facilities and weather** – Factors such as location, accessibility to amenities, quantity and quality of the facilities and equipment, weather, etc. play a part in determining the level of participation in sport and recreation activities.
- The mode and frequency of participation in sport and recreation are also affected by the economic situation of society.

Examples of Enquiry Activities

Theme		Activities
1	Major international competitions	Issues for project learning *(See additional information (1) to (4)):* ● Political influence on the modern Olympic Games ● Major international sports events ● Modern China's sports culture ● Modern sports world ● China and the Olympic Movement
2	Olympism	Reflection: ● Based on one's own experiences on sports participation, identify five to eight life events that embody the ideals of Olympism. Slogan design: ● Design slogans to promote Olympism
3	Factors influencing participation in sport and recreation	Information collection: ● Browse through the website of World Health Organization (WHO) and acquaint oneself with the following information: - the definition and benefits of physical activity - the definition and examples of moderate-intensity physical activity - the definition and examples of vigorous-intensity physical activity - the problem of inadequate amount of physical activity among the general population and the WHO recommendations in this regard ● Conduct a survey (with a chosen or specifically designed questionnaire) to understand: - the amount of daily physical activity (excluding PE class) among students of different grades in their schools - the factors influencing the participation in sport and recreation activities (For example, sex, interest, physique and physical fitness, environment, family, mass media, etc.) among the students

Examples of Enquiry Activities

Theme		Activities
		● Make sure that the questionnaire will provide adequate data for the following enquiry activities. Enquiry activities: ● Group the students according to their accumulated amount of physical activity (excluding PE lessons) - Group 1: accumulate less than 30 minutes of physical activity at moderate / vigorous intensity per week - Group 2: accumulate more than 30 minutes but less than 90 minutes of physical activity at moderate / vigorous intensity per week - Group 3: accumulate more than 90 minutes or more of physical activity at moderate / vigorous intensity per week ● Compare the three groups and determine if there are different factors influencing their accumulated amount of physical activity (excluding PE lessons). ● Discuss how to help students tackle the difficulties of participation in sport and recreation activities; and make specific recommendations. ● Announce the survey findings and recommendations.

Examples of Enquiry Activities

Theme		Activities
4	China's sports culture	Information collection: ● Browse through the website of Chinese Olympic Committee (http://en.olympic.cn/) and study the following two documents: - "An Outline of the National Fitness Programme of China" (in Chinese only) - Sports Law of the People's Republic of China (in Chinese only) ● Identify cases of Hong Kong and Mainland to show - the development of elite athletes - the development of sport for all - the development of sport-related careers Enquiry activities: ● Compare the characteristics of the sports culture of Hong Kong with those of Mainland

Examples of enquiry activities (Additional information) (1):

Political influence on the modern Olympic Games

Objective: To understand the relationship between the Olympic Games and political events.

Description: Students choose from a list of events in Olympic history given by the teacher and submit a written report on:

- the causes of the event
- the implications of the event on the Games and the subsequent Games

Examples of topics:

- The 1936 Berlin Games used for Nazi propaganda
- The withdrawal of China from the 1956 Melbourne Olympics
- The terrorist attack by the Black September group at the 1972 Munich Olympics
- The boycotts in the 1980 and 1984's Olympics
- South Africa's return to the Games in 1992

Examples of enquiry activities (Additional information) (2):

Major international sports events

Objective: To deepen students' understanding on international sports competitions.

Description: Students investigate one of the international sports events with the following headings:

- To what extent does the event draw attention from the public? Why?
- Which organisation runs the event? What is the scale of the event? What human, financial and time resources are involved?
- How is the event organised? What role does the government play?
- What kinds of marketing strategies are adopted?
- How can the gains and losses of the event be evaluated? What are the comments from various sectors?

Examples of topics:

- The FIFA World Cup
- The World Artistic Gymnastics Championships
- Wimbledon (tennis)
- IAAF World Athletics Final

Examples of enquiry activities (Additional information) (3):

Modern China's sports culture

Objective: To understand the sports development in modern China.

Description: The teacher gives the class a lecture on China's sports history and culture since the People's Republic of China was founded in 1949.

Implementation:

- Effectively using multi-media, the teacher traces the progress of the PRC as a sports nation from its inception right up to the present day. Particular emphasis will be on:
  - the nation's sports policy and systems
  - the stories of the national athletes
  - how China's sport is linked to the world
  - how the economic and sports development relate to each other
- Students are encouraged to raise questions

Examples of enquiry activities (Additional information) (4):

Modern sports world

Objective: To broaden the scope of students and to help them understand physical activities from different perspectives.

Description: In groups of three to five, students will be assigned one of the issues listed below. Students should present the information collected. Students should focus on the importance of the issue and its impacts on the development of sports world.

Exemplary issues:

- Globalisation
- Commercialisation
- Professionalisation
- Mass media
- Gambling
- Sport and the law

Examples of enquiry activities (Additional information) (5):

China and the Olympic Movement

Objective: To further understand China's involvement in the Olympic Movement.

Description: During a class discussion, students should focus on the non-appearance of China at a number of Games in the past, her emergence as a highly competitive sports nation and her ability and readiness to host the Olympic Games**.**

Implementation:

- After conducting a lecture on the topic, the teacher leads a class discussion
- Asks open-ended questions with a view to encouraging students to put forward their points of view
- Encourages students to read relevant materials in their own time

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