

## Abstract

In response to key points of the Macau Policy Address about "people-based" and "increasing the living quality of the people", Macau Government has established different education reforms to develop all-around education. For sport is considered as one of the important medium in education (劉中元, 2002), the purpose of Physical Education is to help students to build up enthusiastic, active and healthy living styles and to strengthen the health of their bodies through effective means and practice of salutary sports. This research analyzes the health condition of Secondary Students with aids of questionnaires, in depth interviews and actual courses practices. Here are some of findings of the research:

After ten weeks of "The Activity Based Fitness" program, the students who participated in the research group did not have a rapidly increase of their fitness level, but they had shown more appreciation to the sports activities. Further findings showed that after the program, they had a better development in communication ability and other general skills. They adopted a more pro-active attitudes towards sport activities.

In conclusion, I would like to make appropriate suggestions to Education Departments, Schools and Teacher Training Institutions; this is a need to include activity based fitness program to the teaching of PE.