

Research Assessment Exercise 2020
Impact Overview Statement

University: The Chinese University of Hong Kong |

Unit of Assessment (UoA): 40 Physical Education, Sport, Recreation & Physical Activities |

Total number of eligible staff of the university in the UoA: 5 |

(1) Context - context for the individual case study(ies)

The CUHK UoA 40 submission covers staff from the Department of Sports Science and Physical Education (SSPE), in the Faculty of Education (FoE). Impact based upon rigorous, innovative and multidisciplinary research, aimed at establishing the evidence base for the role of physical activity (PA) and health behaviour in school and community settings, is central to all work within the Department. **Insight from this work has led to the development of strategies and interventions to enhance physical activity levels and performance through the participation of rope skipping at different levels.** Our research utilises a range of methodologies, including cross-sectional and longitudinal cohort studies, survey research, and randomised controlled trials. **The users, beneficiaries and audiences of our research are diverse and reflect significant reach.** Such a wide range of non-academic user groups include 1) students of primary and secondary schools, 2) P.E. teachers, 3) government departments, e.g. Education Bureau (EDB), Leisure and Cultural Services Department (LCSD), Department of Health (DH), 4) national sport organisations, e.g. Hong Kong Rope Skipping Association (HKRSA), Hong Kong Olympic Committee (HKOC), and national and international community health and PA professionals and charities, and 5) elite athletes, coaches and other support staff. The main types of impact include:

- a) providing rope-skipping activities in P.E. curriculum at schools
- b) enhancing pre-service and in-service teacher training programmes
- c) Strengthening professional practices and development through continuing education
- d) using rope skipping to increase PA amongst school children
- e) increasing public awareness of the importance of PA and the risk of sedentary behaviour across the lifespan
- f) influencing government policy on PA promotion
- g) athlete and coach training, preparation and performance |

(2) Approach to impact – the unit’s approach to impact during the assessment period for impact

Our Department’s approach to impact is underpinned by creating a conducive environment where staff are encouraged to engage in a variety of strategies to ensure impact, including:

a) To conduct research in partnership with non-academic users

Researchers from SSPE have successfully undertaken research projects with a wide variety of non-academic users. These range from studies designed to examine PA of Hong Kong adolescents during P.E. lessons to the interventions developed to assess how rope skipping can be embedded in P.E. classes in promoting PA. School principals, teachers and students have been actively involved in the interactions (616 primary and secondary schools).

b) To undertake knowledge transfer activities to stakeholders

Using an evidence-based approach, SSPE staff have undertaken various knowledge transfer activities to disseminate and implement their expertise and skills to the non-academic community, including EDB, Hong Kong Physical Fitness Association (HKPFA), Hong Kong Football Association.

c) To provide consultancy to non-academic organisations and beneficiaries

The Department encourages and supports consultancy by staff in the knowledge that these activities generate productive partnerships that have the potential to strengthen the quality of research and tackle questions that are relevant to the stakeholders. Consultancy examples include international schools operated by the English Schools Foundation, Hong Kong Woodball Association, Hong

Kong Paralympic Committee and multinational companies, e.g., Tanita, Polar, and government departments, e.g., EDB, LCSO, and Hong Kong Police Forces. SSPE staff are actively encouraged to take on advisory roles with external organisations in order to establish closer working relationships, e.g. Sports Commission, Elite Sports Committee, Hong Kong Jockey Club (HKJC).

d) To collaborate with stakeholders to maximize impact

A strong characteristic of SSPE is collaborative research with colleagues in Hong Kong and overseas to conduct multidisciplinary projects with significant policy focus. Examples include the collaboration with the School of Public Health of the Faculty of Medicine at CUHK and the Active Healthy Kids Global Alliance (Canada) to produce the 2016 and 2018 Hong Kong Report Card on PA for Children and Youth; the Hong Kong Exercise is Medicine (EIM) initiative with the American College of Sports Medicine (ACSM) and the Hong Kong Association of Sports Medicine and Sports Science.

e) To disseminate research findings through media and public engagement

We work with funding agencies and the CUHK Communications and Public Relations Office to increase public awareness of our work by holding press conferences and issuing press releases which have led to broad coverage in national print, radio, television and online media. SSPE staff have regularly taken part in media interviews to promote PA and its health benefits, and helping to increase the understanding of the key role of an active lifestyle. |

(3) Strategy and plans - strategy and plans for supporting impact

To meet the continuing challenge of producing world class research that include generating significant impact, with substantial reach, SSPE has developed the following strategies and plans:

1. To continue to recognise the importance of impact and ensure that impact-related activities are recognised in terms of workload and career progression, e.g. consultancies, advisory roles, public engagement at national and international levels.
2. To ensure that the target beneficiaries are clearly defined and focused, i.e. school children and youth, general public in communities.
3. To strive to maintain our broad portfolio of research funding from user-groups, industry and other stakeholders, e.g. HKJC, Tin Ka Ping Foundation.
4. To encourage and support staff to apply for RGC Research Impact Fund, Public Policy Research Fund and other grants for consultation projects.
5. To develop and extend our research collaborations with partners in education, health care and industry to meet end-user requirements.
6. To provide infrastructural support and training for new staff engaged in translational and impact-focused activities.
7. To invite visiting scholars with expertise and experience in this field to foster knowledge exchange.
8. To continue to strengthen our relationships with national and international sport organizations and other user groups. |

(4) Relationship to case studies - the relationship between the unit's approach to impact and the submitted case studies

The case study presented by the Department provides a typical example of our approach to impact. The case study illustrates a clear link between research, dissemination and impact with significant reach. Stakeholders and end-users have been directly involved from the initial stage of identifying the research needs to the formulation of the research methodology and implementation and recommendation. This process has been made possible through the long-term partnership with schools and sports communities. Staff have served in numerous unpaid advisory roles and conducted various activities for the stakeholders. These activities have resulted in innovative approaches and achievements on professional practice and performance sports. In summary, the submitted impact case demonstrates the Department's competency in translating our research to application and promoting direct engagement with the key stakeholders. |