



Disability Sports in Japan

- Community Disability Sports and Recreation Activities -

Ministry of Education, Culture, Sports, Science and Technology 2012 - 2014

> "Project on Collaborative Sports/ Recreation Activities for People with and without Disabilities -Research on Community Disability Sports and Recreation Activities-"







Disability Sports in Japan -Community Disability Sports and Recreation Activities-

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Introduction

Sasakawa Sports Foundation (SSF) was established in March 1991. Since the establishment, SSF has implemented a wide range of activities such as survey research, grant programs, and international cultural exchange through sports in order to promote the enjoyment of sports by "anyone, anytime, anywhere".

Between 2012 and 2014, SSF was commissioned by Ministry of Education, Culture, Sports, Science and Technology (Japan Sports Agency) to conduct "Project on Collaborative Sports/Recreation Activities for People with and without Disabilities -Research on Community Disability Sports and Recreation Activities-". This is the English summary of the project reports and the issues cover the latest data about sports participation, sports facilities, special schools, and instructors for people with disabilities in Japan.

SSF will continue promoting the firm establishment of "Sport for Everyone", a philosophy that aims to create a happier, healthier society, with the ultimate goal of enriching the athletic lives of each individual and creating an environment in which people can continue enjoying sports in their own ways.

Lastly, this book would not have been possible without the contributions and support of our advisory board. I would like to thank them and acknowledge their outstanding work.

> Kiyoko Ono President, Sasakawa Sports Foundation March, 2016

Report findings are based on the research projects conducted between 2012-2014 by Sasakawa Sports Foundation.

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Executive summary

Sports-Life Survey of People with Disabilities

44.4% of disabled people engaged in sports/recreation in the past year

By disability type, "Physical disability" had the lowest percentage of individuals who engaged in sports/recreation at around 30%, while the disabilities that had the highest percentages were "Developmental disability", "Hearing impairment", and "Intellectual disability".

Sports for Students in Special Schools

About 60% of schools provide the opportunities for students with "sports club and other club activities (year-round activities)"

When viewed by disability type, school for "Hearing impairment" had a participation percentage of 90.5% and school for "Visual impairment" had a percentage of 80.4% in sports club activities.

Sporting Opportunities for People with Disabilities in Social Welfare Facilities

<u>About 80% of facilities participated in external sports/recreation</u> competitions

The most common type of competition was "Disability sports games such as the National Sports Festival for People with Disabilities and its prefectural qualifying matches" (54.0%) followed by "Sports carnivals and sports/recreation competitions held by municipal governments for people with disabilities".

Sports Facilities for People with Disabilities

There are 114 disability sports facilities throughout Japan as of 2013

There are 114 sports facilities that allow people with disabilities to have exclusive or priority access (disability sports facilities) throughout Japan. Most of facilities had been established before 1990.

Disability Sports Instructors

21,924 para-sports instructors as of 2011

21,924 para-sports instructors are registered under Japanese Para-Sports Association (JPSA) (85% beginners, 10% intermediate, 3% advanced) and the number of instructors has been steady for the past 10 years.

Disability Sports Administration in Local Governments

<u>"Social welfare departments or departments related to the welfare of</u> persons with disabilities" accounted for nearly all of the departments which take primary charge of disability sports

With prefectures, 45 prefectures had "Social welfare departments or departments related to the welfare of persons with disabilities" taking primary charge of disability sports, and other 2 prefectures were "Sports departments of executive offices" taking a primary charge. For municipalities, "Social welfare departments or departments related to the welfare of persons with disabilities" (66.7%) was the most common type of department which takes primary charge of disability sports, followed by "Sports departments of boards of education" (16.7%).

Disability Sports Promotion within Comprehensive Community Sports Clubs

About 40% of clubs had former or current participation of people with <u>disabilities</u>

Clubs with disabled members seem to have more resources in terms of the number of members, budget, and full-time managers and staff compared to the clubs without disabled members.

Commentary

Organizations and facilities related to the promotion of community sports for people with disabilities

Two groups of organizations which play an essential role in promoting disability sports in communities are the "prefectural sports association council for people with an impairment" and the "prefectural sports instructors council for people with an impairment". By coordinating with the prefectural departments in charge of disability sports, these organizations engage in a variety of activities throughout Japan.

1. Prefectural sports association council for people with an impairment (In this report, the term "disability sports association" is used concurrently)

Of the 47 Japanese prefectures, 44 have established associations. First formed in 1952 in Aichi Prefecture, these associations were established in a large number of prefectures starting in the late 1980s. This occurred in the context of several events: the founding of the "Liaison Council for Physical Disability Sports Associations" in 1990; the 1998 Nagano Paralympics creating an opportunity for the first integration of sports promotion associations for all three types of disabilities (physical, intellectual, and mental health); and the formation of the Japanese Paralympic Committee within the Japanese Para-Sports Association in 1999. Their primary work involves (1) holding qualifying matches for the National Sports Festival for People with Disabilities as well as sending athletes to that event and (2) developing para-sports instructors certified by the Japanese Para-Sports Association.

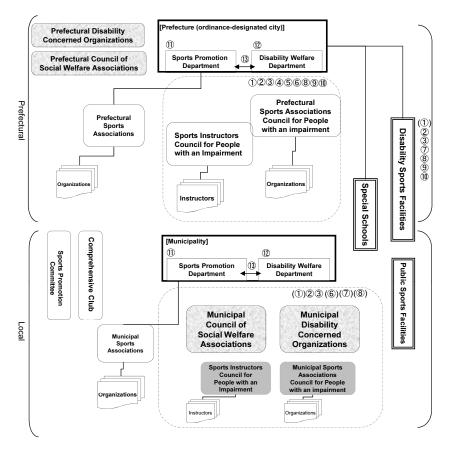
Note: Some prefectures do not use the name "sports association council for people with an impairment" but have organizations that are members of the Liaison Council for Disability Sports Associations. These organizations essentially function as prefectural associations, so they have been counted as "sports association council for people with an impairment".

2. Prefectural sports instructors council for people with an impairment

All 47 prefectures in Japan have established instructors council for those para-sports instructors certified by the Japanese Para-Sports Association. First formed in 1986 in Hokkaido, these councils were established in a large number of prefectures starting in the late 1990s. In 1994, councils were created for eight blocks throughout Japan; the following year saw the formation of a Physical Disability Sports Instructors Representative Council as an organization for communication and coordination between those blocks. Sports instructors council for people with an impairment subsequently spread to all prefectures. Their primary work involves (1) holding and assisting with disability sports competitions and (2) holding workshops and classes for improving the skills of their members.

3. Sports facilities for people with disabilities

Prefectures and some municipalities have established sports facilities for exclusive or priority use by people with disabilities. Bearing names such as "disability sports center", "welfare center for persons with disabilities", and "gymnasium for workers with physical disabilities", these facilities are designed and equipped for use by people with disabilities and are staffed with specialist instructors.



Disability Sports Promotional System

Projects Related to Disability Sports

(primary organizations are displayed in the diagram)

- ① Disability sports competitions
- 2 Disability sports/recreation sports carnivals (eg.,community sports carnivals)
- ③ Disability sports/recreation classes
- ④ Qualifying matches for the National Sports Festival for People with Disabilities
- (5) Sending athletes to the National Sports Festival for People with Disabilities
- 6 Development of disability sports instructor
- ⑦ Management/Operation of disability sports facilities
- ⑧ Dispatching disability sports instructors
- (9) Disability sports outreach classes
- 10 Lending disability sports equipment
- (1) Formulating a sports promotion plan
- ⑦ Formulating government plans for: People with Disabilities and welfare of Persons with Disabilities
- (13) Liaison meetings between departments

Research 1

Sports-Life Survey of People with Disabilities

I. Overview

1. Purpose

The purpose of this study is to investigate the level of participation of people with disabilities in sports, and to provide an evidence-based data to the government and relevant sectors for future policy development.

2. Data collection method

(1) Method

Online survey

Shikoku region

Kyushu region

(2) Ouestions

- Respondents attributes (disability types, possession of disabled ID card) •
- Engagement in sports/recreation (activities, frequency, purpose) •
- Barriers to engage in sports/recreation

(3) Sample

Clients registered as internet monitors under one of the research companies in Japan and those who meet the following criteria;

- Have a disability or live with a person with a disability
- The person with a disability is at the age of 7 or older

There were 4,268 clients who responded. The following tables (Tables 1-1, 1-2, 1-3) are the respondents' attributes. If more than two people with disabilities are present, we asked them to answer the age of the oldest person. As a result, a total number of people with disabilities (themselves or other person with a disability in the family) was 5,381.

	gion
	(N=4,268)
Region	%
Hokkaido region	6.1
Tohoku region	5.8
Kanto region	33.9
Chubu region	19.4
Kinki region	19.0
Chugoku region	5.6

2.6

7.6

Table 1-1 Living region

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	(N=4,268)
Age	%
Under 19	0.4
20s	6.7
30s	18.7
40s	32.9
$50 \sim 64$	35.1
$65 \sim 74$	5.2
75+	1.0

Table 1-2 Age

Table 1-3 Gender

(N=4,268)

Gender	%
Male	57.2
Female	42.8

(4) Timeframe

November 1, 2013 – November 15, 2013

II. Survey Results

1. Respondents attributes

(1) The individual or a family member living together

As for whether or not the individual or a family member living together is a person with a disability, the most common response was "Myself" (44.2%) followed by "Spouse" (21.1%) and "A child (the oldest child)" (17.9%) (Figure 1-1).

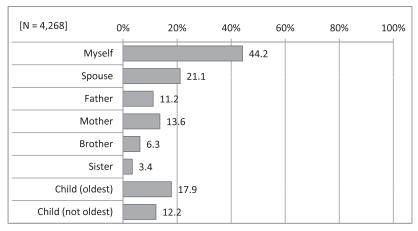


Figure 1-1 Child or adult with a disability (multiple responses)

The following report describes the results of 5,381 disabled respondents and family members with disabilities.

(2) Age

The age breakdown was: 7–19 years old = 13.2%; 20–64 years old = 68.3%; and 65+ years old = 18.6% (Figure 1-2). Population statistics from the Ministry of Internal Affairs and Communications (October 1, 2012) show the age breakdown to be 7–19 years old = 11.9%, 20–64 years old = 58.1%, and 65+ years old = 24.1%. The age distribution of people/children with disabilities who responded to this survey was thus found to contain a somewhat higher proportion of working age individuals than was seen in the national population data.

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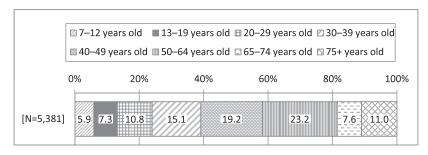


Figure 1-2 Age

(3) Gender

Regarding gender, among respondents there were more men (56.6%) than women (43.4%) (Figure 1-3).

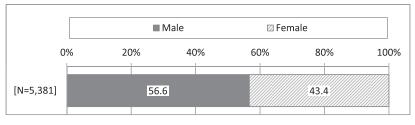


Figure 1-3 Gender

(4) Disability types

The most common disability type was "Physical disability", accounting for one-third of respondents (11.7% of those individuals require a wheelchair for daily life and 23.5% do not), followed by "Mental health issues" (24.4%), "Intellectual disability" (12.9%), and "Developmental disability" (11.6%) (Figure 1-4). According to the Cabinet Office's "People with disabilities white paper" (2013), there are 3,663,000 physically-disabled children and adults in Japan (2.9% of the total population), 547,000 intellectually-disabled children and adults (0.4% of the total population), and 3,201,000 children and adults with mental health issues (2.5% of the total population). In this survey, physical disabilities and intellectual disabilities had the highest frequencies of appearance.

When viewing cases involving multiple disabilities according to disability type, the most common was "Speech or chewing impairment" with 69.6%, demonstrating a high percentage of multiple disabilities compared to other disability types such as "Intellectual disability" or "Physical disability (requiring wheelchair)" (Figure 1-5).

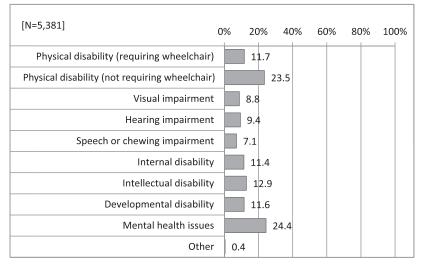


Figure 1-4 Type of disability (multiple responses)

		Single	disability	⊠M	ultiple disat	oility	
_	0%	20	% 40	0% 60	0% 80	0%	100%
Physical disability (requiring wheelchair) [N = 630]		53.8	<i>\\\\</i>	46.2	2	
Physical disability (not requiring wheelchair) [N = 1,263]		79	.2		20.8	
Visual impairment [N = 474]		70.0			30.0	
Hearing impairment [N = 505]		70.9		<i></i>	29.1	
Speech or chewing impairment [N = 382]	30.4			69.6		
Internal disability [N = 616]		76.	.9	Ĩ	23.1	
Intellectual disability [N = 694]		53.5		46.5	5 <i>///////</i>	
Developmental disability [N = 623]		62.9		///////3	7.1	
Mental health issues [N = 1,313]		8	3.3		16.	7///
Other [N = 23]		60.9	1	39	9.1	

Figure 1-5 Ratio of single/multiple disabilities

Note: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

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(5) Possession of disabled ID cards

When asked whether or not they were in possession of a disabled ID card, 36.3% responded "I don't have a disabled ID card". Among individuals who have a disabled ID card, "Class-1 physical disability ID card" was the most common (13.4%) followed by "Class-2 physical disability ID card" (8.9%) and "Class-2 mental disability health and welfare ID card" (8.2%) (Figure 1-6). With physical disability ID cards, there was a tendency for the percentage of possession to increase as class level increased.

The results for disabled ID card possession by disability type tells us that some people have multiple disabled ID cards (Table 1-4). This result provides further evidence to support the high number of individuals with multiple disabilities in Figure 1-5.

[N=5,381]	0%	20%	64	0%	60%	80%	100%
Class-1 physical disability ID card	1	13	.4				
Class-2 physical disability ID card	1	8.9					
Class-3 physical disability ID card	1	7.4					
Class-4 physical disability ID card	1 5	.3					
Class-5 physical disability ID card	1 2.9	э					
Class-6 physical disability ID card	1 2.5	5					
Class-7 physical disability ID card	1 1.0						
${ar ar ar ar ar ar ar ar ar ar $	4	.7					
B or C (moderate or light) special needs ID card	1 5	.5					
Other special needs ID card	0.5						
Class-1 mental health and welfare ID card	1 1.5						
Class-2 mental health and welfare ID card	1	8.2					
Class-3 mental health and welfare ID card	1 5	.5					
I don't have a disabled ID card	1			36.3			

Figure 1-6 Possession of a disabled ID card (multiple responses)

Note: please see Appendix 1 for determining the level of disability for each ID card

	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	N = 630	N = 1,263	N = 474	N = 505	N = 694	N = 623	N = 1,313	N = 992
Class-1 physical disability ID card	41.1	8.6	17.1	10.5	13.8	3.7	2.7	38.8
Class-2 physical disability ID card	18.3	13.3	14.6	15.0	6.1	2.4	3.5	9.1
Class-3 physical disability ID card	7.0	13.3	7.8	8.1	2.9	2.6	3.1	12.1
Class-4 physical disability ID card	5.7	10.8	4.9	5.1	2.2	0.5	1.0	8.6
Class-5 physical disability ID card	3.7	7.0	5.3	3.8	1.0	0.8	0.6	2.1
Class-6 physical disability ID card	0.8	3.7	2.7	10.5	1.2	0.5	1.2	1.2
Class-7 physical disability ID card	0.8	1.4	1.7	3.8	0.6	0.6	0.7	0.5
(A) or A (most severe or severe) special needs ID card	7.3	2.1	2.5	2.2	31.4	10.6	1.2	3.6
B or C (moderate or light) special needs ID card	0.8	1.1	0.8	2.4	30.7	20.2	2.1	2.2
Other special needs ID card	0.2	0.1	1.1	0.2	1.3	1.3	0.5	0.2
Class-1 mental health and welfare ID card	1.9	0.7	0.4	1.0	3.0	0.6	4.3	0.4
Class-2 mental health and welfare ID card	1.3	0.7	1.1	1.6	2.9	7.2	30.2	1.4
Class-3 mental health and welfare ID card	0.8	0.8	0.8	1.0	1.3	6.3	19.0	0.8
I don't have a disabled ID card	20.2	40.1	44.7	40.2	15.0	47.4	34.1	24.7

Table 1-4 Possession of a disabled ID card (by disability type)

(%)

Note 1: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

Note 2: Samples include all applicable disability types in cases of multiple disabilities.

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(6) Age at which the disability occurred

Regarding the age at which the disability occurred, the prenatal/birth periods and the pre-elementary-school period accounted for about 30% overall, with "0 years" at 18.0% and "1–6 years old" at 12.2% (Figure 1-7). Also, the percentage of individuals who acquired their disabilities after the age of 40 exceeded 30%, revealing that disabilities occur at different ages.

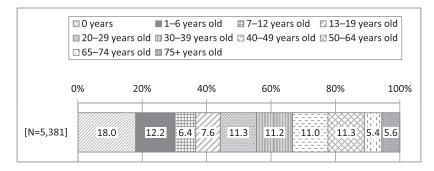


Figure 1-7 Age at which the disability occurred

Note: When multiple disabilities are present, responses are for the age at which the first disability occurred.

2. Engagement in sports/recreation

(1) Engagement in sports/recreation in the past year

When asked whether or not the individuals engaged in sports/recreation in the past year, 44.4% responded "Yes" (Figure 1-8). According to Sasakawa Sports Foundation's "National Sports-Life Survey" (2012), the percentage of adults who engage in exercise or sports at least once a year is 74.4%, which is higher than that of people/children with disabilities who engage in sports.

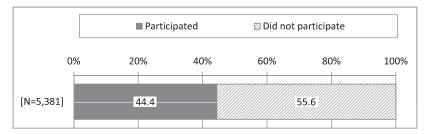


Figure 1-8 Engagement in sports/recreation in the past year

When viewed according to disability type, "Physical disability (requiring wheelchair)" (29.4%) and "Physical disability (not requiring wheelchair)" (36.4%) had the lowest proportions of individuals who engaged in sports/recreation, while the disabilities with the highest percentage were "Developmental disability" (58.9%), "Hearing impairment" (53.9%), and "Intellectual disability" (51.3%) (Figure 1-9).

Participated		🖾 Did no	t participat	te		
	0%	20%	40%	60%	80%	100%
Physical disability (requiring wheelchair) [N = 63	0]	29.4		70.6		
Physical disability (not requiring wheelchair) [N = 1,26	3]	36.4		63.6		
Visual impairment [N = 47	4]	43.0		57.		
Hearing impairment [N = 50	5]	53.9			16.1	
Intellectual disability [N = 69	4]	51.3		4	8.7	
Developmental disability [N = 62	3]	58.9			41.1	
Mental health issues [N = 1,31	3]	43.3		56.	7	
Other (including an internal disability or a speech chewing impairment) [N = 992]	or	39.2		60.8		

Figure 1-9 Engagement in sports/recreation in the past year (by disability type)

Note: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

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(2) Number of days engaged in sports/recreation in the past year

For the 7–19 age group, 30% of individuals engaged in sports/recreation at least one day a week, with "Over three days a week" totaling 10.0% and "One or two days a week" at 20.7%; the highest percentage was "Not doing sports/recreation" at 38.6%. The proportion of individuals in the 20+ age group who engaged in sports/recreation at least one day a week did not reach 20%, with approximately 60% responding "Not doing sports/recreation" (Figure 1-10). The Ministry of Education, Culture, Sports, Science, and Technology (MEXT)'s "Sports and Physical Fitness Poll" (January 2013) which targeted adults throughout Japan showed that around half (47.5%) of adults engage in sports at least one day a week, which means that there is a trend of lower sports participation among people with disabilities.

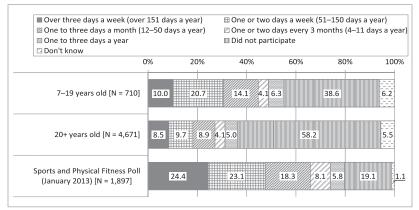


Figure 1-10

Number of days engaged in sports/recreation in the past year

Note: MEXT's "Sports and Physical Fitness Poll" (January 2013) targeted Japanese nationals over the age of 20 from throughout Japan.

When viewed according to disability type, 7–19 year olds with a "Hearing impairment", "Intellectual disability", or "Developmental disability" had the highest number of days on which they engaged in sports (Table 1-5).

								(%)
		Over three days a week (over 151 days a year)	One or two days a week (51–150 days a year)	One to three days a month (12–50 days a year)	One or two days every 3 months (4–11 days a year)	One to three days a year	Did not participate	Don't know
Overall	7–19 years old [N = 710]	10.0	20.7	14.1	4.1	6.3	38.6	6.2
Overall	20+ years old [N = 4,671]	8.5	9.7	8.9	4.1	5.0	58.2	5.5
Physical disability	7–19 years old [N = 58]	3.4	8.6	19.0	1.7	5.2	55.2	6.9
(requiring wheelchair)	20+ years old [N = 572]	6.1	5.9	4.9	3.7	3.8	72.2	3.3
Physical disability (not requiring	7–19 years old [N = 78]	3.8	15.4	7.7	1.3	0.0	64.1	7.7
wheelchair)	20+ years old [N = 1185]	7.0	9.4	7.3	3.1	4.3	63.5	5.4
Visual impairment	7–19 years old [N = 38]	7.9	13.2	15.8	2.6	5.3	39.5	15.8
visual impairment	20+ years old [N = 436]	8.5	10.3	7.6	5.3	5.7	58.5	4.1
Hearing impairment	7–19 years old [N = 60]	15.0	18.3	21.7	5.0	3.3	31.7	5.0
	20+ years old [N = 445]	9.0	13.5	11.0	6.5	5.6	48.1	6.3
Intellectual disability	7–19 years old [N = 224]	9.4	25.4	14.3	5.4	6.3	34.4	4.9
	20+ years old [N = 470]	5.7	8.7	12.8	2.1	8.1	55.5	7.0
Developmental	7–19 years old [N = 335]	11.3	25.7	13.7	5.1	9.3	31.0	3.9
disability	20+ years old [N = 288]	9.0	10.1	10.4	4.5	5.6	52.8	7.6
Mental health issues	7–19 years old [N = 76]	7.9	9.2	7.9	7.9	5.3	53.9	7.9
	20+ years old [N = 1237]	9.8	9.3	9.6	3.8	4.4	56.8	6.2
Other (including an internal disability or	7–19 years old [N = 80]	5.0	17.5	17.5	3.8	6.3	42.5	7.5
a speech or chewing impairment)	20+ years old [N = 912]	8.8	9.3	8.1	3.2	4.4	62.4	3.8
Sports and Physi (January 2013		24.4	23.1	18.3	8.1	5.8	19.1	1.1

Table 1-5 Number of days engaged in sports/recreation in the past year(by disability type and age group)

(%)

Note 1: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

Note 2: MEXT's "Sports and Physical Fitness Poll" (January 2013) targeted Japanese adults over the age of 20.

The items in sections (3) through (5) below were implemented in a survey targeting 2,390 individuals who engaged in some sort of sports/recreation in the past year.

(3) Sport/activity participated in over the past year

For the types of sport/activity engaged in by people who responded "Yes" for sports participation in the past year, we consolidated the ranking of each activity by disability type along with the average number of activities each person engaged in. Overall and among adults (20+), light sports/recreation activities such as "Strolling", "Walking", and "Calisthenics (light calisthenics, radio calisthenics, etc.)" were the most common (Table 1-6, Table 1-8). In addition to these activities, "Swimming" also had a high participation rate among the 7–19 age group, occupying the top rank for "Physical disability (not requiring wheelchair)", "Hearing impairment", "Intellectual disability", and "Developmental disability" (Table 1-7).

The average number of activities each person engaged in varied according to disability type. Overall, "Developmental disability" had the highest number of activities at 3.1 activities, with "Physical disability (requiring wheelchair)" totaling 1.5 activities, which is less than half of "Developmental disability" (Table 1-6).

Table 1-6 Sport/activity participated in in the past year (by disability type; overall, N=2,390) (multiple responses)

an B	Π	33.7	31.1	0	19.0	14.1	0	o:	7.5	7.2	6.4	5.7	5.1		4.4		4.1		
Other (including an internal disability or a speech or chewing impairment)	N=389	33.0 Walking	31.3 Strolling	Calisthenics (light	18.8 calisthenics, radio calisthenics, etc.)	12.3 Swimming	11.6 Strength training	Fishing	7.2 Bowling	6.9 Sea bathing	6.5 Golf (driving range)	Golf (on a course)	5.3 Cycling	Jogging/Running	Hiking	Aquatic exercise 4.7 (walking/moving in water)	3.7 Mountain climbing		2.2
sər		33.0	31.3	0.05	18.8	12.3	11.6	8.4	7.2	6.9	6.5	5.4			5.1	4.7	3.7		
Mental health issues	N=569	31.9 Walking	28.1 Strolling	Calisthenics (light	24.3 calisthenics, radio calisthenics, etc.)	18.5 Swimming	16.9 Strength training	Jogging/Running	Sea bathing	9.5 Bowling	8.7 Fishing	8.4 Cycling	Table tennis (including sound table tennis)	Hiking	Mountain climbing	Yoga	Dancing (ballroom 7.1 dancing, folk dancing, hula dancing, etc.)		2.2
bility		31.9	28.1		24.3	18.5	16.9	13.9		9.5	8.7	8.4	8.2		7.9	7.4	7.1		
Developmental disability	N=367	34.0 Swimming	28.1 Strolling	Calisthenics (light	26.1 calisthenics, radio calisthenics, etc.)	21.1 Walking	16.0 Sea bathing	12.9 Bowling	9.6 Jump rope	6.7 Hiking	Jogging/Running	Dodgeball	5.1 Soccer	Fishing	4.5 Mountain climbing	Table tennis (including sound table tennis)	4.2 Playing catch		3.1
A)		34.	28.	ł	26.	21	16.	12	6	ø		ń	ι. Ω			9 P	4		
Intellectual disability	N=356	Strolling	19.9 Swimming	Calisthenics (light	18.8 calisthenics, radio calisthenics, etc.)	12.5 Walking	11.4 Bowling		Hiking	6.6 Jogging/Running	6.3 Jump rope	Basketball	5.9 Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	5.5 Mountain climbing	Playing catch	Table tennis (including sound table tennis)	4.4 Soccer	Balloon volleyball	2.5
ent		28.3	19.9	0	18.8	12.5	11.4	7.7		6.6	6.3		5. 0.	5.5	0 4	4.0	4.4		
Hearing impairment	N=272	27.0 Walking	19.6 Strolling	Calisthenics (light	16.2 calisthenics, radio calisthenics, etc.)	10.3 Swimming	9.8 Strength training	Fishing	6.9 Bowling	5.9 Sea bathing	Badminton	Table tennis 4.9 (including sound table tennis)	Hiking	4.4 Cycling	Playing catch	Jogging/Running	3.4 Camping		2.4
¥	Γ	27.0	19.6	0,0	16.2	10.3	9.8	8.3	6.9	5.9		4.9		4.4	0 r	ů,	3.4		
Visual impairment	N=204	Walking	27.0 Strolling	Calisthenics (light	17.4 calisthenics, radio calisthenics, etc.)	16.5 Strength training	11.7 Sea bathing	Fishing	6.3 Swimming	5.7 Jogging/Running	Aquatic exercise 5.4 (walking/moving in water)	5.0 Playing catch	4.6 Bowling	4.3 Baseball	3.7 Camping	Yoga	Ice skating		1.9
chair)		27.2	27.0	, , ,	17.4	16.5	11.7	8.0	6.3	5.7	5.4	5.0		4.3	3.7		2.8		
Physical disability (not requiring wheelchair)	N=460	Walking	11.9 Strolling		9.7 Swimming	Calisthenics (light calisthenics, radio calisthenics, etc.)	Strength training	Fishing	Golf (on a course)	5.9 Golf (driving range)	5.4 Bowling	Sea bathing	Aquatic exercise (walking/moving in water)	4.3 Jogging/Running	3.8 Mountain climbing	Tennis (regulation tennis)	Yoga		1.9
y air)	Π	13.5	11.9	1	9.7	9.2		8.1		5.9	5.4		4.9	4.3	3.8	3.2	2.7		
Physical disability (requiring wheelchair)	N=185	Strolling	Calisthenics (light calisthenics, radio calisthenics. etc.)		Ice skating	Walking	Strength training	Sea bathing	Swimming	Aquatic exercise (walking/moving in water)	Fishing	Balloon volleyball	Boccia	Wheelchair tennis	Table tennis (including sound table tennis)	Yoga	Wheelchair basketball	Badminton Bowling	1.5
	-	#1	#2		#3	14			#1	8#	6#	#10	#11	#12 /	#13	#14	#15		Average number of activities each person

Note:"requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.

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	,		2.9		2.8		3.5		3.2		3.5	Activeless on molect of 2.0 2.5 3.5 3.2 3.5 2.8 2.9 2.9 expected of actively of the set	2.5		2.7		2.0	Average number or activities each person engaged in
			Basketball		Tug of war Mountain climbing Dodgeball		Fishing						Judo Swimming Baseball				Balloon volleyball	
17.5	Baseball		Hiking	8.6	10.0 Soccer	10.0	50	8.8	Hiking	12.2	Dodgeball	8.7	Strength training			7.7	Calisthenics (light calisthenics, radio calisthenics, etc.)	#10
18.8	Dodgeball	8.7	11.4 Jump rope	11.4	10.4 Badminton	10.4	Hiking		Soccer	0,	Jump rope		Playing catch				Ice skating	6#
18.9	Strength training		Ice skating	14.3	12.1 Jump rope	12.1	10.2 Soccer	10.2	ogging/Running		Fishing		Aquatic exercise (walking/moving in water)				Boccia	8#
19.1	Jump rope		Camping		13 Fishing	13	12.9 Dodgeball	12.9	ump rope		Skiing	2.04	Ice skating	107	Bowling		Dodgeball	#7
19.2	Badminton	10.9	Walking		15.2 Sea bathing	15.2	14.3 Bowling	14.3	Walking	14.6	Soccer	13.0		10.7	Fishing	11.5	Fishing	#6
22.7	Swimming	15.2	Bowling	17.1	21.2 Bowling	21.2	15.0 Jump rope	15.0	Bowling		Camping		17.9 Fishing	17.9	Calisthenics (light calisthenics, radio calisthenics, etc.)		Horse riding	#5 #
22.8	Tag	19.6	Calisthenics (light calisthenics, radio calisthenics, etc.)		22.1 Walking	22.1	22.4 Sea bathing	22.4	17.1 Sea bathing	7.1 5	Strength training	17.4	21.4 Walking	21.4	.4 Sea bathing	15.4	Aquatic exercise (walking/moving in water)	#4
23.5	Jogging/Running	26.1	22.9 Sea bathing	22.9	25.5 Swimming	25.5	24.5 Strolling	24.5	Calisthenics (light 22.0 calisthenics, radio calisthenics, etc.)	2.0 0	Strolling	27° 1	25.0 calisthenics (light calisthenics, radio calisthenics, etc.)	25.0	23.1 Jump rope	23.1	Swimming	#3
23.8	28.3 Basketball	28.3	Swimming		27.3 Strolling	27.3	Calisthenics (light 37.4 calisthenics, radio calisthenics, etc.)	37.4	26.8 Strolling	6.8	Calisthenics (light calisthenics, radio calisthenics, etc.)	7 I C	28.6 Sea bathing	28.6	26.9 Strolling	26.9	Sea bathing	#2
26.9	41.3 Soccer	41.3	Strolling	75.7	Calisthenics (light 41.6 calisthenics, radio calisthenics, etc.)	41.6	43.5 Swimming	43.5	31.7 Swimming	1.7 5	26.1 Swimming	26.1	35.7 Strolling	35.7	30.8 Swimming	30.8	Strolling	#1
Π	N = 1,989		N=46		N=35		N=231		N=147	H	N=41		N=23		N=28		N=26	
v of 12)	(reference) SSF National Sports-Life Survey of Young People (2012)	с ю 0	Other (including an internal disability or a speech or chewing impairment)	es	Mental	bility	Developmental disability	<u>}</u>	Intellectual disability		Hearing impairment	2	Visual	/ hair)	Physical disability (not requiring wheelchair)	۲ air)	Physical disability (requiring wheelchair)	
(%)		ľ		I						ľ		ſ						

Table 1-8 Sport/activity participated in in the past year (by disability type; 20+ age group, N=1,954) (multiple responses)

N=2,000 34.9 Strolling 34.9 Walking 25.0 Mathemics 1000 Strolling 25.0 Galithemics 1000 Strolling 25.0 Boulding 25.0 Boulding 25.0 Scientification 21.2 Boulding 20.5 Galithemics, etc. 102 Galithemics, etc. 21.2 Galithemics, etc. 21.2 <th>1115 1115 1115 1115 1115 1115 1115 111</th> <th>2 1155, [118/ht 1155, [118/ht 1155, [113] 1 1 1 1 1 1 1 1 1 1 1 1 1</th> <th>(light radio 2 etc.) 1 1 ing 1 ing urse)</th> <th></th> <th></th> <th></th> <th></th> <th>-</th> <th>-</th> <th>Playing catch</th> <th>7.5</th> <th>8 7.4</th> <th>thing 7.2</th> <th>7.1</th> <th>5.6</th> <th>nton 5.0</th> <th></th> <th>3.5</th>	1115 1115 1115 1115 1115 1115 1115 111	2 1155, [118/ht 1155, [118/ht 1155, [113] 1 1 1 1 1 1 1 1 1 1 1 1 1	(light radio 2 etc.) 1 1 ing 1 ing urse)					-	-	Playing catch	7.5	8 7.4	thing 7.2	7.1	5.6	nton 5.0		3.5
		36.7 Strolling	29.7 Walking	Calist 19.0 calist	12.2 Pouling		10.8 Joggin	6.7 Galf (c	6.4 Golf (c	6.1 Playin	5.5 Fishing	4.7 Cycling	4.4 Sea bathing	4.1 Swimming	Soccer	3.8 Badminton		
disability or a speech or chewing impairment)	N=343	34.1 Walking 36	31.6 Strolling 25	Calisthenics (light 18.4 calisthenics, radio 19.4 calisthenics, radio	t	Sinting	Strength training	6.6 Golf (driving range)	6.2 Bowling	6.0 Golf (on a course) (5.8 Cycling	5.4 Sea bathing	Jogging/Running 4	5.1 Aquatic exercise (walking/moving in water)	4.9 Mountain climbing	Hiking 3.7		2.1
Mental health issues	N=534	33.1 Walking	32.4 Strolling	Calisthenics (light 19.1 calisthenics, radio 18.0		Swimming	logging/Running		Bowling	Fishing	Cycling	Table tennis (including sound table tennis)	Hiking	Yoga	Mountain climbing 2	Aerobic dance	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	2.2
Developmental disability	N=136	31.6 Walking 33.	27.3 Stroling 32.	Calisthenics (light calisthenics, radio 19.	t		training		Hiking 8.1	Sea bathing	3.8 Mountain climbing	0.0 Table tennis (including sound table tennis)	Cycling	Playing catch	Fishing			2.3
è		31.6 V	27.3 S	25.8 0	17.7 0	G 7-71	10.0 S	6.2 J	4.8	S		3.3 S		۵.	2 0 F]		
Intel lectual disability	N=209	32.0 Strolling	Calisthenics (light 19.5 calisthenics, radio calisthenics, etc.)	17.3 Walking	10.4 Sudamine	Bowling	7.8 Hiking	Sea bathing	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	Mountain climbing	Table tennis (including sound table tennis)	Basketball	5.2 Strength training	4.8 Cycling	Balloon volleyball	Boccia		2.0
Hearing impairment	N=231	Walking	19.5 Strolling	Calisthenics (light 15.5 calisthenics, radio 17.3	callsmenics, etc.)	Swimming		6.6 Fishing 6.5	6.1 Sea bathing 6.1	5.5 Hiking	Cycling	5.0 Badminton	Table tennis (including 5.2 sound table tennis)		Playing catch	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)		2.2
e	I	28.2	18.8	15.5	101	C 01		6.6	6.1	5.5	;	4.4		9.5		2.8		
Visual impairment	N=181	28.5 Walking	26.9 Strolling	Calisthenics (light calisthenics, radio				Swimming	Jogging/Running	5.1 Bowling	Aquatic exercise 4.9 (walking/moving in water)	4.4 Playing catch	Yoga	3.5 Baseball	3.0 Camping	Golf (driving range) Cycling Snowboarding	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	1.9
ity chair)		28.5	26.9	16.4	16.7	12.0	7.9	6.7	6.0	5.1	4.9	4.4	3.9	3.5	ю. Ю	2.8		
Physical disability (not requiring wheelchair)	N=432	12.6 Walking	10.7 Strolling	Calisthenics (light calisthenics, radio		Strength training		5.0 Golf (on a course)	Golf (driving range)	Bowling	4.4 Aquatic exercise (walking/moving in water)	Jogging/Running	Sea bathing	Mountain climbing	Yoga	Cycling	Tennis (regulation tennis)	1.9
air)		12.6	10.7	101	1.01		5.7	5.0			4.4			60 80		3.1		
Physical disability (requiring wheelchair)	N=159	Calisthenics (light calisthenics, radio calisthenics, etc.)	Strolling	Ice skating	Malbina	Strength training	Swimming	Sea bathing	Aquatic exercise (walking/moving in water)	Wheelchair tennis	Fishing	Balloon volleyball	Table tennis (including sound table tennis)	Boccia	Wheelchair basketball	Badminton	Yoga	1.4
		#1	жZ	#3	V#			#7	8#	ę	#10	111	#12	#13	#14	#15	#16	Average number of activities each person engaged in

Column. Efforts of the Japan Swimming Club Association

The Japan Swimming Club Association (JSCA) periodically tallies the programs offered by affiliated clubs. As of December 2013, about 200 of its 1,060 affiliated clubs have implemented programs aimed at people with disabilities (Table 1-9). Although they didn't offer programs specifically intended people with disabilities, some clubs accepted them into programs such as instructor-less free courses, with a focus on people with light intellectual disabilities. Presently, people with disabilities are projected to be participating in an even greater number of swimming clubs.

Table 1-9 Number of clubs registered with the JSCA

(N = 1.060)

		(N = 1,000)
Support Category	Number of clubs	%
People with disabilities (disability types not specified)	108	10.2
People with intellectual disabilities	80	7.5
People with physical disabilities	6	0.6
Total	194	18.3

Since 2010, the JSCA has held swimming workshops throughout Japan for people with intellectual disabilities. In addition to making an effort to train instructors and increase the number of clubs that accept people with disabilities, the association has been proactive in promoting swimming among people with disabilities through avenues such as the JSCA National Swimming Competition for People with Intellectual Disabilities, which is first held in 2011.