



中国儿童青少年 身体活动发展评估报告

REPORT CARD ON PHYSICAL ACTIVITY
FOR CHILDREN AND YOUTH OF CHINA

上海体育学院

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METHODS



The 2018 China Report Card was based on the Global Matrix 3.0 and the data were derived from:

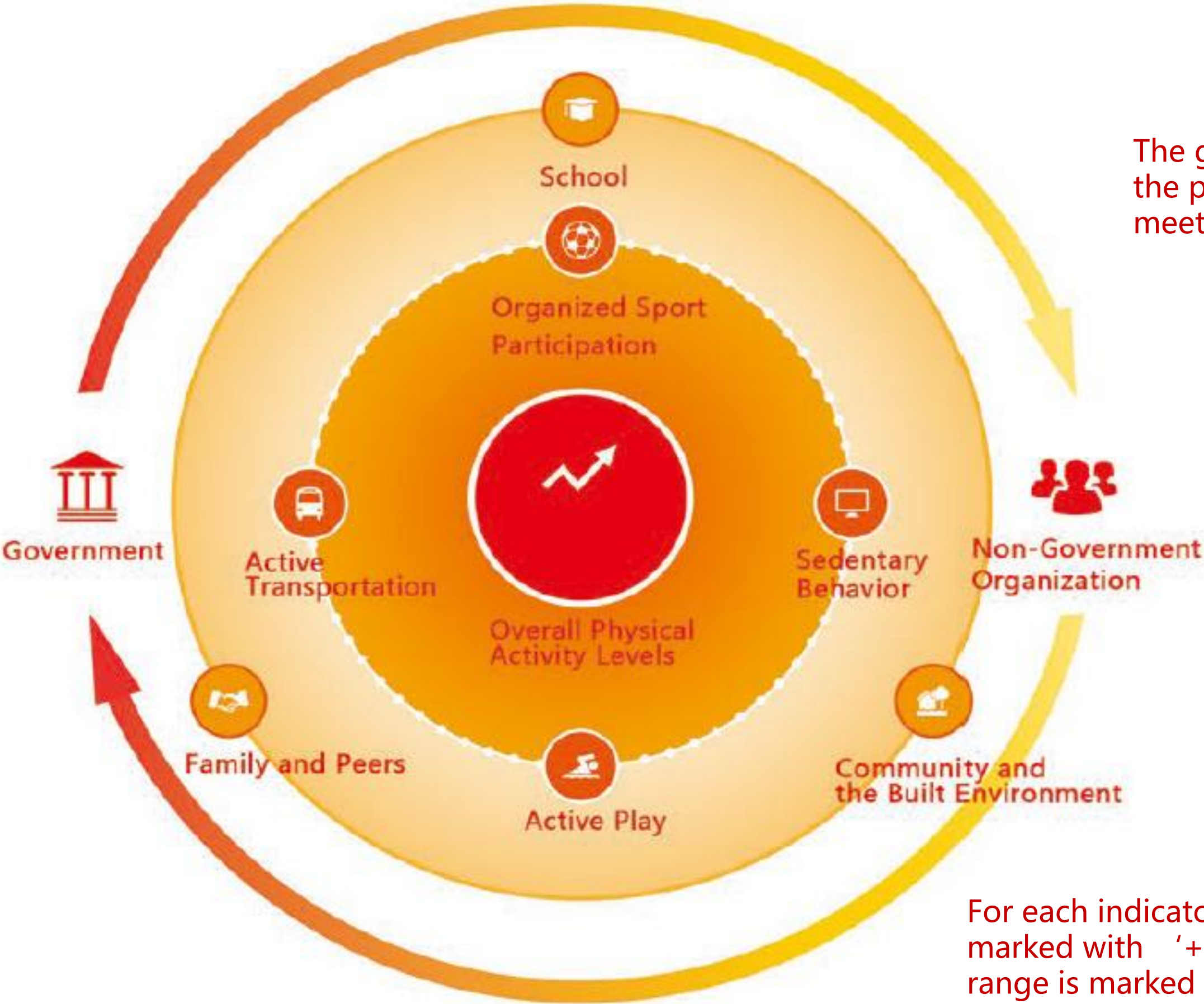
- The Physical Activity and Fitness in China—The Youth Study 2016
- The Physical Fitness and Health Surveillance of Chinese School Students 2016.

Samples

- Representative samples from 1398 schools in 22 provinces, four municipalities, five autonomous regions, and Xinjiang Production and Construction Corps, in mainland China
- **125,281** Chinese school-aged children (boys: 49.6%, aged 9-17 years) and their parents (n = 125,281) and their PE teachers (n = **1398**)

Indicators

Indicator	Instruments
Overall Physical Activity Levels	Daily moderate-to-vigorous physical activity (MVPA) at least 60 minutes in past 7 days
Organized Sport Participation	Participation of organized sport and/or physical activity (PA) programs over the past 12 months
Active Play	Participation in unstructured/unorganized PA at least four times during past week
Active Transportation	Walking/cycling to/from school
Sedentary Behavior	Watching TV/film, playing computer/video games, surfing the internet and doing homework at least 2 hours per day on weekdays and weekend days
Physical Fitness	Reached the level of ‘excellent’ or ‘good’ based on The Physical Fitness and Health Surveillance of Chinese School Students
Family and Peers	Response ‘very often’ at least two items for parents' support, and response 'very right' at least two items for friends support for PA
School	Meet the benchmark regarding 1) students’ satisfaction with physical education (PE) and exercise-related opportunities in school; 2) the amount of accredited PE teachers with state teacher qualification; 3) PA after school; 4) PE classes; 5) facilities and equipment for sport and exercise in school; and 6) the school administrator’s concern about PA, exercise and PE of students.
Community and the Built Environment	Meet the benchmark regarding 1) whether it is easy to find facilities and equipment for sport/exercise in young people's community; 2) whether there is organizations of sport/exercise (e.g. sport club) for youth in community; 3) whether there are sport/exercise activities organized in community
Government Strategies and Investments	Parents’ awareness around the national physical activity policies of China children



The grade for each indicator is based on the percentage of children and youth meeting a defined benchmark

- A is 80% to 100%
- B is 60% to 79%
- C is 40% to 59%
- D is 20% to 39%
- F is 0% to 20%

For each indicator, the upper 7% of grade range is marked with '+' and the lower 7% of each grade range is marked with '-'.

RESULTS



Overall Physical Activity Levels

Only 13.1% of young people reported that they were physically active at least 60 minutes daily in past seven days.
Boy 14.5%; Girl 11.7%
The rates of meeting the PA guideline decreased gradually with age from primary school (18.9%), to secondary school (11.9%), and finally to upper secondary school (8.0%).

D- Organized Sport Participation

92.9% of students spend 2 hours or more every day in watching TV/film, playing computer/video games, surfing the Internet and doing homework.
Boys 93.5%; Girl 92.4%
The proportion of Sedentariness increased with age (Primary school 86.8%; Secondary school 96.1%; Upper secondary school 96.1%)

D+ Organized Sport Participation

38.7% of young people have participated in unstructured/unorganized PA at least four times during past week (at least 60 minutes per occasion).
Boy 43.2%; Girl 34.3%

C+ Active transportation

56.3% of Chinese students walk or cycle to school daily.

F Community and the Built Environment

Based on the benchmark of Community and the Built Environment, the average percentage 14.8% of all related indicators was calculated.

D School

Based on the benchmark of School, the average percentage 37.5% was revealed across the school indicators.

F Government Strategies and Investments

The Government indicator was assessed by gauging the public awareness around the national PA policies, and despite these policies being updated nearly every decade, only 17.8% of parents reported being aware of such policies.

F Sedentary Behaviors

92.9% of students spend 2 hours or more in sedentariness every day.
Boys 93.5%; Girl 92.4%
The proportion of Sedentariness increased with age (Primary school 86.8%; Secondary school 96.1%; Upper secondary school 96.1%)

D+ Family and Peers

37.5% of young people have family and peers' support for their PA.
The influence of Family and Peers declines rapidly with age (Primary school 48.2%; Secondary school 37.2%; Upper secondary school 26.8%)

D Physical Fitness

30.0% of Chinese students achieving 'Excellent' or 'Good'.
Assessments includes Body Mass Index, Vital Capacity, 50-meter Sprint, Sit and Reach, Standing Long Jump, 1-minute Sit-ups (Girls)/Pull-ups(Boys), and the 800-meter Run (Girls)/1000-meter Run (Boys).