

ASEEDER
国际理科测评
说明文件

2026

“物理杯” 美国高中物理测评
(PhysicsBowl)

Instructions

Enrich Your Learning for Future

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考试日程

一、时间安排

考前准备		
时间	事项	相关网址及二维码
3月13日 18:00 - 3月17日 17:45	①信息查询 (扫描二维码, 登录微信小程序“阿思丹国际学术挑战”, 点击【我的报名】- 对应项目 - 【信息查询】, 查询重要考试信息: 考生账号和密码、 腾讯会议号 和密码等) 注: 模考与正式考试信息一致 点击 此链接 阅读在线监考知情书	
3月13日 18:00 - 3月17日 16:00	②在线模考 (测试考试电脑)	官网: https://www.seedasdan.asia/physicsbowl/ 点击右上角【考试入口】进行模考; 点击右上角【下载常量表和公式表】提前下载并打印, 以便考试时使用。
3月17日 16:00 - 3月17日 16:30	③设备调试 (调整手机监考设备位置)	【腾讯会议】中国大陆下载地址: https://meeting.tencent.com/mobile/ 【腾讯会议】非中国大陆下载地址: https://voovmeeting.com/mobile/

正式考试 (3月17日)

时间	事项
16:00	加入腾讯会议, 设备调试
16:30	登录考试系统, 进入开考倒计时页面
16:45	身份核验, 听从监考人员宣读考试规则
17:00-17:45	考试开始, 考试时长 45 分钟

成绩查询/证书下载: 结果将于活动结束后 6-8 周公布, 登录“阿思丹国际学术挑战”微信小程序【我的报名】- 点击对应项目- 【成绩查询】/ 【证书下载】

Q&A

问：正式考试前我应该做些什么？

答：仔细阅读本文件和邮件 → 核对你的考试信息 → 参加模拟考试，测试电脑并熟悉考试系统 → 做好考前准备，按时参加正式考试。



在线模考及考试系统说明



监考设备调试

问：正式考试前我应该准备什么东西？

答：①**1 台考试设备：仅支持笔记本电脑或台式电脑（不支持 Pad、手机或其他移动设备），摄像头可以正常使用；使用谷歌浏览器登录考试系统（苹果电脑禁止使用 Safari 浏览器）。**

*** 注意：电脑息屏，系统将会强制交卷。进入考试系统前，务必取消电脑自动息屏，或设置为最长息屏时间，考试过程中注意电脑屏幕状态，以免影响考试。**

②**1 台监考设备：使用手机全程进入腾讯会议，摄像头、麦克风可以正常使用**

腾讯会议版本：

①**中国大陆手机号：请下载使用“腾讯会议”APP**

②**非中国大陆手机号：请下载使用“VooV”APP（即腾讯会议国际版）**

问：我如何知晓我的考试信息（考试时间、账号等）？

答：登录微信小程序“阿思丹国际学术挑战”，点击【我的报名】- 对应项目 - 【信息查询】。获取包含考试时间、腾讯会议号、账号和密码的考试信息。

问：我可以在哪些地方考试？

答：可以选择安静、独立、光线充足、网络稳定的空间，**不允许**在图书馆、咖啡厅/餐厅、办公室等公共场所进行考试。

问：考试期间遇到问题我该怎么办？

答：请务必参加模考，避免设备问题影响考试。如考试中有其他问题请在腾讯会议联系监考老师。如因未参加模考导致的设备或网络等问题，ASEEDER 不接受此类申诉！

问：我何时能知晓考试结果？怎么查成绩？

答：考试结果将在考试后 6 - 8 周公布，具体时间以通知为准。考生可登录“阿思丹国际学术挑战”微信小程序 - 【我的报名】- 点击对应项目 - 【成绩查询】及【证书下载】。

问：如果我在考试中作弊会怎样？

答：如果你有作弊行为，你的成绩将被取消，且你将被禁止参加 ASEEDER 组织的其他测评。

考试注意事项

1. **作答说明：**考生必须先**在试卷最后一题选择自己的答题区域为 Division 1 或 Division 2，此为必答题**，如不选择，则成绩无效。全部答案在考试系统中作答提交；试卷共包含 50 道选择题，考生只需回答 40 道选择题。考题分为两部分，高一学生（IB10 年级，A-Level 的 G1 年级部分优秀学生和 G2 年级）建议选择 Division 1，高二、高三学生（IB11-12 年级，A-Level 年级）选择 Division 2，Division 2 难度大于 Division 1。考生可以自行决定参加 Division 1 或 Division 2。**选择 Division 1 的考生只需回答问题 1-40，不要回答问题 41-50；选择 Division 2 的考生只需回答问题 11-50，不要回答问题 1-10。**

2. 时间节点说明：

考前 1 小时加入腾讯会议进行监考设备调试；

考前 30 分钟登录线上考试系统；

考试开始，系统自动开始倒计时；

考试开始后，任何考生不得登录考试系统参加考试；本次考试允许提前 5 分钟交卷。

考试结束前，考生不得擅自退出考试系统和监考会议；

考试时间结束，系统自动结束答题页面。

3. 考前准备物品

(1) 可携带物品：

- 有效身份证件（身份证/护照/户口本/学生证）；
- 用于考试的铅笔、橡皮、黑色或蓝色签字笔、直尺、无编程计算器；
- 提前下载打印的纸质物理常量表、公式表；

(2) **严禁携带物品：**

- 智能手表、移动电话；
- 除考试允许使用的文具以外的任何物品。

4. 根据“物理杯”全球组委会规定，禁止任何人在北京时间 2026 年 4 月 4 日 21:00 之前在网络、社交平台、聊天软件上传播或口头讨论考试内容和答案。

5. 阿思丹香港(ASEEDER) 有权对考生结果进行复核。收到复核通知后，考生须在规定时间内按照要求提交相关成绩证明材料。如未在规定时间内完成，则成绩无效。

PhysicsBowl 亚洲营



PHYSICSBOWL 亚洲营
PHYSICSBOWL Asia Camp

- 高端学术 根据美国物理奥赛内容设计的课程与实验
- 物理实验 2天的实验课程，接触海外高校常用实验模拟器
- 职业规划 提供长远的物理学习与职业发展建议
- 官方证书 完成课程将获得集训营颁发的官方参与证书

PHYSICSBOWL

时间：7.27 - 7.31

地点：中国·北京（待定）

师资：
前美国物理奥林匹克国家队总教练，国际物理奥林匹克（IPhO）理事会成员Prof. Paul Stanly & "物理杯"学术主席AAPT物理教师能力建设总导师Prof. Jon Anderson



扫描二维码观看往届回顾视频

2024年起，AAPT 美国物理教师协会与阿思丹香港（ASEEDER）合作，首次把 PhysicsBowl 物理杯集训营引入中国。

集训营以美国本土物理奥赛集训营与大学物理知识实操作为主要学术内容，旨在激发亚洲青年物理精英对进阶物理研究的探索与热爱，深度培养学生的思维能力、观察能力、实验能力与数据分析处理能力。集训营开展了多个大学物理水平的主题研讨，学生也有机会亲自操作物理实验、模拟仿真实验，并在导师的指导下学习科学的实验数据分析方法。

考生行为规范 (请认真阅读)

为确保在线考试的公平公正，考试过程中考试系统实时抓拍、腾讯会议全程视频录制、第三方录屏软件全程视频录像三重防作弊监考。请各位考生严格遵守在线考试规则，共同维护公平公正的考试环境。

● 考试期间，如出现（包括但不限于）以下行为，**均被视为违规作弊行为**：

1. 考生不开启考试设备及监考设备摄像头、摄像头黑屏超过 5 分钟、故意遮挡摄像头，影响正常监控画面拍摄、故意遮挡面部、手部、桌面、电脑画面；
2. 考生频繁、大幅度变换身体位置和姿势，随意离座，未经许可离开监考设备及考试系统监考画面；
3. 考生须在安静且无任何干扰的房间内独立完成考试，确保考生周围不出现任何人，考试环境不允许是公共场合，机构教室或机构老师办公室等；
4. 他人身旁指导、替考、与他人交流（说话）等；
5. 考生翻阅书籍、笔记，查询资料、夹带、旁窥、抄袭等；
6. 考生使用手机等电子设备，通过手机电话连线语音咨询，通过微信、QQ 等聊天软件咨询他人等；
7. 异地登录、异常 IP 地址登录或多设备同时登录考试系统；
8. 开启安全卫士、电脑管家或各类通讯软件，具有投屏功能的软件，直播功能的软件（如乐播），远程协作工具（如向日葵、Teamview），使用海外 IP 和网络的代理程序及 VPN 程序等，弹窗、使用浏览器自带翻译等；
9. 其他任何影响考试公平性行为。

● 违规作弊行为处理办法：

1. 考生出现任何违规作弊行为，考试成绩无效；
2. 情节严重者将被划入考生黑名单，永久禁止参加 ASEEDER 组织的各项测评及活动；
3. 违规作弊行为将被通报给所在学校，以及包括牛剑在内的各大名校。

● 参与买卖题目和答案属于**违法行为**，ASEEDER 有权追究法律责任。

● 为共同维护公平公正的考试环境，ASEEDER 鼓励考生匿名举报一切违规行为，并将密切调查和严肃处理所有真实准确的举报。

● ASEEDER 有权核查极度雷同答案或明显不符合考试水平的成绩，考生须配合提供近学期国际课程（例如：AP、IB 和 A-level）成绩单并加盖学校公章。

微信答疑服务

各位考生/家长请扫码咨询 ASEEDER STEM 客服。

点击【转人工 (Manual Service)】按钮，提示已接入人工服务后，可联系 ASEEDER STEM 老师，在考试前和期间为家长进行答疑（考试期间请勿使用监考手机联系负责老师）。



【更多项目资讯可关注阿思丹国际学术挑战】



阿思丹香港(ASEEDER)

2026年3月

ASEEDER

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上海：杨浦区政立路489号凯德国正中心2号楼1702室

深圳：龙华区宝山时代大厦27层2712-2713

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ASEEDER

ASEEDER STEM Challenges Guidance

2026
PhysicsBowl

Instructions

Enrich Your Learning for Future

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Part 1: Exam Instructions

I. Schedule

Preparation before the Formal Exam

Time	To Do List	Website & QR code
18:00 Mar. 13 - 17:45 Mar. 17	<p>① Access your Exam Information</p> <p>(Log into the WeChat Mini Program “ASEEDER LIMITED”, click on 【My registration】 - Corresponding Program - 【Information Inquiry】 , including important exam information: account number and password, Tencent Meeting (VooV) ID and password, etc)</p> <p>*The mock exam is consistent with the formal exam information</p> <p>Click this link and read the Permission Slip</p>	
18:00 Mar. 13 - 16:00 Mar. 17	<p>② Take the Online Mock Exam</p> <p>(Test on the same computer you will be taking)</p>	<p>Mock Exam : https://www.seedasdan.asia/en/aapt-en/ Click on the upper right corner button 【Exam Entry】 Click on the upper right corner button 【Download Constants&Equations】 . Download and print it in advance for exam</p>
16:00 Mar. 17 - 16:30 Mar. 17	<p>③ Preset Camera Position</p> <p>(Adjust the position of the proctoring device)</p>	<p>【Tencent Meeting (VooV)】 Download (for China mainland): https://meeting.tencent.com/mobile/ 【Tencent Meeting (VooV)】 Download (for other area): https://voovmeeting.com/mobile/</p>

Formal Exam (Mar. 17)

Time	Items
16:00	Join the Tencent Meeting (VooV), and Preset Camera Position
16:30	Log into the Exam System, and Enter the Countdown Interface
16:45	Verify Identity and Listen to the Exam Rules
17:00-17:45	Exam starts. Exam time: 45 mins

Score Inquiry/Certificate Download: 6-8 weeks after official exam, log in to WeChat Mini Program “ASEEDER LIMITED” , **【My Registration】** then click on the corresponding Program - **【Score Inquiry】** / **【Certificate Download】**

II.Q&A

Q: What should I do before the formal exam?

A:

- ① Read this document thoroughly.
- ② Check your exam information.
- ③ Take mock exam to test the computer and get familiar with exam system.
- ④ Relax yourself and take the formal exam on time.



Mock Exam & Exam System Instructions



Requirement of Proctoring Device

Q: What should I prepare before the official exam?

A:

①**Accessing exam:** Candidates are only allowed to use a laptop or desktop computer with a working camera (Pads, mobile phones, or other mobile devices are not supported); Download Google Chrome in advance **(DO NOT use Safari on Mac!)**

*** Note: If the computer screen goes to sleep, the system will automatically submit the exam. Before accessing the exam system, make sure to disable the automatic sleep mode or set it to the longest sleep duration. During the exam, pay attention to the computer screen status to ensure a smooth completion of the exam.**

②**Proctoring:** Mobile Phone with a working camera and microphone; Download Tencent Meeting (VooV) in advance

For Tencent Meeting&VooV:

- ①**Users with a Mainland China mobile number: please use Tencent Meeting (the local Chinese version).**
- ②**Users with a non-Mainland China number: please use VooV (the international version).**

Q: How do I know my exam information? (exam time, account number etc.)

A: Log into the Wechat Mini Program "ASEEDER LIMITED", click on **【My registration】** - Corresponding Program - **【Information Inquiry】**, including important exam information: account number and password, Tencent Meeting (VooV) ID and password, etc.

Q: Where can I take the exam?

A: Take the exam in a quiet, private space with ample lighting and stable internet connectivity. Public places such as libraries, cafes, or offices are not allowed.

Q: What should I do if I meet technical problems during the exam?

A: Please be sure to take the mock exam to prevent any device issues from affecting your formal exam. If you encounter any problems during the exam, please contact with your proctor **immediately!!!** Your problem can be solved in time. **DO NOT** report your problem after the exam. ASEEDER will not accept any appeals due to your own problem after the competition.

Q: When can I know the competition result?

A: 6-8 weeks after official exam, log in to Wechat Mini Program "ASEEDER LIMITED", **【My Registration】** then click on the corresponding Program - **【Score Inquiry】** / **【Certificate Download】**

Q: What will happen if I cheat during the exam?

A: If you have cheating behaviors, your competition result will be canceled and you will be forbidden to participate other competitions organized by ASEEDER.

III. Important Notes

1. **Answering:** Examinees must choose their answer area as Division 1 or Division 2 at the end of the paper, this is a compulsory question. If not, the result will be invalid. All answers need to be submitted in exam system. The test is composed of 50 questions; however, students answer only 40 questions. Two sets of problems arranged as Division 1 and 2, Division 2 is more difficult. Division 1 is suitable for Grade 10 students (IB Grade10, A-Level G2 students and excellent G1 students); Division 2 is suitable for IB Grade 11-12, A-Level. Candidates can decide to participate in the Division 1 or Division 2. **Division 1 students will answer only questions 1 – 40. Do not answer questions 41 – 50. Division 2 students will answer only questions 11 – 50. Do not answer questions 1 – 10.** Please answer questions carefully and complete your exam within the time limit. Scores will be given based on the answers submitted in exam system.

2. **Important time stamp:**

Join in the Tencent Meeting (VooV) 1 hour before the exam and Preset Camera Position.

Log in exam system 30 minutes before the beginning of exam;

Exam will start on time;

You are NOT allowed to log in exam system after the starting time and answers can be submitted 5 mins before the competition ends.

When the time is up, the exam system will automatically end the contest.

3. **Item Preparation:**

(1) **Items allowed to bring:**

- ID card/passport/household register/student card;
- Pencils, erasers, black or blue, pens, rulers and blank scratch paper, a non-programmable calculator;
- Printed paper forms of physical constants.

(2) **Items NOT allowed to bring:**

- Smart watches, mobile phones;
- Any item except stationery allowed for the exam.

4. According to the PhysicsBowl Committee, it is forbidden for anyone to discuss the problems and solutions through internet, social platforms or chat software before 21:00 on April 4, 2026 (Beijing Time).

5. ASEEDER reserves the right to randomly check and verify the results of winning examinees. After receiving the notification, examinees will be required to provide relevant academic transcripts within the prescribed time. Otherwise, the result of PhysicsBowl will be invalid.

PhysicsBowl Asia Camp



The graphic features a background image of a hand connecting wires to a circuit board. Overlaid on this is a white box with blue text. The top left of the box says 'PHYSICSBOWL Asia Camp'. Below this is a list of topics: 'Advanced Academic', 'Physics Experiments', 'Career Planning', and 'Official Certificates'. To the right of the list, the 'PHYSICSBOWL' logo is repeated, followed by three blue boxes containing the following information: 'Date: Jul. 27th - 31st', 'Location: Beijing, China (TBD)', and 'Coaches: The former Head Coach of the U.S. Physics Olympiad National Team Prof. Paul Stanly & The Academic Chair of AAPT Prof. Jon Anderson'.



Scan the QR Code to watch the review video

Starting in 2024, the American Association of Physics Teachers (AAPT) will collaborate with ASEEDER Hong Kong to introduce the PhysicsBowl training camp to China for the first time.

The camp curriculum focuses on U.S.-based Physics Olympiad training and practical university-level physics knowledge. It aims to inspire young physics elites in Asia to explore and develop a passion for advanced physics research. The camp will deeply cultivate students' thinking, observation, experimental, and data analysis skills. Several university-level topic seminars will be held, and students will have the opportunity to conduct hands-on physics experiments, simulations, and, under the guidance of mentors, learn scientific methods of data analysis.

IV. Examination Code of Conduct (please read carefully)

To ensure justice and equity, the behaviors of all examinees will be caught automatically in the exam system, recorded in Tencent Meeting (VooV) and in another screen recording application. Please strictly obey the examination code of conduct, and commonly maintain a fair environment of examination.

- During the exam, the following behaviors (including but not limited to) will be considered as **cheating violations**:
 1. Turn off camera, leave proctoring without permission, disconnect more than 5 minutes, intentionally block the camera, interfere with normal monitoring screen shooting, intentionally block your face, hands, desk, or computer screen;
 2. Change your body position or posture frequently or drastically, leave your seat without permission and go out of the monitoring range;
 3. Candidates must complete the exam independently in a quiet and undisturbed room as the recording will be on throughout the entire process. Taking the exam in public places, institution classrooms, or teachers' offices is not allowed.
 4. Hire others to take the exam in your stead, acquire guidance from others around, or communicate/speak with others;
 5. Search any written or printed materials unless expressly permitted;
 6. Search online through any mobile device, communicate with others by oral, electronic or written means;
 7. Log in the exam system from different locations, abnormal IP addresses, or different devices at the same time;
 8. Use kinds of communication software, especially software with screen casting function, screen live streaming function (e.g. LeCast), and remote collaboration tools (e.g. Sunflower, Teamview), network proxy programs and VPN programs using overseas IPs and networks, etc.;
 9. Any other behaviors that break the fairness of the exam.
- Punishment Measures for cheating violations:
 1. Any cheating violations by the candidate will result in the invalidation of the exam score;
 2. In cases of severe misconduct, the individual will be placed on the candidate blacklist and permanently banned from participating in any assessments or activities organized by ASEEDER.
 3. Cheating violations will be reported to the candidate's school and to prestigious universities, including Oxford and Cambridge.
- Buying and selling of exam questions and answers is **illegal**, and ASEEDER reserves the right to pursue legal action;
- In order to maintain a fair exam environment, ASEEDER encourages students to report all violations anonymously, and will investigate and seriously deal with all reports.
- ASEEDER reserves the right to verify results that are extremely similar in answers or that are inconsistent with your usual academic performance by providing transcripts of recent semester international courses (e.g. AP, IB and A-levels) with the official seal of the school.

Part 2: WeChat Q&A Service

Candidates / parents can scan the QR Code and then click **【转人工 (Manual Service)】** to contact ASEEDER STEM consultant, who will answer questions before and during the exam (do not contact with consultants on the proctoring phone during the exam).



【Subscribe ASEEDER STEM for More Information】



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March, 2026

ASEEDER

Beijing: Room 9-6, Tower A, SOHO Phase II, Guanghua Road, Chaoyang District

Shanghai: Room 1702, Building 2, Kaide Guozheng Center, No. 489 Zhengli Road, Yangpu District, Shanghai

Shenzhen: 2712-2713, 27th Floor, Baoshan Times Building, Longhua District

Chengdu: 21F, LIPPO TOWER No.62 North Kehua Road, Wuhou District
Telephone: 400-9999-615

Website: www.seedasdan.asia

Email: science@seedasdan.asia



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