

COMMUNITY SPORTS COMMITTEE

Healthy Exercise for All Campaign – Physical Fitness Test for the Community 2010

Purpose

This paper seeks to outline the Healthy Exercise for All Campaign – Physical Fitness Test for the Community 2010 (the Physical Fitness Test) and invite nomination of two members to serve as the convenor and the deputy convenor of the Advisory Committee for the Physical Fitness Test (the Advisory Committee) respectively.

Background

2. The General Administration of Sport of China (GASC) has carried out a national physical fitness test every five years since 2000. People of different organisations were invited to participate in the test, which comprised sample surveys conducted on the physique, physiological functions and physical fitness of the populations of various provinces (including regions and municipalities), in order to determine the overall physical fitness condition of the whole population and identify the change patterns. To enable more members of the public to understand the importance of physical exercise to health, and to develop a strong sporting culture in the community, the Leisure and Cultural Services Department (LCSD) has, in the light of the “國民體質監測工作方案” done by the GASC, conducted the Physical Fitness Test for the Community in Hong Kong since 2005.

3. The LCSD completed the first territory-wide physical fitness test in Hong Kong during the period from 2005 to 2006 under the guidance of the Advisory Committee for the Physical Fitness Test for the Community under the Community Sports Committee (CSC). Collection of data was carried out between November 2005 and March 2006, during which a total of 18 District Fitness Test Days were held at LCSD leisure venues in the 18 districts, while another 12 Outreaching Fitness Test Days were held at LCSD facilities and other venues. The targets were achieved with a total of more than 8 000 participants and the return of over 6 000 sets of questionnaires containing physical fitness data. A report with recommendations was released in September 2006. As indicated in the findings of the Physical Fitness Test, the physical fitness of members of the public gradually deteriorated in general starting from the age of 30. The report made recommendations on the sports suitable for people of different ages and proposed that a territory-wide physical fitness test should be conducted every five years in order to get an understanding of the changes in the physical fitness of members of the public. By so doing, more tailor-made activities could be devised to encourage the public to do exercise regularly for better physical

fitness.

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4. To tie in with the 全民體質監測計劃 implemented on the Mainland and to take forward the recommendation of conducting a territory-wide physical fitness test every five years, the LCSD will launch the second territory-wide physical fitness test in 2010. We hope to achieve the following objectives through launching the Physical Fitness Test:

- (a) To enable the individuals participating in the Physical Fitness Test to have a general understanding of their own physical fitness condition;
- (b) To continue building up a database of the physical fitness of Hong Kong people and compare the data with those collected in 2005 in order to understand how the physical fitness of the public has changed over the past five years;
- (c) To identify the relationship between the physical exercise pattern and the physical fitness of Hong Kong people; and
- (d) To identify priority areas for improvement so as to enhance the overall physical fitness of the public.

5. The Physical Fitness Test is tentatively scheduled to be carried out in stages between March 2010 and October 2011. The work schedule is set out as follows:

Date	Details of Work
March 2010	To set up the Advisory Committee
April to May 2010	To set specific targets for the Physical Fitness Test and finalise work details including the test indicators, items, target groups, sampling methodology and the operation of the Physical Fitness Test
May to July 2010	To commission a professional agent through open tender to launch the Physical Fitness Test (with the work including the design of the questionnaire and the record form, submission of the report and recommendations)
August to September 2010	To train examiners for the Physical Fitness Test
October to December 2010	Stage 1 data collection for the Physical Fitness Test ➤ To hold the Fitness Test Days at the sports venues in the 18 districts in conjunction with

Date	Details of Work
	the 18 District Councils and invite members of the public to come and participate
December 2010 to February 2011	Stage 2 data collection for the Physical Fitness Test ➤ To conduct Outreaching Fitness Tests at LCSD facilities and other venues. The target groups include schools, youth centres, elderly centres as well as the public and commercial sectors
March to May 2011	To collate and analyse the data collected from the Physical Fitness Test
June to August 2011	To prepare the report on the Physical Fitness Test
September 2011	To announce the results of the Test
October 2011	To submit the report to the GASC for filing purpose

6. Making reference to the mode of operation of the last Physical Fitness Test, we recommend that an advisory committee be set up under the CSC to advise on the implementation of the Physical Fitness Test, publicity and promotional strategies, community involvement as well as data collection and submission of report by the professional agent to be commissioned. The Advisory Committee comprises two representatives from the CSC (to serve as the convenor and the deputy convenor of the Advisory Committee respectively), three to four professionals in the relevant fields (such as from the Hong Kong Centre of Sports Medicine and Sports Science, the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre and the Physical Fitness Association of Hong Kong, China) and one representative each from the Department of Health, the Education Bureau and the LCSD. The composition of the Advisory Committee for the Physical Fitness Test for the Community in 2010 is at the Annex.

Advice Sought

7. Members are invited to note this paper and nominate two representatives from the CSC to serve as the convenor and the deputy convenor of the Advisory Committee respectively.

Leisure and Cultural Services Department
March 2010

**Healthy Exercise for All Campaign –
Physical Fitness Test for the Community 2010
Advisory Committee**

- (1) Representative from the Committee Sports Committee (Convenor)
- (2) Representative from the Committee Sports Committee (Deputy Convenor)
- (3) Representatives from the Hong Kong Centre of Sports Medicine and Sports Science/ the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre
- (4) Representative(s) from the Physical Fitness Association of Hong Kong, China
- (5) Representative from the Department of Health
- (6) Representative from the Education Bureau
- (7) Representative from the Leisure and Cultural Services Department