



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-”



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–Community Disability Sports and Recreation Activities–

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ARK Mori Building., 1-12-32 Akasaka, Minato-ku Tokyo 107-6011, Japan

TEL +81-3-5545-3303 FAX +81-03-5545-3305

E-mail info@ssf.or.jp URL <http://www.ssf.or.jp/>

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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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Advisory board (positions and titles as of March 2015)

Motoaki Fujita

- Professor, Faculty of Health and Sports Science, Doshisha University

Wakaki Uchida

- Lecturer, Faculty of Human-Environment Studies, Kyushu University

Kuniko Obinata

- Senior Consultant, Communication Design Division, Dentsu Public Relations Inc.

Nobuyoshi Katohgi

- Assistant Director, Kanagawa Prefectural Board of Education

Nobuyuki Kokubo

- Manager, National Recreation Association of Japan

Yukinori Sawae

- Associate Professor, Faculty of Health and Sport Sciences, University of Tsukuba

Hirohisa Takayama

- Regional Sports Promotion Section Chief, Tokyo Metropolitan Sports Association for the Disabled

Sayaka Tomie

- Sendai Recreation Association

Hideo Nakajima

- Secretary General, Shiga Prefecture Disability Independence Support Council

Yoshiaki Mizuhara

- Director, Sports Promotion Department, Japanese Para-Sports Association

Kazutoshi Watanabe

- Senior Executive Director, Sasakawa Sports Foundation

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

About 80% of facilities participated in external sports/recreation 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

“Social welfare departments or departments related to the welfare of 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 disabilities

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”.

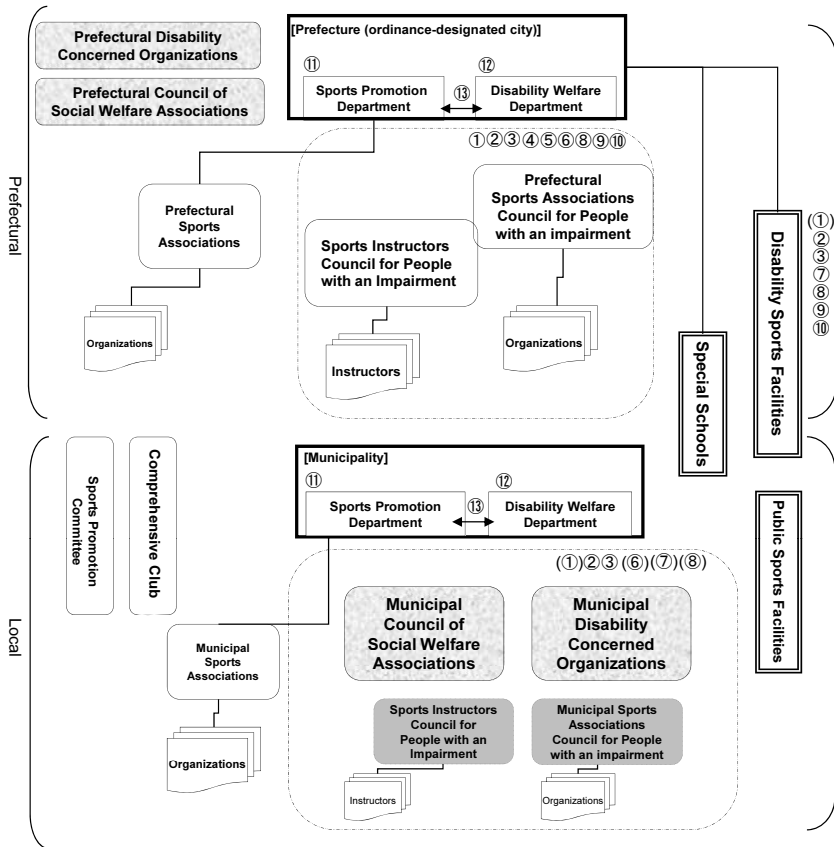
2. Prefectural sports instructors council for people with an impairment

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
- ⑪ Formulating a sports promotion plan
- ⑫ 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

(2) Questions

- 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.

Table 1-1 Living region

(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
Shikoku region	2.6
Kyushu region	7.6

Table 1-2 Age

(N=4,268)

Age	%
Under 19	0.4
20s	6.7
30s	18.7
40s	32.9
50 ~ 64	35.1
65 ~ 74	5.2
75+	1.0

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).

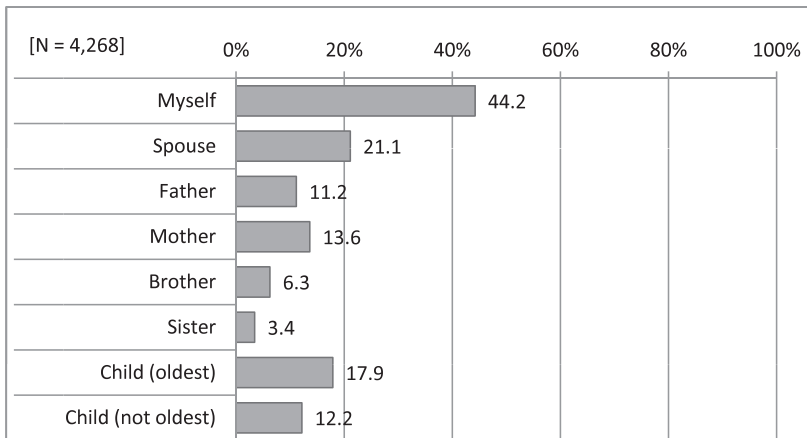


Figure 1-1 Child or adult with a disability (multiple responses)

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.

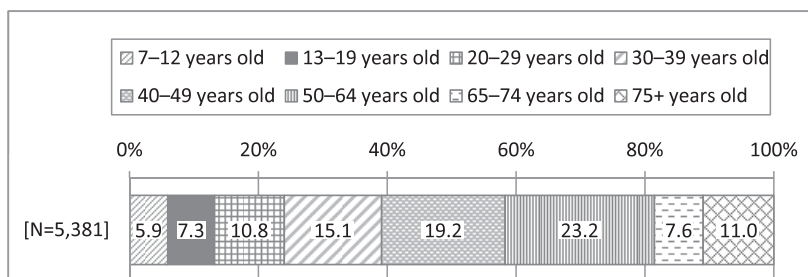


Figure 1-2 Age

(3) Gender

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

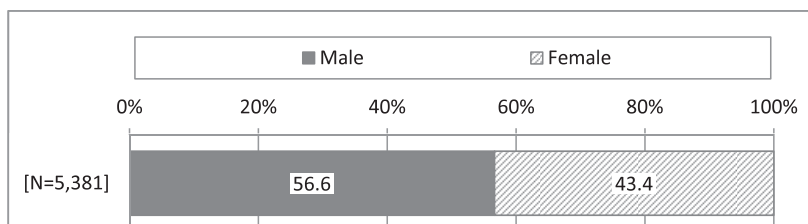


Figure 1-3 Gender

(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).

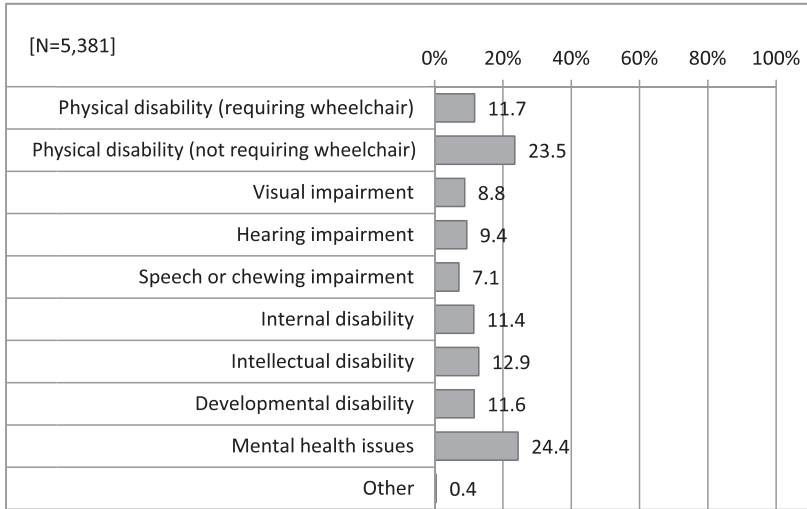


Figure 1-4 Type of disability (multiple responses)

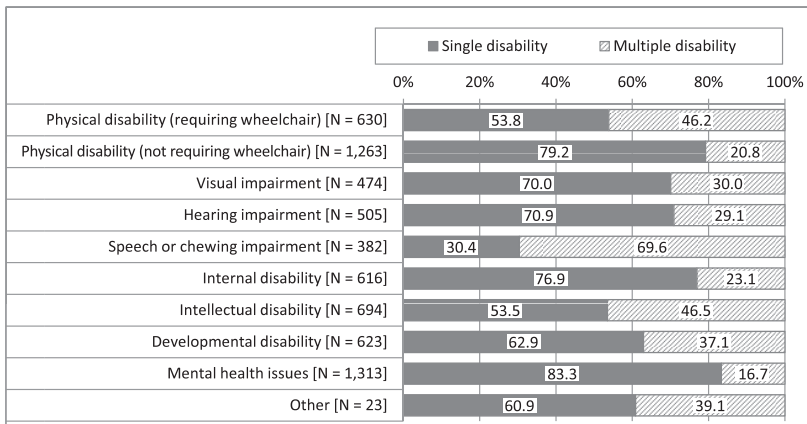


Figure 1-5 Ratio of single/multiple disabilities

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

(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 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.

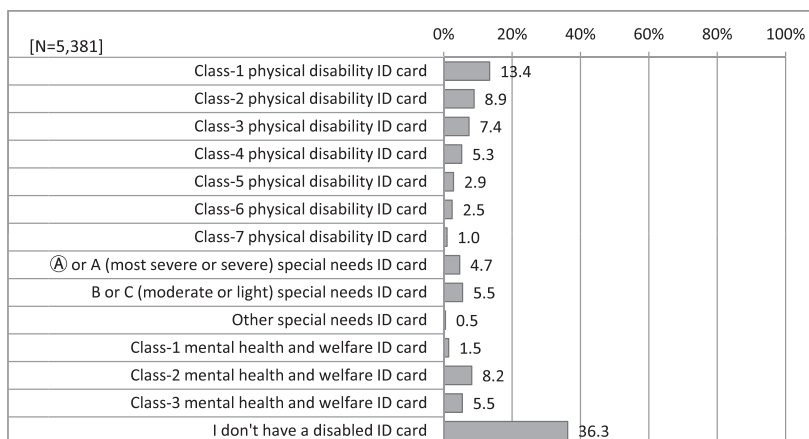


Figure 1-6 Possession of a disabled ID card (multiple responses)

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

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

(%)

	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
Ⓐ 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

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.

(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.

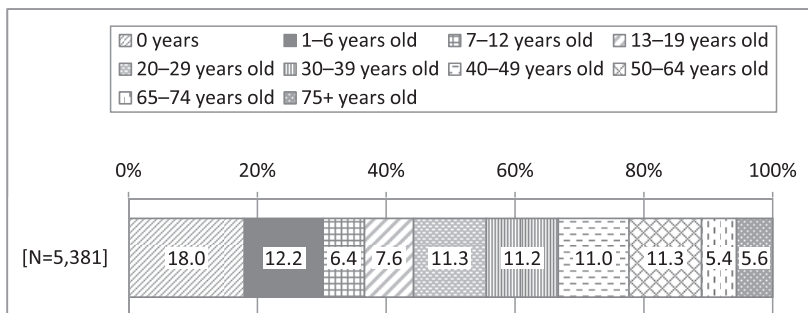


Figure 1-7 Age at which the disability occurred

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.

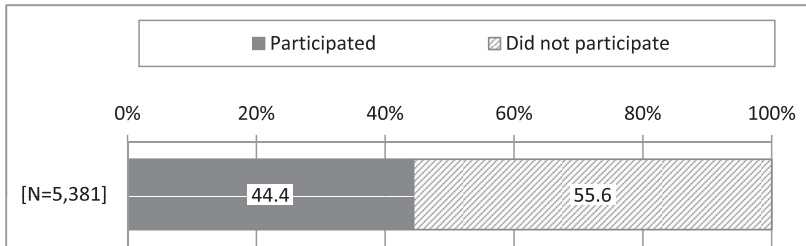


Figure 1-8 Engagement in sports/recreation in the past year

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).

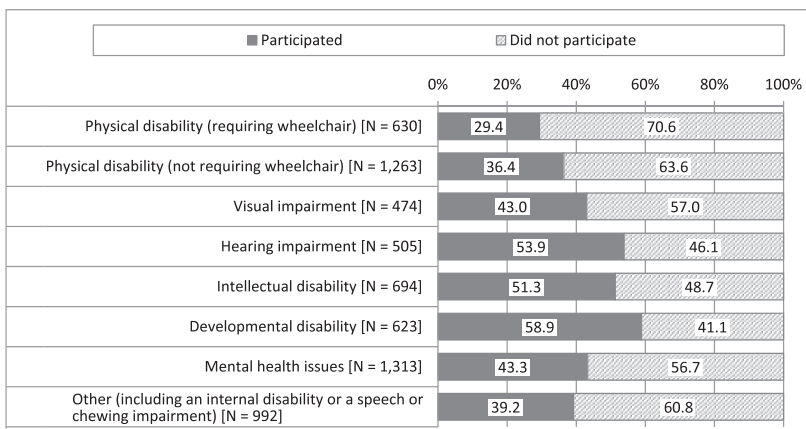


Figure 1-9 Engagement in sports/recreation in the past year (by disability type)

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

(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.

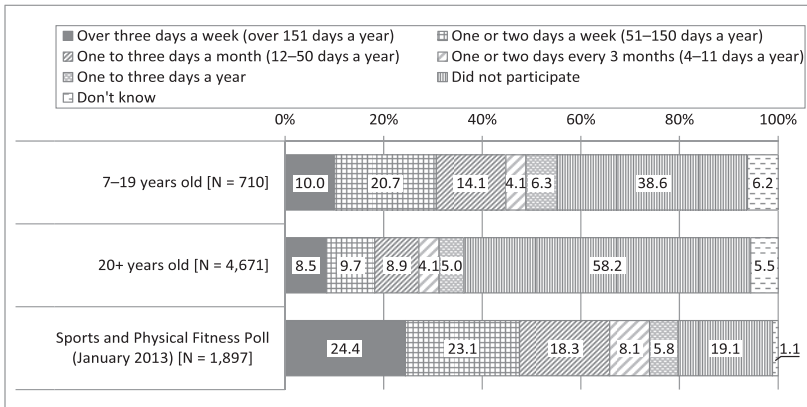


Figure 1-10

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).

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

(%)

		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
	20+ years old [N = 4,671]	8.5	9.7	8.9	4.1	5.0	58.2	5.5
Physical disability (requiring wheelchair)	7–19 years old [N = 58]	3.4	8.6	19.0	1.7	5.2	55.2	6.9
	20+ years old [N = 572]	6.1	5.9	4.9	3.7	3.8	72.2	3.3
Physical disability (not requiring wheelchair)	7–19 years old [N = 78]	3.8	15.4	7.7	1.3	0.0	64.1	7.7
	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
	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 disability	7–19 years old [N = 335]	11.3	25.7	13.7	5.1	9.3	31.0	3.9
	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 a speech or chewing impairment)	7–19 years old [N = 80]	5.0	17.5	17.5	3.8	6.3	42.5	7.5
	20+ years old [N = 912]	8.8	9.3	8.1	3.2	4.4	62.4	3.8
Sports and Physical Fitness Poll (January 2013) [N = 1,897]		24.4	23.1	18.3	8.1	5.8	19.1	1.1

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) (%)

	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=185	N=460	N=204	N=272	N=356	N=367	N=569	N=389
#1	Strolling Callisthenics (light callisthenics, radio callisthenics, etc.)	27.3 Walking 27.0 Strolling	27.0 Walking 19.6 Strolling	28.3 Walking 19.9 Strolling	34.0 Strolling 28.1 Swimming	31.9 Walking 28.1 Strolling	33.0 Walking 31.9 Strolling	33.7
#2	Ice skating	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)
#3	Walking	Callisthenics (light callisthenics, radio callisthenics, etc.)	16.5 Strength training	10.3 Swimming	12.5 Walking	18.5 Swimming	12.3 Swimming	14.1
#4	Strength training	Strength training	11.7 Sea bathing	9.8 Strength training	11.4 Bowling	16.0 Sea bathing	11.6 Strength training	9.8
#5	Sea bathing	Fishing	8.0 Fishing	8.3 Fishing	Sea bathing	12.9 Bowling	8.9 Fishing	8.9
#6	Swimming	Golf (on a course)	6.3 Swimming	6.9 Bowling	7.7 Hiking	9.8 Jump rope	Sea bathing	7.2 Bowling
#7	Aquatic exercise (walking/moving in water)	Golf (driving range)	5.7 Jogging/Running	5.9 Sea bathing	6.6 Jogging/Running	6.7 Hiking	6.9 Bowling	7.2
#8	Fishing	Bowling	Aquatic exercise (walking/moving in water)	Badminton	6.3 Jump rope	Jogging/Running	8.7 Fishing	6.5 Golf (driving range)
#9	Balloon volleyball	Sea bathing	5.0 Playing catch	Table tennis (including sound table tennis)	Basketball	Dodgeball	8.4 Cycling	5.4 Golf (on a course)
#10	Boccia	Aquatic exercise (walking/moving in water)	4.6 Bowling	Hiking	5.9 Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	Soccer	Table tennis (including sound table tennis)	5.1
#11	Wheelchair tennis	Jogging/Running	4.3 Baseball	4.4 Cycling	5.5 Mountain climbing	Fishing	Hiking	Jogging/Running
#12	Table tennis (including sound table tennis)	Mountain climbing	3.7 Camping	Playing catch	Playing catch	Mountain climbing	Mountain climbing	5.1
#13	Yoga	Tennis (regulation tennis)	Yoga	Jogging/Running	Table tennis (including sound table tennis)	Table tennis (including sound table tennis)	Yoga	Aquatic exercise (walking/moving in water)
#14	Wheelchair basketball	Yoga	Ice skating	3.4 Camping	4.4 Soccer	Playing catch	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	3.7
#15	Badminton	Bowling						
Average number of activities each person engaged in	1.5	1.9	1.9	2.4	2.5	3.1	2.2	2.2

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

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)

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.