

Survey on

Physical Fitness Status of Hong Kong School Pupils (Secondary Schools, 2014/15; Primary Schools, 2015/16)

The School Physical Fitness Award Scheme is jointly organised by the Hong Kong Childhealth Foundation (HKCHF), the Physical Fitness Association of Hong Kong, China (HKPFA) and the Education Bureau (EDB). It aims at promoting physical activities and health-related fitness among primary and secondary students. The EDB is responsible to update students' physical fitness norm tables for the scheme. As such, the Survey Study on Students' Physical Fitness (Fitness Survey) will be conducted in every five years.

1. Objectives

The Fitness Survey (Secondary Schools, 2014/15; Primary Schools, 2015/16) aimed to:

- Develop the norm tables of different physical fitness parameters of primary and secondary school students in accordance with age and sex;
- Investigate age and sex differences in physical fitness of primary and secondary school students; and
- Assess the prevalence of underweight, overweight and obesity in primary and secondary school students

2. Methods

Around 13,000 students from 38 secondary schools (S1 to S6), and 24 primary

schools (P1 to P6) were drawn and recruited from stratified random sampling method in Hong Kong.

Each student took part in the following tests:

- height
- weight
- bioelectrical impedance analysis, i.e. BIA
- skinfold measurements of triceps and calf
- sit-and-reach
- one-minute sit-up
- inclined pull-up
- 15-metre progressive aerobic cardiovascular endurance run, i.e. 15m PACER
- 6-minute (for participants aged 8 or below) / 9-minute (for participants aged 9 or above) run/walk
- handgrip strength (for primary)/ push-up (for secondary boys)/ bent-knee push-up (for secondary girls)

3. Results

Norm tables of results and cross comparison between age and sex had been updated to EDB webpage and could be found from the following websites:

- Secondary (2014-15):
http://cd1.edb.hkedcity.net/cd/pe/tc/rr/pfs/sec_15_16_e.pdf
- Primary (2015-16):
http://cd1.edb.hkedcity.net/cd/pe/tc/rr/pfs/pri_15_16_e.pdf

Summary of prevalence of underweight, normal, overweight and obesity in secondary and primary students:

	Underweight (%)			Normal (%)			Overweight and Obesity (%)		
Secondary	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
2014/15	12.06	12.50	12.28	66.44	71.96	69.17	21.51	15.55	18.55
2009/10	11.88	13.41	12.62	67.57	72.42	69.92	20.55	14.16	17.47
Primary	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
2015/16	0.78	1.57	1.15	77.40	81.70	79.30	21.90	16.70	19.50
2010/11	1.11	0.81	0.95	80.70	70.60	75.40	18.20	28.60	23.60

Report Submitted by Physical Fitness Association of Hong Kong, China

Commissioned by PE Section, EDB

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