**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**](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**](http://school.eatsmart.gov.hk/eng/template/home.asp) * **British Nutrition Foundation** [**http://www.nutrition.org.uk/**](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**](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> |