



Service Priorities and Programmes Electronic Presentations

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Staff Engagement through Sports in Kowloon Central Cluster – Staff Fitness Profile

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Introduction

Engaged workforce synergized collective power contributing to success of the organization. Participation in sports improves physical fitness and may also augment worker productivity. A project titled “Staff Engagement through Sports” was launched in the Kowloon Central Cluster (KCC) in April 2015 to engage staff in sport activities and promote sense of belongings.

Objectives

(1) To obtain the fitness level of participant for future design of workplace wellness activities; (2) to promote healthy lifestyle at workplace through promulgation of sports; (3) to increase staff awareness of participation by involving staff in various corporate sport activities

Methodology

Participants were assessed on health-related components of fitness. Standardized physical fitness test battery included Resting Heart Rate(HR) and Blood Pressure(BP), body composition evaluation (percentage Body Fat and Body Mass Index-BMI), estimate bone density (Ultrasound Bone Densitometry), strength (total handgrip strength-THGS), muscular endurance (One-minute Sit-up test), flexibility (Sit-and-reach Test), balance ability (Single Leg Standing Test). Level of physical fitness was benchmarked with local normative data.

Result

217 staff members participated in the physical fitness screening. The Resting HR and BP of all participants were within normal reference range. The estimate bone density of heel (T-score) of majority (92.5%) of participants was found to be normal. The BMI

of more than half of the participants were within normal reference range. Majority of the participants was average or above population reference value in THGS (70%) and flexibility (65%). The muscular endurance of all participants was 30 percentile and above of population value. However, there were only 35% of participants demonstrating average or above in balance ability. Body composition and balance ability were shown to be the priority areas for improvement to enhance the physical fitness of staff members. The promising results in muscular strength, flexibility and muscular endurance indicated more advanced sport activities on these domains would suit the needs of the target participants.