

COMMUNITY SPORTS COMMITTEE

Proposal on the Fitness Test for the Community

PURPOSE

The purpose of this paper is to seek Members' views on the proposed implementation plan for the Fitness Test for the Community (the Project) to be launched in mid 2005 and to set up an Advisory Committee (AC) under the Community Sports Committee (CSC) to advise on the implementation of the Project.

OBJECTIVES OF THE PROJECT

2. To enhance public awareness of the importance of doing physical exercise regularly in pursuit of a healthy lifestyle, and to foster a sporting culture in the community, the Leisure and Cultural Services Department (LCSD) is planning to conduct a Fitness Test for the Community in 2005. By launching the Project, we seek to achieve the following objectives:

- (a) to enable individuals participating in the Project to have a general understanding of his/her own fitness condition;
- (b) to set up a database on the physical fitness of people of Hong Kong;
- (c) to identify the relationship between physical exercise pattern and physical fitness of the people of Hong Kong; and
- (d) to identify priority areas for improvement to enhance the overall physical fitness of the community.

IMPLEMENTATION PLAN OF THE PROJECT

3. In drawing up the implementation plan for the Project, we have studied a similar test conducted by the State Sports General Administration of China (SSGA) in 2000. The test would be conducted again across the Mainland and in Macau this year. We have also consulted local professionals in the field to ensure that the Project would be conducted effectively. Initially, we plan to launch the Project in mid 2005, and the Project will consist of two main parts:

- (a) collecting data on the physical exercise pattern of Hong Kong people through questionnaire survey: and
- (b) collecting data on the physical fitness of Hong Kong people by conducting a set of physical test on the participants.

Test Items

4. Taking reference of the test items adopted by SSGA's study, we suggest incorporating physical measurements, indicators for cardio-vascular ability and physical ability as test items of our Project. A proposed list of test items by age groups is at *Annex I*.

Recruitment and Facilitation of Participation

5. To collect the necessary data, it is planned that about 6,000 to 8,000 participants aged 3 to 69 will be recruited on a voluntary basis throughout the territories to take part in the Project. Sampling size and method will be further reviewed upon commissioning of a professional agent to launch the Project. To secure the desired sampling size, the Department will send out invitations to major corporations, schools and kindergartens, elderly centres, and Government departments to appeal for participation. To facilitate participation of these target groups, the Department will outreach to participating organizations in arranging dedicated Fitness Test sessions for them at times and locations which are convenient to them. For participation of individuals, Fitness Test Days will be held in sports ground/sports centres in all 18 districts by rotation. We will enlist the support of District Councils in the process. The data collection period is expected to last for about four months and the data collected will be analyzed with the issue of a report within three months after the completion of data collection.

PUBLICITY

6. In addition to sending out invitations for participation to the target groups and organizations as mentioned in the above paragraph, publicity posters and banners will be displayed in the 18 districts to promote the event and to enlist community support.

INVOLVEMENT OF COMMUNITY PARTNERS

7. To ensure that the Project will achieve its objectives in arousing public awareness of the pursuit of a healthy lifestyle and to help fostering a sporting culture in the community, it is recommended that:

- (a) an AC of about seven members be formed under the CSC to advise on the implementation and publicity of the Project. The AC may comprise two representatives from the CSC, two professionals in relevant fields (e.g. medical and fitness associations), and one representative each from the Department of Health, the Education and Manpower Bureau and LCSD;
- (b) to invite the Healthy City Committees/relevant Recreation and Sports Committees of the 18 District Councils to be partners to publicize and recruit participants for the project; and
- (c) to commission a professional agent (such as an university) through open quotation to conduct the Project. To ensure that the Project is carried out in a professional manner, the appointed agent would be required to contribute its professional know how in designing questionnaire, sampling methodology, safety precautions as well as making recommendations based on the data collected.

Comparison

8. The general data collected in the project will also be forwarded to the SSGA so that we can compare our results and the physical fitness conditions of Hong Kong people with that in other parts of China.

ADVICE SOUGHT

9. Members are invited to advise on the proposed implementation plan as set out in paragraphs 3 to 7 above and nominate representatives of the CSC to form the AC.

Leisure and Cultural Services Department
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