

Abstract

The change of technology and health concept indicates a new developmental trend for our society. Past surveys indicated that inactive life style of children is the main reason causing increase of obese rate. Thus, regional governments intend to introduce different health or fitness project for their children. In Macau, according to a survey done by the Macau Sport Development Board regarding health and fitness development of students, only 29.8% are regular sport participants with boy's participation rate higher than girls and 67.3% are occasional participants. The study shows that the ratio of regular exercise participants is not high; however in general, there is no studies focusing on the pattern and participation rate of local primary school student.

According to the research result of this study, data indicates that half of the primary school students participate in sports one to two times a week, 43.0% of the students participate for an average of 30 to 60 minutes each time while only 21.6% are regular sport participants. The main activity of over 60.0% of the students is watching television or film and heavy homework load is the main reason affecting them to participate in sport for 46.5% of the students. Over half of the students expressed that they are aware of sport safety and other issues when doing exercises. Both parents and teachers think that students have basic knowledge in doing exercise. More than half of the students agree that the main function of food is to supply body energy, provide adequate nutrition and maintain good health. The sense of knowledge about food for boys is generally lower than girls. Selection of food differs for different age group. Fruit is the most preferable and favorite food, while grain, cereals and water are the most frequently consumed items.

Most of the students go to sleep at around 8 – 9 pm and get up before 7 am. Most

of them can sleep well and easy to fall asleep, only a few expressed difficulty to get to sleep. Over 40% of the students go to school by car and most others on foot. Student usually spend 1 – 2 hours on study after school and in average, there is less than an hour to play for one third of the students.

In general, this shows that Macao primary student's sport participation is not enough. Due to heavy homework load and usage of leisure time in watching television or film, they can only participate in sport one to two times per week. Sport behavior among primary students can be enhanced through increasing their sense and knowledge in health, introducing the need to do regular self-evaluation and set-up exercise goals; indicating a proper intention and method to participate in sports and giving them appropriate praise and support.

Keyword: health, sport behavior, physique, frequency of sport participation, eating habit, life style