

September 2009

Name of students: Cheung Ting Yang Edmand, Chan Kwok Ho, Cheung Hiu Fan, Ho Kwok Hei, Koo Lam Chi, Kwan Chi Hang, Lee Ruby Yuen Gee, Tai Ching Yi, Tsang Pong Yu, Wong Kin Pong

Title: The effectiveness of a walking programme in promoting Hong Kong senior secondary school students' daily total steps

ABSTRACT

It is well-known that people are recommended to accumulate at least 30 minutes of any kind of moderate physical activity in most days of the week to improve general health. However, previous studies showed that the physical activity level among senior secondary school students (SSSS) in Hong Kong was significantly low. On the other hand, many researches support walking as a very suitable physical activity for most people and walking has long been promoted through different kind of walking programmes. In order to promote and maintain SSSS' active lifestyles, there is a need to investigate the effectiveness of walking programme as an intervention in promoting Hong Kong SSSS' daily total steps.

This research was in a pretest-posttest experimental design. Stratified random sampling was used to recruit 68 participants from a mixed gender secondary school in Hong Kong. After the one week pre-test period, participants in the experimental group (n=34) participated in a 4-weeks walking programme with Goal, Information and Reminder as the components, while those in the control group (n=34) continued their normal daily activities. The daily total steps of SSSS measured by pedometer were designated as the dependent variable.

By the research end, statistically significant differences ($p < 0.05$) in the increase in daily total steps and the proportion of participants reaching 10,000 steps per day between the experimental and control group were found. Findings showed significant improvement in participants' daily total steps after participating in the walking programme. Therefore, it was concluded that the walking programme was effective in promoting SSSS' daily total steps.

Walking as a physical activity has its unique characteristics which are particularly suitable to Hong Kong SSSS and walking programme is effective in promoting SSSS' daily total steps. The promotion of walking to SSSS through walking programme is recommended.
