

SPORTS COMMISSION

Progress Report of the Community Sports Committee

INTRODUCTION

This paper reports on the work of the Community Sports Committee (CSC) since the last meeting of the Sports Commission (SC) on 20 June 2011.

PROGRESS UPDATE

2. At the 25th CSC meeting on 26 July 2011, members discussed the progress of the Healthy Exercise for All Campaign – Physical Fitness Test for the Community 2010-11; the evaluation of the 3rd Hong Kong Games; the First Round of the 2010 Thematic Household Survey; and the proposed Sport For All Day 2011.

Physical Fitness Test for the Community (PFT)

3. The second PFT, which comprises a questionnaire survey and a physical fitness test, was launched in April 2011. The PFT samples about 10 000 people aged between 3 and 69 in five different age groups. The tests for infants (aged 3 to 6) and children (aged 7 to 12) have been completed, while that for adolescents (aged 13 to 19) started in September. Pilot tests completed for adults (aged 20 to 59) and the elderly (aged 60 to 69) show that we need to change the modus operandi of the test to encourage more active participation, and that a much larger sample size is needed so that we can obtain more representative data. The CSC has tasked its Advisory Committee of the PFT to refine the data collection plan for these two age groups. We aim to complete the data collection process by the end of 2011.

Evaluation of the 3rd Hong Kong Games

4. The 3rd Hong Kong Games (HKG) concluded in June 2011. Over 3 000 athletes took part in the eight sports events and over 300 000 people participated in 18 community activities. The 3rd HKG Organising Committee (OC) conducted an evaluation meeting on 13 July, and has prepared the evaluation report at **Annex I** with recommendations for the next HKG for consideration by the CSC. To allow sufficient time to prepare and organise the 4th HKG in 2013, we will form the 4th HKG OC soon after the start of the new term of the District Councils in January 2012.

The First Round of Thematic Household Survey in 2010 (“THS”)

5. With a view to gathering more in-depth information about people’s

levels of interest and participation in sport and their views on the provision and quality of sports facilities, the Home Affairs Bureau (HAB) commissioned the Census and Statistics Department (C&SD) in late 2009 to conduct a THS on the topic of sport between March and April 2010. 8 028 households were sampled in the THS. The findings of the survey broadly coincide with those of the “Study on Sport for All – the Participation Patterns of Hong Kong People in Physical Activities” (the Study) completed by the CSC in 2008. The findings of both the Study and the THS will be taken into account when formulating strategies for promotion of sport in the community. A paper reporting the major findings of the THS is at **Annex II**.

Proposal on Sport For All Day 2011

6. To promote sport in the community, the Leisure and Cultural Services Department (LCSD) organised the Sport For All Day 2011 on 7 August. The main theme of the event was fitness walking, under the slogan: “Be smart and healthy. Let’s take a brisk walk daily”. The Sport For All Day was well received in the community, attracting over 200 000 people, of whom 26 000 participated in free recreation and sports programmes, whilst another 177 000 people used LCSD sports facilities free of charge. A paper on the arrangements of the Sport For All Day 2011 is at **Annex III**. To promote regular participation in fitness walking, LCSD has established 33 fitness walking trails in 18 districts. Information on physical fitness and energy consumption are provided on these trails to encourage regular walking.

KEY ITEMS TO BE ADDRESSED

7. The key items that the CSC will address in the coming months include -
- (a) monitoring the implementation of the PFT 2010-11; and
 - (b) overseeing the organisation of the 4th HKG OC.

ADVICE SOUGHT

8. Members are invited to note the progress update and the planned key action items.

**Sports Commission Secretariat
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