

ASFAA

NEWSLETTER

Asiana Sport For All Association

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Asiana Sport For All Association

GATEWAY TO SPORT FOR ALL MOVEMENTS IN ASIA & OCEANIA



■ Greeting Message



Mr. Feng Jianzhong
President of ASFAA
Vice President of ACSF



This is the first edition of the ASFAA Newsletter since the ASFAA Secretariat office moved to Beijing. I sincerely hope you will find the new outlook of ASFAA through this Newsletter.

The ASFAA Newsletter will give an overview on the latest development of sport for all in Asian and Oceania region. This edition will focus on the ASFAA Annual Program for the Year 2007 and the sport for all activities carried out in China under the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games".

We expect that all the member organizations of ASFAA will share the updated information on the sport for all development in their own countries and regions, thus the Newsletter will become a platform for exchanging views and information and a reference book for our future work.

Finally, please allow me to take this opportunity to express my gratitude for the great efforts you have made to promote the sport for all in Asia and Oceania region. We hope to have your continuous support not only for the Newsletter, but also for the various activities promoted by the ASFAA.

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ASF^{AA} Work Plan for 2007

1. Secretariat's Construction

- a. To complete the website construction, and the transfer of the documents.
- b. To strengthen the relations with all the members, particularly with their government organizations, so as to steadily promote ASF^{AA}'s influence .

2. Publicity Work

- a. To make some modification of the web content, for example, adding the new development of sport for all in various member countries.
- b. To edit and publish at least two issues of ASF^{AA} newsletter and one issue of ASF^{AA} Journal.

3. To amend the Constitution:

First, kindly request the vice-president, executives to revise the Constitution by themselves, and then submit to the secretariat for further Revision, finally it will be discussed and approved at ASF^{AA} Board Meeting in Argentina.

4. To make preparation for ASF^{AA} Board Meeting during 20th TAFISA World Congress in September in Argentina, including:

- a. To contact with the Organizing Committee.
- b. To discuss the revised Constitution.
- c. Reports by the members about the development of sport for all in their countries or regions.
- d. Report by Korea about their preparation for 2008 Congress.
- e. To discuss ASF^{AA} work plan in 2008.

5. To propose by the President and call on the members continuously to hold "World Walking Day" and "International Challenge Day".

Sport for All Goes Hand in Hand with the 2008 Olympic Games

By Mr. Feng Jianzhong
President of ASFAA
Vice President of ACSF

For the past several years, China has made remarkable progress in the sport development. This achievement results in our long-term policy of developing sport for all in coordination with the promotion of competitive sport. Especially after we win the right to host the Olympic Games, the government attaches even more importance on the development of sport for all as well as the preparations for the Olympic Games. In 1996, the General Administration of Sport China put forward the concept of "Sport for All Goes Hand in Hand with the 2008 Olympic Games", which is now regarded as the motto for the sport for all development in China. In the past year, this concept has been deeply rooted in people's mind and practicing physical activities become a new fashion in the society.



The Climbing on the New Year's Day



The Sunshine Project for the Youth

To give you a better understanding of the concept "Sport for All Goes Hand in Hand with the 2008 Olympic Games", I will first brief you on the measures we took and activities we organized for the implementation of this concept. And then I will further analyze the implication and value of this concept.

I. By advocating the concept "Sport for All Goes Hand in Hand with the 2008 Olympic Games", we organized a series of sport for all activities in a systematic way. These activities feature in wide participation, people-oriented program and varied characteristics, ranking from major event to small-scale event, from national project to regional activity. The measures taken within the framework of this concept can be classified into 4 categories:

1. We organized varied nationwide activities with a fixed theme. Just to name a few, the program named "Climbing on the New Year's Day" encourages people practice physical activity by climbing on the vacation; "the Sunshine Project for the Youth" focus on the youth participation in sport.



Anniversary of the Olympic Games



Competition of Physical Fitness Performance for Millions of Women



Different Ethnic Groups

Besides, on the anniversary day relating to the Beijing Olympic Games, we organized corresponding activities in coordination with the promotion of the Olympic Games. For example, on August 8, one-year anniversary leading up to the Olympic Games, a national physical fitness activity was staged with the main platform in the Beijing Millennium Altar. In the meantime, regional sport-for-all activities were organized in 31 provinces and cities with the participation of 100 million people.

2. We encourage the National Sport Federations and sport clubs for different vocations to organize the sport for all activities in accordance with the various needs of community and vocational people. We set a goal which is at least one major event every month, one surge every period thus achieving continuity in the practice all the year long.

This year in partnership with the NSF, we organize 19 major activities throughout China. Some activity is carried out in different cities at the same time with a fixed theme. Like the "Climbing on the New Year's Day" program, the main stage is in the Great Wall in Beijing and there are 12 sub-stages in 12 cities throughout China. Some activity is practiced in different cities at the different time with a common theme. For example, during the Dragon Boat Festival, we launch a project called "Dragon Boat Month", in which dragon boat racing events are organized in several cities at different time according to their own practice. Besides the above, there are several major events organized at one time in one place. For example, we organized "Competition of Physical Fitness Performance for Millions of Women" and the participating delegations were from different cities and regions.

3. We urge the local governments and sport organizations to organize the sport for all activities in consideration with their need and the regional characteristics. Especially in coordination with the promotion of the Olympic Games, the regional sport-for-all activities are included into the framework of the Olympic Culture Performance and Media Promotion. This year there will be 70 activities orga-

nized for the Cultural Festival, among which 17 are sport activities with millions of participants.

4. In cooperation with the state departments concerned and government at provincial and municipal level, we organized National Games for University Students and National Games for the Disabled People. We will have the National Games for People of Different Ethnic Groups in Guangzhou this November and the World Games for People with Mental Illness this October. All the above activities showcase the splendid traditional sport culture and attract people's great interest in sport.

II. Next I will further explain the implication and value of the concept " Sport for All Goes Hand in Hand with the 2008 Olympic Games".

1. "Sport for All Goes Hand in Hand with the 2008 Olympic Games" will leave a unique cultural legacy in the Olympic history. It fully signifies the Olympic spirit and enriches the concept of "People's Olympics". One motto said: "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle." It is not only the essence of the Olympic spirit, but also the theme for the sport for all. By participating in the sport for all activities, people increase their sport awareness. Their enthusiasm for the Olympic Games turns into the action of practicing sport.



Dragon Boat Month

2. The policy "Sport for All Goes Hand in Hand with the 2008 Olympic Games" indicate the basic objective for Chinese sport. By advocating this policy, we meet the increasing need for culture and sport by the ordinary people and improve people's physique.

3. The policy "Sport for all Goes Hand in Hand with the 2008 Olympic Games" is people-oriented and it helps create a society where people live in harmony.

The Beijing Olympic Games draws very near. The concept of "Sport for All Goes Hand in Hand with the 2008 Olympic Games" has deeply rooted in the Chinese people's mind and sport for all becomes an important lifestyle.

Last but not the least, I would say that Olympic Games is not only for the athletes and officials, it is for the people. And the Olympic Games not lasts for 2 weeks every four years, it is for the life-long participation in sport for all activity.



Key Activities of "Sport for All Goes Hand in Hand with the 2008 Olympic Games" in 2007 in China

Month	Activity	Hosts
January	The Climbing on the New Year's Day	General Administration of Sport of China Mountaineering Administrative Center
February	Physical Exercises for Chinese New Year	General Administration of Sport of China
March	Dragon Dance and Lion Dance for Lantern Festival	General Administration of Sport of China Leisure Sports Administrative Center
April	2007 National Mass Climbing & Fitness Event	Mountaineering Administrative Center
	Health Qigong Demonstration in One Hundred Cities	Health Qigong Administrative Center
May	Competition of Physical Fitness Performance for Millions of Women	General Administration of Sport of China & All-China Women's Federation Beijing Municipal Government
	Sport for All Goes Hand in Hand with the 2008 Olympic Games in Communities	General Administration of Sport of China
June	Nationwide Physical Fitness Month	Local Sports Bureaus
	Dragon Boat Month	Leisure Sports Administrative Center
July	"One World, One Dream" Fitness Walking	Leisure Sports Administrative Center
August	The Sunshine Project for Millions of Youths	General Administration of Sport of China & Ministry of Education of China & the Central Committee of the Communist Youth League of China
September	National Physical Fitness Event in Deserts	General Administration of Sport of China & People's Government of Ningxia Hui Autonomous Region
	IOC President Cup Cycling Events in One Hundred Cities	Cycling and Fencing Administrative Center
October	Olympic Camp for the Youth in Ten Cities	National Research Institute of Sports Science
November	National Mass Badminton Open	Table Tennis and Badminton Administrative Center
December	Winter Sports for Millions of Youths	Heilongjiang Province, Jilin Province, and Liaoning Province
January (2008)	National Tech-Sport Games	Aeronautics, Radio, Orienteering and Model Sports Administrative Center

Nationwide Physical Fitness Month in 2007 in China

In order to create an atmosphere of active participation in nationwide physical fitness, and make the 2008 Olympic Games a great event and people's holiday, June is fixed the Nationwide Physical Fitness Month with the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games" and the publicity slogans "Welcome the Olympic Games and Civilized, Establish a New Trend" and "I Participate, I Contribute, and I Enjoy".

Beijing

The launching ceremony of the sixth Beijing Physical Fitness Festival was held on the 23rd of June, with the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games ". Nine institutions including Beijing Sports Bureau hosted the Festival, aiming at further carrying out the Outline of National Fitness Program, building Beijing into a city full of humanistic atmosphere. Besides the main assembly place in Chaoyang Park, physical fitness exercises took place in such ten parks as Temple of Heaven Park, Taoranting Park, Longtan Lake Park, Ditan Park, and Yuyuantan Park.



Shanghai

June is the first Nationwide Physical Fitness Month in Shanghai. To encourage citizens to cheer for the Olympic Games with their practice, Chen Baoping, deputy chief of Wenhui and Xinmin United Newspaper Groups and deputy editor-general of Xinmin Evening Newspaper, called on all readers to participate in walking for health on 10th of June. The activity "Ten Thousand People Walk for Welcoming the Olympic Games" was held in the Century Plaza in Nanjing Road on 10th of June.



Hohhot

According to Hohhot Sports Bureau, the 2007 Nationwide Physical Fitness Month in Inner Mongolia Autonomous Region and Hohhot began on the 10th of June with the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games". During the opening ceremony, mass sports and physical fitness exercises and traditional activities were performed, including setting-up exercises to music, folk dance and self-created gymnastics.



Changsha

To spread the 2008 Beijing Olympics Concepts, the activity "Ten Thousand People Walk to Greet the coming Olympic Games" was held in Changsha on 10th of June. The 10th of June is Changsha traditional Physical Fitness Day, and the activity was launched in the presence of former Olympic champions Xiong Ni and Gong Zhichao.

Henan

On 26th of May, the activity "Sport for All Goes Hand in Hand with the 2008 Olympic Games and the opening ceremony of 2007 Henan Physical Fitness Week" hosted by Henan Sports Bureau, Zhengzhou municipal government, Nanyang municipal government, Zhengzhou Sports Bureau, and Nanyang Sports Bureau were held in Zhengzhou and Nanyang, with the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games" and the publicity slogan "exercise one hour everyday and enjoy the whole life". It included physical fitness events, the spread of Olympic knowledge, sports science, the measurement of citizen's physique, and health consultation.



Qinghai

On 16th of June, Qinghai 2007 Physical Fitness Month with the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games" was launched in the North Plaza of Xining Gym. In the opening ceremony, delegations from schools, communities, and physical fitness associations demonstrated wonderful programs such as International Standard Dance, waist drum, aerobic fitness, and Taekwondo. It came to an end on 16th of July. During this period, Olympic knowledge and sports science, scientific physical fitness methods, and was further spread in Qinghai.



Yinchuan

"2007 Nationwide Mountain Climbing Competition and Ningxia Physical Fitness Month" hosted by Mountain Climbing Administrative Center of General Administration of Sport of China, Ningxia Sports Bureau, and Yinchuan municipal government in national forest park of Helanshan opened on 9th of June with 20 branch venues in Shandong, Sichuan, Xinjiang, Jilin, Guizhou, and Ningxia, etc. It was estimated that participating people reached up to 1,500,000.



Kunming

On 24th of June, "Kunming 2007 Physical Fitness Month" began with nine physical fitness demonstrations in the main assembly place of Kunming. In fourteen branch assembly places of different counties, various physical fitness activities and competitions were held. This activity lasted until the 10th of August. As interactive activities, Kunming Tennis Competitions for Civil Servants and Swimming Invitational Tournament in the Natural Areas of Stone Forest and Chang Lake were respectively held on 16th and 23rd of June.



2 007 Conference on National Physical Fitness Opened in Macau



The opening ceremony of the 2007 Conference on National Physical Fitness was held in Macau Tower Convention and Exhibition Center on July 4th, 2007. It was hosted by General Administration of Sport of China, organized by Sport Development Board of the macau Special Administrative Region and co-organized by Physical Fitness Research Association of China Sport Science Society. Mr. Feng Jianzhong, Vice Minister of General Administration of Sport of China, and Mr. Alex Vong Lao Lek, Acting President of the Macau Sport Development Board were present at the opening ceremony.

Mr. Feng Jianzhong stressed in his speech that national physical fitness is wealth, and resource as well, and it is of great importance for the sustainable development of human society. By carrying out researches on physical fitness, the law and cause of the changes of different people's physical fitness will be found out to seek countermeasures for improving human physical fitness and adaptability. This Conference will provide the experts and scholars with a very good opportunity for exchanging views and cooperation in the field of physical fitness research. The selected papers display the latest achievements of physical fitness research and basically reveal for the most part the research level of the countries and regions related. Through sharing views among the scholars, the physical fitness research will scale a new height.

Mr. Alex Vong Lao Lek said that with the development and progress of the society, people pay more attention to their physical fitness and health. Therefore, it is a crucial research subject for the government of MSAR how to strengthen the research on the citizens' physical fitness and conduct the measurement with scientific indexes for further improvement of the citizens' physical fitness and health.

The opening ceremony was followed by the Conference Speech, delivered respectively by Mr. Sheng Zhiguo, Director General of Sport for All Department of General Administration of Sport of China with the topic "Sport for All Goes Hand in Hand with the 2008 Olympic Games", Professor Shang-Hi Rhee, President of TAFISA with the topic "Environment of Earth and Human Health", and Mr. Tian Ye, Director of China National Research Institute of Sports Science with the topic "The Dynamic Changes in National Physical Fitness in China".



Six experts gave a Keynote Speech in the afternoon. They spoke of the status quo of national physical fitness research, the practical experience on improving national physical fitness, and the factors affecting the development of national physical fitness. The six experts were Professor Hisashi Naito from Japanese Juntendo University,



with the topic "China-Japanese Cooperative Study on Physical Fitness-Comparison of Physical Fitness in Japanese Children and Youth between 1986 and 2006"; Mr. Jiang Chongmin, Head of Sport for All Research Center of China National Research Institute of Sports Science, with the topic "The Distribution and Calculation of Body Fat Percentage in Chinese Town Residents: A Population-based Study"; Ms. Cai Rui, Research Professor of Sport for All Research Center of China National Research Institute of Sport Science, with the topic "China-Japanese Cooperative Study on Physical Fitness in 2005"; Mr. So Lap Chong, Head of Sports Medicine Center of Macau Sport Development Board, with the topic "Investigation on Physical Fitness of macau Citizen"; Dr. Joao Barreiros from Facult Kinetiy of Human CS-Technical University of Lisbon, with the topic "Sports Dropout in Adolescence: An Overview"; and Professor Frank Fu from The Hong Kong Baptist University, with the topic "The Development of A Sports Culture for Hong Kong Youth".

Also presented at the opening ceremony were Mr. Zhang Xiaoguang, Representative of Department of Culture and Publicity of the Liaison Office of the Central People's Government in macau Special Administrative Region; Mr. Eddie Laam Wah Ying, President of macau Olympic Committee; Mr. Rui Xavier Mourinha, Vice Minister of Portuguese Sports Ministry; Mr. Wolfgang Baumann, Secretary General of TAFISA; Mr. Brian Dixon, Secretary General of ASFAA; members of macau Sports Committee, and officials from macau Sports Associations. Nearly 150 scholars from China and other countries or regions attended the Conference, together with more than 100 local members working in the fields of medical health, sports and education. It is believed that this Conference will play a significant role in raising the public awareness of physical fitness and health.





Beijing 2008 Olympic Games Countdown Anniversary

August 8th, 2007 is the countdown anniversary of the 2008 Beijing Olympic Games. General Administration of Sport of China organized a series of nationwide large-scale public activities with the theme "Sport for All Goes Hand in Hand with the 2008 Olympic Games" for creating an atmosphere of national physical fitness for the Olympic Games.

BELJING

On the occasion of the countdown anniversary of the Beijing Olympic Games, Beijing Sport Bureau organized various physical fitness activities among millions of citizens, including large-scale table tennis competitions in Tiananmen Square, with the participations of nearly 10000 players from different districts.



TIANJIN

With the approaching of Beijing Olympics, the activity for countdown of the 2008 Beijing Olympic Games was held at 8:08 of Aug. 8th in Sports Center of Tianjin and the activity "Walking to Welcome Olympics and keeping Healthy for All of Us" was held in the cultural streets of Tianjin.



JIANGSU

For the countdown anniversary of the Beijing Olympic Games, "Hand in Hand Greeting the Olympics, Walking for Health" activity launched in Nantong with a participation of thousands of people. This activity was hosted by Jiangsu Sport Bureau and Nantong Municipal government.



NINGXIA HUI AUTONOMOUS REGION

On the occasion of the celebration of countdown anniversary of the Beijing Olympic Games, a series of activities were held in Ningxia Hui Autonomous Region, including the opening ceremony of "Walking for Greeting the Olympic Games" participated by 3000 elder people at the Light Square in Yinchuan.



HUNAN

To greet the countdown anniversary of the Beijing Olympic Games, "Budweiser 10,000 People Riding towards Olympics" parade was held in Changsha on July 26th. Thousands of sports enthusiasts from the communities, schools, enterprises and public institutions in Changsha took part in the parade.



Communique on the Second National Physical Fitness Surveillance in China

(18 September, 2006)

In 2005, in accordance with "Law of the People's Republic of China on Physical Culture and Sports", the second national physical fitness surveillance, which aims at providing a systematic report on the status quo of Chinese people's physical fitness and its change regularity and promoting the sport for all as well as improving national economic and social development, has been carried out by General Administration of Sport, Ministry of Education, Ministry of Science and Technology, Ministry of Civil Affairs, Ministry of Finance, Ministry of Agriculture, Ministry of Public Health, State Statistics Bureau and All-China Federation of Trade Unions in 31 provinces, municipalities and autonomous regions throughout the country.

The fitness test included anthropometry, physiological fitness and physical activity. The subjects of this surveillance were Chinese people aged 3 to 69 and divided into four age groups: preschoolers (aged 3 to 6), children and adolescents (students) (aged 7 to 19), adults (aged 20 to 59) and seniors (aged 60 to 69). A sample survey was conducted by selecting 494,524 subjects from nearly 3000 government bodies, enterprises and institutions, schools, kindergartens as well as administrative villages. The numbers of subjects falling into the aforementioned four groups were 54,462, 249,489, 163,448, and 27,125 respectively. Altogether 21,921,048 pieces of valid data were acquired. The main results (Note 1.) were summarized as follows:

I. Composite indexes of national physical fitness

The composite index of national physical fitness (Note 2.) was 100.75, up by 0.75% over 2000. The composite index of national anthropometry was 99.14, a decrease of 0.86%. The composite index of national physiological fitness was 90.35, a decrease of 9.65% compared to that of 2000. The composite index of national physical fitness was 103.43, up by 3.43%.

1. Preschoolers

The composite index of preschoolers' physical fitness was 101.97, up by 1.97% over 2000; that of physiological fitness stood at 100.00, maintaining the same level as in 2000; and that of physical activity was 103.59, an increase of 3.59%.

2. Adults

The composite index of physical fitness of adults aged 20 to 39 was 102.67, up by 2.67% over that of 2000. Of this total, the composite index of anthropometry was 98.73, a decline of 1.27%; that of physiological fitness was 97.07, a decline of 2.93%; while that of physical activity was 107.14, an increase of 7.14% over that of 2000.

The composite index of physical fitness of adults aged 40 to 59 was 99.59, which was 0.41% lower than that in 2000. The composite index of anthropometry was 99.11, a decline of 0.89%; that of physiological fitness stood at 97.77, a decrease of 2.23%; while the index of physical activity reached 100.83, up by 0.83% over that of 2000.

3. Seniors

The composite index of physical fitness for seniors was 99.62, which was 0.38% lower than that of 2000. The composite index of anthropometry was 99.15, a decrease of 0.85%; that of physiological fitness was 96.29, a decline of 3.71%; while the index of physical activity was 101.03, up by 1.03% over that of 2000.

4. Regions

12 regions boasted composite indexes of national physical fitness above the national average 100.75 by 0.03 to 5.49. In addition,

tion, the composite indexes of national physical fitness of 18 regions had an increase ranging from 0.17 to 5.27 compared with that of 2000.

II. Grades of national physical fitness

The excellent rate of national physical fitness (Note 3.) was 13.8%, 1.5 percentage point higher than that in 2000; the good rate was 25.2%, a decrease of 0.2 percentage point; the average rate was 48.2%, a decrease of 1.2 percentage point; and the poor rate was 12.8%, a decrease of 0.1 percentage point.

1. Preschoolers

The excellent rate of preschooler national physical fitness was 11.2%, which was 1.4 percentage point lower than that in 2000; the good rate was 25.2%, up by 0.2 percentage point; the average rate was 53.6%, up by 5.5 percentage point; and the poor rate was 10.1%, a decline of 4.2 percentage point.

The excellent rate of physical fitness for urban preschoolers decreased by 0.2 percentage point, the good rate increased by 0.4 percentage point, the average rate increased by 3.6 percentage point, and the poor rate decreased by 3.8 percentage point. On the other hand, the excellent rate of physical fitness for rural preschoolers decreased by 2.6 percentage point, the good rate decreased by 0.1 percentage point, the average rate increased by 7.4 percentage point, and the poor rate decreased by 4.6 percentage point.

2. Adults

The excellent rate of national adult physical fitness was 15.5%, which was 2.7 percentage points higher than that in 2000; the good rate stood at 25.8%, a decrease of 0.2 percentage point; the average rate was 45.5%, a decline of 3.3 percentage point; and the poor rate reached 13.2%, up by 0.9 percentage point.

The excellent rate of physical fitness for urban labor worker went up by 3.0 percentage point; the good rate went up by 0.5 percentage point; the average rate fell by 3.2 percentage point, and the poor rate decreased by 0.3 percentage point. The excellent rate of physical fitness for urban non-labor workers fell by 4.1 percentage point; the good rate decreased by 0.4 percentage point; the average rate decreased by 3.5 percentage point; and the poor rate decreased by 0.2 percentage point. The excellent rate of physical fitness for farmers went up by 1.1 percentage point; the good rate decreased by 0.6 percentage point; the average rate decreased by 3.4 percentage point; and the poor rate increased by 2.9 percentage point.

3. Seniors

The excellent rate of physical fitness for seniors was 9.0%, which was 0.7 percentage point higher than that in 2000; the good rate was 21.6%, a decline of 0.8 percentage point; the average rate was 53.8%, a decrease of 1.8 percentage point; and the poor rate was 15.6%, up by 1.8 percentage point.

The excellent rate of physical fitness for urban seniors increased by 2.1% as compared with that in 2000; the good rate increased by 1.0 percentage point; the average rate decreased by 2.4 percentage point; and the poor rate fell by 0.8 percentage point. The excellent rate of physical fitness for rural seniors decreased by 0.7 percentage point; the good rate decreased by 2.5 percentage point; the average rate decreased by 1.2 percentage point; and the poor rate went up by 4.5 percentage point.

III. Main items of national physical fitness

Compared with that of 2000, the average values of the main items of national physical fitness were summarized as follows:

1. Preschoolers

Anthropometry: The height and weight both increased a little (Note 4.), while the chest circumference maintained the same level as that in 2000.

Physical activity: The tennis throw for distance maintained the same level as in 2000, however, the 10m shuttle run, successive jump with both feet, standing long jump, sit-and-reach and balance beam walk all went up.

2. Adults

Anthropometry: The height of the male had a slight growth, while the weight, chest circumference, and waist circumference of the male all grew obviously. The hip circumference of the male showed no change. The height, weight, waist circumference and hip circumference for females remained unchanged, while the chest circumference of women had a slight decline.

Physiological fitness: There was no variation in vital capacity for men, but that for women had an obvious decline.

Physical activity: The vertical jump, push-up/bent-knee sit-up (number in 60 second) of men and women improved obviously as compared with those in 2000; the handgrip strength and dorsum strength remained unchanged; sit-and-reach had a slight decline; stork stand with eyes closed of people aged 20 to 34 improved obviously, while that of people aged 35 to 59 remained unchanged; and the reaction time improved a little.

3. Seniors

Anthropometry: The height of men and women maintained the same level as those in 2000; The weight, chest circumference (women aged 65 to 69, whose chest circumference remained unchanged, were not included) and waist circumference all had a slight growth, while hip circumference had an obvious decline.

Physiological fitness: The vital capacities of men and women decreased obviously.

Physical activity: The handgrip strength of men maintained the same level as that in 2000 and that of women had a slight decline; sit-and-reach and stork stand with eyes closed of men and women declined obviously; and the reaction time had a marked improvement.

IV. Characteristics of national physical fitness

Based on analysis, the main characteristics and change tendency of national physical fitness were summarized as follows:

1. A slight increase in national physical fitness

The analysis of the composite index of national physical fitness indicated that there was a slight increase in national physical fitness as compared with that in 2000. The level of anthropometry declined appreciably with the adults aged 20 to 39 topping the decline; the physiological fitness declined evidently with the seniors aged 60 to 69 topping the decline; and the physical activity, in contrast, boasted an marked increase, with the highest growth demonstrated by adults aged 20 to 39.

Changes in physical fitness indexes varied among different age groups. The physical fitness level of preschoolers increased appreciably, with unchanged anthropometry level and a marked increase in physical activity. For adults, the physical fitness level of people aged 20 to 39 increased appreciably. To be index-specific, anthropometry and physiological fitness of this group declined slightly while and physical activity increased obviously. In addition, the physical fitness level of the adults aged 40 to 59 took a downward momentum, with only a slight increase in physical activity and decrease in both of the other two indexes. The physical fitness level of seniors was falling slightly, with dropped anthropometry and physiological fitness and a little improvement in physical activity.

2. High obesity rate and its tendency of growth for male adults

The BMI evaluation (Note 5.) showed that the obesity rate of male adults was 9.3%, up by 1.7 percentage point over that in 2000. In the age group of 20 to 44, the obesity rate grew as the age increased with the highest-11.7%-knocked by the 40 to 44 age group. This rate remained that high after the age of 45. The obesity rate was 7.7% for male farmers, 1.8 percentage point higher than that of 2000, 9.4% for urban labor workers, up by 1.6 percentage point and 10.8% for urban non-labor workers, up by 1.7 percentage point. Moreover, 33.2% of male adults were overweight, up by 1.3 percentage point over that of 2000, and the age-related overweight rate changed in a similar manner as the obesity rate did.

3. An obvious gap of physical fitness between urban and rural people aged 20 to 69

The composite indexes of national physical fitness indicated that the physical fitness of urban people aged 20 to 69 was higher than that of rural people on average, and this gap grew wider as the age increased. The composite index of national physical fitness for urban people aged 20 to 39 was 103.00 and their rural counterparts achieved a level of 102.11; in the age group of 40 to 59, the index was 100.24 for urban people and 98.27 for rural people; and for people aged 60 to 69, 101.48 and 97.88 respectively.

On the other hand, this gap could also be reflected by the grading results of national physical fitness. The percentage of people achieving excellent and poor rate among urban residents were 20.2% and 9.3% respectively, while for rural residents, 10.9% and 17.2%; for urban residents aged 40 to 59, 16.9% and 11.1% respectively, while for their rural counterparts, 8.2% and 21.1%, and for urban seniors aged 60 to 69, 12.7% and 10.0% respectively, while for their rural counterparts, 5.1% and 21.4%.

4. Geographical distribution of national physical fitness--high in the east while low in the west

Five regions, namely Shanghai, Jiangsu, Shandong, Guangxi and Beijing achieved a composite index above 103.00, fifteen regions including Jiangxi had composite indexes within the scope of 100.00 to 103.00; seven regions including Ningxia had composite indexes ranging from 97.00 to 100.00; and four regions, namely Xinjiang, Guizhou, Qinghai and Tibet had indexes below 97.00. The national physical fitness, as a whole, had a geographical distribution--high in the east while low in the west.

Notes:

1. For detailed results and analysis, please refer to "Report on Second National Physical Fitness Surveillance" and "Research Report on Second National Physical Fitness Surveillance".

2. The average values of the indexes of the First National Physical Fitness Surveillance (2000) are determined as the baselines fixing at 100. Higher index value indicates higher physical fitness level.

3. "National Physical Fitness Norm" issued and implemented by State General Administration of Sport and other 9 government ministries in 2003 applies for testing and assessing the anthropometry, physiological fitness and physical fitness of individuals aged 3 to 69 and the result falls into one of 4 grades: excellent, good, average and poor.

4. By means of statistical treatment, the significant level is $P < 0.05$, regarded as a variation.

5. The calculation formula is $\text{Weight}/\text{height}^2$ (kg/m^2), and the evaluation is sorted as follows: $\text{BMI} < 18.5$ regarded as "underweight", $18.5 \leq \text{BMI} < 24.0$ as "normal", $24.0 \leq \text{BMI} < 28.0$ as "overweight", $\text{BMI} \geq 28.0$ as "obesity".

ASFAA CHRONOLOGY

1993	Nov 10-13	*The 13th TAFISA Congress	Chiba/Japan
	Nov 12	The 3rd Board Meeting	
	Nov 12	The 3rd General Assembly	
1994	Feb 21	The 4th Board Meeting	Busan/Korea
	Nov 7-12	The 3rd ASFAA Congress	Langkawi/Malaysia
	Nov 8	The 5th Board Meeting	
	Nov 12	The 4th General Assembly	
1995	Jun 25-30	*The 14th TAFISA Congress	Natanya/Israel
	Jun 25	The 6th Board Meeting	
	Jun 29	The 5th General Assembly	
	Jun 29	The 7th Board Meeting	
1996	Apr 22	The 8th Board Meeting	Seoul/Korea
	Dec 10	The 2nd World Festival of Traditional Sports & Games	Bangkok/Thailand
	Dec 11	The 9th Board Meeting	
	Dec 12	The 6th General Assembly	
		(The 4th ASFAA Congress Scientific Symposium)	
1997	Nov 15-20	*The 15th TAFISA Congress	Penang/Malaysia
	Nov 18	The 10th Board Meeting	
	Nov 19	The 7th General Assembly	
1998	Dec 7-11	The 5th ASFAA Congress	Dandenong/Australia
		The 11th TAFISA Game Festival	
	Dec 8	The 11th Board Meeting	
	Dec 9	The 8th General Assembly	
1999	Nov 20-25	*The 16th TAFISA Congress	Limassol/Cyprus
	Nov 22	The 12th & 13th Board Meeting	
	Nov 24	The 9th General Assembly	
2000	Jul 11-14	The 6th ASFAA Congress	Busan/Korea
	Jul 12	The 14th Board Meeting	
	Jul 13	The 10th General Assembly	
2001	Oct 27-31	*The 17th TAFISA Congress	Cape Town/South Africa
	Oct 28	The 15th Board Meeting	
	Oct 29	The 11th General Assembly	
2002	Sep 8-12	The 7th ASFAA Congress	Beijing/China
	Sep 9	The 16th Board Meeting	
	Sep 9	The 12th General Assembly	
2003	Sep 29-Oct 2	*The 18th TAFISA Congress	Munich/Germany
	Sep 28	The 17th Board Meeting	
	Sep 28	The 13th General Assembly	
	Dec 6-9	The 18th Board Meeting	Manila/Philippines
2004	Sep 3-7	The 8th ASFAA Congress	Taipei/Chinese Taipei
	Sep 6	The 19th Board Meeting	
	Sep 6	The 14th General Assembly	
2005	Mar 30-Apr 2	The 20th Board Meeting	Busan/Korea
	Sep 15-20	*The 19th TAFISA Congress	Warsaw/Poland
	Sep 18	The 21st Board Meeting	
	Sep 18	The 15th General Assembly	
2006	Mar 11-15	TAFISA Busan Conference	Busan/Korea
	Mar 11-15	The 22nd ASFAA Board Meeting	
	Nov 25-28	The 9th ASFAA Sport for All Congress	Manila/Philippines
	Nov 28	16th General Assembly	
	Nov 28	23rd Board Meeting	

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