

## **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 update to the Sports Commission (SC) in October 2011.

#### **PROGRESS UPDATE**

2. At the CSC meeting on 1 December 2011, Members discussed the following issues.

##### **Physical Fitness Test for the Community (PFT)**

3. We have completed data collection for the second PFT, comprising a questionnaire survey and a physical fitness test for five different age groups. To ensure that the results of the PFT will be sufficiently representative, we have refined the data collection plan for the age groups for adults (aged 20 to 59) and the elderly (60 to 69). We have also increased the sample size of these groups from the original 3,000 to 6,500, making the total sample size over 13,000 people. The Chinese University of Hong Kong will conduct data analysis and compile a preliminary report on the results of the test for the CSC's consideration. We aim to finalise the report and make a public announcement by mid-2012.

##### **Follow-up on the Study on the Participation Patterns of Hong Kong People in Physical Activities**

4. With the aim of encouraging middle-aged people to exercise more regularly, the Leisure and Cultural Services Department (LCSD) is focusing on promoting physical activities that are less physically demanding and only require simple equipment, such as fitness walking. In this connection, LCSD has designated 33 walking tracks in all the 18 districts and has produced publicity materials including a promotional video, poster and booklet for broadcast and distribution at LCSD sports venues. To encourage wider

community participation in fitness walking, in early 2012 LCSD will produce a promotional video for broadcast on *RoadShow*.

### **School Sports Programme Coordinator Pilot Scheme**

5. To help promote sport in schools and offer a career training opportunity to athletes, the Home Affairs Bureau (HAB) and LCSD will jointly implement this scheme in the coming school year on a trial basis for an initial period of three years. A monitoring mechanism will be put in place to evaluate the effectiveness of the scheme and map out the way forward for potential further development. A paper introducing the scheme is at the **Annex**.

6. At the meeting on 1 December 2011, CSC Members expressed unanimous support for the scheme and gave advice on how it might be improved. Based on these comments, HAB and LCSD have refined the scheme. Members are invited to comment on the scheme as described in the paper at the Annex.

### **KEY ITEMS TO BE ADDRESSED**

7. The key items that the CSC will address in the coming months include -

- (a) the report of the PFT;
- (b) implementation of the School Sports Coordinator Pilot Scheme; and
- (c) the preparation of the 4<sup>th</sup> Hong Kong Games.

### **ADVICE SOUGHT**

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

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**Sports Commission Secretariat**  
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