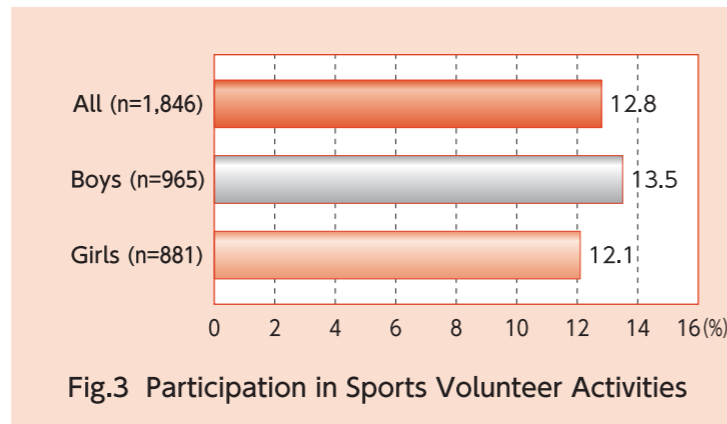


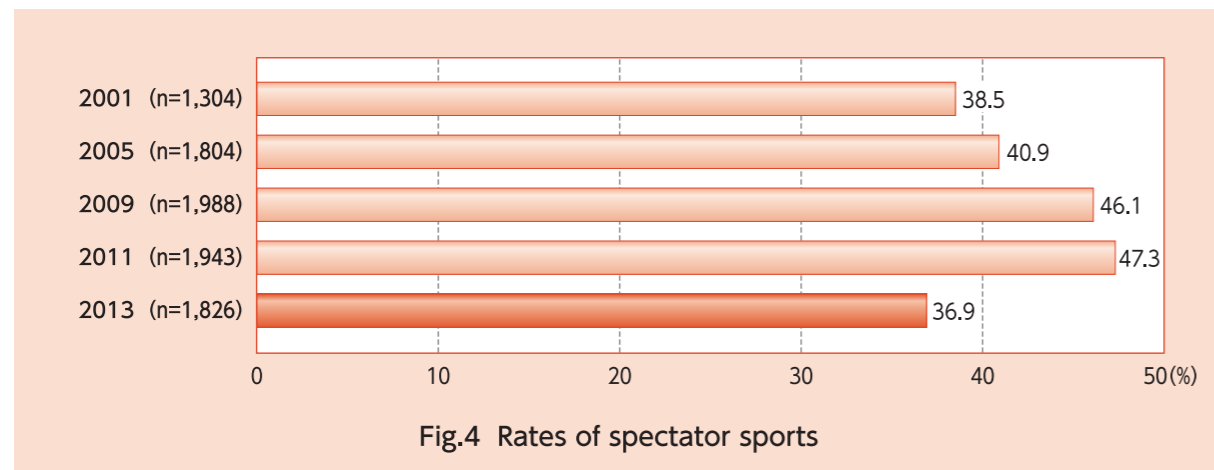
4 Sports Volunteer

In the last one year, 12.8% of the respondents had volunteered to assist with sports (Figure 3). Watching the transition of the volunteer rates found in the previous surveys, there had not been any change made in the past eight years—13.3% in 2005, 12.7% in 2009, and 13.9% in 2011. The work that attracted most volunteers was “judging or helping judges” (43.9%), followed by “helping out at sports events” (42.2%), and “coaching or helping coaches” (27.0%). When the respondents were asked whether they want to try or continue sports-related volunteer work in the future, 9.3% of them answered “absolutely,” 29.9% answered “maybe,” 28.8% answered “maybe not,” 13.6% answered “absolutely not,” and 18.3% answered “not sure.”



5 Attendance of Spectator Sports

The proportion of the respondents who watched sports at stadiums, gymnasiums, or other sites in the last one year was 36.9%, which was a decrease of 10.4% compared to the 47.3% in the 2011 survey (Figure 4). The most watched sports were professional baseball (13.7%), followed by high-school baseball (7.9%), J League soccer (J1 and J2) (6.5%), basketball (high school, university, JBL, etc.) (3.8%), and soccer (high school, university, JFL, etc.) (3.5%).



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 Established: March 1991
 Purpose: To promote Sport for Everyone

Programs and Services:

1. Research and Surveys
2. Research grants and human resource development
3. Collaboration with local governments
4. Public relations



2013

The 2013 SSF National Sports-Life Survey of Young People Executive Summary December 2013, Japan



In 2001, Sasakawa Sports Foundation (SSF) carried out a national survey believing that understanding the current status of children's participation in sports was urgently necessary for the promotion of the Sport for Everyone program in Japan. The survey revealed bipolarization in the status of participation of those studied in sports and physical activities. Since then, the survey has been continuously conducted every four years until 2009, in 2005 and 2009, and every two years from 2011, which makes this 2013 survey the fifth of its type.

This survey was carried out from June 29 to July 31, 2013, using the household drop-off survey method with a questionnaire. The subjects were 3,000 randomly selected boys and girls aged from ten to nineteen years throughout the country. The survey questions included the current situations concerning their sports and physical activities (such as frequency, time, and intensity), available sports facilities, sports clubs, sport spectating, sports volunteering, and lifestyle habits (such as breakfast and sleep). The number of valid responses was 1,848 (a response rate of 61.6%).

The following is a summary of the main results of the survey.

1 Participation in Sports and Physical Activities by Frequency

Concerning the question about the frequency of participation in sports or physical activities posed to respondents aged between ten and nineteen years old, 13.0% answered that they had not participated in any sports or physical activities at all in the previous one year (Figure 1), which is a break in the upward trend observed over the previous surveys—12.5% in 2001, 11.7% in 2005, 14.4% in 2009, and 14.5% in 2011. The proportion of respondents who did sports or physical activities less than once a week was 10.5%, which is also lower than the 11.4% found in the 2011 survey. In contrast, the proportion of respondents who did sports or physical activities seven times or more a week was 38.6%, which is an increase of 5.4% from the 33.2% found in the 2011 survey. Including the 6.5% of the respondents who did sports or physical activities at least five times a week but less than six times a week, and the 10.7% who did sports or physical activities at least six times a week, about half of the teens were found to have done sports or physical activities at least five times a week.

Table 1 Definition of frequency level

Frequency level	Participation in sports and physical activities
0	None over the last twelve months (0 times/year)
-1	Less than once a week (1 to 51 times/year)
+1	1 to 2 times a week (52 to 103 times/year)
+2	2 to 3 times a week (104 to 155 times/year)
+3	3 to 4 times a week (156 to 207 times/year)
+4	4 to 5 times a week (208 to 259 times/year)
+5	5 to 6 times a week (260 to 311 times/year)
+6	6 to 7 times a week (312 to 363 times/year)
+7	7 or more times a week (more than 364 times/year)

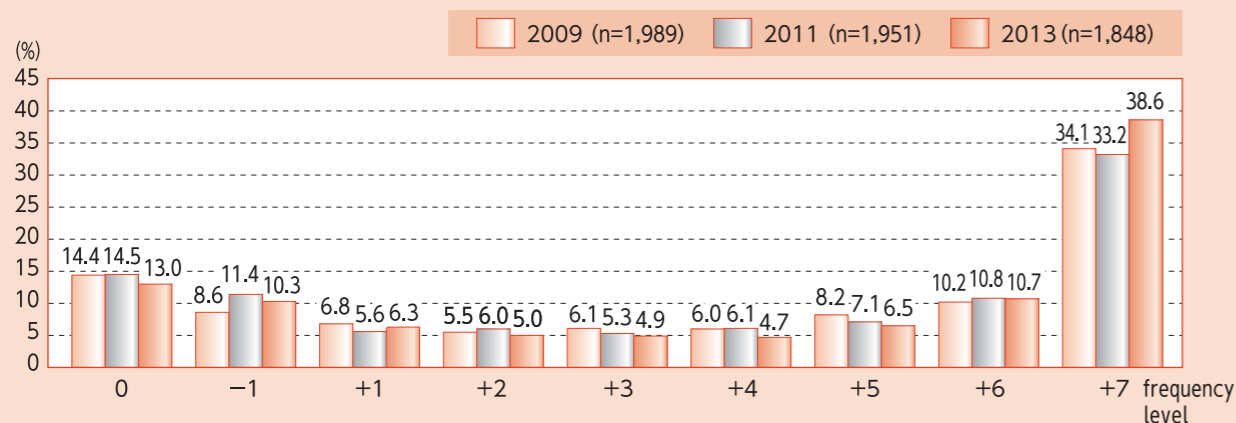


Fig.1 Participation in sports and physical activities (by frequency level)

2 Types of Sports and Physical Activities

When the types of sports and physical activities performed in the previous one year were studied by frequency, soccer was ranked first at 28.2%, basketball was second at 21.5%, playing tag was third at 21.3%, jogging/running was fourth at 19.3%, and swimming and dodgeball were fifth at 17.1% (Table 2).

For boys, it was soccer that was ranked the highest (45.4%), followed by baseball (25.8%) and basketball (24.9%). For girls, playing tag was ranked the highest (24.0%), followed by badminton (23.1%) and volleyball (19.8%) (Table 3).

Table 2 Participation Rates by Sports and Physical Activities (multiple answers permitted)

Rank	2009 (n=1,703)	%	Rank	2011 (n=1,668)	%	Rank	2013 (n=1,608)	%
1	Soccer	24.4	1	Soccer	23.7	1	Soccer	28.2
2	Basketball	22.5	2	Basketball	21.2	2	Basketball	21.5
3	Baseball	21.1	3	Jogging/running	17.0	3	Playing tag	21.3
4	Badminton	18.4	4	Swimming	16.1	4	Jogging/running	19.3
5	Jogging/running	16.7	5	Baseball	15.3	5	Dodgeball	17.1
6	Muscle building	15.6	6	Badminton	13.7		Swimming	17.1
7	Dodgeball	15.1	7	Muscle building	13.4	7	Badminton	16.7
8	Volleyball	15.0	8	Playing tag	13.2	8	Muscle building	15.1
9	Swimming	14.7	9	Volleyball	11.2	9	Baseball	15.0
10	Playing catch	13.6	10	Dodgeball	10.4	10	Volleyball	12.4

Table 3 Participation Rates by Sports and Physical Activities and by Sex (multiple answers permitted)

Rank	Boys (n=886)	%	Rank	Girls (n=722)	%
1	Soccer	45.4	1	Playing tag	24.0
2	Baseball	25.8	2	Badminton	23.1
3	Basketball	24.9	3	Volleyball	19.8
4	Jogging/running	20.5	4	Skipping rope (including long rope)	18.6
5	Playing tag	19.1	5	Jogging/running	17.7
6	Dodgeball	18.4	6	Basketball	17.2
	Swimming	18.4		Dodgeball	15.5
8	Muscle building	15.8	7	Swimming	15.5
	Table tennis	13.4		Muscle building	14.3
10	Playing catch	12.2	10	Swing	12.3
				Walking	12.3

3 Membership of Sports Clubs

According to the findings of the membership status of the respondents in sports clubs including school sports clubs and groups and private sports clubs, 50.5% of them were current members of sports clubs, 28.1% of them were former members of sports clubs, and 21.5% of them had never experienced being members of any sports clubs (Figure 2).

The findings of those who were current members, former members, and had never been members were almost the same as the results of the 2001 survey, showing no significant change in the past twelve years.

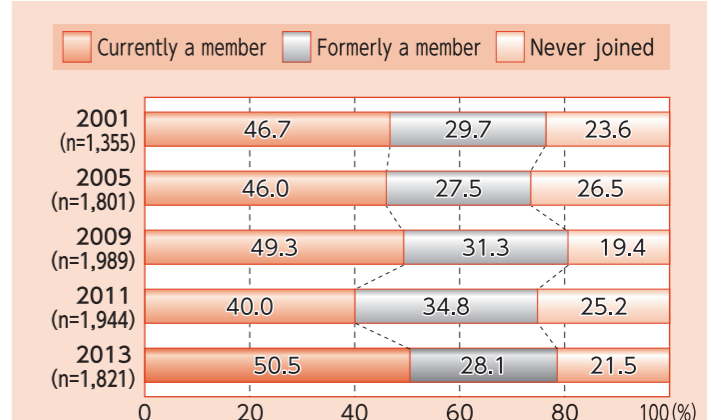


Fig.2 Sports club membership