

White Paper on Sport in Japan 2020



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by Sasakawa Sports Foundation

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Foreword

The activities of the Sasakawa Sports Foundation (SSF) are aimed at creating a “Sport for Everyone society” in which everyone enjoys sports in a manner that fits their own lifestyle and interests.

Sports not only have the power to maintain and improve mental and physical health, but also the mysterious ability (value) to act as a universal remedy that helps people grow and encourages the formation of society.

As we see changes in demographic movement that are unprecedented anywhere in the world, Japan faces a variety of social issues. SSF is working to utilize scientific investigation and research to convert that mysterious ability into objective and easy-to-understand data and language and develop projects and programs that help as many people as possible enjoy their lives through sports, and projects and programs that help solve social issues, among other things.

Last year, Rugby World Cup 2019 filled Japan with excitement, and we saw an increase in interest not only in rugby, but in sports in general. Then, just as that momentum was moving forward to the Tokyo Olympics/ Paralympics, and expectations were high for an increase in the number of people participating in sports, the novel coronavirus began to spread, and we were hit with the stagnation of social activity worldwide. In the “new normal” (our new lifestyle under the coronavirus peril), socio-economic activities continue to be limited, and our sports environment has also been subject to enormous restrictions. SSF’s ingenuity and ability to take action toward achieving a Sport for Everyone society are now being tested.

It is also likely that our battle against changes in the global environment and the accompanying natural disasters and communicable diseases will continue as well. As we reflect on history, we see that we have faced a variety of threats in the past as well. In 2011, following the accident at the Fukushima Daiichi Nuclear Power Station, there were concerns regarding the health of evacuees. These included the issue of children getting insufficient physical exercise. However, many individuals and organizations working together gradually reduced the problem.

It is impossible to eliminate all crises faced by the human race. What is important is to establish a mobile system that makes it possible for people to work together in such a manner at any time, and to spread that system throughout the world. SSF believes that difficulties are an opportunity to do so, and we will focus even more effort on achieving a society in which as many people as possible can enjoy the power of sports

and live healthy lives.

Fortunately, we have already built a broad network of personal connections, and have a rich store of information and knowledge. We will utilize, enhance, and expand these to move forward with convincing cross-disciplinary research based on the insights of both the social sciences and the natural sciences, and return the findings to society as quickly as possible through collaboration with a variety of individuals and organizations. Let us do this to achieve a Sport for Everyone society which we aim at.

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

Kazutoshi Watanabe
President, Sasakawa Sports Foundation
December, 2020

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Chapter 1

Sport Policy

I. The Acts on Sport

1. The Basic Act on Sport

In June 2011, the Basic Act on Sport was enacted with the comprehensive revision on the Sport Promotion Act for the first time in 50 years. The Act consists of 35 articles and supplementary provisions, and declares in the preamble that “Sport are a universally shared human culture.” It defines sport as athletic competitions and other physical activities performed by individuals or groups for the purpose of “sound development of mind and body”, “retention and promotion of health and physical strength”, “acquisition of mental satisfaction”, and “cultivation of the spirit of self-sufficiency or other mentalities”. Furthermore, the Act defines sport as “crucial for citizens to lead a healthy and fulfilled life in terms of mind and body throughout their lifetime”, and clearly states that living life happily and fruitfully through sport is the right of all citizens.

The Act also states that sport not only have an impact on individuals, but can also develop a sense of unity or vitality of an area, and contribute to recovery of the regional society. It places an emphasis on the importance of Japanese athletes achieving the great success in international competitions. In addition, the Act identifies sport as a key element in the improvement of the international status of Japan. It states that sport can create vitality in our society, contribute greatly to the development of the national economy, and promote global mutual understanding through international exchange, which will contribute greatly to international peace.

The major provisions of the Basic Act on Sport that have been newly established or revised, are as follows:

- Paragraph 5 of Article 2 (Basic Principles) prescribes the promotion of sport for people with disabilities, stating that “sport shall be promoted with due consideration according to the type and degree of disability so that persons with disabilities can play sport voluntarily and proactively.” Articles 3 and 4 clarify the responsibilities of the national government and local governments, respectively.
- Under Article 5, sport organizations must “protect the rights and interests of those who play sport”, “ensure transparency of

2 Sport Policy

management”, and “endeavor to resolve disputes concerning sport in a prompt and appropriate manner.”

- Under Article 9, the Act requires the Minister of Ministry of Education, Culture, Sports, Science and Technology (MEXT) to formulate a “Sport Basic Plan”, and Article 10 requires local governments to formulate a plan concerning the promotion of sport (a “local sport promotion plan”) making allowance for the Sport Basic Plan and in the context of the actual situation in the area.
- The roles to be played by the sport industry are also defined in Article 18, mentioning the importance of coordination and cooperation between sport organizations and business operators for dissemination of sport and improvement at competition level.
- With regard to sport for people with disabilities, Article 26 states that in order to ensure the smooth holding and operation of the National Sports Games for Persons with Disabilities, necessary support should be provided to Japanese Para-Sports Association and to the prefectures of the venue.

Furthermore, Article 2 of the supplementary provisions refers to the establishment of a sports agency as the administrative organization that comprehensively promotes sports policies.

2. Sports Promotion Lottery Law

In 1998, in order to secure financial resources for sport promotion, the “Act on Carrying Out, etc. Sports Promotion Vote” (commonly known as the “Sports Promotion Lottery Law”) was enacted through legislation drafted by the nonpartisan Federation of Diet Members for Sports. One of the reasons for the enactment of this Act was the necessity for structural reforms in the sport system.

Article 21 of the Act specified how lottery revenue should be used and allocated to local government bodies and sport organizations. The allocation of subsidies from the Sports Promotion Lottery is determined in accordance with the “Basic Policies for Subsidies from the Sports Promotion Lottery Profits” formulated by MEXT. An amount equivalent to 50% of lottery ticket sales is used as prize money for winners, then two thirds of the remaining profit (after deducting management expenses) is used as subsidies for the promotion of sport, while the remaining one third is paid to the national treasury.

In May 2013, the Act on the Sports Promotion Lottery was partially revised to expand the type of football matches that could be bet on (which had previously been limited to the Japan Professional Football League

“J. League”). The Act now allows betting on football matches that are held by overseas professional leagues designated by MEXT such as the English Premier League, and the matches which conform to the standards specified by an ordinance of MEXT. A further revision in 2016 increased the ratio of lottery profits that are used as subsidies for local governments and sport organizations from one-third to three-eighths.

3. Act on the Japan Sport Council

Based on the “Act on the National Agency for the Advancement of Sports and Health (NAASH), Independent Administrative Agency” promulgated in 2002, NAASH was established in October 2003. NAASH succeeded to all activities previously allocated to the National Stadium and the School Health Center of Japan, such as the administration of school lunches, school safety and the operation of the National Stadium. In 2012, NAASH has changed its organization name to the Japan Sport Council (JSC) and the Act above is thereby called the “Act on the Japan Sport Council”.

This law defined the purpose of establishing the JSC and the range of its activities; it was revised in 2013 to allow up to 5% of sales proceeds from the Sports Promotion Lottery overseen by the JSC to be applied to the costs of bidding on international sports events or to the maintenance of sports facilities required to host them. This limit was increased to 10% by a 2016 revision, and part of this is currently being used to develop the New National Stadium.

4. Act on Special Measures for the 2019 Rugby World Cup

In July 2009, Japan was selected to host the 2019 Rugby World Cup. In Addition to the event’s national significance as well as its close connection to the preparation and management of the 2020 Tokyo Olympic and Paralympic Games, the “Act on Special Measures for Rugby World Cup 2019” were enacted in June 2015 to ensure that preparations for the event would go well and that it would be run smoothly. These measures include activities such as issuing charitable postcards and dispatching government officials to the organizing committee. This Act was partially revised in June 2018 to make the organizing committee exempt from the provision of the Radio Act, which stipulate the fees for registering and operating radio stations and applying for related permits.

5. Act on Special Measures for the 2020 Tokyo Olympics and Paralympics

In September 2013, Tokyo was successful in its bid to host the 2020 Olympic and Paralympic Games. Considering the significant impact hosting the Olympics will have on Japan, the “Act on Special Measures for the 2020 Tokyo Olympics and Paralympics” were enacted in June 2015 to ensure that preparations for the event would go smoothly. These measures include activities such as issuing charitable postcards, dispatching government officials to the organizing committee, establishing an Olympic Promotion Office, and making government assets (the JGSDF Asaka Exercise Area, Kokyogaien National Gardens, and Kitanomaru Garden) freely available to use. As a result of the partial revision of the Act in June 2018, special exemptions were added to the Act on National Holidays for 2020 only: the Marine Day observed annually on the third Monday in July was moved to July 23, the day prior to the Olympics opening ceremony; the Sports Day observed on the second Monday in October was moved to July 24, the day of the Olympics opening ceremony; and the Mountain Day observed on August 11 was moved to August 10, after the Olympics closing ceremony.

6. Act on the Promotion of Anti-Doping Activities in Sport

In October 2018, the Act on the Promotion of Anti-Doping Activities in Sport enters into force and is intended to boost future anti-doping activities across the country. The Act was passed in accordance with the contents of the Basic Act on Sport enacted in 2011 as well as the International Convention against Doping in Sport adopted by the UNESCO in 2005. The UNESCO convention, a global agreement between governments on anti-doping activities, is the first shared international standards for anti-doping. In addition to formulating basic principles related to anti-doping activities and clarifying the role of the national government, the Act aims to comprehensively promote anti-doping policies and contribute to the sound development of sport.

The Act is comprised of 16 total articles. The Article 3 establishes fairness in sport as well as maintaining and improving the mental and physical health of athletes as basic principles, stipulating that: (a) the inspections conducted within anti-doping activities must be fair and transparent; (b) anti-doping activities must be implemented in a way that ensures the independence and autonomy of the organizations that manage sport competitions; and (c) diversity in sport must be considered when implementing anti-doping activities. Based on the basic principles stated

in the above article, the article 5 clarifies the responsibilities of the national government with regard to formulating and implementing policies for anti-doping activities. The article 6 defines the role of the Japan Sport Council (JSC) in anti-doping activities. The JSC coordinates with the JADA and serves as a central organization for anti-doping activities.

II. Sport Administration System and the Sport Basic Plan

1. Sport Administrative Organizations

The promotion of sports in postwar Japan has been led primarily by administrative organizations such as MEXT (formerly the Ministry of Education, Science and Culture) and the Boards of Education in each local government as part of a larger educational administration system (Figure 1-1). MEXT has been responsible for wide range of policies, including those related to school sport and physical education, and activities of school clubs as well as regional sport. They are also responsible for hosting and participating in international sport competitions such as the Olympics and Paralympics and the FIFA World Cup and enhancing high performance sport.

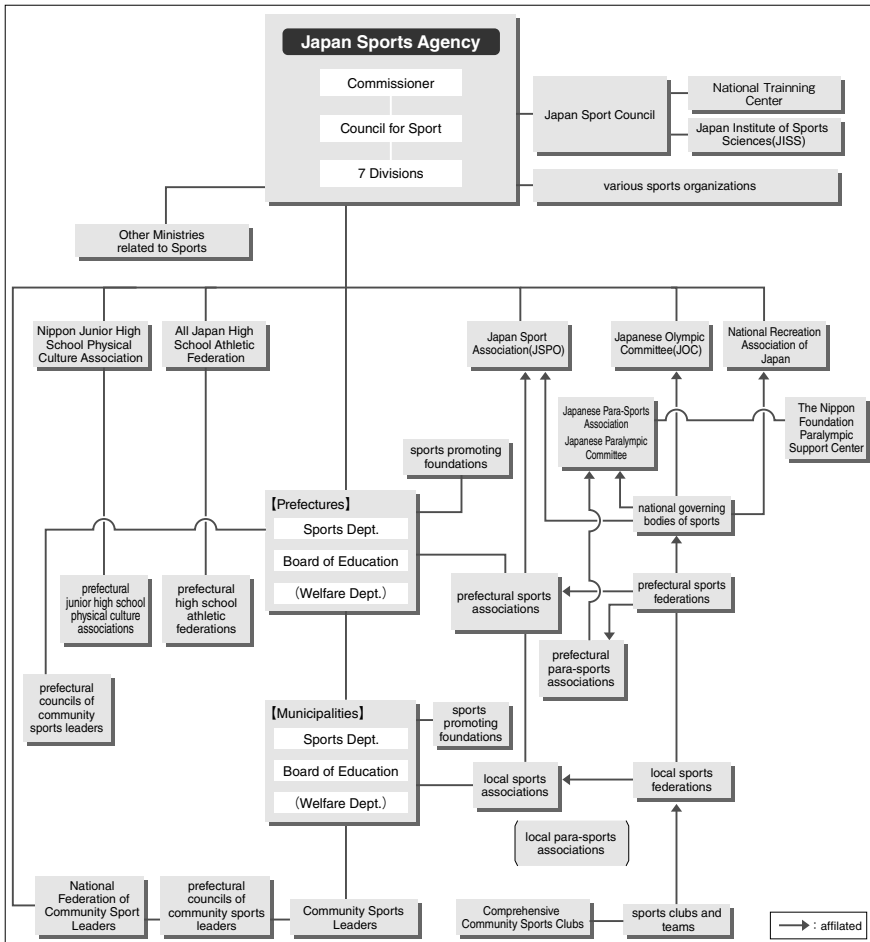


Figure 1-1 Sport Administration Structure in Japan

Professional sport are not under the direct jurisdiction of MEXT, however, the Nippon Professional Baseball Organization (NPB), the Japan Professional Football League (J. League), and the Japan Professional Sports Association were all once under the jurisdiction of MEXT and carry the influence of its methods of sport administration. At present, due to the reform of the public interest corporation system, these organizations are administered by the Cabinet Office. Moreover, many industries responsible for sport goods and equipment, leisure industries such as golf course, ski resorts and bowling alleys, and health service industries such as fitness clubs are administered by Ministry of Economy, Trade, and Industry (METI).

Furthermore, the Ministry of Health, Labour and Welfare (MHLW) administers several services including: businesses promoting health and physical strength in municipalities; long-term care and preventive services pursuant to the “Long-term Care Insurance Act”; events including the National Health and Welfare Festival for the Elderly ; promotion of sport and physical activities from the perspectives of fitness, health and social welfare. The Ministry of Land, Infrastructure, Transport and Tourism (MLIT) is responsible for the maintenance of sport facilities such as sport/multipurpose parks used for the National Sports Festivals, and the Japan Tourism Agency of MLIT is in charge of promoting sport tourism. As is seen here, a large number of government offices are involved in the promotion of sport.

Japan Sports Agency

Sport administration in Japan involves a large number of ministries and government offices. In recent years, the expectation that a multitude of benefits can be achieved through sport has led to the comprehensive promotion of sport policies that span over several different fields, and the sport administration is expected to increase the effectiveness of those policies. In this context, “comprehensive review of the modality of administrative organization for promotion of the measures concerning sport” was stated in Article 2 under the supplementary provisions of the Basic Act on Sport enacted in 2011. Moreover, in September 2013, Tokyo was awarded to host the 2020 Olympic and Paralympic Games (Tokyo 2020), creating favorable conditions for the establishment of the Japan Sports Agency (JSA) in October 2015.

The JSA was created by expanding MEXT’s Sports and Youth Bureau into an external bureau and is led by a commissioner, a deputy commissioner, a director-general, and a deputy director-general. The four

divisions of the Sports and Youth Bureau were reorganized and expanded into the JSA's seven divisions (Figure 1-2). The number of personnel was also increased from 76 to 121, with 23 of the staff members being seconded from other ministries or government offices.

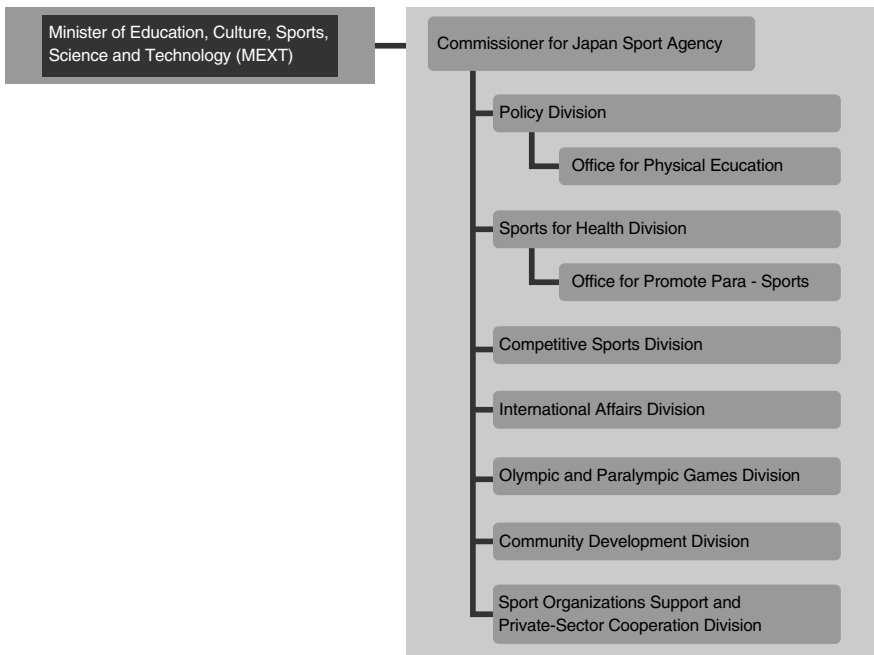
Division in Japan Sports Agency

1. Policy Division

Physical education and sports-club activities at schools are now under the shared jurisdiction of the Elementary and Secondary Education Bureau at MEXT and Policy Division's Office for Physical Education at JSA. Control of policies that were overseen by other government agencies prior to the creation of the JSA have not yet been transferred to it. The JSA has come to play a central role in sport administration as it works to coordinate policies between the various ministries.

2. Sports for Health Division

The division was established for promoting health through sports by utilizing expertise on preventative medicine when popularizing sports and developing regional sports clubs. This division also promotes disability sports through its Office for Promote Para-Sports (although authority was transferred from the MHLW in 2014, prior to the creation of the JSA).



Japan Sports Agency (2015)

Figure 1-2 Organization Chart of Japan Sports Agency

3. Competitive Sports Division

The division is responsible for supporting and strengthening of international competitiveness for Japanese athletes at the highest level of international sporting events such as the Olympic and Paralympic Games.

4. International Affairs Division

Established as an expansion of the programs previously overseen by the Competitive Sports Division, the newly created International Affairs Division is responsible for international contribution via sport, as well as active participation in the global sport world by training and dispatching personnel.

5. Olympic and Paralympic Games Division

The Olympic and Paralympic Games Division was created to ensure the success of Tokyo 2020 by coordinating with the various sport organizations and promoting the Olympic Movement. This division will cease to exist once that event concludes.

6. Community Development Division

The Community Development Division was created to oversee the creation of diverse locations where sport can be played and the vitalization of communities through sport.

7. Sports Organizations Support and Private-Sector Cooperation Division

The Sports Organizations Support and Private-Sector Cooperation Division was created to oversee areas such as the improvement of sport organizations governance, training of sport personnel and coaches, support of athlete career paths, and promotion of coordination with industry.

JSA Measures and the Sport Basic Plan

JSA measures are based on the Sport Basic Plan, which was established in March 2012 by Article 9 of the Basic Act on Sport. This plan indicates the fundamental course of action for sport policies over a ten-year period, starting from 2012, and contains a set of measures outlining the systematic and comprehensive efforts for the first five years.

The Sport Basic Plan listed seven themes for the five-year period from 2012–2016, striving to actively promote sport and make Japan a Sport Nation. (a) Increasing sport opportunities for children; (b) Promotion of sport activities in line with the life stage; (c) Improvement of community sport environments where residents can actively participate; (d) Training human resources and developing the sport environments in order to enhance international competitiveness; (e) Promotion of international exchanges and contributions through bids for and hosting of international competitions such as the Olympic and Paralympic Games;

(f) Improvement of the transparency and fairness/equity in the sport world; and (g) Creation of a virtuous cycle in the sport world. Within these seven broad themes, the plan had 19 narrower policies (e.g. promoting plans that improve children's physical fitness starting from early childhood,) which contain a total of 165 specific measures to be implemented.

In March 2017, the JSA had revised the Sport Basic Plan. The plan for the second five-year period beginning in April 2017 consist of four core policy goals: (a) expanding the number of people who do, watch, and support sport as well as improving facilities and personnel training to make that a reality; (b) using sport to create a vigorous society whose people are connected by powerful bonds; (c) developing a strong and sustainable environment and training system that will improve international competitiveness; and (d) raising the value of sport by promoting clean and fair sporting events. These four themes are similarly subdivided into 19 narrower policies which contain 139 specific measures to be implemented.

2. Major Sport Promotion Institutions in Japan

In addition to administrative organizations, a number of public interest corporations such as the Japan Sport Council (JSC), the Japan Sport Association (JSPO), the Japanese Olympic Committee (JOC) and the National Recreation Association of Japan (NRAJ) play a significant role in the promotion of sport. Their roles include enhancement of high performance sport, provision of subsidies for promotional activities, and development of a better understanding of the value of sport.

The JSC strives to promote sport and improve physical health of school children through the following activities; management of sport facilities such as the New National Stadium, conduct of various research projects at the Japan High Performance Sport Center, support for sport promotion through operation of the Sports Promotion Lottery, and payment of necessary benefits in the case of accidents that occur to students under the supervision of schools. The JSPO, JOC and NRAJ preside over various sport associations such as sport organizations in the all 47 prefectures and are incorporated into the national administrative system which controls sport policies. These policies concern issues such as the improvement of Japan's international high performance, the training of sport instructors, and the development of regional sport clubs to enhance physical fitness for children.

The Japan Anti-Doping Agency (JADA) was established in 2001 as an institution to promote, educate and coordinate anti-doping activities in Japan. As a contracted party of the World Anti-Doping Code (WADA

Code), JADA implements the Japan Anti-Doping Code which is consistent with the WADA Code. The Japan Sports Arbitration Agency (JSAA) also contributes to the promotion of sports through improving sports environments, encouraging athletes to compete fairly with one another and through other awareness-raising activities.

3. Sport Administrative Organizations in Local Governments

Sport Administrative Organizations in Prefectures and Municipalities

Until recently, the regional boards of education were principally in charge of all duties involved in sport administration for each prefecture and municipality. This was due to Article 23, item 13 (Duties and Authority of the Boards of Education) of the “Act on the Organization and Operation of Local Educational Administration” (hereinafter referred to as the “Local Educational Administration Act”), which stated that the boards of education were to supervise and execute the operation of policies related to sport. However, under Article 4 of the Basic Act on Sport, it is now prescribed that “local governments are responsible for establishing and implementing measures concerning sport which are appropriate to the characteristics of the area voluntarily and independently, while maintaining coordination with the national government.” Furthermore, because of the special provision added to the Local Educational Administration Act (Article 24-2, “Special Provision on Duties and Authority”) after its partial revision in 2007, it has become possible for the heads of local public bodies to supervise and administer affairs related to sport that had been under the jurisdiction of the boards of education. As a result of this greater flexibility, administrative affairs have been transferred from the boards of education and been placed under the mayors or governors in many local governments.

As of October 2019, 13 prefectures out of 47 have placed the sport administrative department within their board of education, while 34 have placed the department within the governor’s office. Among the 20 ordinance-designated cities¹ in Japan, only two – Sagami-hara and Nagoya - place the sport administrative department within the boards of education, while the remaining 17 place the department under the purview of the governor. According to the Japan Sports Agency’s “Survey on Local Sports Administration” (2017), of the 790 municipalities (excluding ordinance-designated cities) polled, 80.4% placed their sport administrative department within the boards of education, while 19.6%

¹ An ordinance-designated city is a Japanese city that has a population of greater than 500,000 and has been designated as such by an order of the Cabinet. As of December 2020, there are 20 ordinance-designated cities.

placed it within the municipality's head office. Viewed in terms of population, 84.0% of municipalities with at least 500,000 people placed their sport administrative department within the head office, while only 2.3% of municipalities with less than 10,000 did so. Municipalities with smaller populations are therefore more likely to place the department that administers their sport within the boards of education, even after the revision of the Local Educational Administration Act.

By transferring authority of the sport administrative department from the boards of education to the governor's office, prefectures and municipalities are attempting to not only increase the efficiency of sports-related business, but also to improve coordination with other administrative areas such as culture, tourism, social welfare, and community development.

Organized by the JSA, the Prefectural and Designated-City Sports Administrators Conference held in January 2016 made it clear that departments responsible for managing sport (excluding physical education at schools) within municipalities—whether or not situated in boards of education or governors' offices—should utilize new methods such as formulating fundamental principles, and hold comprehensive training conferences to place their sports administration apparatuses squarely within the basic policy framework established by their governors; thus, enhancing the diverse merits of sports as defined in the Basic Act on Sport within municipalities as well. It is essential that sports administration departments coordinate their efforts closely with other departments, such as those in charge of community development, park management, social welfare, and health promotion.

Local Quasi-Government Corporations and Public Foundations Related to Sports Promotion

In many prefectures and ordinance-designated cities, quasi-government corporations and public interest corporations have been established, playing a part in the promotion of sports and complementing the work of local government related to sport. These extra-government organizations usually receive financial assistance from the relevant local government at the time of their establishment. However, how such organizations are funded and the amount or ratio of government contribution varies depending on the organization. The establishment, operation, budgetary and human resources, as well as financial audits and the like, are prescribed by the "Local Autonomy Act."

When the Local Autonomy Act was partially revised in September 2003, the management of public facilities (sport facilities, city parks,

cultural centers, social welfare facilities, etc.) switched from the “Operation Consignment System” to the “Designated Administration System”, which was further enacted in September 2006. Under the former “Operation Consignment System”, the management of public facilities was under the direct control of the local government, or was consigned only to those public foundations and corporations that were funded by the local government. However, with the revised system, such work may now be conducted either by the local government or by a designated administrator who has been selected through public advertisement. Applicants may include private businesses such as stock companies, public interest corporations, NPOs and voluntary basis organizations.

Due to this revision, many quasi-government corporations or public foundations that had been in operation primarily for the management and operation of public sports facilities have been forced to review their business activities and organization structures. The number of prefectures containing quasi-government corporations or public foundations has been steadily decreasing from 25 prefectures in 2000 to 23 prefectures in 2005, and then to 18 prefectures in 2010 and 15 prefectures in 2019.

As of October 2019, eight of the 20 ordinance-designated cities have quasi-governmental corporations or public foundations. As with similar entities at the prefectural level, these organizations have played a certain role in the regional promotion of sports, although in some cases they have merged with sport associations (Yokohama) or other quasi-governmental corporations (Sapporo).

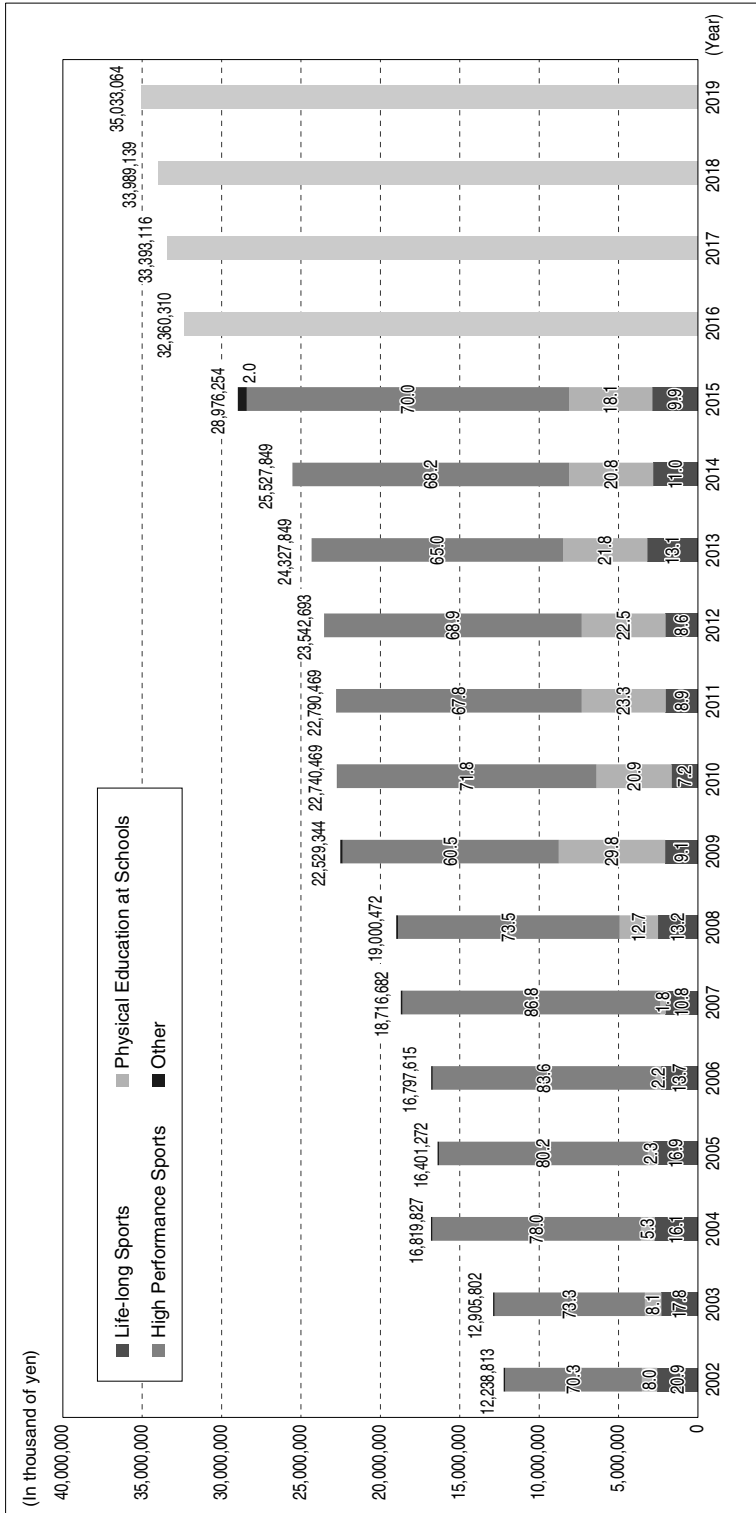
III. Sport Budget

1. National Budget for Sport

Figure 1-3 illustrates the yearly changes in the budgets of Sports and Youth Bureau at Ministry of Education, Culture, Sports, Science and Technology: MEXT (which previously administered sports before the establishment of the Japan Sports Agency in 2015) and JSA. The sport budget for FY2002 was 12.2 billion yen, a number which increased to 16.8 billion yen in FY2004 due to a concerted effort to improve Japan's international competitiveness for the Athens Olympics held that year. Although the budget saw some marginal increases each year to FY2008, a revision of the government curriculum guidelines in 2007 made the teaching of martial arts a requirement, leading to budgetary increases related to the funding of martial arts halls for public junior high schools. As a result, the sport budget for FY2009 ballooned to 22.5 billion yen, surpassing the twenty-billion-yen threshold. Following that, the budget held mostly steady until FY2015, when the effects of Tokyo being selected in September 2013 to host the 2020 Olympic and Paralympic Games ("Tokyo 2020") prompted an increase to 28.9 billion yen and then a further increase to 32.3 billion yen in FY2016, breaking thirty billion yen for the first time. The budget showed a slight increase until FY2019 and reached 35 billion yen.

The chart also divides the sport budgets into four categories: "Life-long sports", "Physical Education at Schools", "High Performance Sports", and "Other". From the annual changes in how much percentage of the overall budget was allocated to each of these four categories indicated in Figure 1-3, "High Performance Sports" have been the greatest expenditure since FY2002, hovering around 70% since FY2010.

On the other hand, "Life-long sports" fell from a ratio of 20% in FY2002 all the way to 7.2% by FY2010. Although the category saw some minor increases after that, it has remained limited to around 10%. As noted above, the portion of the sports budget that went to "Physical Education at Schools" increased to just under 30% in FY2009 due to funding for martial arts halls at public junior high schools, although it subsequently declined to 16.1% by the year FY2016. MEXT and JSA data published through FY2015 indicated the specific numbers for each of these four categories, but that feature was not present in the data since 2016.



* Percentage of "Other" in 2002 to 2014 are omitted as they were less than 1.0 percent.

MEXT (2015), Japan Sports Agency (2019)

Figure 1-3 Trends in the National Sport Budget

IV. Sport Integrity

To protect the value of sport, in recent years there has been an expansion both domestically and abroad of activities based on “integrity” in response to various issues occurring in sport, such as doping, match-fixing, competition manipulation, violence, and governance deficiencies within sport organizations.

1. Domestic Trends in Sport Integrity **All-Party Parliament Group for Sport**

In 2018, All-Party Parliament Group for Sport consisting of members of the National Diet formed the “Project Team on Establishing Systems for Sport Integrity” and issued its “Recommendations for Ensuring Integrity in Sport.” In these recommendations, the group recognized that “despite the global movement toward ensuring integrity (honesty, prudence, and virtue) in sport, there has been an extremely troubling succession of scandals in Japan of late due to governance dysfunction within sport associations” and that “maintaining sport integrity is an urgent issue that must be tackled by the entire world of sport, now more than ever.”

Japan Sports Agency

In response to the recommendations of the Sport Parliamentary Group, Japan Sports Agency formed a Sport Integrity Subcommittee under the Sport Council in 2019. This subcommittee formulated the “Governance Code for National Sport Federation Members” to serve as a model and set of guidelines for proper organizational management, with the goal of helping sport organizations create their own standards to follow. National Governing Bodies of sport are required to conduct assessments every four years regarding their compliance with the governance code and publish the results. Prior to this, in 2016, there were multiple incidents of illegal gambling among professional baseball players and members of the National badminton delegation. In response, JSC hosted the Conference on Thorough Compliance in the World of Sport in April 2016 together with the Japanese Olympic Committee, the Japan Para-Sports Association, and the Japan Sports Association. Some of the suggested solutions at this conference were “disseminating information,” “implementing training,” and “formulating a code of conduct and creating a consultation system.” In addition, sport associations were asked to ensure sport integrity as organizations.

Japan Sport Council

As a result of the revision made in 2013 to the Act on the National Agency for the Advancement of Sports and Health, the Japan Sport Council, which coordinates and assists with national-government initiatives as the country's only independent administrative agency for sport, added to its duties "those necessary for ensuring that sport activities are conducted fairly and appropriately" and formed the Sports Integrity Unit in April 2014. This unit has spearheaded the JSC's efforts to protect and enhance sport integrity within Japan. Specifically, it has focused on; (a) activities related to anti-doping, (b) activities related to governance and compliance in sport, and (c) activities related to third-party consultation and investigation systems regarding violent behavior of sport coaches and similar matters.

2. Governance Code for National Sport Federation Members

Article 5 of the Basic Act on Sport enacted in 2011 requires that sport federations independently and appropriately manage their organizations, obligating them to "proactively pursue/engage in the promotion of sport" and to "create standards to be followed by themselves with regard to their business activities." In recent years, however, a variety of scandals have occurred due to governance dysfunction within national federations, who are expected to be even more open and public than other sport associations. In particular, cases of sexual and power harassment within national federations and other sport associations were reported in 2018, causing quite a stir in the media. Although the circumstances behind each scandal vary, the biggest cause is believed to be the fact that many individuals who operate such organizations are former athletes who manage the organizations based on their sport experience, without the flexibility to consider legal or financial aspects. As a result, the assignment of responsibility remains vague and aspects like expertise and compliance awareness are not heavily pursued, leading to a large number of problematic incidents.

Recognizing the need to ensure proper governance within sport federations amidst these circumstances, the All-Party Parliament Group for Sport created a "Project Team on Establishing Systems for Sport Integrity," formulated its emergency recommendations titled "Ensuring Integrity in Sport," then submitted them to both the minister of MEXT and the commissioner of the JSC. Upon receiving these recommendations, the JSC devised the Action Plan for Ensuring Sport Integrity (2018) then proceeded to create and publicize its "Governance Code for National Sport

Federation Members”, which established a model and guidelines for sport federations to follow.

To draft the code, a Sport Integrity Subcommittee was formed under the JSC’s inquiry commission and the code’s contents were considered from a technical point of view. The Sport Integrity Subcommittee met a total of six times between February and June of 2019 to discuss the code. In June of that year, it formulated a code covering national federations. Then in August, it finalized the Governance Code for general sport organizations covering the “organizations of which the main purpose is to carry out business for the promotion of sport” as defined in article 2(2) of the Basic Act on Sport.



Chapter 2

Sport Participation

I. Participation in Sport and Physical Activities by Adult

1. Participation in Sport and Physical Activities

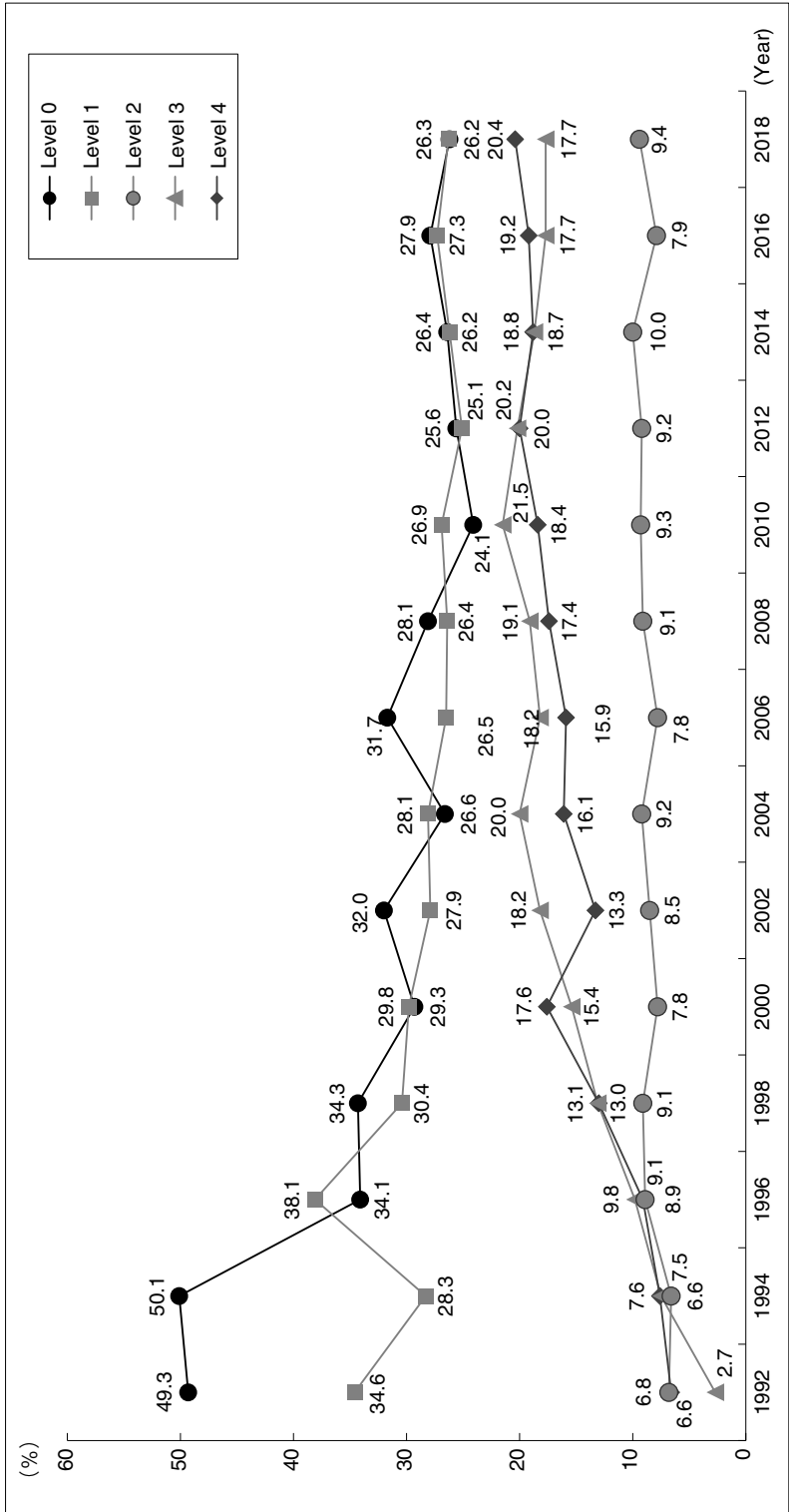
To understand the level of participation in sport and physical activities by adult, the Sasakawa Sports Foundation (SSF) has examined the statistical data gathered through the “SSF National Sports-Life Survey”, which has been conducted every other year since 1992. The survey aims to understand the current situations of sport participation in terms of frequency, duration and intensity among Japanese adults, including those who participate in higher levels of sport and physical activities.

In this survey, the participation of adults in sport and physical activities were divided into the following levels; “Level 0” for those who did not participate in any sport or physical activities for the past year; “Level 1” for those who participated at least once during the year, but less than twice a week; “Level 2” for those who participated at least twice a week; “Level 3” for those who participated at least twice a week with a duration of “more than 30 minutes”; and “Level 4” for those who participated at least twice a week, duration of “more than 30 minutes”, and with more than moderate intensity (Table 2-1).

The levels of participation in sport and physical activities by adult are shown in Figure 2-1. Level 4 is the participation level recommended by the American College of Sports Medicine (ACSM) and the Ministry of Health, Labor and Welfare (MHLW) in Japan. SSF defines people who are at this level as “Active Sports Participants.” Since 1992, the proportion

Table 2-1 Levels of Participation in Sport and Physical Activities

Level 0	Non-participation (0 time/year)
Level 1	At least once during the year, less than twice a week (1-103 times a year)
Level 2	At least twice a week (at least 104 times a year)
Level 3	At least twice a week, with a duration of more than 30 minutes
Level 4 (Active Sports Participant)	At least twice a week, with a duration of more than 30 minutes, and with more than moderate intensity



SSF National Sports-Life Survey (2018)

Figure 2-1 Rates of Participation in Sport and Physical Activities

of Active Sports Participants has been steadily increasing and in 2012 it reached 20% and the percentage is leveling off at the present. Level 3 has also shown a tendency to gradually increase at a similar rate to Level 4.

Level 0, which had made up approximately 50% at the time of the 1992 survey, fell to 24.1% in 2010 then shifted to increase slightly after that. While this trend of slight increase continued after the decision was made to host the 2020 Olympics in Tokyo, the number declined to 26.2% in the 2018 survey and has now recovered to 25.6%, the percentage in 2012 prior to the Olympic decision. Between 2012 and 2018, in the period before and after the Tokyo 2020 decision, Level 1 exhibited roughly the same trend as Level 0.

Since 1992, Level 2 has stabilized within a range of three points. After the Tokyo 2020 decision, there was a temporary decline from 2014 (10.0%) to 2016 (7.9%), then a recovery in 2018 (9.4%). Levels 3 and 4 have mostly exhibited increasing trends since the survey began. However, looking at the periods before and after Tokyo was selected to host the 2020 Olympics, both levels temporarily declined between 2012 and 2014; while Level 3 remained there without recovering, Level 4 began increasing again and reached its highest level ever (20.4%) in 2018.

2. Participation in Sport and Physical Activities by Gender and by Age Group

The changes in the participation rate for sport and physical activities over the last ten years (2008 to 2018) were compared by gender and by age group. With regard to gender, a gradual increase was shown for the proportion of Active Sports Participants (Level 4), with a slightly higher level for men than for women (Table 2-2). Whilst men's proportion showed gradual increase, women once declined in 2014 and re-increased since 2014. Conversely, the proportion of both men and women showed a slight decrease at Level 1, with the number of men remaining almost

Table 2-2 Rates of Participation in Sport and Physical Activities (By Gender) (%)

Level	2008	2010	2012	2014	2016	2018
Men Level 0	24.4	21.0	22.8	23.2	24.4	23.9
Women Level 0	31.7	27.0	28.3	29.5	31.2	28.5
Men Level 1	31.5	32.7	30.0	30.6	31.7	30.9
Women Level 1	21.4	21.3	20.3	21.9	23.1	21.7
Men Level 4	18.5	20.4	20.4	20.9	21.3	21.6
Women Level 4	16.3	16.3	19.5	16.5	17.1	19.3

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10 percentage points higher than that number of women. At Level 0, the proportion of women was higher than that of men. However, in 2008, a 7.3 percentage point gap was found between women (31.7%) and men (24.4%), but in 2012 there was only a 5.5 percentage point gap found between women (28.3%) and men (22.8%), then in 2018 there was a 4.6 percentage point gap as women (28.5%) and men (23.9%), indicating that the gender difference was slightly narrowing.

In terms of age groups, the proportion of the population reaching Level 4 was higher in 2018 for all age groups except the 30s and the 40s age groups, when compared to 2008 (Table 2-3). This was especially noticeable in the over 70s age group, where the proportion increased over a 10 percentage point (from 16.7% in 2008 to 27.6% in 2018). Similarly, the trend for a growing level of active participation in sports and physical activities for elderly people was also seen in the numbers at Level 0, where there was a 21 percentage point decrease (from 44.8% to 23.6%) for the over 70 age group.

Based on these results, it can be concluded that: (a) the proportion of people who regularly participate in sport and physical activities has exhibited an overall upward or levelled off trend; (b) the gender difference in such participation has not been narrowed; and in particular, (c) the proportion of the over 70s age group who participates in sport and physical activities has increased significantly.

Table 2-3 Rates of Participation in Sport and Physical Activities (By Age) (%)

Year	Level	In the 20s	In the 30s	In the 40s	In the 50s	In the 60s	70 and over	Total
2008	Level 0	25.8	23.0	22.4	28.2	29.0	44.8	28.1
	Level 1	32.7	33.4	39.1	23.6	15.7	9.9	26.4
	Level 2	10.5	10.9	10.6	7.6	7.9	6.3	9.1
	Level 3	14.7	13.9	10.9	24.6	28.1	22.2	19.1
	Level 4	16.3	18.7	17.1	16.0	19.3	16.7	17.4
2018	Level 0	29.9	25.0	23.7	29.3	26.8	23.6	26.2
	Level 1	33.1	33.1	38.3	25.4	16.0	10.5	26.3
	Level 2	7.1	9.8	11.6	11.2	7.6	7.9	9.4
	Level 3	10.8	14.2	12.6	14.3	24.1	30.4	17.7
	Level 4	19.2	17.9	13.8	19.8	25.5	27.6	20.4

SSF National Sports-Life Survey (2008, 2018)

3. Participation in Sport and Physical Activities by Types of Sport

Table 2-4 shows the trends in the participation rate for various types of sports (performed at least once in the previous year). Until 2012, “Strolling”, “walking”, “calisthenics and light exercises” and “bowling” have ranked in the top four in the surveys conducted since 2008. “Weight training” became the fourth since 2014, continuing to increase steadily. Participation rate for “Bowling” has been decreasing for the last three surveys since 2014, but remains at the fifth. In 2012, “Jogging/Running” ranked up to the sixth and stays at the same rank until the latest survey, reflecting the impact of running boom in recent years.

4. Number of Registered Players by Types of Sport

In order to participate in competitions hosted by National Governing Bodies (NGB) of sport or their affiliated organizations, participants are required to pay an annual membership fee. These participants are acknowledged as registered players.

The number of registered players and teams for sport which had the highest number of participants (performed by the participants at least once a year) according to the results obtained from “The 2018 SSF National Sports-Life Survey” and “The 2019 SSF National Sports-Life Survey of Young People”, were described based on the data released by NGBs (Table 2-5).

When the number of individual players was examined, the sport that had the largest number of registered players was “Football” with 958,924 people, followed by “Basketball” (620,715), “Golf” (598,114), “Soft tennis” (439,117), “Track and field” (424,365) and “Volleyball” (422,924). By gender, the number of men registered was higher than that of women in many sports, with the exception of “Volleyball” and “Badminton” that had a higher number of women.

Table 2-4 Rates of Participation in Sport and Physical Activities (By Types of Sport) (%)

Rank	2008	2010	2012	2014	2016	2018
1	Strolling 30.8	Strolling 34.8	Strolling 34.9	Strolling 33.0	Strolling 32.0	Strolling 31.1
2	Walking 22.4	Walking 24.5	Walking 25.0	Walking 25.7	Walking 23.7	Walking 25.6
3	Calisthenics and light exercises 17.5	Calisthenics and light exercises 18.5	Calisthenics and light exercises 20.5	Calisthenics and light exercises 18.5	Calisthenics and light exercises 17.3	Calisthenics and light exercises 19.7
4	Bowling 15.1	Bowling 13.3	Bowling 13.0	Weight training 13.0	Weight training 13.5	Weight training 15.1
5	Weight training 11.1	Weight training 11.5	Weight training 12.2	Bowling 10.0	Bowling 9.5	Bowling 9.5
6	Swimming 9.0	Golf on a course 9.0	Jogging/Running 9.7	Jogging/Running 9.5	Jogging/Running 8.6	Jogging/Running 9.3
7	Sea bathing 8.9	Fishing 8.5	Golf on a course 8.3	Golf on a course 7.5	Fishing 7.5	Golf on a course 8.2
8	Golf on a course 8.7	Jogging/Running 8.5	Golf on a driving range 8.0	Cycling Golf on a driving range Swimming	Swimming 7.3	Fishing 7.2
9	Playing catch 8.0	Golf on a driving range 8.2	Fishing 7.5	Golf on a driving range Swimming	Golf on a course 7.2	Swimming 6.9
10	Cycling 7.9	Playing catch 8.1	Playing catch	Cycling	Cycling 6.7	Golf on a driving range 6.6

Performed at least once in the previous year.

SSF National Sports-Life Survey (2008-2018)

Table 2-5 Number of Registered Players and Estimated Participants

Sport	Number of Registered Players			Participation Rate(%)		Estimated Number of Participants (in 10,000s)
	Total	Men	Women	Age 12 - 19	Adult	
Bowling	12,519	9,584	2,935	11.7	9.5	1,093
Golf	598,114	540,558	57,586	1.4	8.2	863
Swimming	118,122	-	-	14.2	6.9	847
Table tennis	348,195	216,816	131,379	17.9	5.6	747
Badminton	298,574	141,589	156,985	19.6	5.0	700
Football	958,924	903,552	55,372	24.3	4.2	661
Baseball	12,769	12,769	0	12.0	3.7	495
Volleyball	422,924	161,134	261,790	15.8	2.8	436
Basketball	620,715	357,164	263,551	22.0	2.1	422
Tennis	42,858	27,915	14,943	6.3	2.5	317
Softball	184,516	107,751	76,765	3.1	2.7	309
Ground golf	173,026	105,047	67,862	0.0	2.7	280
Ice skating	10,385	-	-	2.3	1.7	197
Soft tennis	439,117	-	-	8.4	0.8	161
Track and field	424,365	273,891	150,474	9.9	0.6	154
Surfing	11,600	9,980	1,620	0.3	0.7	76
Kendo	1,911,256	1,345,868	565,388	3.0	0.3	59
Karate	87,718	-	-	1.7	0.4	57
Canoe	3,951	2,887	1,064	0.8	0.4	48
Flying disc	5,070	3,383	1,687	2.4	0.3	53
Judo	147,715	119,837	27,878	2.4	0.2	43
Rugby	95,200	90,764	4,436	0.7	0.1	16
Rowing	9,204	6,251	2,953	0.4	0.1	14

Note1 : The estimated number of participants is displayed in a descending order (participants are aged 12 or over, and participate in the sports at least once a year).

Note2 : The estimated population of participants is the total number of 1 and 2 below.

1 The number of participants is calculated by multiplying the participation rate suggested in the 2018 survey by the adult population (of 103,708,284 people based on the Basic Resident Register on January 1, 2017).

2 The number of participants is calculated by multiplying the participation rate suggested in the 2019 survey by the teenage population (of 9,258,507 people based on the Basic Resident Register on January 1, 2018).

Note3 : Futsal or 5 a side football is not included in the football.

Note4 : The registered numbers for baseball are players registered to Japan Amateur Baseball Association.

Note5 : Soft volleyball is not included in the volleyball.

SSF Census of the National Governing Bodies of Sports (2019)
 SSF National Sports-Life Survey of Children and Young People (2019)
 SSF National Sports-Life Survey (2018)

II. Participation in Sport and Physical Activities by Children and Young People

1. Participation in Sport and Physical Activities by Children Aged 4-11 Years

The levels of frequency of children’s participation in sport and physical activities were divided into 4 groups (Table 2-6). Those who had not participated in any sport or physical activities within the previous year were categorized into the “non-participation group”; those who participated at least once a year but less than three times a week (between 1-155 times per year) were categorized into the “low frequency group”; those who participated at least three times a week but less than seven times a week (between 156-363 times per year) were categorized into the “moderate frequency group”; and those who participated at least seven times a week (364 or more times per year) were categorized into the “high frequency group”. Participation in sport activities during classes or events at school, kindergarten, or nursery school were excluded from this survey.

Concerning the frequency of participation in sport and physical activities, children who never participated in any sport or physical activities (non-participation group) was 3.1%; those who participated at least three times a week (moderate and high frequency groups) was over 80%, and those who participated in sport and physical activities at least seven times a week (high frequency group) was 45.5% (Figure 2-2).

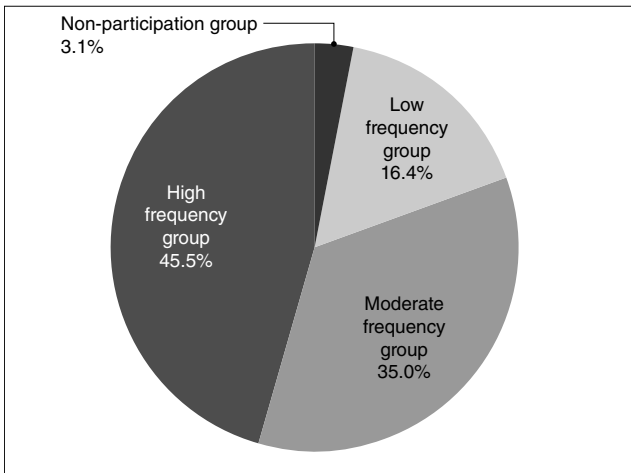
In Figure 2-3, the frequency levels of children’s participation in sport are displayed by gender and by school year. With regard to gender, the proportion of boys and girls in the high and moderate frequency group, the total percentage was 82.7% for boys and 78.1% for girls.

In terms of the frequency levels of children’s participation in sport by school year, the number of children in the low frequency group decreased

Table 2-6 Categories of Participation in Sport and Physical Activities for Children Aged 4-11 years

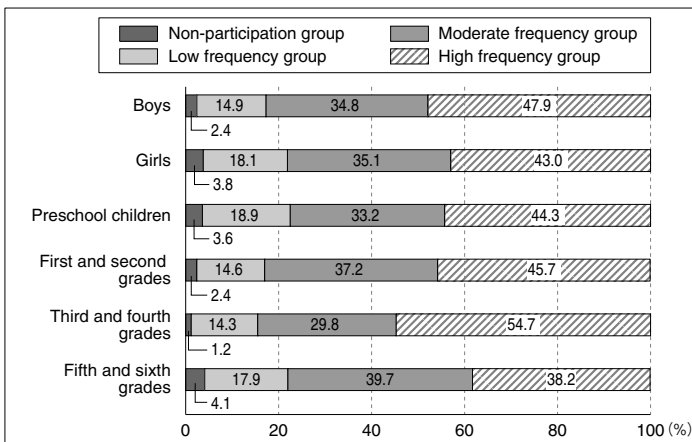
Participation Group	Criteria
Non-participation group	Non-participation (0 time/year)
Low frequency group	At least once a year but less than 3 times a week (between 1-155 times/year)
Moderate frequency group	At least 3 times a week but less than 7 times a week (between 156-363 times/year)
High frequency group	At least 7 times a week (364 or more times/year)

as the school years advanced, with 18.9% for preschool children, 14.6% for first and second grades, and 14.3% for third and fourth grades. This number increased to 17.9% in fifth and sixth grades. Overall, 20% of children are non-participation or are in the low frequency group, in another word “inactive”. At the same time, an increasing pattern was found for children who participated in sport and physical activities at least three times a week (moderate and high frequency groups) as their school years advanced, with 77.5% for preschool children, 82.9% for first and second grades, 84.5% for third and fourth grades, and 77.9% for fifth and sixth grades.



SSF National Sports-Life Survey of Children and Young People (2019)

Figure 2-2 Rates of Sport Participation for Children Aged 4-11 years



SSF National Sports-Life Survey of Children and Young People (2019)

Figure 2-3 Frequency Levels of Participation for Children Aged 4-11 years (By Gender and By School Year)

2. Participation in Sport and Physical Activities by Children Aged 4-11 Years by Types of Sports

Table 2-7 shows the ranking of participation in sport and physical activities by children aged 4-11 years (top ten sport and physical activities participated at least once in the previous year). The sport that had the highest participation rate in 2019 was “Playing tag”, followed by “Swinging”, “Swimming”, “Skipping rope (including long rope)” and “Riding bicycle”.

Table 2-8 shows the ranking of participation in sport and physical activities that were “often participated in” by children aged 4-11 years. This excludes sport and physical activities that were performed irregularly, allowing for a more accurate and clear understanding of the types of sport and physical activities that are participated on a daily basis. Overall, “Playing tag” had the highest participation rate, followed by “Swimming”, “Dodgeball”, “Swinging” and “Riding bicycle”.

By gender, the most popular sport for boys were “Playing tag”, following by “Football”, “Swimming”, “Dodgeball” and “Riding bicycle”, and those for girls were also “Playing tag”, “Skipping rope (including long rope)”, “Swimming”, “Swinging” and “Riding bicycle”. This suggests that boys at the ages of around 4-11 years are already participating in sport that continue to be popular in junior high and high school years, while girls were mainly participating in play based activities.

Table 2-7 Ranking of Participation in Sport and Physical Activities by Children Aged 4-11 years (At Least Once a Year)

Rank	Sport	%
1	Playing tag	65.0
2	Swinging	46.9
3	Swimming	46.1
4	Skipping rope (including long rope)	44.5
5	Riding bicycle	43.9
6	Dodgeball	41.4
7	Hide-and-peek	40.1
8	Horizontal Bar	39.5
9	Running	37.3
10	Football	34.6

Table 2-8 Ranking of Participation in Sport and Physical Activities by Children Aged 4-11 years (Those Who “Often Participated in” By Gender) (%)

Rank	Overall		Boys		Girls	
	Sport	%	Rank	Sport	Rank	Sport
1	Playing tag	52.6	1	Playing tag	1	Playing tag
2	Swimming	34.1	2	Football	2	Skipping rope (including long rope)
3	Dodgeball	29.0	3	Swimming	3	Swimming
4	Riding bicycle	27.6	4	Dodgeball	4	Swinging
5	Football	26.0	5	Riding bicycle	5	Riding bicycle
6	Swinging	25.7	6	Swinging	6	Horizontal bar
7	Skipping rope (including long rope)	24.4	7	Runnig	7	Dodgeball
8	Runnig	17.9	8	Skipping rope (including long rope)	8	Hide-and-seek
9	Hide-and-seek	17.2	9	Hide-and-seek	9	Runnig
10	Horizontal bar	17.0	10	Baseball	10	Badminton

Note : The “often participated in” indicates sport and physical activities that were participated in more frequently than the “at least once a year”.

SSF National Sports-Life Survey of Children and Young People (2019)

3. Participation in Sport and Physical Activities by Young People Aged 12-21 Years

The participation rates of young people aged 12 to 21 years in sport and physical activities are analyzed in terms of frequency, duration and intensity (Table 2-9).

Those youths who did not participate in any sport or physical activities at all in the previous year were categorized as “Level 0”; those who participated in sport and physical activities at least once a year but less than once a week (1 to 51 times/year) as “Level 1”; those who participated at least once a week but less than five times a week (52 to 259 times/year) as “Level 2”; those who participated at least five times a week (260 or more times/year) as “Level 3”; and those who participated at least five times a week, with a duration of 120 minutes, and with more than moderate intensity as “Level 4.” Participation in sports activities during classes or events at schools were excluded from this survey.

From the survey conducted in 2019, the percentage of young people who did not participate in any sport or physical activities in the previous year (Level 0) was 21.7%, representing one in every five young people (Figure 2-4). Those who participated at least five times a week, with a duration of 120 minutes, and with more than moderate intensity (Level 4) constituted 24.7% of the young people.

By gender, it was found that the proportion of boys at Level 1 was 13.9% while that of girls was 16.4%. Meanwhile, the proportion of boys at Level 4 was 31.3%, and that of girls was 17.5%. Both of these results show that the frequency of participation in sports and physical activities is higher for boys than girls (Figure 2-5). It was also found that one in every five girls did not participate in any sports or physical activities at all during the previous year.

Table 2-9 Levels of Participation in Sport and Physical Activities by Young People Aged 12-21 years

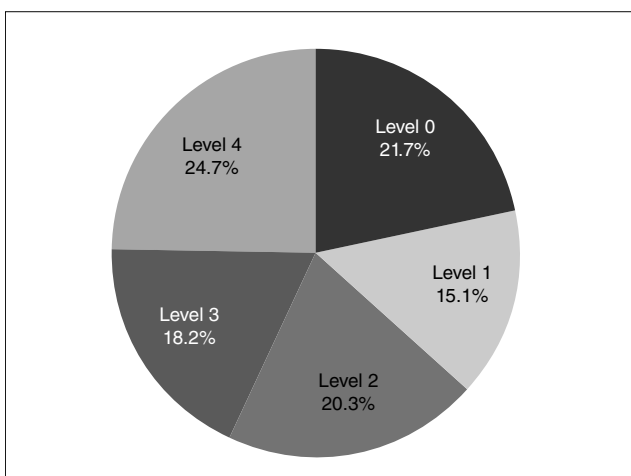
Level	Criteria
Level 0	Non-participation (0 time/year)
Level 1	At least once during the year but less than once a week (1-51 times/year)
Level 2	At least once a week but less than 5 times a week (52-259 times/year)
Level 3	At least 5 times a week (260 times or more/year)
Level 4	At least 5 times a week (260 times or more/year) with a duration of 120 minutes, and with more than moderate intensity

By school year, the proportion of young people at Level 0 was 7.9% in junior high school years, 20.6% in high school years and 28.2% in college years, indicating a general tendency to increase as school years advanced. Moreover, the proportion of youths at Level 4 was high both in junior high and high school years (at 38.8% and 32.5%, respectively), which may have been due to school sports clubs that provide opportunities for students to participate in physical activities. Among young workers (aged 15-21 years), the proportion of individuals at Level 0 was extremely high at 44.9%, and those at Level 4 were only 4.1%. Those who participated in physical activities once a week or less (e.g. Level 1 or below) accounted for 70.9% of young workers. Such a low participation rate compared to other youths is an issue that needs to be addressed appropriately.

4. Ranking of Participation in Sport and Physical Activities by Young People Aged 12-21 by Types of Sports

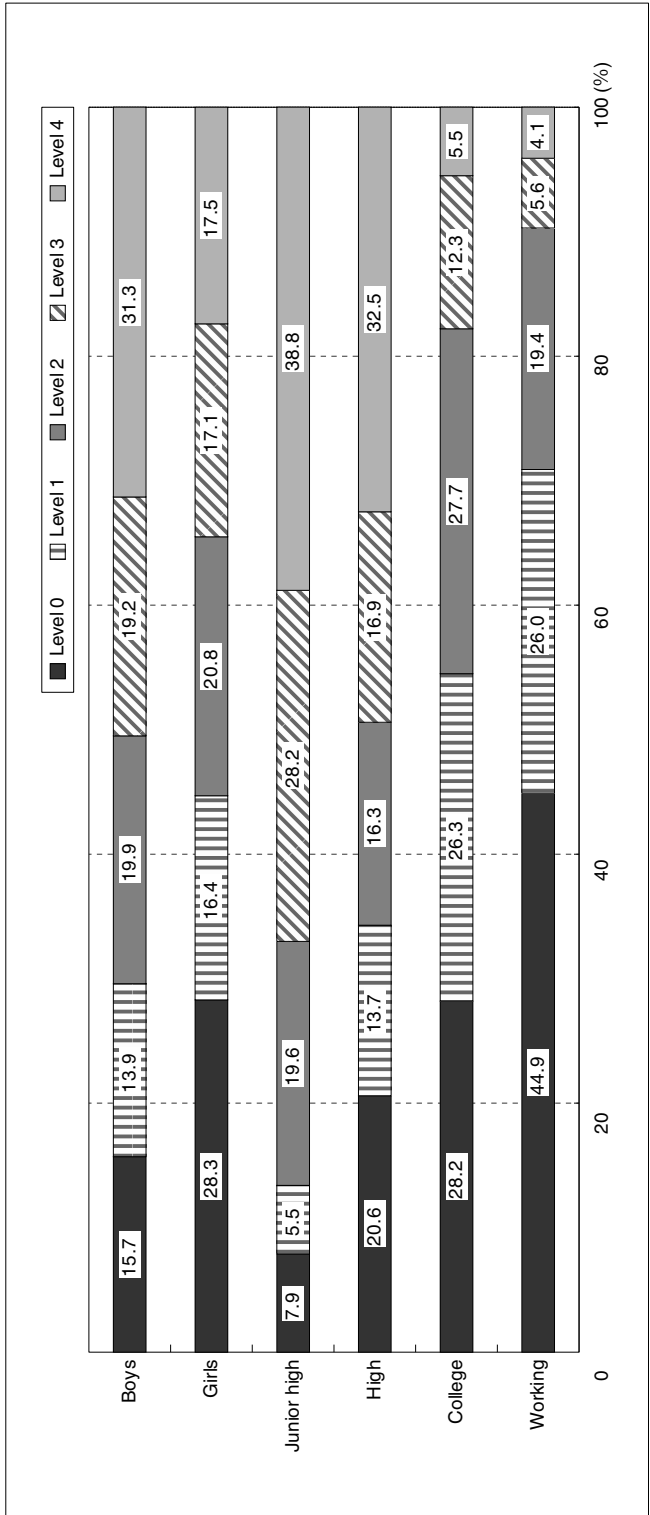
Table 2-10 shows the ranking of participation in sports and physical activities by young people aged 12-21 years (top ten sports and physical activities participated at least once in the previous year). In 2019, “Football” had the highest participation rate, followed by “Basketball”, “Jogging or running”, “Badminton” and “Table tennis”.

Table 2-11 shows the ranking of participation in sport and physical activities that were “often participated in (high frequency level)” by young people aged 12-21 years. In 2019, “Football” had the highest participation



SSF National Sports-Life Survey of Children and Young People (2019)

Figure 2-4 Rates of Sport Participation for Young People Aged 12-21 years



SSF National Sports-Life Survey of Children and Young People (2019)

Figure 2-5 Rates of Sport Participation for Young People Aged 12-21 years (By Gender and By School Year)

**Table 2-10 Ranking of Participation in Sport and Physical Activities by Young People Aged 12-21 years
(At Least Once a Year)**

Rank	2015			2017			2019		
	Sport	%	Rank	Sport	%	Rank	Sport	%	Rank
1	Football	29.4	1	Jogging or running	24.6	1	Football	21.6	1
2	Playing tag	28.7	2	Basketball	23.0	2	Basketball	20.2	2
3	Basketball	28.1	3	Football	22.5	3	Jogging or running	19.9	3
4	Dodgeball	25.0	4	Badminton	20.7	4	Badminton	18.0	4
5	Jogging/running	24.9	5	Weight training	20.3	5	Table tennis	16.1	5
6	Badminton	24.6	6	Playing tag	18.7	6	Playing tag	15.5	6
7	Swimming	23.1	7	Table tennis	18.5	7	Weight training	14.9	7
8	Skipping rope	21.9	8	Walking	17.7	8	Walking	14.4	8
9	Weight training	20.1	9	Volleyball	17.4	9	Volleyball	14.3	9
10	Playing catch	20.0	10	Skipping rope	15.0	10	Swimming Bowling	12.3	10

SSF National Sports-Life Survey of Young People (2015, 2017, 2019)

Table 2-11 Ranking of Participation in Sport and Physical Activities by Young People Aged 12-21 years (Often Participated in)

Rank	2015			2017			2019		
	Sport	%	Rank	Sport	%	Rank	Sport	%	Rank
1	Football	25.6	1	Basketball	21.9	1	Football	21.5	
2	Basketball	23.4	2	Jogging or running	20.7	2	Basketball	20.0	
3	Playing tag	19.7	3	Football	20.4	3	Jogging or running	17.5	
4	Badminton	18.2	4	Badminton	18.7	4	Badminton	16.5	
5	Jogging/running	17.6	5	Weight training	18.2	5	Weight training	13.5	
6	Dodgeball	17.2	6	Volleyball	15.6		Volleyball	13.5	
7	Swimming	14.5	7	Table tennis	14.4	7	Table tennis	13.0	
	Volleyball		8	Baseball	13.7	8	Playing tag	11.9	
9	Weight training	14.1	9	Playing tag	13.3	9	Baseball	11.5	
10	Table tennis	13.7	10	Walking	12.8	10	Walking	11.1	

Note: The "often participated in" indicates sport and physical activities that were participated in the most over the past year.

SSF National Sports-Life Survey of Young People (2015, 2017, 2019)

rate, followed by “Basketball”, “Jogging or running”, “Badminton” and “Weigh training”/”Volleyball”.

“Football” had high participation rates among boys, on the other hand “Badminton” and “Jogging or running” had high participation rates for girls, and “Basketball” was participated by both boys and girls. This result suggests that the popular school sport clubs in junior high and high schools reflect the ranking of sport participated by young people.



III. Sport Facilities

1. Public, Private and School Facilities

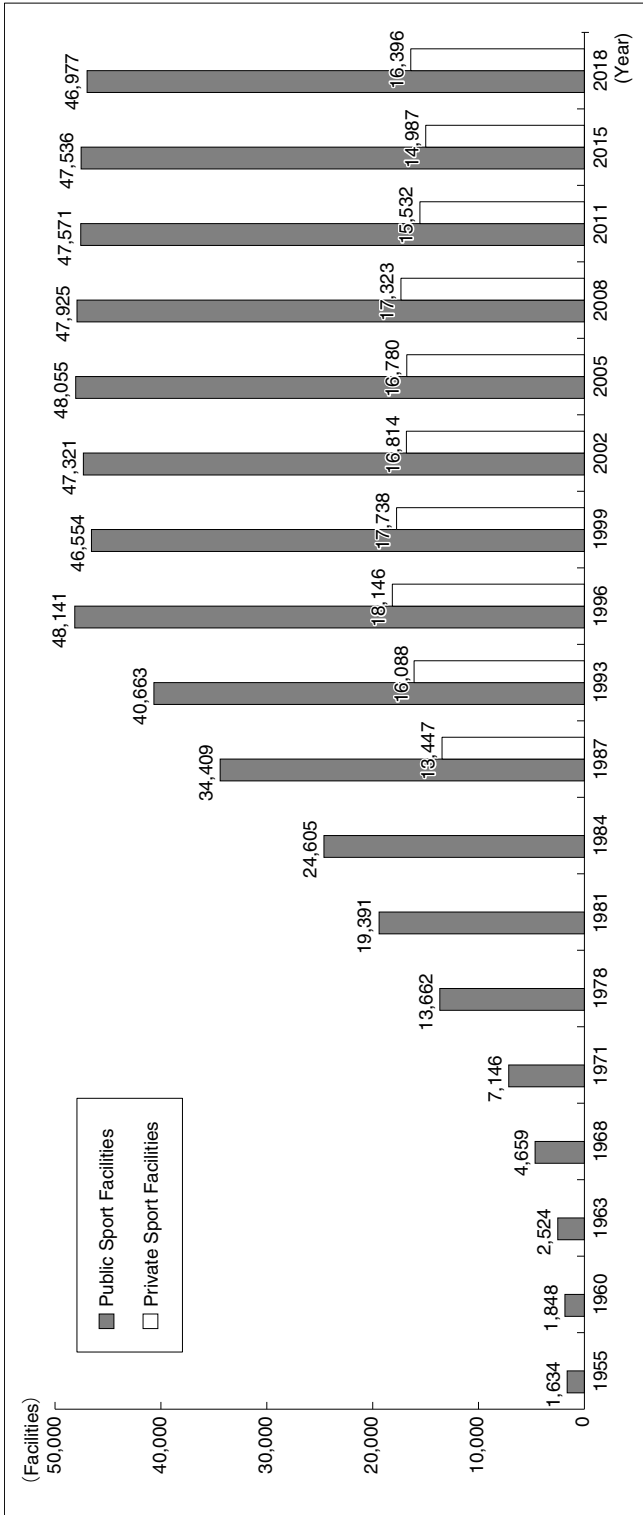
According to the “Social Education Survey” of Ministry of Education, Culture, Sports, Science and Technology (MEXT), the number of public sport facilities in Japan increased from the time the survey started in the 1950s through the 1990s. However, the number stayed almost at the same level after 2002. In 2018, the number of public sport facilities was 46,977 (Figure 2-6). On the other hand, the number of private sport facilities reached a peak in 1996 with 18,146, then continued to decline through 2018 where the number was recorded as 16,396.

Moreover, many schools and educational organizations own sport facilities such as gymnasiums, playgrounds and swimming pools, which are used for their physical education classes or school sport clubs. According to the “Survey on the Current Status of Facilities for Physical Education and Sports Activities” (2015) conducted by MEXT, there were 116,029 “school sport facilities” (in elementary, junior high, high, vocational schools, etc.) and 7,621 sport facilities at universities, colleges and technical colleges.

In Table 2-12, the number of public sport facilities and school sport facilities are shown by facility types. The public sport facilities were dominated by multi-purpose playgrounds (7,554), followed by gymnasiums (7,101), and baseball and softball fields (6,123). For school sport facilities, there were 32,410 gymnasiums, 29,561 multi-purpose playgrounds (with grounds of 992m² or more), and 23,263 swimming pools (outdoor).

2. Usage of Sport Facilities

In the SSF Sports Life Survey, males and females aged 18 and over were asked questions about the usage of sport facilities and locations when engaging in sport and physical activities, and the same questions were asked to those between the ages of 12 and 21. According to the results, 50.3% of individuals 18 years or older use “Roadways”, followed by “Home (yard, indoors, etc.)” at 23.9%, “Gymnasium” at 20.0%, and “Public Park” at 16.9%. While “Gymnasium” was ranked third, it is clear that sport and physical activities are being enjoyed at familiar, everyday places. Viewing the results for the 12 to 21 age group, the most common location was “School Playground or Sport Field” at 30.9%, followed by “Gymnasium at Daycare, Kindergarten, or School” at 24.2%, “Public Park” at 18.0%, and “Gymnasium” at 15.8%, indicating that sport and physical activities of the youth are centered around school.



As of October 2018. Social Education Survey (MEXT, 1955-2018)

Figure 2-6 Number of Public and Private Sport Facilities in Japan

Table 2-12 Number of Public Sport Facilities and School Sport Facilities by Facility Types

	Public Sport Facilities (2018)	School Sport Facilities (2015)
Multi-Purpose Playgrounds	7,554	35,933
Gymnasiums	7,101	37,339
Baseball / Softball Fields	6,123	1,914
Tennis Courts (Outdoor)	4,680	9,542
Swimming Pools (Outdoor)	1,717	28,171
Gateball / Croquet fields	1,612	2
Training Centres	1,760	1,747

Social Education Survey (MEXT, 2018)

Survey on the Current Status of Facilities for Physical Education and Sports Activities (MEXT, 2008)

IV. Sport Spectators

1. Sport Spectating at Live Sport Events

According to “The 2018 SSF National Sports-Life Survey”, 31.8% of adults had attended a sporting event at gymnasiums/arenas or stadium as a spectator in the previous year (Figure 2-7). When compared with previous surveys, the rate of sport spectating has stayed within the range of at around 30 percent in the last 10 years.

By gender, the spectating rate for men (36.6%) was 9.5 percentage points higher than the rate for women (27.1%) (Figure 2-8). By age, the highest spectating rate was found in the 40s age group (39.7%), followed by the 50s and 30s age groups. Since the 2000 survey, the spectating rate has consistently been found to be the highest in the 40s age group.

When looking at the results by sport, “Professional Baseball (NPB)” had the highest spectating rate at 13.7%, followed by “High School Baseball” at 5.8%, “Professional Football (J. League)” at 5.5%, and “Marathon and Ekiden - marathon relays” at 3.8% (Table 2-13).

Spectator Numbers for Professional Sport

Table 2-14 displays the yearly changes in the number of spectators attending the events of professional sport organizations affiliated with the Japan Professional Sports Association. Excluding government-operated competitive sport, “Baseball” had the most spectators in 2018, with a total of 25,550,719. Next came “Football (J. League)” with 9,767,611 spectators. In addition to baseball and football, “Men’s Golf - JGTO”, and

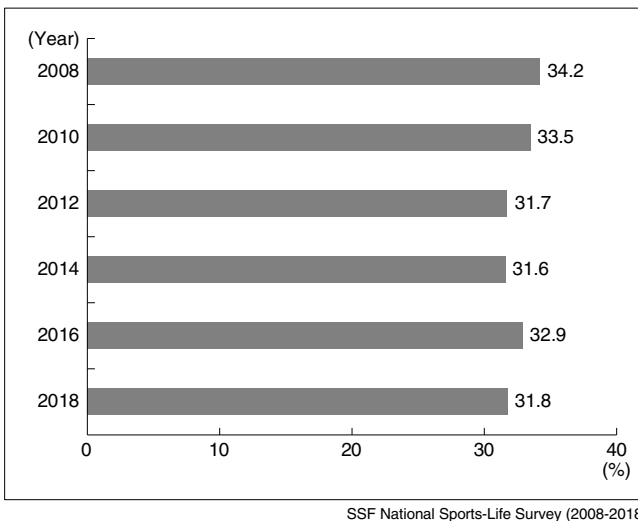
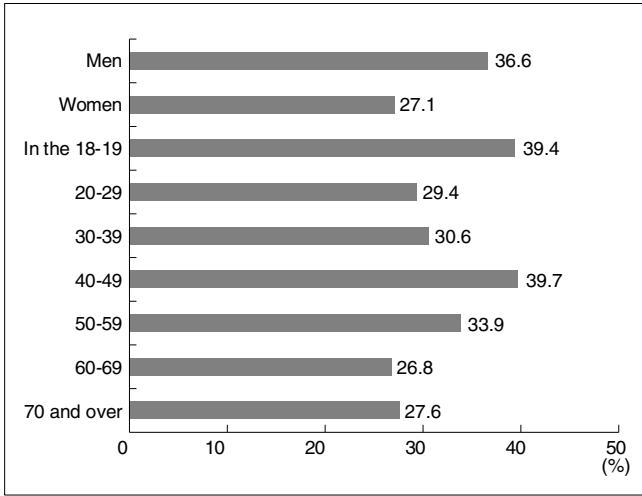


Figure 2-7 Rates of Adult Spectating Live Sport Events



SSF National Sports-Life Survey (2018)

Figure 2-8 Rates of Adult Spectating Live Sport Events (By Gender and By Age)

Table 2-13 Popular Spectator Sport (Multiple Answers)

2018			
Rank	Sport	Attendance Rate(%)	Estimated Spectators (in 10,000s)
1	Professional Baseball (NPB)	13.7	1,453
2	High School Baseball	5.8	615
3	Professional Football (J League)	5.5	583
4	Marathon and Ekiden	3.8	403
5	Football (High School, University, JFL, etc.)	1.9	202
6	Professional Basketball (B League)	1.7	180
7	Amateur Baseball (University, Company Teams, etc.)	1.6	170
8	Basketball (High School, University, WJBL, etc.)	1.5	159
	Sumo Wrestling		
10	Professional Golf	1.2	127

SSF National Sports-Life Survey (2018)

Table 2-14 Number of Spectators for Professional Sport

Sport	(Number of People)					
	2014	2015	2016	2017	2018	
Baseball	22,859,351	24,236,920	24,981,514	25,139,463	25,550,719	
Football (J. League)	8,764,301	9,169,163	9,416,913	9,708,735	9,767,611	
Men's Golf - JGTO	386,394	336,427	349,681	292,805	337,136	
Men's Golf - PGA Senior	69,227	97,296	77,208	80,401	62,332	
Women's Golf Tour	528,899	560,480	530,894	591,643	559,696	
Boat Racing	9,319,130	8,938,331	8,494,863	7,931,862	7,624,968	
Horse Racing (Japan Racing Association)	6,142,471	6,317,073	6,300,662	6,175,238	6,266,912	
Keirin	3,636,080	3,303,425	2,949,673	2,710,818	2,505,291	
Horse Racing (Local)	3,218,805	3,250,824	3,180,540	3,165,418	3,070,056	
Motorcycle Racing	1,684,330	1,657,126	1,538,074	1,453,305	1,360,446	

Note 1: Annual spectator numbers for member organizations of the Japan Professional Sports Association (JPSA).

Note 2: JGTO: Japan Golf Tour Organization, PGA: Professional Golfers' Association of Japan.

Documents published by JPSA member organizations (2019)

“Horse Racing” had more spectators than they did in the previous year.

Among government-operated competitive sport in 2018, “Boat racing” had the most spectators (7,624,968), followed by “Horse Racing (3,070,056)”, “Keirin” (2,505,291), and “Motorcycle Racing” (1,360,446). National horse racing was the only sport which showed an increase in the number of spectators from 2017, in contrast to numbers for the other publicly-run competitive sport which were either holding steady or declining.

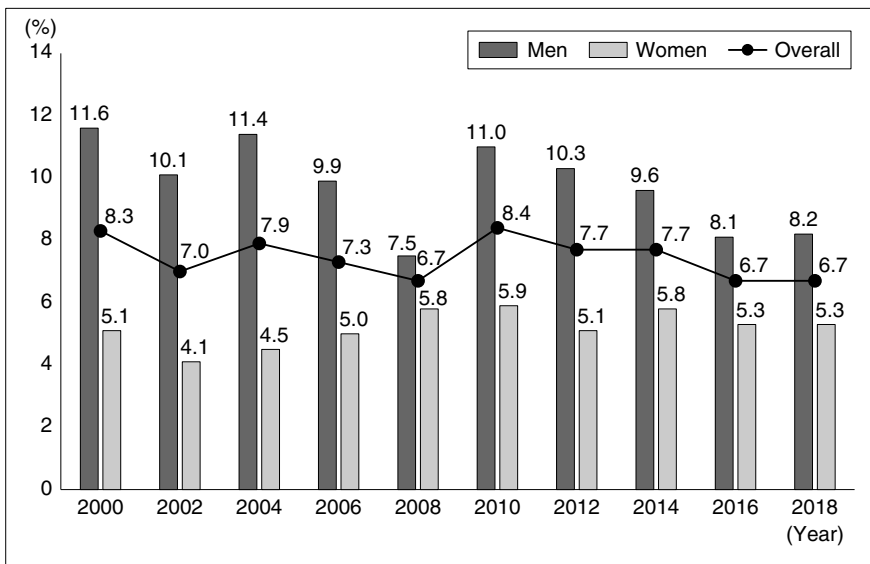
V. Volunteering in Sport

1. Rates and Types of Volunteering in Sport among Adults

According to the “SSF National Sports-Life Survey”, the rate of volunteering in sport among adults in Japan hovered at around 6-8% for the sixteen years from 2000 to 2018, which represents less than 10% of the total adult population (Figure 2-9). Based on the rate of 6.7% recorded in 2018, the total number of sport volunteers can be estimated at about 7.1 million people.

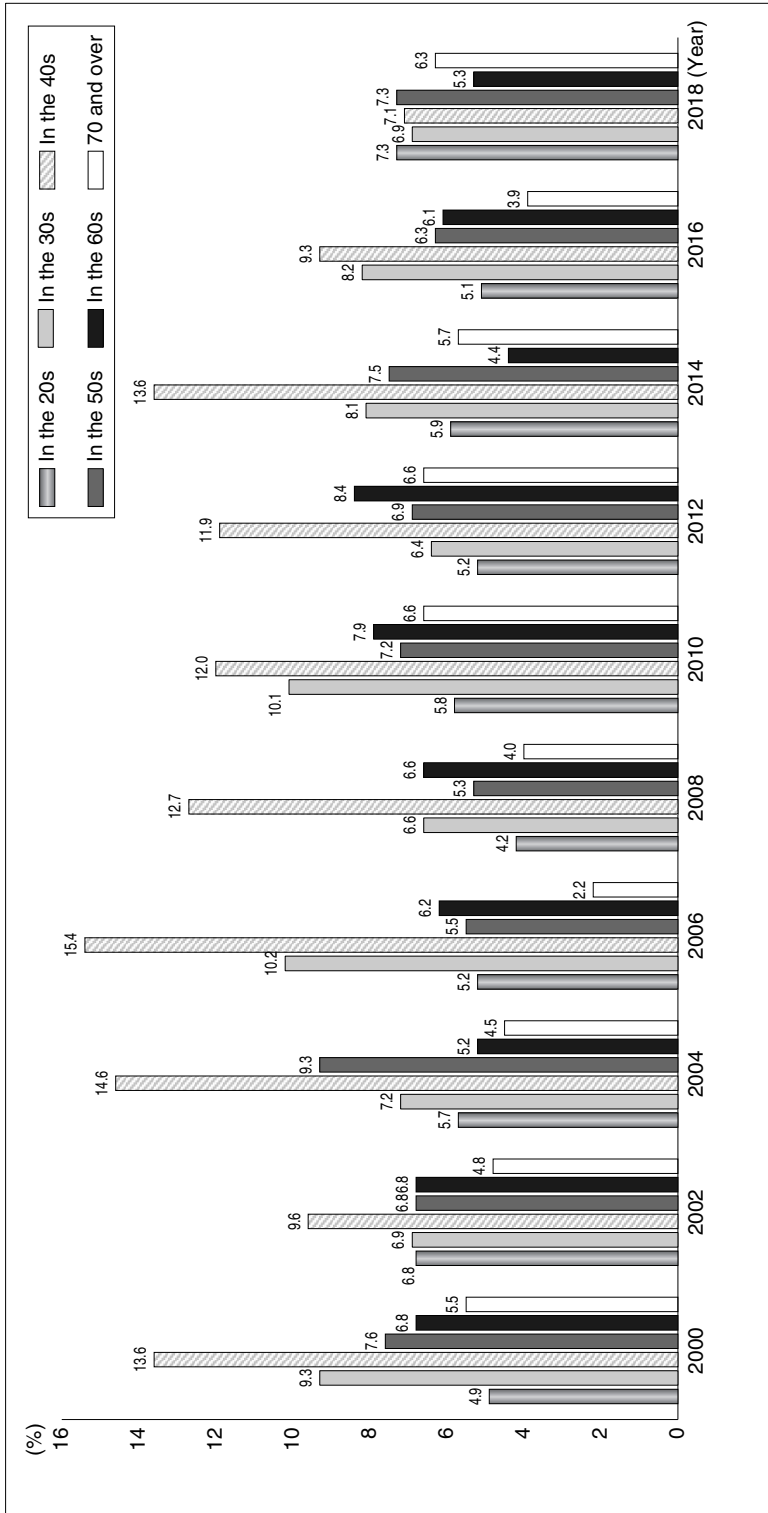
When the results were looked at by gender, the rate of volunteering in sport for men was twice as high as that of women in most of the surveys, indicating that the majority of volunteering is done by men. By age, the 50s age group had the highest rate (Figure 2-10).

The results of the 2018 survey can also be looked at concerning the types of volunteer in sports. “Running or helping sports events” at “Local sports events” was the highest ranked activity at 35.8%, followed by the same activity in “Day-to-day activities” at 31.8%, “Coaching” at 26.4%, and “Refereeing” at 24.9% (Table 2-15). In terms of the amount of times dedicated to the volunteer work per year, “Coaching” in “Day-to-day activities” was the activity with the highest frequency rate (43.3 times), followed by “Running or helping sports clubs” (25.0 times) and “Helping to manage sports facilities” (13.4 times).



SSF National Sports-Life Survey (2000-2018)

Figure 2-9 Rates of Volunteering in Sport among Adults (By Gender)



SSF National Sports-Life Survey (2000-2018)

Figure 2-10 Rates of Volunteering in Sport among Adults (By Age Group)

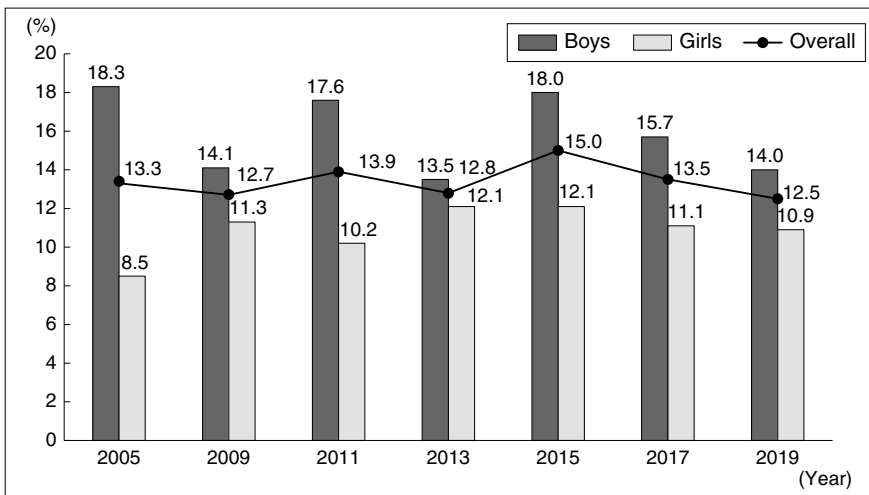
Table 2-15 Types of Volunteering in Sport (Multiple Answers)

Types of sport volunteer		Participation rate(%)	Frequency (times per year)
Day-to-day activities	Coaching	26.4	43.3
	Refereeing	24.9	11.1
	Running or helping sports clubs	31.8	25.0
	Helping to manage sports facilities	7.5	13.4
Local sports events	Refereeing	18.9	8.3
	Running or helping sports events	35.8	3.3
National and international events	Refereeing	1.0	2.5
	Running or helping sports events	4.5	1.4

SSF National Sports-Life Survey (2018)

2. Rates and Types of Volunteering in Sport among Young People Aged 12-21 Years

The rates of volunteering in sport among young people aged 12-21 years can be assessed based on “The 2019 SSF National Sports-Life Survey of Young People”. As shown in Figure 2-11, the rate of young people who responded that they had done any kind of volunteer work in sport within the previous year hovered consistently at around 12-16% for over the ten years since 2005, which is 6-8 percentage points higher than



SSF National Sports-Life Survey of Young People (2005-2019)

Figure 2-11 Rates of Volunteering in Sport among Young People Aged 12-21 years (By Gender)

that of adults.

By gender, the rate of volunteering in boys (14.0%) was 3.1 percentage points higher than that of girls (10.9%), which suggests a similar trend to that observed in adults. By school year, volunteering in sport was done the most during high school years (16.9%), followed by junior high school (12.4%) and college (10.7%).

Looking at the types of volunteer work, “Judging or helping judges” was ranked the highest at 54.5%, followed by “Helping out at sport events” at 38.8%, and “Coaching or helping coaches” at 31.1% (Table 2-21). By gender, “Judging or helping judges” was the highest for both boys (59.0%) and girls (48.3%).

Table 2-16 Types of Volunteering in Sport by Young People Aged 12-21 years (Multiple Answers) (%)

Types of sport volunteer	Overall	Boys	Girls	Junior high	High	College
Coaching or helping coaches	31.1	31.1	31.0	24.3	20.9	59.0
Judging or helping judges	54.5	59.0	48.3	71.4	51.4	41.0
Helping out at sport events	38.8	39.3	37.9	30.0	44.2	41.0

SSF National Sports-Life Survey of Young People (2019)

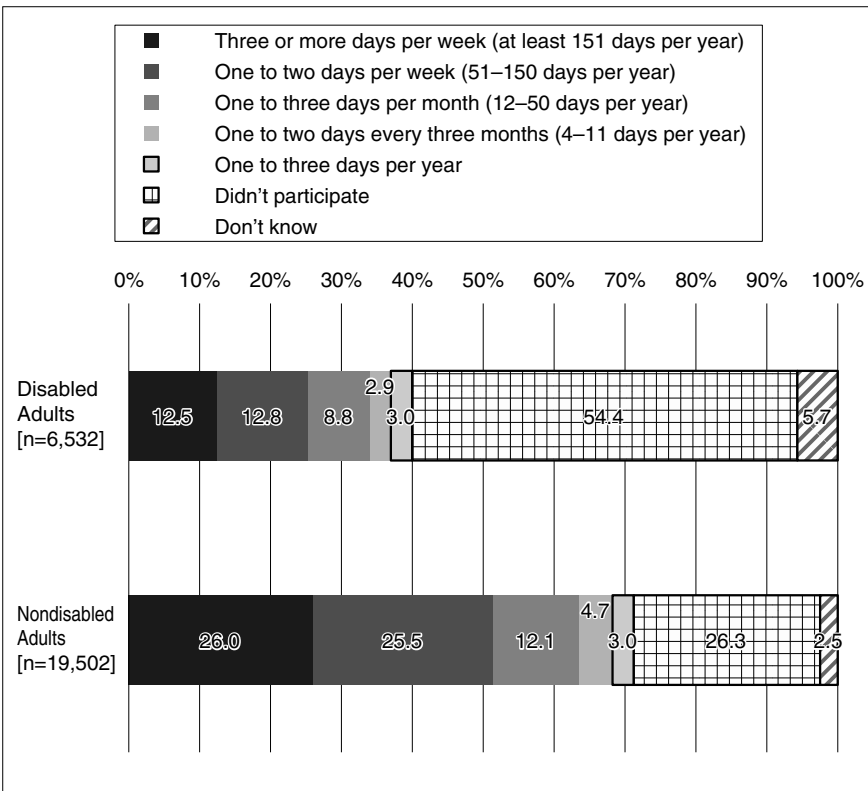
Chapter 3

Disability Sport

I. Participation in Sport and Physical Activities by People with Disabilities

1. Participation in Sport and Physical Activities by People with Disabilities

Figure 3-1 displays the number of days people participated in sport or recreation in the past year, with the results for people with disabilities on top and those for people without disabilities on the bottom. Data for



Note: Data for nondisabled adults is based on "Public Poll on Sports Participation" (2019) conducted by JSA.

National Sport Life Survey for People with Disabilities (JSA, 2018)

Figure 3-1 Number of Days that Adults Participated in Sport or Recreation in the past year

the upper portion is obtained from the report titled “National Sport Life Survey for People with Disabilities” while the bottom portion is based on “Public Poll on Participation in Sports”, both conducted by the Japan Sports Agency.

The data indicates that 12.5% of disabled adults participated three or more days per week compared to 26.0% of nondisabled adults, while 12.8% of disabled adults participated one to two days per week compared to 25.5% of nondisabled adults. Using these two levels of participation as a standard for representing individuals who engaged regularly in sport or recreation reveals that the level of participation for disabled adults (25.3%) was limited to half that reported for nondisabled adults (51.5%). Even more striking is the fact that the percentage of individuals who did not participate was nearly two times higher for disabled adults (54.4%) than nondisabled adults (26.3%).

Types of Sport Played by People with Disability

Table 3-1 displays the sport and recreational activity participation for disabled adults in the past year, sorted by eight types of disabilities. “Strolling” had the highest participation for all disability types, followed by “Walking” and “Calisthenics and light exercise”, except for “Limb Impairment” which have “Baseball” on the second. Also making it on the list is participation in aquatic exercises, such as “Swimming” and “Water walking”, which have long been used for rehabilitation.

2. Participation in Sport by Children and Young People with Disabilities

Figure 3-2 displays the number of days that disabled children and young people between the ages of 7 and 19 participated in sport and recreation. According to the “Project for promotion of disability sports in the communities (Research on promoting sports participation for people with disabilities)” by the Japan Sports Agency, 14.5% participated three or more days per week in the past year, while 15.9% participated one to two days per week. The percentage of disabled children in this age group that participated at least one day per week was therefore 30.4%, compared to 44.8% who responded that they did not participate at all. As for disability type, about 40% of children with developmental disability participated in sport and recreation at least one day per week, compared to about 10% of children with limb impairment [requiring wheelchair].

Table 3-1 Participation in Sport and Recreation for the past year by Disability Types (n = 2,755 adults; multiple answers)

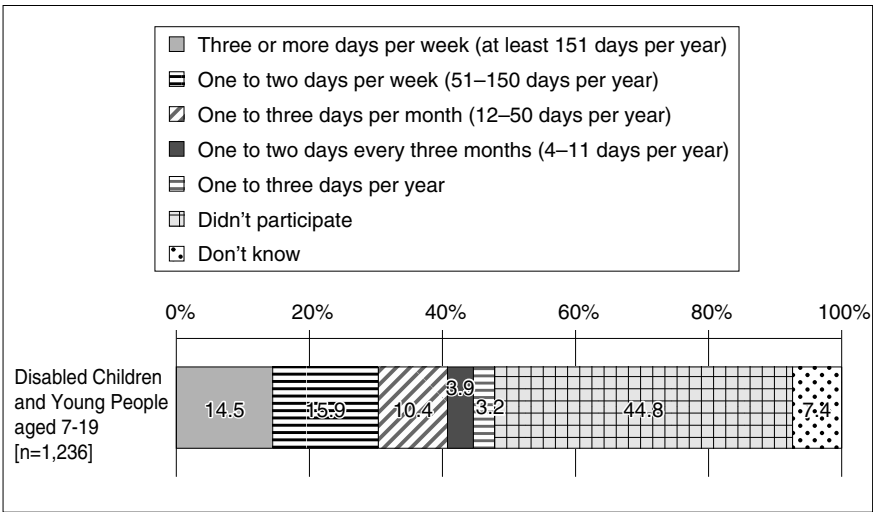
Limb Impairment [Requiring Wheelchair]		Limb Impairment [Not Requiring Wheelchair]		Visual Impairment		Hearing Impairment	
Rank	%	Rank	%	Rank	%	Rank	%
1	13.6	1	38.9	1	36.5	1	36.8
2	10.2	2	28.3	2	28.7	2	28.1
3	9.1	3	10.9	3	9.9	3	11.6
4		4	10.7	4	9.6	4	9.4
5	8.5	5	10.0	5	8.2	5	8.1
5							

Intellectual Disability		Developmental Disability		Mental Disorder		Other (Including Speech and Internal Disabilities)	
Rank	%	Rank	%	Rank	%	Rank	%
1	39.5	1	41.3	1	43.0	1	40.8
2	24.3	2	28.7	2	36.1	2	28.2
3	18.9	3	13.4	3	14.0	3	11.5
4	14.2	4	12.6	4	11.1	4	9.0
5	10.1	5	12.1	5	10.8	5	8.1

Reference: SSF National Sports-Life Survey 2016		Reference: Public Poll on Sports Participation 2016	
Rank	%	Rank	%
1	31.7	1	38.7
2	23.5	2	15.0
3	17.0	3	14.0
4	13.7	4	10.4
5	9.5	5	8.8

Note 1: Use of a wheelchair is determined by whether one is required for daily life.

Note 2: SSF National Sports-Life Survey is a national survey of individuals over the age of 18.



National Sport Life Survey for People with Disabilities (JSA, 2018)

Figure 3-2 Number of Days Disabled Children and Young People aged 7-19 Participated in Sport and Recreation in the past year

Participation in Sport and Recreation by Disability Type

Table 3-2 displays the top three sport and recreation activities that children and young people with disabilities participated in over the past year for each disability type. “Swimming”, “Strolling” and “Walking” had high participation rates at all disability types. “Swimming” had the highest participation among five disability types due to its many different approaches and instructional methods, which strengthens its coaching and support systems and allows it to be actively implemented for school-age children.

Table 3-2 Sport and Recreation Participation for the past year by Disability Type (n = 783 disabled children and young people aged 7–19; multiple answers)

Limb Impairment [Requiring Wheelchair]			Limb Impairment [Not Requiring Wheelchair]			Visual Impairment			Hearing Impairment		
Rank	n=30	%	Rank	n=69	%	Rank	n=33	%	Rank	n=60	%
1	Playing catch	23.3	1	Swimming	23.2	1	Swimming	36.4	1	Swimming	28.3
2	Swimming	20.0	2	Strolling	13.0	2	Football	27.3	2	Strolling	21.7
3	Camp	13.3	3	Baseball	10.1	3	Skipping rope	21.2	3	Football	15.0
4	Callisthenics and light exercise			Football			Callisthenics and light exercise			Playing catch	
	Dance			Playing catch			Strolling			Skiing	
	Walking	10.0	5	Softball	8.7	5	Jogging/Running	18.2	4	Table tennis	13.3
	Strolling			Basketball			Sea bathing				
	Boccia						Dodgeball				

Intellectual Disability			Developmental Disability			Mental Disorder			Other (Including Speech and Internal Disabilities)		
Rank	n=237	%	Rank	n=397	%	Rank	n=79	%	Rank	n=90	%
1	Swimming	40.1	1	Swimming	39.8	1	Strolling	25.3	1	Strolling	30.0
2	Strolling	35.4	2	Strolling	31.0	2	Swimming	22.8	2	Swimming	25.6
3	Walking	21.1	3	Skipping rope	23.7	3	Skipping rope	20.3	3	Walking	17.8
4	Skipping rope	15.2	4	Football	17.9		Walking	19.0	4	Callisthenics and light exercise	14.4
5	Jogging/Running	14.8	5	Walking	17.4	4	Jogging/Running		5	Skipping rope	13.3
										Sea bathing	

Reference: SSF National Sports-Life Survey of Young People 2015		
Rank	n=1,712	%
1	Football	29.4
2	Playing tag	28.7
3	Basketball	28.1
4	Dodgeball	25.0
5	Jogging/Running	24.9

Note 1: Use of a wheelchair is determined by whether one is required for daily life.

II. Sport Facilities for People with Disabilities

1. Sport Centers for People with Disabilities

Sport centers for people with disabilities allow people with disabilities to have exclusive or priority access. These centers are equipped with a range of facilities, such as gymnasiums, swimming pools, playgrounds and training rooms, which have been designed to be more easily used by people with disabilities. The SSF “Research on Sports Facilities for People with Disabilities” (2019) reported that there were 141 such facilities in Japan in 2018. Of these, 86.1% of facilities are equipped with gymnasiums, 38.9% with training rooms, 36.1% with swimming pools, 34.3% with multi-purpose rooms, 30.6% with sound table-tennis rooms, and 23.1% with table-tennis rooms.

Along with universal design features, such as the elimination of steps, the installation of braille blocks and barrier-free restrooms, to accommodate the needs of people with disabilities, these facilities also offer a variety of information resources to assist people with disabilities. Such resources include the use of visual displays for people with intellectual disabilities and an electronic bulletin board to assist people with hearing impairments. Moreover, tools and equipment that allow people with disabilities to participate in sport, as well as full-time disability sport instructors are available in most of the centers, which often serve as a community hub for disability sport activities.

According to the same survey above, 90.3% of these facilities are run by designated managers, while 9.7% are managed directly by their local governments. Of the facilities with designated managers, 26.1% are managed by social welfare councils, 25.0% by quasi-governmental social welfare corporations, 14.1% by social welfare corporations, and 8.7% by welfare associations for people with physical disabilities and disability sports associations.

About 70% of the sport centers for people with disabilities were built before the 1990s, and only a few centers have been constructed since then. Based on the background purposes for their establishment, sport centers for people with disabilities can be divided into the following seven types. By March 2006, all type 2 and type 3 facilities was transferred to municipalities and they are currently being managed by a variety of organizations.

1. Welfare Centers for the Persons with Physical Disabilities (Type A)

Facilities specified in the Act for the Welfare of Physically Disabled Persons, aimed at supporting social participation of persons with

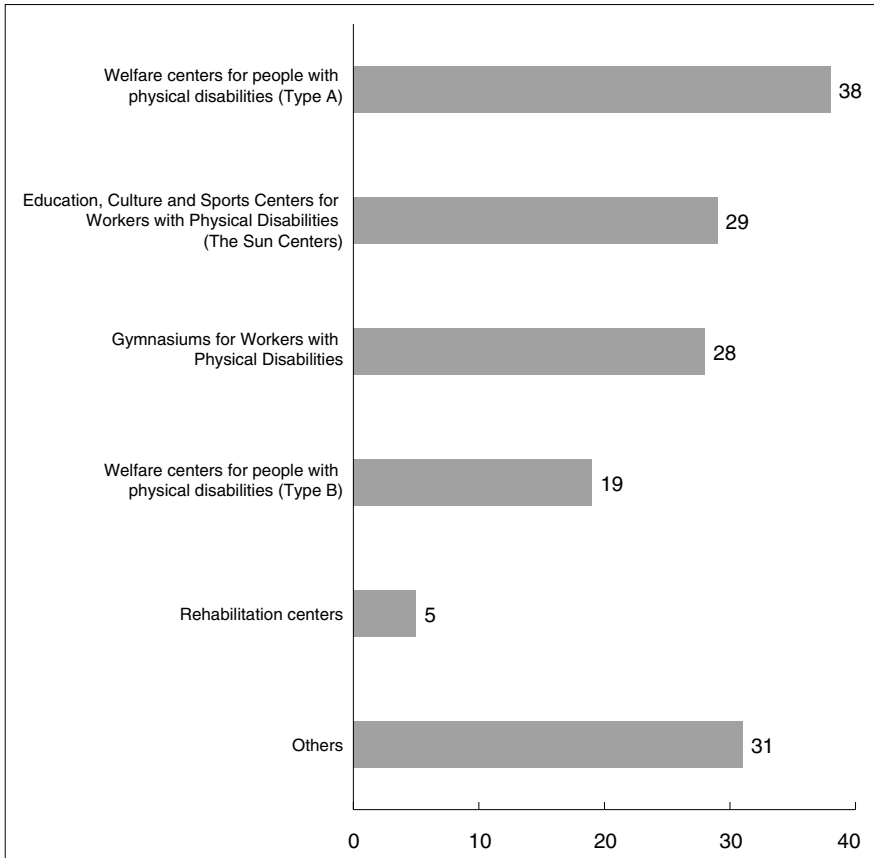
physical disabilities.

2. Gymnasiums for Workers with Physical Disabilities

Facilities formerly known as “Gymnasiums for Workers with Physical Disabilities” were established in 1961 by the Employment Promotion Corporation, with the aim of improving welfare and more stable employment of workers with physical disabilities.

3. Education, Culture and Sports Centers for Workers with Physical Disabilities (The Sun Centers)

Facilities formerly known as “Education, Culture and Sports Centers for Workers with Physical Disabilities (The Sun Centers)” were also established by the Employment Promotion Corporation, with the aim of making use of available facilities to improve the physical functions, physical fitness, communication, education and cultural welfare of



SSF Research on Sports Facilities for People with Disabilities (2019)

Figure 3-3 Number of Sport Facilities with Exclusive or Priority Access for People with Disability by Categories

workers with physical disabilities.

4. Welfare centers for people with physical disabilities (Type B)
Welfare centers as defined by the Act on Welfare of Physically Disabled Persons that are at least 424 square meters in size and offer creative activities, opportunities to be productive, encouragement to interact with the world, volunteer training, and other services that will help people with physical disabilities participate in society.
5. Rehabilitation centers
Facilities that offer complete support services to people with disabilities, from functional recovery training to reentry into society.
6. Recovery centers for people with disabilities
These welfare centers are designed for people with physical disabilities in order to improve their health and social participation by providing a place where they or family members can freely lodge, rest, or engage in recreation at.
7. Others
Facilities that have been established by prefectures or ordinance-designated cities for purposes other than those listed above (1 to 6).

Feature of Sport Facilities with Exclusive or Priority Access for People with Disabilities

About 70% of sport facilities that are exclusively for people with disabilities were constructed prior to the 1990s. Since they are public facilities, they have implemented repairs, earthquake-proofing, etc. within their limited budgets; however, such facilities have also been demolished, had their functions relocated, or been newly built. About 30% of these facilities have an adjoining room for sound table tennis. Enjoyed primarily by people with visual impairment, sound table tennis requires soundproofed, quiet rooms and a dedicated tennis table. Setting up the game at public sport facilities is not an easy process. One of the characteristics of a sport facility that is tailored exclusively for people with disabilities is the permanent installation of a soundproofed room for sound table tennis; four of the five facilities newly built since 2012 have included such installations. Also, the fact that usage of facilities of day-service programs during after-school hours increased from 45.2% (in the 2015 survey) to 64.2% is presumably due to the influx of many private business operators following the creation of that system in 2012.

Usage of Sport Facilities with Exclusive or Priority Access for People with Disability

The method each sport facility with exclusive or priority access for disabled people uses to calculate visitor numbers varies; 54.0% of these facilities determine it by totaling the number of individuals who complete the sign-up process at the reception desk, while 36.5% count for the number of users of each section of the facility. All of the facilities that had over 100,000 total visitors (including people with disabilities) in 2017 are located in major cities and are ranked as follows, from most visitors to least (Table 3-3): Osaka City NAGAI Sports Center for Persons with Disabilities; Yokohama Rapport Sports & Cultural Center for Disabled; Tokyo Metropolitan Sports Center for the Disabled; Osaka City MAISHIMA Sports Center for Persons with Disabilities; Tokyo Metropolitan Tama Sports Center for the Disabled; Saitama Social Activities Center for the Disabled; Osaka Prefectural Community Center for People with Disabilities (Fine Plaza Osaka); and Kyoto Disabled Sports Center.

Sport participation for people with disabilities is expected to increase since the Act on the Elimination of Discrimination against Persons with Disabilities went into effect in 2016, thus sport facilities with exclusive or priority access for disabled people are anticipated to help handle new influx of disabled people to public sport facilities.

Table 3-3 Sport Facilities with Exclusive or Priority Access for Disabled People with more than 100,000 users (2015 - 2017)

Name of facilities	2015	2016	2017
Osaka City NAGAI Sports Center for Persons with Disabilities	265,322	245,750	250,511
Yokohama Rapport Sports & Cultural Center for Disabled	227,078	223,603	219,448
Osaka City MAISHIMA Sports Center for Persons with Disabilities	158,697	163,394	164,838
Tokyo Metropolitan Sports Center for the Disabled	153,451	127,466	71,635*
Saitama Social Activities Center for the Disabled	128,812	142,276	116,395
Osaka Prefectural Community Center for People with Disabilities (Fine Plaza Osaka)	118,880	128,031	110,096
Kyoto Disabled Sports Center	104,897	103,790	106,016

Note : Tokyo Metropolitan Sports Center for the Disabled was operated in a temporary facility in 2017 due to the renovation.

III. High Performance Measures for Paralympic Sport

1. Measures for Improving Competitiveness for Paralympic Sport

In its analysis of the results from the 2016 Paralympics in Rio de Janeiro, the Japanese Paralympic Committee (JPC) found that; (a) there are insufficient support systems for producing top performance; (b) there is not enough data analysis of the world's gold-medal contenders; (c) there is a small number of athletes who have the potential to win gold medal; and (d) efforts to enhance athletic performance are lagging behind those of countries ranked high on the medal chart. Recognizing that packing all venues with spectators and spectacular performances of Japanese athletes will be essential to succeeding at the Tokyo 2020 Paralympics, the JPC is working to enhance performance and achieve its goal of finishing in the top seven on the gold medal ranking.

JSA Policy for Supporting Competitiveness

The Support Policy for Enhancing Future Athletic Performance defines the time until FY2018 as the “period for building the foundation of a successful performance.” To maximize performance in all events, a joint team that includes both the JOC and JPC was created in the High-Performance Center within the JSC; that team has provided diverse consulting on the performance-enhancement strategies formulated by national governing bodies of sport (NFs) and actively supported the enhancement activities of those organizations.

During the “last-spurt period” of 2019–2020, the team has provided flexible, focused support to maximize the possibility of earning medals based on the results of each NF during the period for building the foundation of a successful performance. Also, during this last-spurt period, the JSA will designate the events with high potential to win medals at Tokyo 2020 as “Tokyo Focused-Support Events.” 10 Paralympic events have been selected for focused support such as additional grants for improving athletic performance: wheelchair rugby, wheelchair tennis, cycling, judo, swimming, badminton, boccia, track-and-field (physical disability), archery, and goalball.

JPC Measures

To augment the functionality of its main office, the JPC plans to hire more staff, expand its offices, establish various committees, assist with performance enhancement, support the field of medical science, and improve its athlete support and placement. Working with the Japan Sport Agency, the Japan Sport Council (JSC), and the Japanese Olympic

Committee (JOC), a new Indoor Training Center East at the National Training Center (NTC) was built within the High Performance Sport Center for use by both Olympic and Paralympic athletes. The JPC has also strengthened Paralympic sport organizations by supporting performance enhancement through the Japan Institute of Sports Sciences (JISS) and by establishing NTC reinforcement sites for each sport. It is in the process of creating an environment that allows it to devote itself to enhancement activities—its supporting funds to organizations have increased each year; it is improving its training projects such as overseas trips and training camps; and it has introduced a system for compensated full-time staff.

After narrowing down the list of athletes and events that have gold-medal potential at the Tokyo 2020 Paralympics, the JPC created the Tokyo 2020 Special Support Committee to provide those athletes and events with; (a) thorough enhancement strategies based on medicine, science, and data; (b) fully-equipped training facilities and environments; (c) substantial, high-level competitive environments and improving international athletic performance; and (d) research and development of equipment used in matches, such as wheelchairs and prosthetic legs.

2. The National Training Center for Paralympic Sport

The National Training Center East – Indoor Training Center

To allow it to be used as a shared training facility for Olympic and Paralympic athletes, National Training Center East has indoor handrails marked with braille, sliding doors, scales and training equipment for wheelchair athletes, and shower-use wheelchairs that are designed to get wet. There are many other improvements throughout the facility, such as air pumps for tires and minimized gradients in the bathtubs of the carbonated-spring bathing facility, which helps athletes recover from fatigue. The facility tour features an exhibit introducing Paralympic events, which is expected to play a role in increasing the public understanding of disability sport.

NTC East aims to improve athletic competitiveness on the international level by continuously providing meals, lodging, and recovery under the same roof as its training facilities, which include five dedicated training grounds (swimming, table tennis, fencing, archery, and marksmanship) plus four shared courts that are expected to be used primarily for ball sport. While Paralympic sport such as wheelchair basketball, boccia, and power lifting take priority for using the shared courts, athletes competing in some of the Olympic events can also use them. The swimming pool is built to the same specifications as those

used in the Olympic Games (ten lanes with a depth of 3 meters). Capable of housing up to 28 tables, the table-tennis room is designed with air-conditioning vents in the floor to reduce the effects of wind on the games. The archery range is equipped with a device that can create a crosswind of about 10 m/s, allowing athletes to practice under adverse conditions. The fencing area boasts 30 pistes—the most of any training facility in the country—and has many ingenious features, including cables that connect the athlete’s body to a scoring box inside the floor.

Event Specific Affiliated National Training Center Facilities for Paralympic Sport

As for events which are not sited at the NTC, JSA has designated “Event Specific Affiliated National Training Center Facilities” and is providing training environments to improve international athletic performance in coordination with the NTC. As of October 2019, 17

Table 3-4 Event Specific Affiliated National Training Center Facilities for Paralympics

Sport	Designated facilities	Location
Athletics	Tanabe Sports Park	Wakayama
Wheelchair Tennis	Chikuho Heights	Fukuoka
Football 5-a-side	ZOZOPARK HONDA FOOTBALL AREA	Chiba
Wheelchair Basketball	Chiba Port Arena	Chiba
Boccia	Osaka City MAISHIMA Sports Center for Persons with Disabilities	Osaka
Powerlifting	Kyoto Prefectural Welfare Center for People with Mental and Physical Disabilities	Kyoto
Sitting Volleyball	Himeji City Hall Annex	Hyogo
Goalball	Tokorozawa Municipal Gymnasium	Saitama
Wheelchair Fencing	Former Kyoto City Sanno Elementary School	Kyoto
Para Canoe*	Lake Kiba Canoe Sprint Course	Ishikawa
Para Cycling*	Japan Cycle Sports Center	Shizuoka
Para Triathlon*	Phoenix Seagaia Resort	Miyazaki
Para Taekwondo*	Hashima Disaster Prevention Station	Gifu
Para Equestrian*	Gotenba Horsemanship and Sports Center	Shizuoka
Para Biathlon*	Tayama Shooting Range	Iwate
Para Ice Hockey	Yamabiko Skating Complex	Nagano
Para Alpine Skiing	Sugadaira Pinebeak Snow Park	Nagano
High Altitude Training*	Hida Ontake Kougen Highland Sports Training Area Zao Bodaira Athlete Village	Gifu Yamagata

* Joint use with Olympic sport.
As of October 2019

Japan Sports Agency (2019)

facilities have been designated for Paralympic sport, and work is being done to augment them for the purpose of enhancing athlete performance in those sport (Table 3-4). This includes improvements to their training environments, medical, scientific, and data support systems, and networks.



IV. The Nippon Foundation Paralympic Support Center

After Tokyo was selected to host the 2020 Paralympics, the Nippon Foundation established the Nippon Foundation Paralympic Research Group in June 2014 to extensively study how the event should be held and how Japan should prepare. The group has invited experts and practitioners from a variety of fields to give lectures at its study sessions as it promotes the exchange of ideas among researchers, Paralympians, companies, journalists, individuals connected with disability sports, and others, as it advances research and study on topics related to the Paralympics, issues bulletins, and hosts international symposiums.

During this process, one of the common issues was the management of sport organizations. In consideration of the current insufficiencies regarding dedicated offices and personnel, the foundation created the Paralympic Support Center (“Parasapo”) on May 15, 2015, and announced that it would provide approximately 10 billion yen in assistance through the year 2021. To propel the Paralympic movement, it is working to strengthen the foundation of Paralympic sport organizations and to promote public understanding of the Paralympics.

Diversity and Inclusion Program

Under its slogan “Social Change with Sports,” the Paralympic Support Center has provided a variety of programs to a diverse group of people, including education, training, lectures, and events. In February 2019, the “Asu-Challe! (Challenge for Tomorrow) School” traveling classroom delivered a hands-on para-sport experience to about 140,000 children in elementary, middle, and high schools across 47 prefectures. Para-sport events such as Para Ekiden and Para Festival went beyond the framework of sport, allowing roughly 143,000 attendees over four years to enjoy themselves regardless of whether or not they have a disability.

Strengthening the Foundation of Paralympic Sport

Fact-finding surveys conducted on sport organizations after the center was established have revealed issues in the current state of their executive structures, personnel, and financial affairs. In particular, most of their annual budgets are comprised of grants, and they have difficulty raising enough funds to cover their fixed costs such as those required to maintain their offices and personnel. To combat this, the Center decided to implement support in three ways: (a) create a joint office that provides workspace free of charge and encourages organic interaction between

fellow organizations, (b) establish a system for subsidies that can be allocated to the wages of executive-office personnel, and (c) provide back-office functions that help organizations operate more efficiently, such as consolidating common tasks like accounting and translation.

The subsidy system can be broadly divided into personnel costs and operating costs. Personnel costs are allocated to the hiring of individuals that work in the executive office, while operating costs are allocated to the following five categories; (a) governance (acquiring corporate status, establishing internal regulations, outsourcing accounting tasks, etc.); (b) personnel training (training executive employees, improving the skills of referees and members of classification committees, etc.); (c) public awareness (holding hands-on learning sessions to increase the athlete population ; (d) PR and marketing (policies to increase the fan base, such as updating websites and creating pamphlets); and (e) other costs. The amount of funds contributed was as follows: in 2015, about 80 million yen went to 21 organizations; in 2016, about 270 million yen went to 29 organizations; in 2017, about 390 million yen went to 29 organizations; in 2018, about 430 million yen went to 29 organizations; and in 2019, about 440 million yen went to 30 organizations.

This support is provided to encourage each organization to achieve independent operation once the support ends, and an upper limit on the subsidy is set based on the management status of the organization and its expected management in the future. The same policy is applied to the back-office functions that consolidate common tasks. In addition, the Nippon Foundation Para Arena was constructed in 2018 as an exclusive para-sport gymnasium that serves as a training environment for Paralympic athletes and a place to hold events that raise public awareness about para-sport as the Tokyo Paralympics draw near.

Chapter 4

Human Resources for Sport

I. Professions in Sport

1. Human Resources in Local Sport Administration

Sport administration in prefectures and municipalities has mainly been governed by the local Boards of Education, pursuant to Article 23 and 24-2 of the “Act on the Organization and Operation of Local Educational Administration” enacted in 1956. However, after the revision of the Act in 2007, many local governments transferred the responsibilities of sport administration to their own jurisdiction. According to the “Survey on Local Sport Administration” (2017) conducted by the Japan Sports Agency, as of 2016 the sport administration department was located within the governor’s office for 53.2% of the 47 prefectures and within the mayor’s office for 19.6% of the 790 municipalities that responded to that survey. In the “SSF All Municipalities Survey on Sports Promotion” conducted by SSF in 2016, these numbers were 44.7% for the 47 prefectures and 15.2% for the 1,188 municipalities. Sport administration offices governed by local governments are often referred to as Sports Promotion Division or Health and Physical Education Division, depending on the municipality.

The survey revealed that 1,927 people in total and 41.0 people on average were employed full-time in the sport administration departments in prefectures, with 14.3% of them assigned to “lifelong sports”, 21.7% to “high performance sports”, and 4.5% to “para-sports”. The total numbers for the 790 municipalities was 4,528 people and 5.7 people on average, of which 21.7% of them were assigned to “sports facilities management”, 17.9% to “lifelong sports”, and 10.3% to “high performance sports”.

2. Human Resources in Sport Organizations

There are various sport organizations across Japan. With a few exceptions, the national governing bodies of sport (NGBs) serve as the main administering body of each sport, and have a number of affiliated organizations including prefectural associations. To understand the current number of staff members in NGBs who are engaged in the promotion of each sport, the results of the “SSF Census of the National Governing Bodies of Sports” (2019) were examined. The subjects of the survey were

89 sports organizations that were affiliated organizations of either Japan Sport Association (JSPO), Japanese Olympic Committee (JOC) or Japan World Games Association (JWGA).

Staff members in National Governing Bodies of Sport (NGBs)

NGBs were asked for the number of staff members in each of the following positions: directors (full-time and part-time), auditors, councilors, regular employees, contract/commissioned workers, seconded employee (from sponsor companies, etc.), temporary workers, part-time workers, interns and others. The total number of staff members in the 63 organizations that responded to the survey was 3,652 people. Of this number, 1,387 were directors (including auditors), 1,363 were councilors and 902 were operating staff members (Table 4-1).

The average number of operating staff members (excluding directors and councilors) was 14.3 persons per organization. However, this number varied depending on the organization. For example, some organizations had no operating staff members, while another had 158. With regard to those organizations that had no operating staff members (5 organizations), it is assumed that the directors worked in various positions.

By gender, the proportion of men working as operating staff members was higher, accounting for 54.4% of the total while women made up the remaining 45.6%. Looking at the employment status of

Table 4-1 Number of Staff Members in National Governing Bodies of Sport

Type	Men	Women	Total
Director (full-time)	116	13	129
Director (part-time)	963	156	1,119
Auditor	121	18	139
Councilor	1,245	118	1,363
Full-time employee	347	234	581
Contract/commissioned worker	64	51	115
Seconded employee	53	15	68
Temporary worker	5	48	53
Part-time worker	17	55	72
Intern	0	3	3
Others	5	5	10
Total	2,936	716	3,652

Note: The results show the total number of workers are in 63 affiliated organizations of JSPO, JOC or JWGA that responded to the survey.

those operating staff, excluding directors and councilors, 64.4% were regular employees, 26.6% were non-regular employees (such as contract/commissioned workers, temporary workers and part-time workers) and 7.5% were temporarily seconded employees from other companies including sponsors and suppliers.

The average number of directors was 22.0 persons per organization, and 10.3% of these were full-time directors. By gender, male directors accounted for 87.0% of the total and female directors accounted for 13.0%, showing that female directors remained around 10%. Among the respondents, 7 organizations (11.1%) did not have any female directors present, and those that had two or fewer female directors accounted for 57.1% of the total respondents.

3. Human Resources in Sport Industries

To understand the number of employees in Japan's sports industries, the "Japan Standardized Industrial Classification" of the Ministry of Internal Affairs and Communications (MIC) was used to extract a list of all the sports industries in Japan. Then, the number of employees in each of those industries was obtained from "Economic Census" by the MIC. A total of 14 different types of industries were examined, all of which were not involved in any businesses other than those sport-related. The industry that had the highest number of employees was "golf courses" (with 116,437 people), followed by "sporting goods retailers" (88,609 people), "fitness clubs" (86,309 people) and "sports and health classes" (76,963 people) (Table 4-2). When all of the workers in these 14 industries were combined, the total number was 501,070 people.

Compared to the results obtained in 2012, the number of sport-related employees in 2016 had increased by 28,806 people and it showed increase in 7 sport industries. This increase was particularly high in "gymnasiums" and "bowling alleys".

4. University Students and Faculty Members in Physical Education

The number of university students and faculty members in physical education and sport departments were examined based on the findings from the "Schools Basic Survey (for higher education institutions)" (2015 and 2018) conducted by MEXT. The total number of students in departments that were exclusively devoted to physical education and sport -"Faculty of Sports and Health Science", "School of Physical Education", "School of Health and Physical Education", "Department of Sports Science" and "Department of Sports"- was 28,124 in the survey conducted in 2004.

However, new sports departments have been established every year since 2009, and the total number of those students studying sport has steadily increased to 42,187 in 2015 and 45,924 in 2018 (Table 4-3).

The number of students in other departments (such as Department of Education or Department of Human Sciences) who might have studied physical education or sport were not included in this survey. Thus, the actual total number of students may be greater than those obtained. Additionally, the number of faculty members in physical education and sport departments has increased from 1,389 in 2015 to 1,632 in 2018.

Table 4-2 Number of Employees in Sport Industries

Industries	Number of Workers		Increased/Decreased Number (%)
	2012	2016	
Sporting and athletic goods manufacturing	17,188	16,661	-527 (-3.2)
Sporting goods retailers	82,300	88,609	6,309 (7.1)
Sports and hobby goods rental outlets	4,291	3,473	-818 (-23.6)
Facilities for public gambling sports (horse race, bicycle race, motorboat race and motorcycle race)	21,795	15,423	-6,372 (-41.3)
Sports facilities			
Gymnasiums	5,555	11,585	6,030 (52.1)
Golf courses	115,895	116,437	542 (0.5)
Golf ranges	31,231	28,410	-2,821 (-9.9)
Bowling alleys	13,303	18,667	5,364 (28.7)
Tennis clubs	2,979	2,752	-227 (-8.2)
Batting tennis centers	2,954	2,637	-317 (-12.0)
Fitness centers	73,543	86,309	12,766 (14.8)
Sports facilities (other than those above)	35,506	33,144	-2,362 (-7.1)
Sports and health classes	65,724	76,963	11,239 (14.6)

Economic Census (MIC, 2012 and 2016)

Table 4-3 Number of University Students and Faculty Members in Physical Education and Sport Departments

Department Name	2015			2018		
	Universities	Students	Faculty Members	Universities	Students	Faculty Members
Faculty of Sports and Health Science	10	7,898	276	12	9,087	343
School of Physical Education	12	22,356	744	11	22,171	743
School of Health and Physical Education	1	1,047	–	1	1,029	–
Faculty of Culture and Sports Policies Policy	1	1,190	34	1	1,211	34
Department of Sports Science	3	5,272	170	6	6,961	259
School of Health and Sports Science	1	750	20	1	694	20
Department of Sport Promotion		Established in 2017		1	78	18
Department of Sports	2	2,443	81	2	2,603	85
School of Lifelong Sports	1	859	42	1	950	41
Department of Sports and Human	1	372	22	1	466	23
Faculty of Sport Culture		Established in 2017		1	410	28
Faculty of Sport Management		Established in 2018		1	264	38
Total	32	42,187	1,389	39	45,924	1,632

Schools Basic Surveys (MEXT, 2015 and 2018)

II. Sport Instructors

1. Sport Instructor Qualification Scheme

Japan's Sport Instructor Qualification Scheme was developed from the qualification system established by the Minister of Education in 1987 ("Assessment Project of Knowledge and Skills of Social Sports Instructors"). This was an instructor development project implemented by sport organizations. Instructors who satisfied the standards determined by the Ministry of Education (currently MEXT) received a so-called "stamp of approval", indicating that their level of knowledge and skills was officially recognized. Previously, the Japan Sport Association (JSPO) had launched the Instructor Qualification Scheme for each sport in 1977 (which was somewhat similar to the current scheme) with the cooperation of NGBs. There were only about 32,000 people registered for certification till 1988. In 1989, the scheme was revised, and was incorporated into the project authorized by the Minister of Education. As a result, more people were interested in obtaining an instructor qualification and the number of registered instructors exceeded 50,000 in 1994.

With the trends of administrative reforms, since 1996 ministry approval towards any qualification scheme operated by a public interest corporation is required to be in accordance with the Act. This came to be recognized as the "Regulations relating to Assessment Project of Knowledge and Skills of Social Sports Instructors" of the Ministerial Ordinance, specified based on Article 11 (Improvement of Instructors) of the "Sports Promotion Act". All organizations operating the qualification scheme (including JSPO, NGBs and National Recreation Association of Japan) became the government-authorized qualification providers. However, in 2002 the Cabinet office approved the "Implementation Plan for the Reform of Modalities in the Administration of Public Service Corporations" and abolished the Minister's responsibility to ensure the legality of examinations conducted by public service corporations at the end of 2005.

After this abolition, the JSPO reshaped their qualification scheme, and has been operating their officially authorized "Sports Instructor Qualification Scheme" ever since. In response to Article 11 (Training of Instructors) of the "Basic Act on Sport", the Sport Basic Plan (2012) has set the following new policy goals: promoting the training of sports instructors, taking into account the needs of local residents and sports organizations; effectively utilizing qualified sports instructors; training sports instructors that can contribute to the success of high performance sports; and enriching the career paths of top-level athletes and sports instructors.

2. JSPO Sports Instructor Qualification Scheme

Table 4-4 shows the five categories and 16 different types of qualifications, except for “Former Qualifications”, that are offered by JSPO. With the cooperation of NGBs, JSPO provides “Qualifications of Instructors per Competition” which are intended to train instructors of each sport, and are composed of six types of qualifications according to their age and level of skills. To date, JSPO has trained instructors in over 50 different types of sport.

The “Fitness Regime Qualifications” include: “JSPO Sports

Table 4-4 Number of Registered JSPO Certified Sports Instructors

Category	Title	Number of Registered Instructors	
		2016	2019
Basic Qualifications of Sports Instructors	JSPO Sports Basic Leader	324,712	394,006
Qualifications of Instructors per Competitions	JSPO Coach I	108,381	117,371
	JSPO Coach II	12,764	11,669
	JSPO Coach III	17,481	21,172
	JSPO Coach IV	5,492	6,410
	JSPO Instructor I	3,290	3,124
	JSPO Instructor II	1,325	1,130
Fitness Regime Qualifications	JSPO Sports Programmer	3,647	3,307
	JSPO Fitness Trainer	472	439
	JSPO Junior Sport Coach	4,544	4,352
Medical Conditioning Qualifications	JSPO Athletic Trainer	3,027	4,139
	JSPO Sports Doctor	5,806	6,209
	JSPO Sports Dentist	136	476
	JSPO Sports Dietitian	212	374
Sports Management Qualifications	JSPO Assistant Club Manager	5,551	5,466
	JSPO Club Manager	397	382
Former Qualifications	Sports Trainer I	32	21
	Sports Trainer II	76	49
Total (excluding sports leaders)		172,633	186,090
Total (including sports leaders)		497,345	580,096

As of October 1, 2019

JSPO (2016 and 2019)

Note: JSPO Sports Dentist was officially recognised from April 2015.

Programmer” which is a qualification to offer guidance for the maintenance and improvement of fitness to adults; “JSPO Fitness Trainer” which is for professional fitness instructors to provide various basic fitness training at commercial sport facilities; and “JSPO Junior Sports Coach” which is a qualification to teach children about physical fitness and motion facilitation through play at local sport clubs.

The “Medical Conditioning Qualifications” include the following four qualifications: “JSPO Athletic Trainer” which is a qualification to provide instruction in sports injury prevention and rehabilitation; “JSPO Sports Doctor” to undertake the health care, injury prevention, diagnosis and treatment of athletes; “JSPO Sports Dietitian” to provide nutritional guidance to athletes and enhance their athletic performance; and “JSPO Dentist” has been added since 2015 to diagnose, treat, prevent and research impairment or injury in dental and oral area caused by sporting activities.

The “Sports Management Qualifications” are targeted at individuals who are involved in the management of comprehensive community sport clubs. The “JSPO Assistant Club Manager” is designed to develop staff members who possess the basic knowledge necessary for the management of comprehensive sport clubs, and qualified individuals who are expected to support activities related to club management. The “JSPO Club Manager” is targeting the individuals to improve their management skills including securing and enhancing the effective use of financial resources to ensure the sound management of sport clubs.

In addition to JSPO Sports Doctor qualification mentioned previously, other sport-related qualifications are offered to physicians by Japan Medical Association Certificate of Accreditation for Sports Health Physicians and Japanese Orthopedic Association Certificate for Sports Physicians.

Number of Registered Instructors

As of October 2019, there were 580,096 qualified instructors registered with JSPO (Table 4-4). The number of those registered as “JSPO Sports Basic Leaders” has significantly increased, primarily because of a change in the calculation method. Excluding those Sports Basic Leaders, the total number of certified instructors in 2019 increased by about 14,000 people, when compared to that number in 2016.

By sport, the number of registered instructors was highest for “Football” (38,683), followed by “Volleyball” (17,773), “Swimming” (16,837) and “Softball” (12,535) (Table 4-5).

Table 4-5 Number of Registered JSPO Certified Sports Instructors per Sport

Sport	Number of Registered Instructors	
	2016	2019
Football	35,547	38,683
Volleyball	15,759	17,773
Swimming	17,343	16,837
Softball	12,697	12,535
Basketball	8,767	11,269
Kyudo (Japanese Archery)	4,687	6,358
Karate	4,633	5,035
Tennis	4,723	4,545
Table tennis	3,161	3,176
Ski	4,099	3,145
}		
Total	148,733	160,876

As of October 1, 2019

JSPO (2016 and 2019)

3. Disability Sport Instructor Qualification Scheme

The Japanese Para-Sports Association (JPSA) has established the “Para-Sports Instructor Qualification Scheme” to train and certify six types of instructors in order to accommodate the participation of people with disabilities in various sport activities. The “Beginner’s Para-Sports Instructor” is to help people with disabilities within the community to integrate sport into their daily lives; “Intermediate Para-Sports Instructor” can provide sport instruction to people with disabilities at a prefectural level; “Advanced Para-Sports Instructor” provides advanced sport instruction to people including people with disabilities and other instructors at a prefecture or region level by utilizing their specialized knowledge and skills as well as advanced teaching techniques; “Sports Coach” is to train and develop specific skills of para-athletes and organizations in certain sport. JPSA also offers qualifications such as “Para-Sports Physician”, who is qualified to work for the improvement of the physical health and performance level of para-athletes from the medical point of view, and “Para-Sports Trainer” to support the safety management and improve the performance level of para-athletes (Table 4-6).

Table 4-6 JPSA Certified Sports Instructor Qualifications

Category	Number of Registered Instructors	
	2016	2019
Beginner's Para-Sports Instructor	19,278	22,025
Intermediate Para-Sports Instructor	3,117	3,992
Advanced Para-Sports Instructor	758	861
Sports Coach	152	182
Para-Sports Physician	395	568
Para-Sports Trainer	132	207

As of December 31, 2019

JPSA (2016 and 2019)

Note: Sports coaches include those certified as Advanced and Intermediate Para-Sports Instructors.

Chapter 5

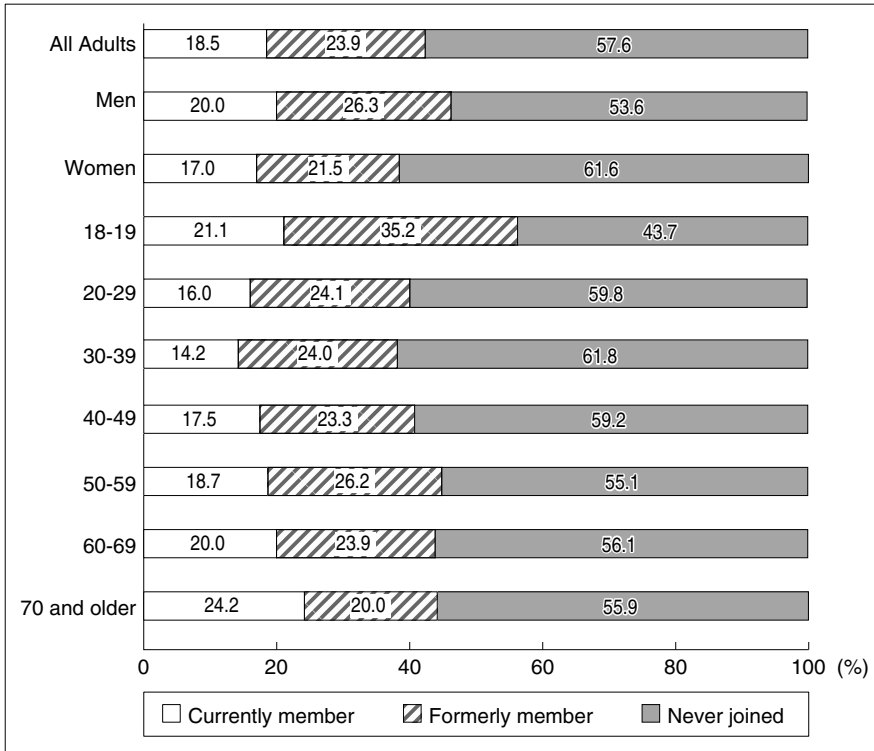
Sport Clubs

I. Sport Club Memberships for Adults

1. Membership Trends and Types of Sport Clubs

Membership Trends

According to “The 2018 SSF National Sports-Life Survey”, the percentage of adults who were enrolled in a sport club, team or group (hereinafter collectively referred to as a “sport club”) was only 18.5% (Figure 5-1). The MEXT’s “Public Opinion Poll on Physical Fitness and Sports” (2013) showed a similar result that only 16.2% of adults were enrolled in sport clubs.



SSF National Sports-Life Survey (2018)

Figure 5-1 Membership of Sport Clubs

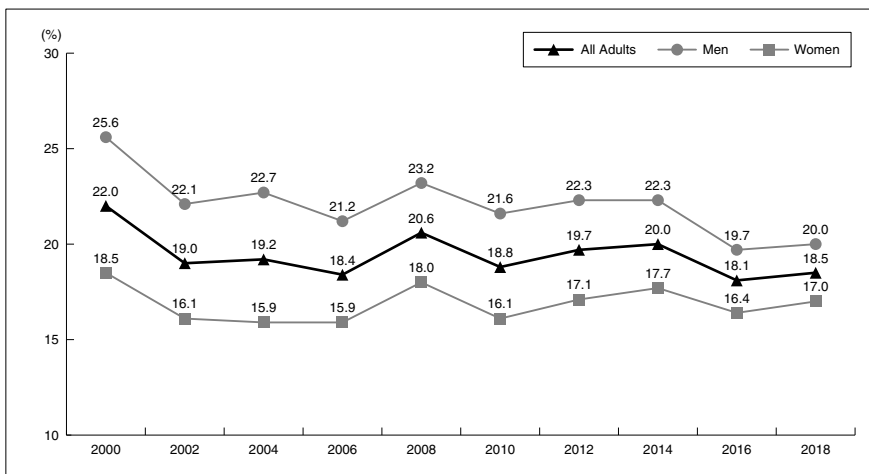
With regard to gender, the proportion of men who were enrolled in a sport club was 20.0%, which was 3.0 percentage points higher than that of women (17.0%). Conversely, in terms of those who were not enrolled in any sport clubs, the proportion of women was 8.0 percentage points higher (61.6%) than that of men (53.6%).

By age groups, the over 70s age group showed the highest membership rate of 24.2%, followed by the 18 to 19 age group with 21.1% and the 60s age group with 20.0%, indicating that one in every five individuals are currently enrolled in a sport club. In terms of those who were not enrolled in any sport clubs, non-membership rates in the 30s only reached over 60%.

Figure 5-2 shows the trends in the rate of sport club membership based on the findings of “The SSF National Sports-Life Survey” over the past 18 years. The proportion of adults who were enrolled in a sport club remained at around 20% from 2002 to 2018. Although it showed slight increase since 2010, it dropped by 1.9 percentage points from the previous survey in 2016 (18.1%) and remained almost the same rate in 2018 (18.5%).

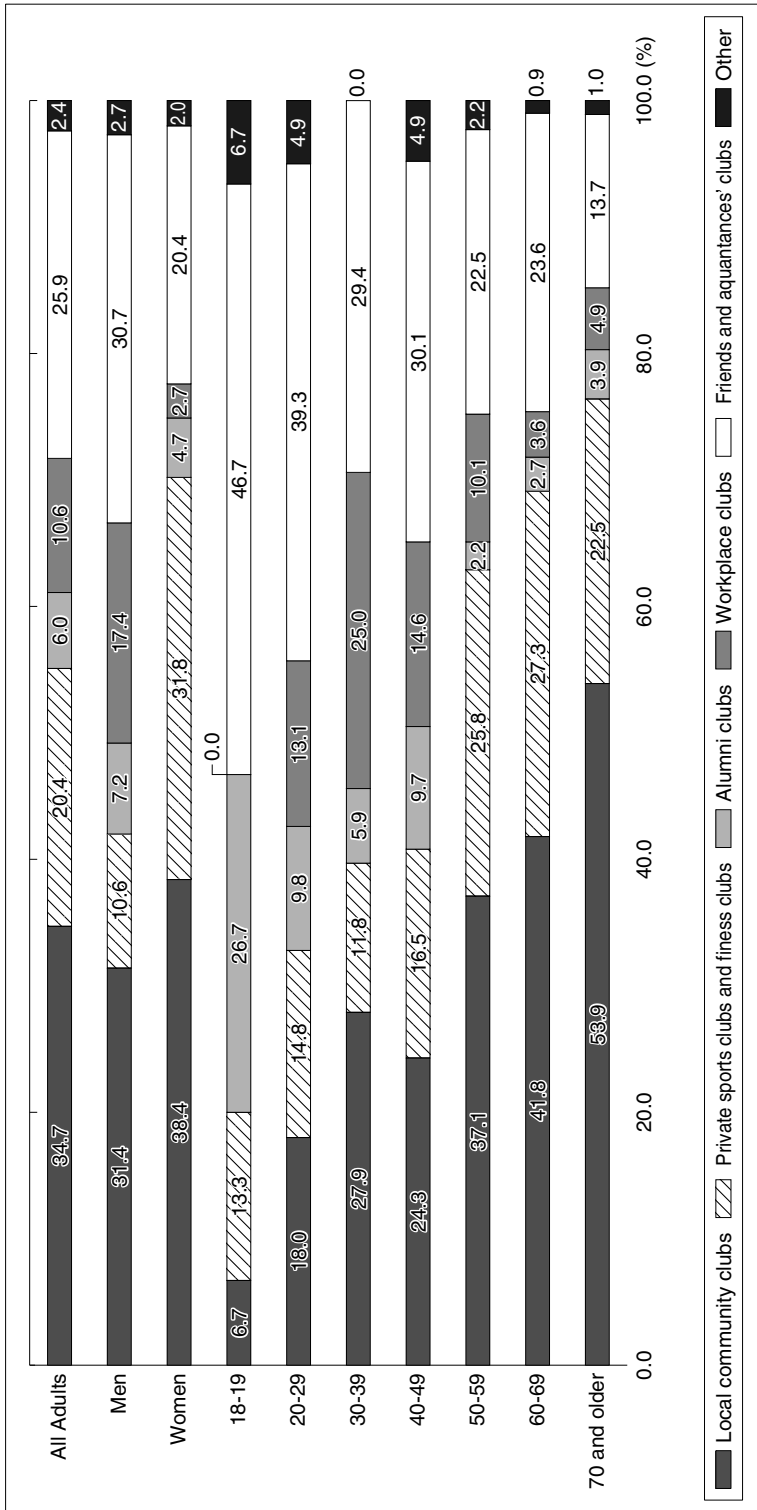
Membership Status by Types of Sport Clubs

Figure 5-3 shows the types of sport clubs that people participate in. The most popular clubs were “Local community clubs (mostly managed by local residents)” at 34.7%, followed by “Friends and acquaintances’ clubs”, “Private sports clubs and fitness clubs”, “Workplace clubs” and “Alumni clubs”.



SSF National Sports-Life Survey (2018)

Figure 5-2 Trends in the Rate of Sport Club Memberships



SSF National Sports-Life Survey (2018)

Figure 5-3 Types of Sport Clubs

By gender, the proportion of women who were members of “Local community clubs” was 7.0 percentage points higher (38.4%) than men (31.4%). The same trend was observed in “Private sports clubs and fitness clubs”, with women (31.8%) leading men (10.6%) by 19.8 percentage points. By age groups, the proportion of “Friends and acquaintances’ clubs” were 46.7% at the 18 to 19 age group, 39.3% at the 20s age group, 29.4% at the 30s age group and 30.1% at the 40s age group, indicating that more than one-third of adults were enrolled. The proportion of “Local community clubs” increased as the age group increased especially beyond 40s, and exceeded 50% in the over-70 age group, clearly showing that community sport clubs played an important role for seniors to participate in sport and physical activities.

Among respondents who were not currently enrolled in any sport clubs, the proportion of those who would like to become a sport club member was 16.8%. This figure has fallen since the rate (19.4%) reported in the previous survey (2016). By gender, the proportion wanting to enroll in a sport club was higher in women with over 20% for the last four surveys since 2010 to 2016, but the result in 2018 survey showed there were not a big gap between men and women.

II. Participation in Sport Clubs and School Sport Clubs by Children and Young People

1. Sport Club Membership for Children Aged 4-11 Years

In “The SSF National Sports-Life Survey for Children (2019), respondents were asked about their enrollment in school sport clubs, private sport clubs (such as swimming and gymnastics clubs), and community sport clubs (youth sport associations, sport classes, etc.).

The enrollment rate for children between the ages of 4 and 11 was 57.6%, as indicated in Figure 5-4. Regarding gender, 63.0% of boys were enrolled compared to 51.7% of girls, a difference of 12.3 percentage points. Although this gender disparity in enrollment rates was nonexistent among preschoolers, it was significant for elementary school students. Enrollment rate increased along with grade level – 36.3% for preschoolers, 53.2% for first- and second-graders, and 67.2% for third- and fourth-graders. Over half of elementary school students were enrolled in sport clubs.

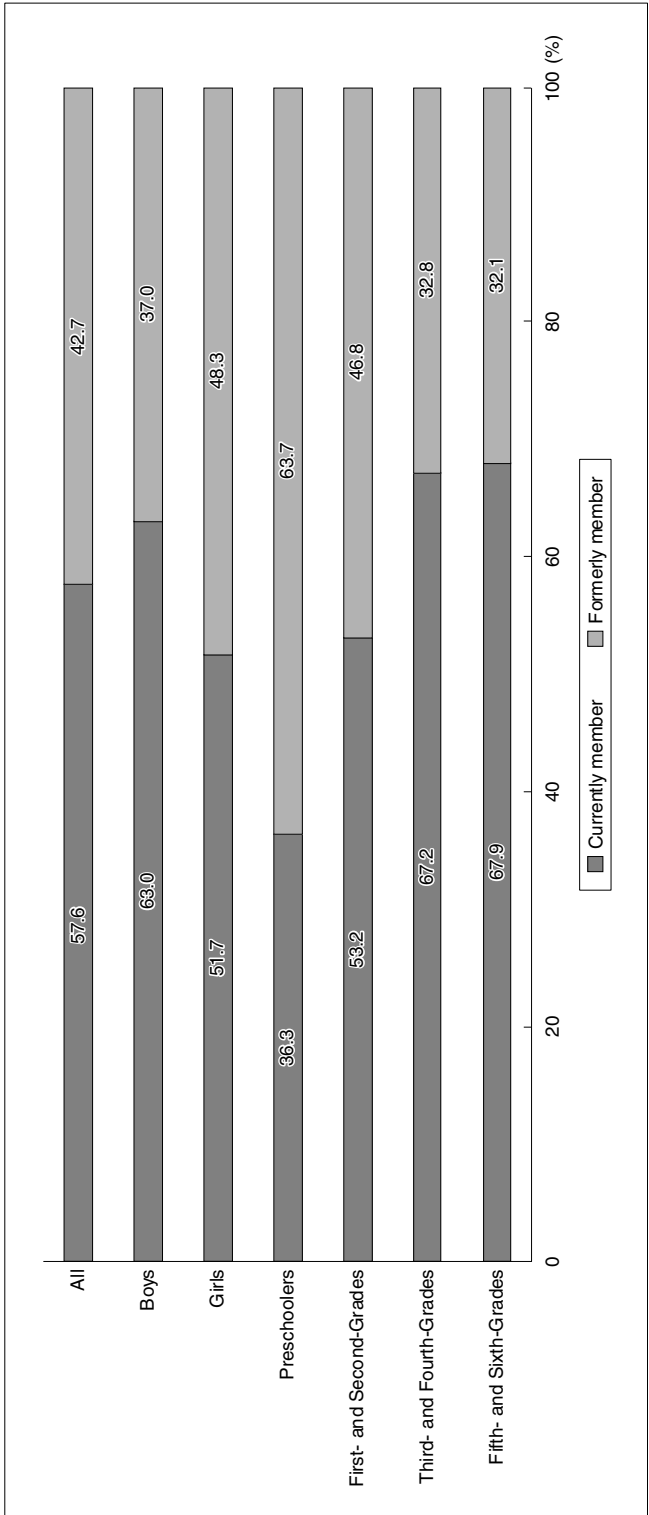
By type of sport club, “private sport clubs (such as swimming and gymnastics clubs)” showed highest proportion with 65.7%, followed by local community clubs (junior sport clubs, sport classes, etc.) with 30.1% and school sport clubs with 21.2%. The data suggests that private sport clubs are an important activity location for children in this age group.

2. Sport Club Membership for Young People Aged 12-21 Years

According to “The 2019 SSF National Sports-Life Survey of Young People”, 48.5% of young people aged 12-21 years were members of sport clubs (in school sport clubs, local community clubs such as junior sport clubs, and private sport clubs such as swimming and gymnastics clubs) in 2019 (Figure 5-5). When calculated with the total population of young people in Japan (11,666,238 people, according to the basic resident register as of January 1, 2018), the number of young people who were sport club members were around 565 million people.

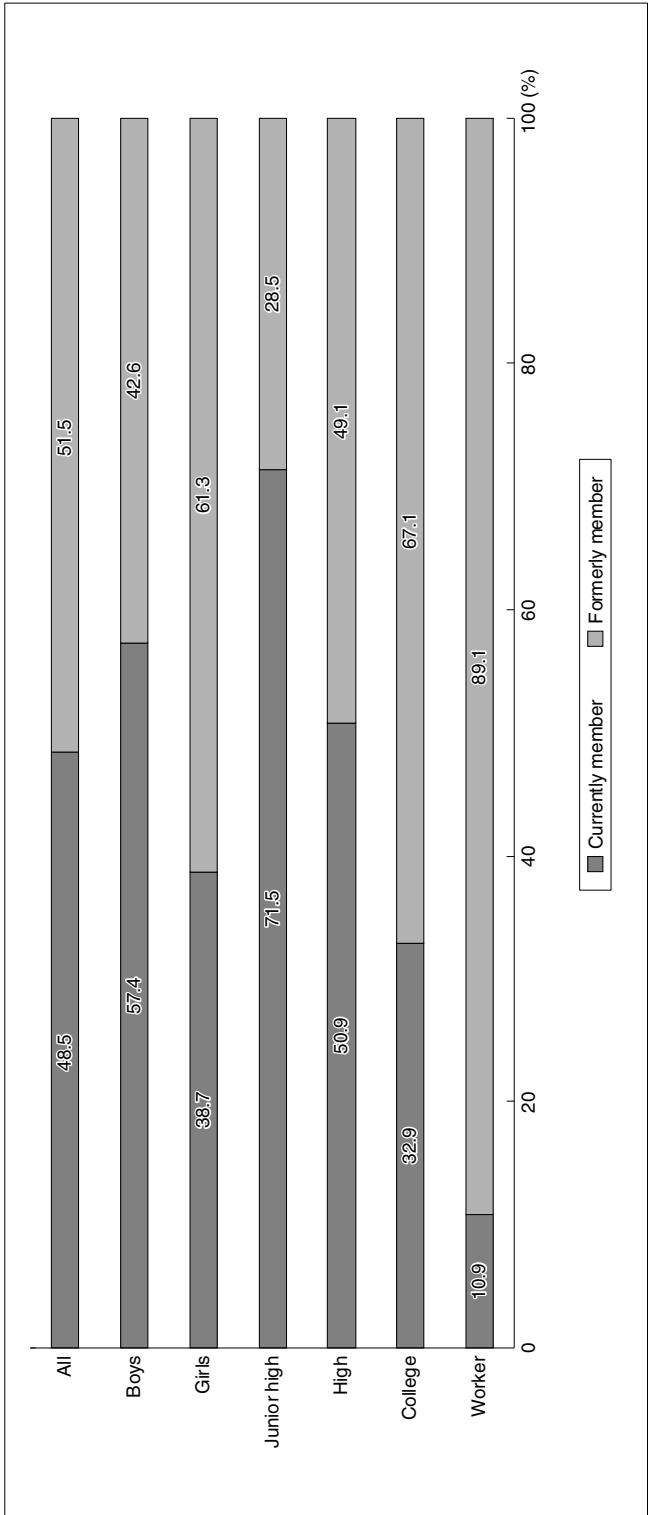
By gender, boys accounted for 57.4% of sport club members, while girls accounted for 38.7%. By school year, the highest membership rate (71.5%) was found in junior high school years. The membership rate decreased to 50.9% in high school years, and then 32.9% in college years. It can be concluded that high school years are a turning point for young people in terms of joining sport clubs. Moreover, the membership rate in young workers (aged 15-19 years) was significantly low, at 10.9%.

By type of sport clubs, “Sports clubs at schools” ranked the highest at 77.0%, followed by “Local community clubs (junior sport clubs, sport classes, dojo, etc.)” at 12.3% and “Private sports clubs (swimming clubs,



SSF National Sports-Life Survey of Young People (2019)

Figure 5-4 Membership in Sport Clubs among Children Aged 4-11 years (2019)



SSF National Sports-Life Survey of Young People (2019)

Figure 5-5 Membership in Sport Clubs among Young People Aged 12-21 years (2019)

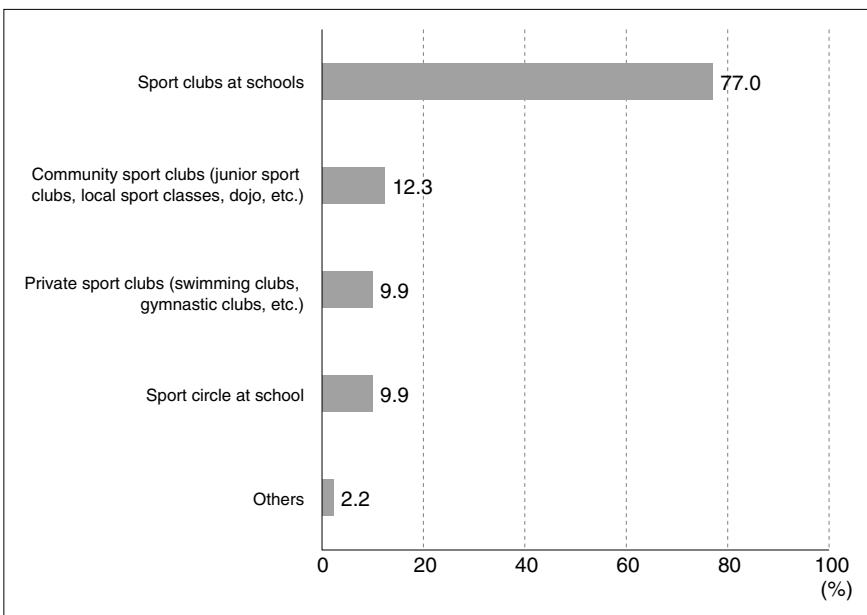
gymnastic clubs, etc.)” at 9.9% (Figure 5-6).

3. School Sport Clubs in Junior High School

When focused on the changes in the total number of junior high school students and their membership rate in school sport clubs, the total number of students has decreased slightly in the past five years. However, the membership rate in school sport clubs has remained at around 65%.

By gender, the proportion of boys involved in school sport clubs has dropped from 77.2% in 2013 to 73.7% in 2018, while for girls it has remained at around 55%.

When the number of students registered in 2018 were examined by sport, “Football” had the largest number with 196,343 students (a registration rate of 16.0%), followed by “Rubber baseball” with 166,800 students (13.6%), “Basketball” with 163,100 students (13.3%), “Table Tennis” with 158,475 students (12.2%) and “Soft Tennis” with 149,258 students (12.2%) (Table 5-1). In 2011, rubber baseball was the sport that had the largest number of students registered (19.6%). However, this number decreased to 13.6% in 2018 (a decrease of 6.0 percentage points over five years). On the other hand, “Football” has shown an increasing



SSF National Sports-Life Survey of Young People (2019)

Figure 5-6 Types of Sport Clubs for Young People Aged 12-21 years (Multiple Answers)

Table 5-1 Number of Students Registered in Junior High School Sport Clubs (Top 10)**【Boys】**

Rank	Sport	2013		2018	
		Number of students	(%)	Number of students	(%)
1	Football	253,517	18.1	196,343	16.0
2	Rubber Baseball	242,290	17.3	166,800	13.6
3	Basketball	174,321	12.5	163,100	13.3
4	Table Tennis	145,257	10.4	158,475	12.9
5	Soft Tennis	173,105	12.4	149,258	12.2
6	Track and Field	132,151	9.5	125,291	10.2
7	Volleyball	50,852	3.6	53,018	4.3
8	Kendo	60,864	4.4	49,939	4.1
9	Badminton	38,344	2.7	49,150	4.0
10	Swimming	31,299	2.2	30,764	2.5

【Girls】

Rank	Sport	2013		2018	
		Number of students	(%)	Number of students	(%)
1	Soft Tennis	197,227	20.9	167,762	19.3
2	Volleyball	159,990	16.9	145,312	16.7
3	Basketball	140,227	14.9	130,366	15.0
4	Table Tennis	93,835	9.9	99,677	11.5
5	Track and Field	94,529	10.0	94,643	10.9
6	Badminton	88,931	9.4	82,210	9.4
7	Softball	48,036	5.1	37,858	4.4
8	Kendo	37,846	4.0	32,124	3.7
9	Swimming	17,152	1.8	16,455	1.9
10	Badminton	12,469	1.3	11,090	1.3

Note: The Ranking are the results from 2018 survey.

Nippon Junior High School Physical Culture Association(2013, 2018)

popularity in the last five years. For girls, “Soft Tennis” was the sport that had the largest number registered with 167,762 students (a registration rate of 19.3%), followed by “Volleyball” with 145,312 students (16.7%), “Basketball” with 130,366 students (15.0%), “Table Tennis” and “Track and Field”.

4. School Sport Clubs in High School

The changes in the numbers of high school students, students registered with the All Japan High School Athletic Federation (JHAF) and the Japan High School Baseball Federation (JHBF), as well as students enrolled in school sport clubs were analyzed. The results show that the total number of students has decreased by about 3.9% in the last ten years. On the other hand, the enrollment rate in school sports clubs has increased by 2.0 percentage points, from 40.9% in 2008 to 42.9% in 2018.

Table 5-2 shows the number of students registered with JHAF in 2013 and 2018 by sport. In 2018, “Football” had the largest number with 165,351 registered students (accounting for 21.0% of the total). This was followed by sport such as “Basketball” with 91,454 students (11.6%), “Track and Field” with 68,733 students (8.7%), “Badminton” and “Tennis”. For girls, “Volleyball” had the largest number with 58,531 registered students (13.3%), followed by “Basketball” with 57,733 students (13.1%), “Badminton” with 56,350 students (12.8%), “Track and Field” and “Tennis.”

Table 5-2 Number of Students Registered in High School Sport Clubs (Top 10)**【Boys】**

Rank	Sport	2013		2018	
		Number of students	(%)	Number of students	(%)
1	Football	158,199	20.4	165,351	21.0
2	Basketball	92,623	11.9	91,454	11.6
3	Track and Field	69,385	8.9	68,733	8.7
4	Badminton	50,762	6.5	63,581	8.1
5	Tennis	66,647	8.6	59,696	7.6
6	Table Tennis	48,407	6.2	53,430	6.8
7	Soft Tennis	46,615	6.0	47,698	6.1
8	Volleyball	35,597	4.6	46,223	5.9
9	Kyudo (Japanese archery)	33,629	4.3	31,581	4.0
10	Handball	29,710	3.8	27,131	3.5

【Girls】

Rank	Sport	2013		2018	
		Number of students	(%)	Number of students	(%)
1	Volleyball	56,055	12.9	58,531	13.3
2	Basketball	60,215	13.9	57,733	13.1
3	Badminton	54,591	12.6	56,350	12.8
4	Track and Field	37,346	8.6	39,650	9.0
5	Tennis	36,474	8.4	35,071	8.0
6	Soft Tennis	34,587	8.0	34,564	7.9
7	Kyudo (Japanese archery)	32,989	7.6	32,106	7.3
8	Table Tennis	19,466	4.5	22,680	5.2
9	Softball	22,716	5.2	20,631	4.7
10	Handball	15,019	3.5	16,018	3.6

Note: The Ranking are the results from 2018 survey.

All Japan High School Athletic Federation(2013, 2018)

III. Private Fitness Clubs

1. Trends in Private Fitness Clubs

Market Size

As of the end of December 2018, the market size (in sales) of private fitness clubs was 478.6 billion yen (a 4.0% increase from the previous year) (Table 5-3). Although some facilities were forced to close temporarily in 2018 due to typhoons and other natural disasters, private fitness clubs still enjoyed the highest increase of the seven years since 2012, when they began exhibiting continuous growth. This is due to the growth of smaller fitness club chains that have entered the market since 2005 (Curves Japan, RIZAP, Fast Fitness Japan, Lava International, etc.) as well as an increase in various boutique fitness studios with clearly defined concepts due to those newcomers. Major fitness clubs have also been motivated by these trends to renovate their existing facilities or create new businesses or services in order to maintain and expand their revenue. In particular, many clubs have added hot-yoga studios, 24-hour operations, personal training and conditioning, and high-intensity interval training (HIIT) programs, and areas such as swimming schools and contract work for municipalities and companies have also seen growth. However, there is concern that intensifying competition in urban areas in response to these market trends will weaken the ability of general fitness clubs to attract adult members.

Number of Fitness Clubs

As of December 2018, there were a total of 5,818 private fitness clubs. The gradual increase in new small-scale facilities has impacted the growth of this total number in recent years. In terms of the number of new facilities, 223 were constructed in 2014, 300 in 2015, 301 in 2016, and 378 in 2017, with more facilities opening each year than the year before. The

Table 5-3 Market Trend of Private Fitness Club Industry

	2014	2015	2016	2017	2018
Sales (in millions of yen)	4,316	4,381	4,473	4,602	4,786
Growth rate* (%)	1.8	1.5	2.1	2.9	4.0

*Changes in sales compared to the previous year. The growth rate in 2014 is based on the sales reached in 2013 (424 billion yen).

Note 1: Estimated by the editorial departments of "Fitness Business" and from the METI "Current Survey on Selected Service Industries"

Note 2: The above sales do not include facilities with only swimming pools (about 60 million yen) but do include sales from swimming lessons (for adults and children) offered within sports clubs. The amount is very low, but sales from boxing gyms are also included.

Note 3: "Other income" related to fitness club management is included.

year 2018 saw a large number of new facilities open: 533. Comparing the types of those 533 newly established facilities in 2018, we see that 17% were small-scale tracks, 57% were gyms, 14% were studios, 6% were gym/studio hybrids, and 6% were general facilities. Gyms were the most common type of new facility, and the majority of those were 24-hour self-service facilities such as Anytime Fitness and FASTGYM24. At first, the target customers of these locations were men in their 20s and 30s who had been members of fitness clubs in the past; however, this gradually shifted as the facilities expanded their customer base to include women who had never been members before as well as people looking for personal training. Some facilities also built new studios or personal training areas equipped with systems for displaying video lessons.

Membership

The number of private fitness club members has increased in the last five years, it reached the highest ever 5.13 million in 2018 which accounts for 4.07% of the total population of Japan. (Table 5-5). Although the price of membership fee has exhibited a decreasing trend due to the launch of different types of clubs offering lower membership fees, it turned over in 2014 and even increasing in 2015.

The annual frequency of use per year has stagnated during 2014

Table 5-4 Number of Private Fitness Clubs Facilities

	2014	2015	2016	2017	2018
Number of facilities	4,375	4,661	4,947	5,299	5,818
Growth rate* (%)	5.1	6.5	6.1	6.9	9.8

*Changes in facilities compared to the previous year. The growth rate in 2014 is based on the number of facilities in 2013.

Fitness Business (2019)

Table 5-5 Membership and Number of Users in Private Fitness Clubs

	2014	2015	2016	2017	2018
Membership	4,193,706	4,214,675	4,243,793	4,627,730	5,136,780
Membership penetration rate (%)	3.30	3.32	3.34	3.65	4.07
Total number of users (in ten thousand)	30,951	30,859	31,998	34,939	39,091
Number of users per facilities	70,745	66,207	64,695	65,936	67,190
Frequency of use per year	73.8	73.2	75.4	76.5	76.1

Fitness Business (2019)

and 2015 and it has been increasing for the last three years. The frequent usage per year had remained at over 73 times per year in 2014 and 2015, it started increasing in 2016 and recorded 75.4 times per year in 2016. The rate of membership withdrawal has been decreasing every year.

Profitability

Regarding changes in the revenue of leading private fitness clubs, in recent years there has been no significant expansion in the profitability of clubs that focus primarily on general fitness services, a field which is led by Konami Sports Club. Market players such as Curves Japan, RIZAP, Venture Bank, and Tosho who develop multiple locations with clearly defined purposes and target customers are enjoying greater profits and a higher growth rate. Now in its thirteenth year of operation, Curves Japan is exhibiting particularly remarkable profitability and growth. The company's revenue for the third quarter of 2017 was 27.9 billion yen (a year-on-year increase of 17.6%), with its gross margin ratio rising from 33.6% to 35.6%. With 1,912 locations and 820,700 members as of Q3 2018, it has clearly established a sizable lead over other companies in the world of fitness.

IV. Comprehensive Community Sports Clubs

1. Establishment and Development of Comprehensive Community Sports Clubs

A comprehensive community sports club (hereinafter referred to as a “Comprehensive Club”) is a sport club that is independently run by local residents, usually at a public facility or a school facility that is open to the public. A comprehensive club has the following features: (a) multi-category (multiple categories of sport are offered so that local residents can choose the activities they prefer); (b) multi-generation (all age groups can participate in a variety of sports); (c) multi-purpose (people can participate in an activity that is well-suited to their level of skills and purpose). Since 1995, MEXT has been promoting the development of comprehensive clubs and the Japan Sport Agency has succeeded the measure.

According to the JSA’s “Survey on the Development of Comprehensive Community Sports Clubs” (2018), the number of comprehensive clubs has increased by six times over the 10 years since the beginning of the survey in 2002 (Figure 5-6). The increase observed in 2005 was particularly significant, when the number of clubs almost doubled from 1,117 clubs in 2004, to 2,115 clubs in 2005. After 2006, the increase rate remained at around 3-8% when compared to the previous year. However, in 2013 the increase rate was even lower, growing by only 1% from the previous year. The total number of comprehensive clubs was 3,599, of which 3,445 clubs were operational and 154 clubs were in the process of establishment.

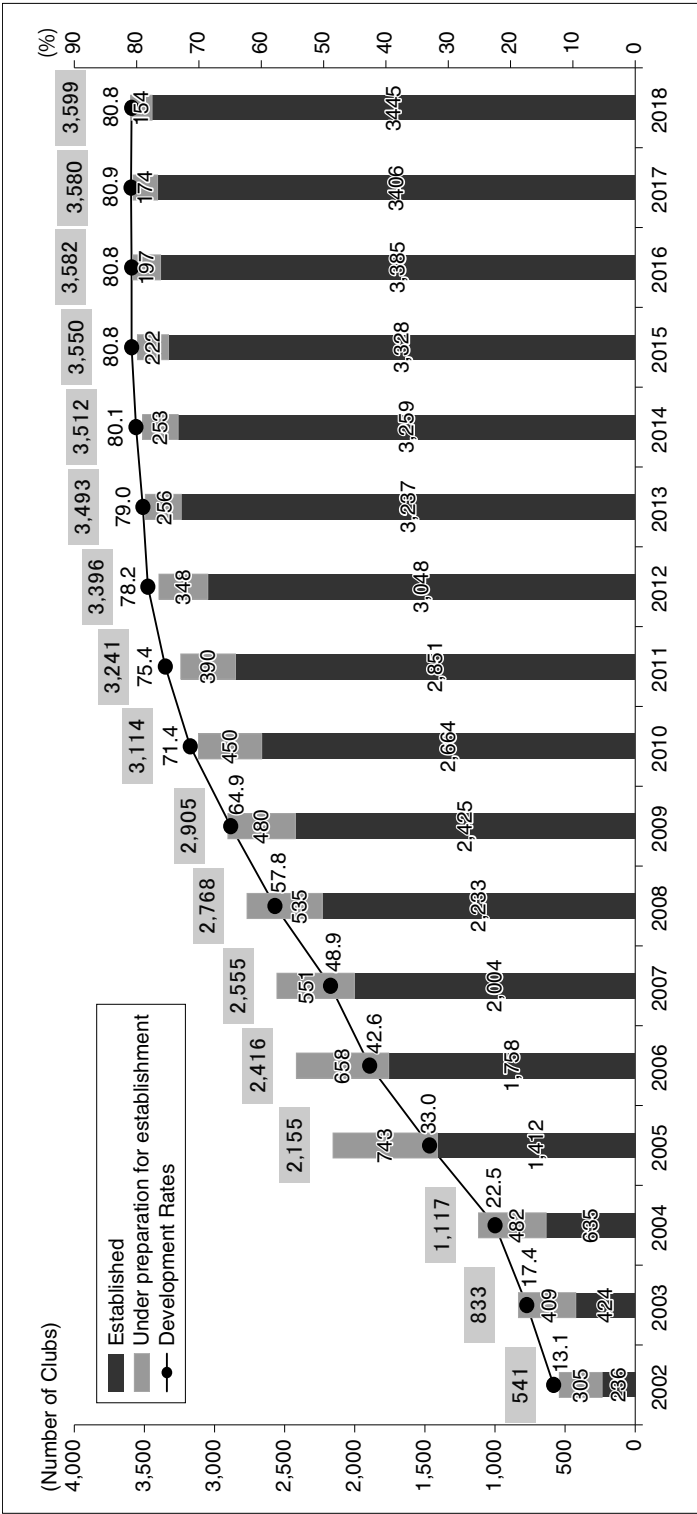
The Sport Basic Plan sets out policy goal that aim to continuously develop at least one comprehensive club in each municipality. Excluding the local communities with depopulation, 80% of the municipalities across the country now has established comprehensive clubs and it could be said that they were successful in achieving their goal.

2. Management of Comprehensive Community Sports Clubs

The management of comprehensive clubs, such as the number of members, the financial conditions, and the employment rate of club managers and staff members, can be assessed by “Survey on Comprehensive Community Sports Clubs”, which has been conducted by MEXT since 2003 and transferred to JSA in 2015.

Number of Members

Looking at the number of the comprehensive club members and the changes observed over the years, the most prevalent size for a



■ Number of clubs developing; The total number of those established and under preparation for development.
 Development rate: The proportion of municipalities developing Comprehensive Clubs to the total municipalities.

MEXT (2002 – 2014)
 Japan Sports Agency (2015 – 2018)

Figure 5-7 Changes in the Number of Comprehensive Community Sports Clubs and the Development Rate

comprehensive club was 101 to 300 members, accounting for almost 40% of the total since 2005 (41.3% in 2018). Those with 300 or fewer members have shown a levelling off trend. Clubs with over 1,000 members accounted for less than 10% of the total (7.5% in 2018).

Budget Size and Internal Revenue Rate

Looking at the budget sizes of each comprehensive club, those that had a budget of 1.01 million to 4 million yen accounted for around 50% of the total since 2005. However, this group decreased to around 30% in 2011, and clubs with a budget of 10 million or more increased instead. The survey in 2018 showed the clubs with a budget of 1.01 million to 4 million yen consisted 28.0 %.

Also, looking at the internal revenue rate (based on the ratio of membership fees, operating costs and consignment costs compared to revenue) less than half of the comprehensive clubs (28.1%) had a 50% or lower internal revenue rate in 2018, and in fact this trend has improved since 2013 (53.6%). In most cases, other income came from government subsidies or grants. To ensure their sustainable operation, it is necessary that comprehensive clubs become more independent in their club management without the government subsidies or grants.

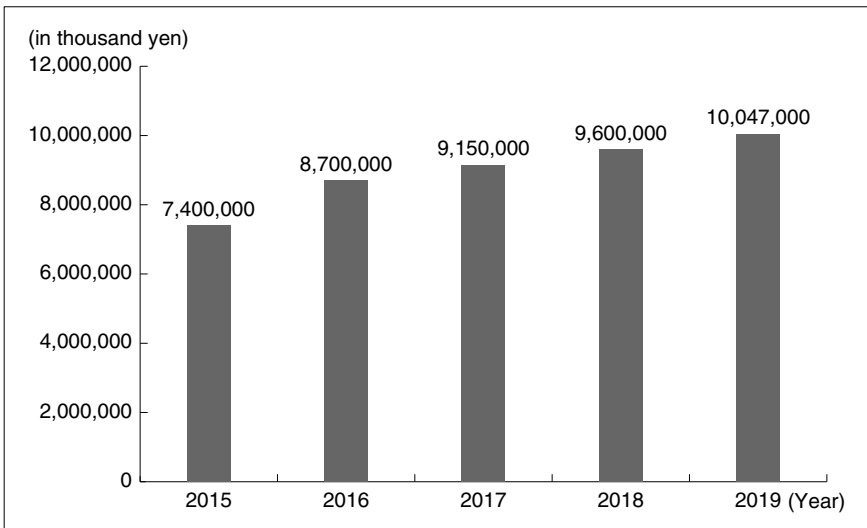
Chapter 6

High Performance Sport

I. Measures for High Performance Sport

1. Enhancement of International Competitiveness

At the 125th IOC Session held in Buenos Aires in September 2013, the city of Tokyo was selected to host the 2020 Summer Olympic and Paralympic Games. This led to a rapid expansion in the quantity and quality of initiatives to improve athletic performance, with the Japan Sports Agency's budget for such projects increasing dramatically from 7.4 billion yen in 2015 to 10 billion yen in FY2019 (Figure 6-1). These initiatives can be broadly divided into two categories: (a) foundational reinforcement that consists of supporting the improvement activities conducted in a routine and continuous manner by each sport organization in preparation for major international competitions, and (b) strategic reinforcement which involves supporting strategic efforts such as discovering and training the next generation of athletes who have the potential to succeed at events such as the Olympic and Paralympic Games.



JSA(2019)

Figure 6-1 Changes of the National Budget for High Performance Sport

Fundamental Reinforcement

Foundational reinforcement of initiatives to improve athletic performance covers three projects: (a) domestic and international training camps intended to enhance the athletes that represent Japan, such as members of the national team and athletes who have been designated for Olympic training; (b) international-exchange projects that aim to gain practical experience and improve athletic performance through interaction with top-level athletes and teams worldwide; and (c) initiatives for improving coaching skills, such as those that assign coaches to oversee all enhancement activities based on medium- and long-term improvement plans. According to the JOC, 583 domestic training camps and 164 overseas training camps were held in FY2017, while 547 domestic training camps and 167 overseas training camps were held in 2018. The amount spent on these training camps increased from 1.9 billion yen in FY2015 to 2.1 billion yen in FY2018.

As for international-exchange projects in FY2018, 557 of them dispatched teams to foreign countries while 37 of them invited overseas teams to Japan. Other projects included a Japan-Korea exchange, Olympics safety projects, and projects for training international referees and other personnel. The amount spent on these projects increased from 2.4 billion yen in FY2015 to 3.3 billion yen in FY2018.

Regarding the enhancement of coaching, national and assistant national coaches as well as full-time coaching directors for top athletes, junior athletes, the NTC, and 2016–2022 special athletes have been appointed along with full-time medical, science, and data personnel to improve the enhancement systems for athletes within NFs and train and enhance top and junior athletes. In addition, top-level coaches from around the world have been invited to Japan to introduce their outstanding coaching methods, and currently serving coaches have been dispatched to training programs overseas. In 2018, a total of 58 national and assistant national coaches and 264 full-time coaching directors were appointed. In terms of costs of projects that improve coaching, 1.5 billion yen was spent in FY2015 and 1.9 billion yen was spent in FY2018.

Strategic Reinforcement

Strategic reinforcement is comprised of three areas that support the discovery and training of the next generation of athletes with the potential to succeed at events such as Tokyo 2020 as well as the training of personnel who can oversee all initiatives related to high performance; training and enhancing next-generation top athletes; training and networking people

who can support the improvement of athletic performance; and supporting the execution of strategic enhancement plans.



II. Sport Facilities for High Performance Sport

1. The National Training Center

For the purpose of enhancing Japan's international competitiveness, the National Training Center (NTC) was opened in 2008 (following the opening of the track and field training zone in 2007). It is currently the primary training center responsible for: (a) conducting intensive and continuous activities to enhance performance of athletes in a national team; (b) fostering junior athletes based on athlete development programs; and (c) improving the quality of instructors (national coaches) for high performance athletes.

The NTC is managed pursuant to the development policies of core facilities on a national level specified under the "Basic Plan for the Promotion of Sports", that was formulated by MEXT in September 2000. Based on these policies, its management was delegated to JSC. To ensure success at Tokyo 2020 and improve international competitiveness thereafter, the Indoor Training Center East was constructed in July 2019 as an expansion wing of the NTC and opened its doors in September of the same year. The project originated from the Support Plan for Enhancing Future Athletic Performance (2016) as well as the second period of the Sport Basic Plan (2017).

2. Japan High Performance Sport Center

In May 2015, MEXT created an expert panel to discuss and conduct a research on a base for sustainable advancement of top athletes performance for international competitiveness. The panel's final report submitted in January 2016 identified the Olympic and Paralympic events as high performance sport based on the Basic Act on Sport (2011) and the Sport Basic Plan (2012). The report proposed combining the existing Japan Institute of Sports Sciences and the National Training Center, which is located in the Nishigaoka area of Kita Ward in Tokyo, into the Japan High Performance Center that would serve as a base for athlete enhancement and research activities. Since 2016, JSC has been teamed up with the Japanese Olympic Committee and Japanese Paralympic Committee to manage and operate the facilities.

As of September 2019, the HPSC is comprised of the JISS, Indoor Training Center West, and Indoor Training Center East; it contains dedicated training facilities for 20 different sports. The JISS provides dedicated training facilities for rhythmic gymnastics, trampoline, competitive swimming, and artistic swimming. Indoor Training Center West includes dedicated training facilities for competitive gymnastics,

volleyball, badminton, handball, basketball, judo, boxing, wrestling, weightlifting, tennis, and track-and-field events. The newly built Indoor Training Center East features dedicated training facilities for swimming, table tennis, shooting, fencing, and archery.

Expanding the HPSC for joint use by the Olympics and Paralympics

In response to the “Study on Research Sites and the Enhancement of Top Athletes” (2015), the NTC was expanded so that it could be jointly used by both Olympic and Paralympic athletes. Built in a location next to the NTC and JISS, the new Indoor Training Center East is designed to organically link with the features of those facilities. The facility opened its doors on September 10, 2019, and cost a total of 19.4 billion yen: 14.6 billion yen for the structure itself, 1.6 billion yen for electrical equipment, and 3.1 billion yen for machinery.

It is a six-story building with a basement floor and contains a shared-use gymnasium (one Taraflex area measuring 42 m × 23 m and three flooring areas measuring 42 m × 23 m), an archery range (12 targets), a pool for competitive swimming (ten 50-m lanes with a depth of 3 m), a shooting range (five shooting positions at 25 m and 50 m as well as twenty-five positions at 10 m), an area for table tennis (24–28 tables), an area for fencing (30 pistes and up to 3 finals), a restaurant (96 seats and wheelchair accessible), and accommodation facilities (32 twin, 12 connecting, 34 single, and 4 Japanese-style rooms).

Usage of the HPSC and Sport Medical and Science Support

After its founding in 2001, JISS has served as a mini-training center for the research and support of sport medicine and science while offering dedicated training facilities for various sport as well as a restaurant (116 seats) and accommodation facilities (73-person capacity). When the NTC was established in early 2008, the training facilities for competitive gymnastics, wrestling, judo, boxing, and weightlifting were transferred from the JISS to the NTC. As a result, the number of people who used dedicated training facilities at the JISS in 2009 was zero. Starting in 2009, the number of users from each sport organization who used the dedicated training facilities at the JISS was included in the NTC user total. The construction of an additional south building (Athlete Village) in May 2011 increased lodging capacity to 190 people; this plus the creation of two new facilities in 2013—a high-performance gym and a wind-tunnel laboratory—led to over 200,000 users in 2014, a first for the JISS. In 2016, the year of the Rio de Janeiro Olympic and Paralympic Games, the

number of users temporarily declined. In 2018, the number of JISS users was 34,286 and the number of NTC users was 176,384 (Figure 6-2). That year also saw the highest participation ever in the JISS Sports Science and Medicine Support Program, with 2,104 medical checkups and 2,271 fitness checkups performed.

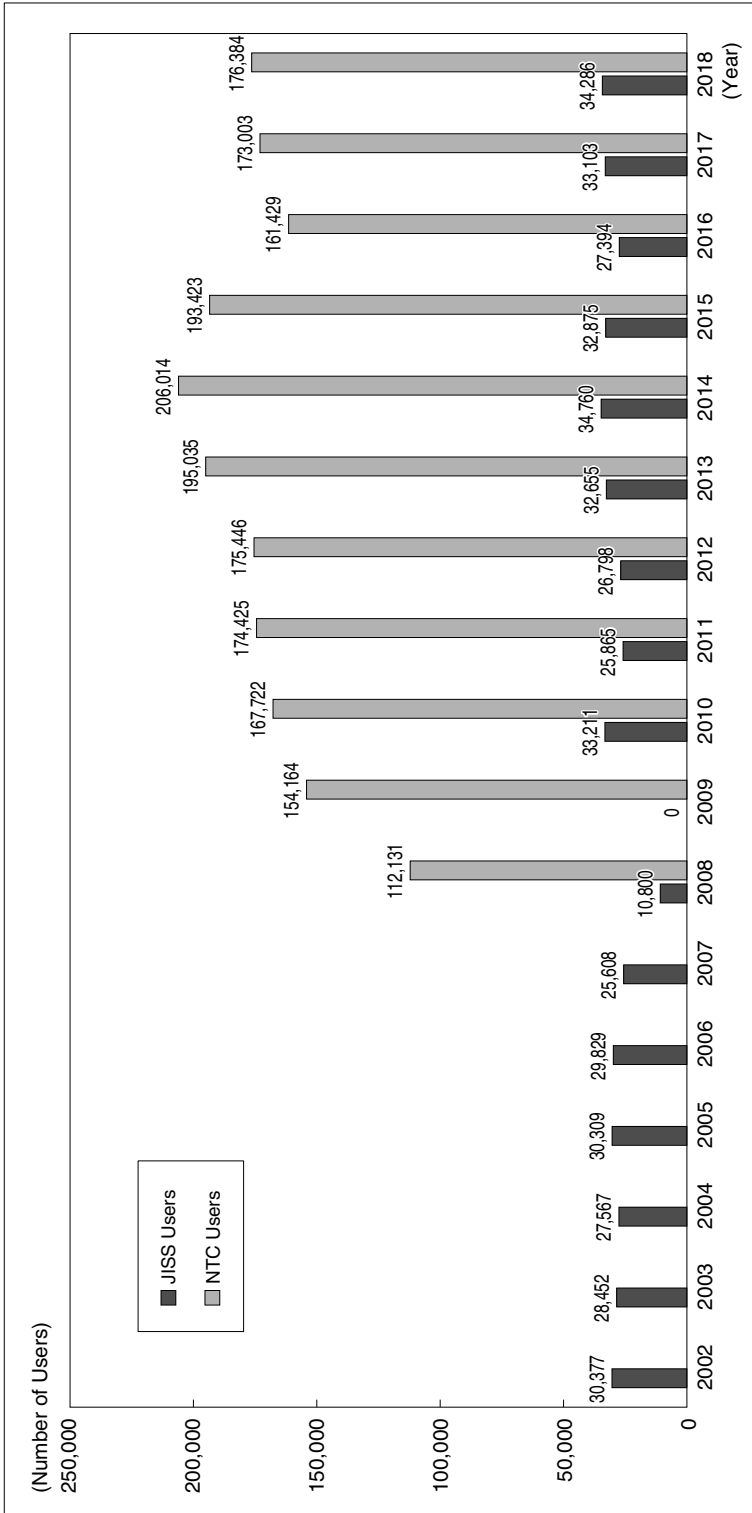
Regarding usage by Paralympic athletes, a research and support program for medicine and science was conducted on a trial basis for high-performing disabled athletes based on studies and research performed in the two-year period between 2012 and 2013 as well as a 2014 project for building a foundational support structure for Paralympic athletes, all of which were undertaken at the JISS for the purpose of supporting Paralympic athletes. Following that, 10 medical checks were performed in 2015, 8 checks in 2016, 10 checks in 2017, and 12 checks in 2018. Fitness checks also increased year over year, going from 26 in 2015 to 34 in 2016, 53 in 2017, and 70 in 2018.

3. Event-Specific Affiliated National Training Center Facilities

To improve Japan's international performance in sport by providing locations where athletes can conduct training and enhancement activities in a continuous and focused manner, the Japan Sports Agency has designated Event-Specific Affiliated National Training Center Facilities for activities which are not available at the HPSC alone, which include winter sport, open-water and waterfront sport, outdoor sport, Paralympic sport, and high-altitude training. These designations are made by selecting existing facilities within communities based on the Guidelines on Event-Specific Affiliated National Training Center Facilities (2007–2019).

In conjunction with the transfer of Paralympics-related projects from the MHLW to MEXT, the HPSC has been working to integrate its facility so that it can be jointly used by Olympic and Paralympic athletes. Joint usage and effective application among the Olympics and Paralympics and with other sport has also been sought from NTC reinforcement sites, with Olympic sites being designated since April 2007 and Paralympic sites since April 2014. Three new reinforcement sites related to skiing were designated in Miyagi, Aomori, and Nagano on July 30, 2019, and as of October 1, 2019, a total of 41 facilities have been designated, including 15 for winter sport, 4 for open-water and waterfront sport, 13 for outdoor sport, 2 for high-altitude training, and 7 for indoor sport. (Table 6-1)

During the designation process, the JSA first selects the target sport by conferring with the JOC and JPC regarding matters such as the need for domestic sites, then appeals to facilities and reviews them. Facilities are



Annual Report of Japan Institute of Sports Sciences (JISA, 2002-2018)

Figure 6-2 Number of Usage for High Performance Sport Center

generally designated for a four-year period to align with the Olympic and Paralympic cycle. Summer-sport facilities that have been designated as of 2018 will be contracted through the end of March 2021, while winter-sport facilities (with the exception of skating events) will be contracted through the end of March 2022. The designation period may be extended as a temporary measure until a new NTC reinforcement site is selected based on the wishes of the JOC, JPC, and NF, if consent is obtained from that designated facility. Also, the installation personnel and designated administrators of NTC event-specific training sites perform the contract work entrusted by the JSA under its “Event-Specific Affiliated National Training Center Facilities Functional Enhancement Project”. From 2007 to 2010, the JSA conducted its Enhancement Project, which focused on preparing equipment at existing facilities. Then in 2011, it transitioned to the NTC Reinforcement-Site Facility Usage Project, which aimed to achieve effective usage of the prepared facilities. Since 2019, the JSA has implemented its NTC Functional Enhancement Project to augment sites so that they can effectively perform enhancement activities based on the strategic enhancement plans formulated by the NFs (Table 6-1).

Table 6-1 Event-Specific Affiliated National Training Center Facilities

Category	Olympic Sport	Sport	Facilities	Location	
Winter Sport	Olympic Sport	Ski Jumping	Sapporo Jump Stadium "Okureyama, Miyanomori"	Hokkaido	
		Nordic Combined	Hakuba Ski Jumping Stadium/Hakuba Crosscountry Stadium	Nagano	
		Freestyle Skiing (Slopestyie, Big Air), Snowboard (Slopestyie, Big Air)	Tohoku Quest*	Miyagi	
		Freestyle Skiing (Halfpipe), Snowboard (Halfpipe)	Aomori Spring Ski Resort*	Aomori	
		Speed Skating	Nagano Olympic Memorial Arena "M-Weave"	Nagano	
		Short Track Speed Skating	Meiji Hokkaido Tokachi Oval	Hokkaido	
		Figure Skating	Teisan Ice Skate Training Center	Nagano	
		Ice Hockey	Chukyo University "Aurora hall"	Aichi	
		Biatlon	Tomakomai City Hakucho Arena	Hokkaido	
		Bobsleigh & Luge	Nishioka Biatlon Stadium	Hokkaido	
		Curling	Nagano Bobsleigh Luge Park "The Spiral"	Nagano	
		Paralympic Sport	Paralympic Sport	Tayama Shooting Range	Nagano
		Para Ice Hockey	Yamabiko Skating Complex		Nagano
		Alpine Skiing, Snowboard (Parallel Giant Slalom)	Sugadaira Pinebeak Snow Park *		Nagano
		Para Alpine Skiing			
Summer Sport	Olympic Sport	Sailing	Wakayama Sailing Center "Dirigly Marina"	Wakayama	
		Rowing	Toda Park Boat Course & Toda Boathouse	Saitama	
		Canoe Slalom	Toyama City Sports Canoe Center	Toyama	
		Football	J-Green Sakai	Osaka	
		Hockey	Kawasaki Heavy Industries Hockey Stadium	Gifu	
		Clay Target Shooting	Kanagawa Prefectural Isehara Shooting Range	Kanagawa	
		Rugby	Kumagaya Sports Culture Park	Saitama	
		Golf	Phoenix Seagaia Resort	Miyazaki	
		Modern Pentathlon	Nippon Sport Science University - Tokyo Setagaya Campus	Kanagawa	
		Beach Volleyball	Kawasaki Marien	Kanagawa	
		Track and Field	Tanabe Sports Park	Wakayama	
		Wheelchair Tennis	Chikuno Heights	Fukuoka	
		Football 5-a-side	ZOZOPARK HONDA FOOTBALL AREA	Chiba	
		Wheelchair Basketball	Chiba Port Arena	Osaka	
		Boccia	Osaka City MAISHIMA Sports Center for Persons with Disabilities	Kyoto	
Powerlifting	Kyoto Prefectural Welfare Center for People with Mental and Physical Disabilities	Hyogo			
Sitting Volleyball	Himeji City Hall Annex	Saitama			
Gaolball	Tokorozawa Municipal Gymnasium	Kyoto			
Wheelchair Fencing	Former Kyoto City Sanno Elementary School	Ishikawa			
Canoe Sprint, Para Canoe	Lake Kiba Canoe Sprint Course	Shizuoka			
Cycling	Japan Cycle Sports Center	Miyazaki			
Triathlon	Phoenix Seagaia Resort	Gifu			
Taekwondo	Hashima Disaster Prevention Station	Shizuoka			
Equestrian	Gotenba Horsemanship and Sports Center	Gifu			
High Altitude Training	Hida Oniake Kougen highland sports training area	Gifu			
	Zao Bodaira Athlete Village	Yamagata			

* Newly designated on the 30th July 2019.
As of October, 2019.

Sport For Tomorrow

Sport for Tomorrow (SFT) is an international contribution and exchange program that the government is using to promote citizen involvement through sport as Tokyo prepares to host the 2020 Olympic Games. It develops initiatives to communicate the value of sport to people of all generations around the globe, to expand the Olympics and Paralympics movement, and to create a better world through the power of sport. During the seven-year period between 2014 and 2020, SFT has worked to promote international cooperation and exchange to over 10 million people across at least 100 countries (with a focus on developing nations) as it builds sites for cultivating sport-related human resources on a global scale and supports the reinforcement of international anti-doping systems. Prime Minister Abe announced the SFT concept during his bid speech for the Tokyo Olympics at the IOC general meeting held in September 2013. Solid implementation of SFT is one of Japan's international commitments.

SFT is managed by a consortium made up of members who endorse the goals of SFT as well as a steering committee led by the Ministry of Foreign Affairs and the Japan Sports Agency. The SFT consortium was established in August 2014, and its initial steering committee was comprised of 10 organizations: MEXT (currently handled by the Japan Sports Agency), the Ministry of Foreign Affairs, the JSC, the JOC, the Japan Para-Sports Association, the Japan Anti-Doping Agency, the University of Tsukuba, the Tokyo Organizing Committee of the Olympic and Paralympic Games, the Japan International Cooperation Agency (JICA), and the Japan Foundation. This number was later expanded to 14 through the addition of the Japan Amateur Sports Association (now the Japan Sports Association), the Rugby World Cup 2019 Organizing Committee, the Japan External Trade Organization (JETRO), and the World Masters Games 2021 Kansai Organizing Committee. The role of the steering committee is to review applications from new members and to approve authorized projects; it is chaired by the Japan Sports Agency, with the Ministry of Foreign Affairs serving as vice-chair. The JSC oversees the administrative office.

Consortium members are domestic organizations such as national governing bodies of sport and other sport-related associations, NPOs and NGOs, private companies, universities, and municipal governments. While there were only 53 member organizations in 2014, the number had ballooned to 439 by the end of September 2019. At that time, sports-related organizations made up 30% of the total (134 organizations), followed by

private companies (108), NGOs and NPOs (99), and universities (23). To become a member, organizations must have one of the following: (a) accomplishments related to international contribution and exchange via sport, (b) future initiatives related to international contribution and exchange via sport, or (c) opportunities or information that is related to international contribution via sport and can be provided to the SFT consortium. SFT has no system for paying subsidies to members, and it does not require its members to pay yearly dues or other fees. Members can also disseminate information about their activities through the SFT website and social-media accounts, seek collaboration on SFT-related activities via member mailing lists, browse the member database, and expand their networks by participating in member gatherings.

As of September 2019, about 5,500 projects have been implemented, most of which are government-related projects such as those of JICA, the Ministry of Foreign Affairs, and the Japan Sports Agency. To encourage SFT activities, there is also a system by which members projects are approved as authorized projects by the steering committee. Authorized projects can use the SFT logo and banner, and there have been over 500 such projects thus far.

Regarding the SFT's target of more than 10 million people in over 100 nations, the latter metric was soon achieved due to the diplomatic missions of the Ministry of Foreign Affairs and the activities of JICA volunteers across a great number of countries. Figure 7-1 indicates the number of beneficiaries over time. The goal of 10 million people has been understood to be the number of beneficiaries of those programs, but it only includes people in abroad. At the close of 2014, the first year of SFT, there were 520,000 beneficiaries; but this rapidly increased to 3.48 million in 2016 and 6.64 million in 2017, finally breaking the 10-million mark at the end of September 2019. One of the primary drivers of the program's success was the fact that students and children in countries like Myanmar and Cambodia were counted as beneficiaries due to programs that assisted with physical-education curricula as well as the professional development of teachers of physical education. Also, authorized projects conducted by the SFT consortium members generated 1.25 million beneficiaries. Viewed by region, Asia had the most beneficiaries and projects by a substantial margin, followed by Africa then Central and South America. Many projects were implemented in Oceania and Pacific Island countries, although they did not produce many beneficiaries.

The SFT exists to promote sport and to improve international competitiveness of sport, to change the world through the power of

sport (peace and development), and to make sport participation part of the national culture. Its projects primarily involve supporting physical education, providing sport equipment, dispatching volunteers and other personnel, interacting with overseas teams, hosting events and tournaments, holding forums and seminars, disseminating materials that convey the value of sports, and preparing facilities.

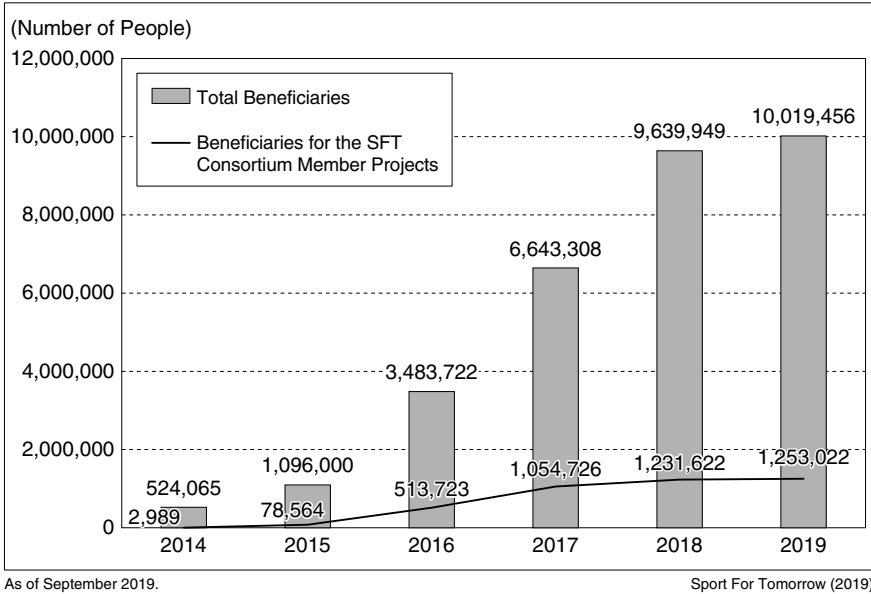


Figure C-1 Number of Beneficiaries for Sport For Tomorrow Projects

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