

學校體適能獎勵計劃
School Physical Fitness Award Schemes



Survey on the Physical Fitness Status of
Local Secondary School Pupils 中學生體適能狀況調查

Jointly conducted by: Education Department 教育署
and

Hong Kong Childhealth Foundation
香港兒童健康基金



Assisted by : Hong Kong Physical Fitness Association
協助 : 香港體適能總會

Number of Secondary Schools 中學數目 : 20

Number of students 學生數目 : 4000

Ages 年齡 : 12 -18

Physical Fitness Tests 測試項目 :-

1. Sum of Triceps and Calf Skinfolds 三頭肌及小腿皮摺厚度
2. 1-min Sit-ups 一分鐘仰臥起坐
3. Sit & Reach 坐地前伸
4. 9-min Endurance Run / Walk 九分鐘耐力跑 / 行
5. Push-ups(boys)/Bent-knee Push-ups(girls) 掌上壓(男)/屈膝掌上壓(女)

Period of Study 測試期: October 1998 to April 1999 九八年十月至九九年四月

TREND 動向	BOYS 男	GIRLS 女
Increase with age 12 to 18 years 隨年齡增加	Sit-ups (28 to 38) Sit & Reach (23 to 31) 9 mins Run (1400 to 1730) Push-ups (3 to 20)	Sit-ups (23 to 27) Sit & Reach (28 to 32) Skinfold (25 to 31)
Decrease with age 12 to 18 years 隨年齡減少	Skinfold (21 to 16)	NIL
Little change with age 12 to 18 years 變化不大	NIL	Bent-knee Push-ups (7 to 10) 9 mins Run (1280 to 1300)

Index: (X to Y) X = median value(中位數值) at 12
Y = median value(中位數值) at 18

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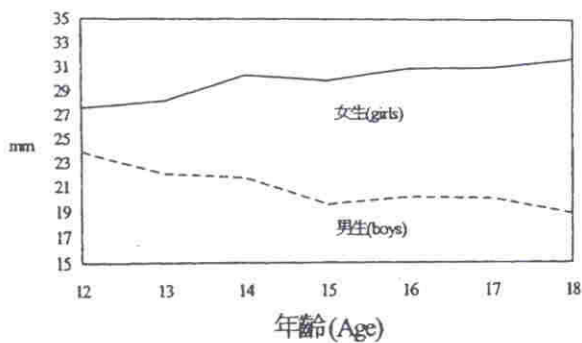
Survey on the Physical Fitness Status of Local Secondary School Pupils

Summary of Results (continue)

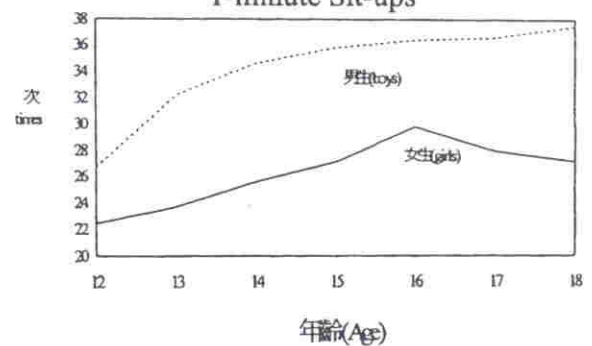
調查結果摘要

TREND動向

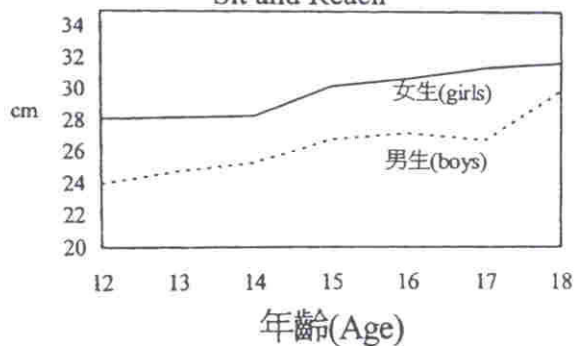
三頭肌及小腿內側皮摺厚度
Triceps and Calf Skinfolds Measurements



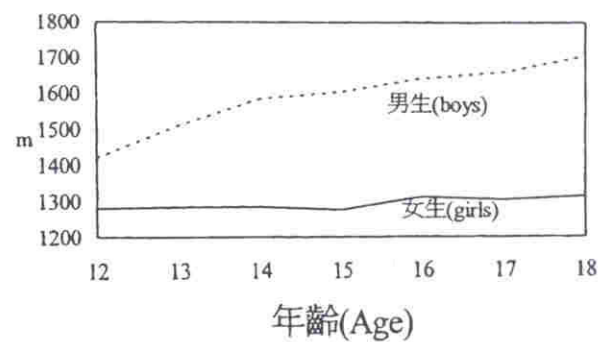
一分鐘仰臥起坐
1-minute Sit-ups



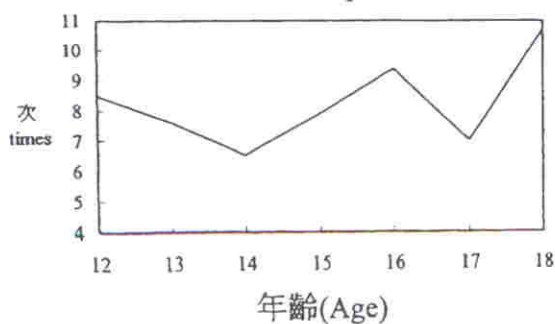
坐地前伸
Sit and Reach



9分鐘跑/行
9-minute Run/Walk



屈膝掌上壓 - 女生
Bent-knee Push-ups - Girls



掌上壓 - 男生
Push-ups - Boys

