

Survey on Physical Fitness of Hong Kong Secondary School Students (Secondary Schools, 2019/20 and 2020/21)

The Education Bureau (EDB) commissioned the Physical Fitness Association of Hong Kong, China (HKPFA) to conduct a Survey Study on Secondary School Students' Physical Fitness in the 2019/20 school year (Fitness Survey) to facilitate the updating of the norm tables of different physical fitness parameters. The norm tables would be used as a reference to develop scoring tables for the School Physical Fitness Award Scheme ("the Scheme"), which is jointly organised by the Hong Kong Childhealth Foundation (HKCF), the HKPFA and the EDB. The Scheme aims at promoting physical activities and health-related fitness among primary and secondary students.

In light of the COVID-19 epidemic situation, data collection period for the Fitness Survey was extended from the 2019/20 school year to the 2020/21 school year. The testing items were also cut down when comparing with the previous Fitness Surveys¹.

1. Objectives

The Fitness Survey (Secondary Schools, 2019/20 and 2020/21) aims to:

- develop the norm tables of different physical fitness parameters of Hong Kong secondary school students in accordance with age and sex;
- investigate age and sex differences in physical fitness of secondary school students;
and
- assess the prevalence of underweight, overweight and obesity in secondary school students.

¹ Testing items in the 2014/15 school year included height, weight, bioelectrical impedance analysis (BIA), skinfold measurements of triceps and calf, sit-and-reach, one-minute sit-up, inclined pull-up, 15-metre progressive aerobic cardiovascular endurance run, 9-minute run/walk and push-up (boys)/bent-knee push-up (girls).

2. Methods

Around 5 000 students from 30 secondary schools (S1 to S6) were drawn and recruited from stratified random sampling method in Hong Kong. Each student took part in the 5 testing including height, weight, BIA, sit-and-reach and standing long jump.

3. Results

Under the COVID-19 pandemic, a higher percentage of students with overweight and obesity was observed when compared with that in the 2014/15 school year. The summary of prevalence of underweight, normal, overweight and obesity **in terms of weight-for-height** was tabulated below:

Secondary	Underweight (%)			Normal (%)			Overweight and Obesity (%)		
	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
2019/20 2020/21	6.3	5.3	5.8	61.6	74.0	67.4	32.1	20.8	26.8
2014/15	5.4	3.5	4.4	71.7	76.5	74.1	23.0	20.0	21.5

Report Submitted by Physical Fitness Association of Hong Kong, China

Commissioned by PE Section, EDB

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